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VOL. 29, NO. 20

SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 12, 2021

NOVEMBER SUNRISE/SUNSET: 12 6:45 • 5:40 13 6:46 • 5:39 14 6:46 • 5:39 15 6:47 • 5:39 16 6:48 • 5:38 17 6:49 • 5:38 18 6:49 • 5:38

Ocean Art After School Series

submitted by Shannon Stainken,
Youth Education Director

Sanibel Sea School After School Ocean Art courses began on November 9. Classes will be held each Tuesday for four weeks. The goal of ocean art is to get creative with natural or repurposed materials found around the island. Sticks, seagrape leaves, shells, sand, coconuts – you name it, we use it. The best part? This series leads into the holiday season and these creations will make festive homemade gifts for friends and family. The creative lineup:

November 16: Mollusk Magnets – Young artists will head out to the sandy shores of the gulf to collect shells – empty of course – that inspire them to create custom magnets. Maybe they'll use coquinas to create mini butterflies or paint an eye on the inside of an eastern oyster shell... there's no end to the artistic



Sea creature ornaments photo provided possibilities.

November 30: Ocean Inspired Ornaments – What happens when you continued on page 28

Historical Village Exhibit To Open For Luminary

This year's holiday exhibit at the Sanibel Historical Museum & Village will focus on the history of each of its nine buildings. The exhibit, Trees, Timelines, and Special Memories, opens on Friday, December 3. The village will host its usual pre-Luminary open house on December 3 with free admission from 3 to 5 p.m.

After doing extensive research on each of the village's buildings, volunteers found that most of them were used for several different purposes before they were moved to the village.

"We found it to be quite fascinating to discover each building's complete history," said board member Gayle Pence, who headed up the project.

For example, the 1926 Bailey Store on the bay was used by three other



image provided

businesses after the Baileys moved to their new store on Tarpon Bay Road in 1966 and before the 1926 store was moved to the historical village in the 1990s.

"We have found each building to have a fascinating timeline," Pence said. These timelines will be on exhibit in each of the village's nine buildings. The holiday trees and exhibits will reflect the items found on the timelines. Pence said this holiday exhibit will offer a whole new layer of island history never before shared at the village. "This

continued on page 16

Community House Offers Activities For All

by Allison Havill Todd

What began as a vision of island resident Curtis Perry in 1927 remains, over 95 years later, the heart and soul of Sanibel Island. The Community House, which is operated as a 501(c)3 nonprofit organization by the Sanibel Community Association (SCA), was built on land donated by an original island resident, Cordie Nutt, along with labor and materials provided by volunteers and donors. It provided an original "home" for many island churches, the library and the first city council meetings.

The volunteer-based board of directors and staff are dedicated to preserving the mission statement "to enrich community spirit through educational, cultural and social gatherings in our historic Community House." The many offerings of The Community House include such programs as adult and youth cooking classes, art workshops and exhibits, wine tastings and education, shell crafting classes, community socials, and fitness and dance classes. And let's not forget the Sanibel Shell Festival, the longest running shell festival in the world. The 85th annual Sanibel Shell Festival returns in person on March 3, 4 and 5 of 2022.



Young members ready for some shell crafting photos provided

The SCA strives to meet the ever-changing needs of island residents and visitors and is continually reevaluating and adding unique new programs based on input from the community. It continues to be a meeting space for many civic organizations and clubs, and is able to serve as a special events facility for weddings, reunions or other large gatherings with its state of the art kitchen and recently remodeled spaces.

Currently, 104 organizations and over



A Letting Loose with Watercolors class with local artist Anita Force Marshall, back center

100,000 people use The Community House for regular yearly activities. Though the meeting to draft the 1974 referendum that incorporated the City of Sanibel was held here, the facility receives no city or county funding, nor is it part of the City of Sanibel government or properties. The Community House receives no subsidies by any government agencies and relies solely on membership dues, fundraisers, special events, room rental income and donations to continue to

operate. However, the place that provides a most vital, historical, educational and social foundation of the island may be taken for granted. According to Executive Director Teresa Riska-Hall, the facility is operating at a significant loss every month and struggles to pay the mortgage that was taken out to remodel the building to current standards. Riska-Hall said, "We are trying to meet the needs of the community and have also taken over some of the

continued on page 22



The Community House

photo by Logan Hart

Community House Events

The Sanibel Community Association thanks everyone who helped make The Community House Fall Fest a great success. Special thanks goes out to Sanibel-Captiva Power Squadron, Lynn Butkiewicz, Sanibel-Captiva Kiwanis Club, Cheri Bailey and all the volunteers.

Letting Loose with Watercolor with Anita Force Marshall will be held on Tuesday, November 16 from 9:30 to 11 a.m. The subject is the coconut palm. Cost is \$35 for members and \$40 for guests. Register online at www.sanibelcommunityhouse.net or call 472-2155. Watercolor rental kits are available for \$10 at the time of the class.

Shellcrafters are on site every Monday

from 9 a.m. to 1 p.m. A shell crafting class is offered at 10 a.m. There is no charge to attend the class; supplies range between \$3 and \$5.

Aerobics with Mahnaz Bassiri is offered in two sessions on Monday, Wednesday and Friday; 9 to 10 a.m. and 10:30 to 11:30 a.m. Bring your own weights (optional). Cost per class is \$5 for members and \$10 for guests.

Line Dancing is offered on Tuesdays from 1 to 2 p.m. Cost per class is \$5 for members and \$10 for guests.

Social Bridge is in play on Tuesdays from 1 to 3 p.m. Cost is \$5.

Painting with Friends is held on Wednesdays from 1 to 4 p.m. Bring a work in progress and your own supplies. Cost per class is \$10.

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.

Chair Stretching Exercises with Mahnaz Bassiri are offered on Thursdays from 1 to 2 p.m. Cost per class is \$5 for members and \$10 for guests.

The Sanibel Hearts Club meets every Friday at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome. Cost is \$5.

Freshly canned mango chutneys, salsas, barbeque sauces, pickles, spicy jellies, honey and jams are available for purchase. These make great hostess and holiday gifts. All proceeds from the kitchen go toward scholarships for the Culinary Education Center.

Sanibel-Captiva Art League will be exhibiting works by artist Maureen Ginipro during November. The exhibit can be viewed from 9 a.m. to 3 p.m. Monday through Friday or virtually through www.sanibelcommunityhouse.net.

The Community House is looking for sponsorships for Line Dancing classes taught by Marie DiRosa in the amount of \$200 per month and for Aerobics with Mahnaz Bassiri in the amount of \$1,500 (or a portion thereof for the weekly classes offered). Contact Allison at office@sanibelcommunityhouse.net if you are interested in sponsoring either of these programs.

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

Art Kits to Go 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 following current CDC guidelines.

The Community House is located at 2173 Periwinkle Way. Visit www.sanibelcommunityhouse.net or call 472-2155.*

Holiday Fun Days At Rec Center

Registration is open for Thanksgiving week Fun Days at the Sanibel Recreation Center. Fun Days are offer Monday to Wednesday, November 22, 23 and 24. The program offers a variety of athletics, arts and crafts, and games. Enrollment is available for children in kindergarten through eighth grade. This program operates from 8 a.m. to 5:30 p.m. Each child needs to bring a lunch, water bottle, towel, sunscreen and swimsuit. Face masks are required.

Financial assistance is available to families based upon individual need. For more information, call the Sanibel Recreation Center at 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, visit www.mysanibel.com.*

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Coloring Contest Winners



First place winner Silvia Martinez, first grade
photos provided



First place winner Dylan Teets, third grade



Second place winner Rose Shaffer, first grade



Second place winner Robert Burroughs, third grade

The City of Sanibel Recreation Department hosted a Veterans Day coloring contest for youth participating in the after school recreation program. Youth in kindergarten through third grade participated in the contest.

The first place winners were first grader Silvia Martinez and third grader Dylan Teets. The second place winners were third grader Robert Burroughs and

first grader Rose Shaffer. Prize ribbons were provided by the City of Sanibel Recreation Department. All entries will be on display in the Sanibel Recreation Center lobby.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information call 472-0345 or visit www.mysanibel.com.*

Child Safety And Protection Month

November is National Child Safety and Protection Month. It is dedicated to identifying potential dangers to children and taking steps to protect children against those dangers. Now is the time to educate children on the importance of electrical safety. It is also a good time to remember the electrical hazards that are around on a daily basis.

Lee County Electric Cooperative (LCEC) reminds people of all ages to:

- Never climb trees near power lines;
 - Never climb a tree near power lines to retrieve a kite;
 - Never climb a utility pole or tower;
 - Don't play on or around pad-mounted electrical equipment (the big green metal boxes often found in neighborhoods);
 - Avoid going near an electric substation;
 - If thunder roars (or lightning is present), go indoors immediately; and
 - Stay away from downed power lines.
- If you see a downed line, call your electric provider immediately. LCEC customers should call 656-2300.
- For more ways to stay safe around electricity, visit www.lcec.net.*



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Chris and Mary Jo, daughters of owners Joe and Mary Gault, in front of the shop photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village Landmark: The Seahorse Shop

This week's image depicts The Seahorse Shop. The Seahorse Shop opened its louvered doors to welcome customers and tropical breezes in January 1954 near the ferry



landing. Sanibel's second-oldest retail business, it was the first shop to remain open year-round.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available by reservation, based on docent availability. There is handicap access to all but one of the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.*

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS
Shabbat services including Torah reading at 7:30 p.m. led by Rabbi Stephen Fuchs and Cantor Murray Simon. Services at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Saturday morning classes at 9:45 a.m. on Zoom. Email batyamsanibel@gmail.com for links to services and information, 2050 Periwinkle Way.

CAPTIVA CHAPEL BY THE SEA
Rev. Larry Marshall. Worship services every Sunday at 11 a.m., November 14, 2021 through April 24, 2022. Sunday services posted on the chapel's website, www.captivachapel.com and www.facebook.com/Captiva-Chapel-By-The-Sea. 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM
(Fellowship of Peace) Friday Shabbat services led by members at 7:30 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
Services at the Christian Science Church of Sanibel-Captiva have resumed as follows: Sunday service at 10:30 a.m., Wednesday meeting at 4:30 p.m. Reading room open on Friday, 10 a.m. to noon. 2950 West Gulf Drive, 472-8684.

SANIBEL COMMUNITY CHURCH
Sunday services at 9 a.m. and 11 a.m. in

the Sanctuary. View the Sunday services via livestream at 9 a.m. or later online at www.sanibelchurch.com. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST
The Reverend Dr. John H. Danner, Sr. Pastor. Sunday Worship at 7:45, 9 and 11 a.m. www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH
The Rev. Bill Van Oss, Rector. Service schedule through April, Saturday at 5 p.m., Sunday at 8 a.m. and 10:30 a.m. The 10:30 a.m. Sunday service is also livestreamed at www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS
Meets 5 p.m. on the third Sunday of each month from December through April at Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901. Email changes to press@islandsunnews.com or call 395-1213.*



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OBITUARY

JAY VERME

by Laurie Verme



On May 16, 2021, Jay, Linda, John, Marlena, Jay Paul, Joseph John, Alice Pauline and Laurie Verme said goodbye to the world's greatest, kindest and best dad, aka "Pops," this world has ever had, but only the few were blessed to know.

Jay Verme, Sr. was born on October 14, 1934 in Huntington, New York. In 1951, he met his beautiful bride, Alice, in Huntington High School and they began dating. Jay graduated Huntington High School, proposed to Alice, then enlisted in the Army, where he served for three years during the Korean War. Jay and Alice were married soon after his return and they started their adventure together, which lasted 62 years. Jay also joined the Huntington Fire Department as a volunteer firefighter. Sponsored by his father-in-law, Mel Donaghy, he served for over 54 years.

Jay was an entrepreneur at heart and purchased Knight's Cadillac business from his father-in-law, successfully working the business, along with Alice, for over 15 years. In addition to the Cadillac business, Jay, who grew up on the North Shore

of Long Island, shared a love for fishing and clamming with his father, John. Every morning at 5 a.m., you would see Jay in his boat with his 30 feet of handle scraping for clams with his children at his side, referring to them as his "roper dopers." There was constant laughter among the children as they assisted with bringing up the rake and fearlessly counting all the clams to make one bushel to sell at the local fish store. After the Cadillac business was sold, Jay purchased and ran Verme's Stationery Store in Huntington for 10 years, working alongside his sons, Jay and John. In 1973, Jay and Alice ventured on to the Adirondack Trailways bus to see his wife and family. Jay's priorities were always his wife, children and family fun.

His daughter Laurie graduated from SUC Brockport with a bachelor of science in nursing degree and began working at Huntington Hospital. Jay Jr. graduated from Huntington High School and immediately began the police academy, then started his police career at Huntington Bay Police. John graduated Huntington High School and started college at SUNY Purchase. As John continued his education, Laurie applied to McDonald's Corporation to become a franchisor. In 1995, Laurie, John and Jay began a career with Oyster

Bay McDonald's. In 1999, the Oyster Bay McDonald's won the title for "Fastest Drive-Thru Service in the North and Southeast Region" and their franchise was on the McDonald's Wall of Fame with Jay named "The Fastest Drive-Thru King."

In 2002, Jay, Laurie and her daughter, Alice, decided to move to Florida. John pursued a career with the New York City Fire Department.

Jay Jr. followed in his father's footsteps and volunteered for the Huntington Fire Department for many years. He has since retired from Huntington Bay Police after 35 years. John continues to work for New York City Fire Department.

Laurie resides in Sanibel Island, Florida with here daughter, Alice. They own and operate Sanibel's Best Homemade Ice Cream on the east end of the island. Alice received a scholarship to attend Clark University but decided to join her mother in the ice cream business.

Jay was not a movie star, rock star nor a politician, but when someone close to children's hearts returns to God, no one can take that pain away. In a world of many, his children want the world to know how wonderful one person can be. Jay, towering at six-foot, seven inches, was known to all as the "Gentle Giant."

Growing up in Huntington, Laurie, Jay and John experienced a childhood that is rare and almost nonexistent today. Sharing every breakfast and dinner at the kitchen table with both parents by their sides, asking questions: "Did you

have fun in school?" or "How was your day?" were the usual conversations. The children were delighted to go home from school, calling out for "mom" and patiently waiting for dad to come through the door. There was always laughter at the table and they were blessed with a carefree life where "A's" in school were always secondary. Not having cell phones or computers, they watched simple, but educational television such as Mutual of Omaha's *Wild Kingdom*, Disney or any program they allowed them to watch, one hour after dinner, and always as a family.

Traveling up to the mountains for vacation was always the highlight for the children, hoping the snow was deep enough to speed down the mountain on a plastic "red runner," bouncing into every rock and tree all the way down, laughing so hard, their stomachs would flutter, and they would want to go again and again. Mom was at the large front window just shaking her head, but smiling all the time. The summers were filled with cheerful days of endless fun.

Dad was there for every adventure. Always a "yes, you can do it" and never a "no," his support made his children who they are today.

No one will ever be able to erase the beautiful moments that we shared as a family. Cheers to you, Mom and Dad, Nana and Pops, to the best life and memories any child could dream about!

Our life may have been simple, but one filled with love and laughter!

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Holiday Decorations Under Scrutiny

by Wendy McMullen

Most of the discussion around the sign ordinance at Tuesday's planning commission meeting centered on how to allow holiday lights without discriminating against any religious or other group.

"If you start to regulate between different holidays, you set yourself up for litigation," asserted Planning Commissioner Paul Nichols. He was responding to Commissioner Ty Symroski's question on how to categorize the circumstances under which decorations and banners can be permitted.

"If I wanted to celebrate Martin Luther King Day, could I put banners and decorations up and leave them up?" he asked other commissioners.

Sanibel has strict codes regarding signs, lights, graphics, mascots, and other decorations. However, by tradition and custom, these codes are lifted during the Christmas holiday season.

Under the revised ordinance, holiday lights, displays and decorations would be allowed from the day before Thanksgiving until January 9. Commissioners, however, were concerned that this could be viewed as discriminatory against religious celebrations that fall outside that period.

The question of whether to allow a similar period for other religious holidays was a thorny one. City attorney John Agnew suggested allowing decorations for a shorter period of seven days for other federally recognized holidays, but this excluded other religious holidays. Even including religious holidays seems discriminatory in that it allows six weeks for the Christmas holiday season and just seven days for Ramadan. Moreover, it would not cover the child-cherished, all-important, and highly decorated Halloween period.

The need to revise Sanibel's ordinance arose from a case brought before the U.S. Supreme Court six years ago by a church group in Gilbert, Arizona that had

been told to take down signs to a church meeting. The Supreme Court determined that the city could not ban signs based on content and thereby abridge the right to freedom of speech.

Weary Sanibel planning commissioners finally voted to continue to allow holiday decorations during the period from the day before Thanksgiving to January 9 and to allow decorations clearly associated with any national or religious holiday for seven days before or after the event.

The ordinance now goes to city council for approval.✪

Seafood Market Gets Green Light From Planners

by Wendy McMullen

Island Seafood Market, a popular seafood stand at the Sanibel Island Farmers Market for the past eight years, is soon to be a permanent fixture on the island.

Urged on by customers seeking fresh fish year-round, Capt. Casey Streeter and his wife Katie, owners and operators of Island Seafood Market, searched for a suitable place and landed on the unit just south of Sanibel Deli in Palm Ridge Place.

To establish a food market at the plaza required a conditional use permit which the Sanibel Planning Commission enthusiastically approved at Tuesday's meeting.

The Streeters have operated their seafood business for nine years, growing their fleet from one to five boats fishing for local grouper and snapper, and developing a network of local fishermen who provide shrimp, scallops and stone crab.

The main facility of Island Seafood Market is located at the foot of the Matlacha Bridge, where local fishermen unload their catch each day. Together, with their own boats, they provide about 10 varieties of grouper and 15 varieties of snapper as well as cobra, tripletail and other deep water species.

Sanibel planners were assured that no highly aromatic marine waste would be dumped anywhere around the market

on Sanibel. Streeter explained that the processing of the fish takes place at their Matlacha facility and not on Sanibel.

A seafood market is a permitted use within the commercial district, and the market met the general and specific conditions of the conditional use permit. There is no increase in commercial floor area and no adverse effects with other uses in the center or on the traffic flow in the area.

Planning commissioners unanimously expressed the need for a fresh, locally sourced seafood market on the island.

"It is an island, after all," commented Commissioner Karen Storjohann.

Since the conditional use was a change of use from the business that was there before, improvements to the landscape buffer around the center were required. It was also noted that the crushed shell parking area would be replaced with pavers.✪

Island Taxi To Add Rental Cars

by Wendy McMullen

There will once again be a rental car business on Sanibel in the near future.

The Sanibel Planning Commission approved a conditional use permit to allow Island Taxi to add a 10-car rental operation at Tuesday's meeting.

Island Taxi owner Tom Jones said the operation will mainly be a service to customers on the island who want to rent a car for a few days and would not increase the number of cars on the island.

This will be the only car rental service on Sanibel. Currently, visitors and residents who need a car have to go off island. The Chevron gas station at the entrance to Sanibel ended its association with Hertz when the Fort Myers-based car rental company filed for bankruptcy in 2020.

Island Taxi's car rental service will be restricted to just 10 automobiles due to parking limitations at Rabbit Road Center, where the business is located. The city limits the Rabbit Road Center to five cars per unit. Island Taxi is in Unit 6 at the southern end of the complex and the

large Unit 1A to the rear of the Sanibel Health Club.

Resident Larry Schopp opposed the measure referring to the Sanibel Plan which attempts to discourage increases in the number of cars on the island. Jones, however, assured the commission that the convenience of having a car rental service on the island would allow visitors and residents to rent for shorter periods as needed and may very well decrease the number of cars on the island.✪

Expansion Approved For Clothing Store

by Wendy McMullen

Uppmarket women's clothing store Beach Daisy is to expand its area by taking over the adjacent Periwinkle Place unit north of the store in the western wing of Periwinkle Place Shopping Center.

A conditional use permit was approved by the Sanibel Planning Commission on Tuesday allowing the store, which currently has some 2,000 square feet, to add an additional 575 square feet.

The application was submitted by owner Keelie Bloom on behalf of Dahlmann Periwinkle Place Limited Partnership.✪

Wednesday Night Adult Soccer

The Sanibel Recreation Center offers adult co-ed pick-up soccer games at the Sanibel ball fields on Wednesday nights from 5:30 to 7:30 p.m. on field two. All skill levels are welcome. There is no fee to participate. Players must wear closed toe shoes. No metal studs of any type may be worn. No sandals or bare feet. Shin guards and protective wear are recommended. Pick-up games are weather permitting.

For more information, contact Connor Russell at connor.russell@mysanibel.com or call the Sanibel Recreation Center at 472-0345.✪

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Sanibel & Captiva Islands

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Sanibel Taxpayers: Let's Build Back Better!

\$10+ Million capital investments on our immediate horizon!

The City has identified several important facilities needs, including:

- **New Police headquarters, first priority**
- **Departments with inadequate quarters in City Hall**
- **Senior activities to enhance physical and mental health**

The City owns assets that could help address these needs affordably and efficiently, including the former SanCap Bank building, the Center 4 Life building and the City's Recreation Center. The Community House is also a valuable resource that can play a role for seniors.

Members of the Council have expressed their desire to take a holistic view of all the City's needs, not address them piecemeal. Yet they are prepared to spend \$10 - \$13 million for the Police and Center4Life without yet taking that holistic view. Costs for other City departments are still unknown.

Council approved a Request for Proposals to perform a thorough review of the Sanibel Recreation Center, including all senior activities, and alternative methods of operating the Recreation Department of which the Center 4 Life is a part. This review has not yet been done.

Questions that must be asked and answered:

- **Are there synergies between the Police and Fire Departments that would arise by locating them close together, using the Center 4 Life site or the SanCap Bank site? Can facilities or resources be shared to improve operations or reduce cost?**
- **Are there environmental or economic advantages to using an already developed site (e.g., the Center 4 Life and/or the former SanCap Bank building) for Police rather than a virgin site with possible endangered species?**
- **What are the real facility needs to address the physical and mental health of our seniors, including alleviation of social isolation?**
- **How is it working with a dedicated space for seniors at the Recreation Center and exercise classes at both the Recreation Center and The Community House? Are there adjustments that could improve the situation?**
- **Can the buildings or land of the Center 4 Life and/or bank help alleviate overcrowding at City Hall? Is cost-effective renovation possible?**

Please - let's pause for that holistic view of all the City's facility needs, make decisions with all relevant information in hand, and create a cohesive, affordable and efficient program to enhance the city of which we are all so proud.

Services To Begin On Captiva

The second Sunday of November marks the beginning of the 73rd season of Sunday worship services at the historic Captiva Chapel by the Sea. All are invited to attend the chapel's interdenominational services led by Rev. Larry Marshall, who with his wife Rosemary, will begin their third year of a four-year ministry.

Beginning November 14 and through the end of April 2022, in addition to the 11 a.m. Sunday morning worship services, the chapel will be open daily for visitors to stop by and learn how this early-1900's schoolhouse became a place for people to pray and meditate, be baptized, join in marriage, renew wedding vows, and become motivated to assist humanity through various ministry and social outreach endeavors.

In 2015, the Chapel Cemetery and the Captiva School/Chapel by the Sea were recognized on the National Register of Historic Places.

Masks are recommended for indoor worship. For those choosing to worship outside, chairs will provide some distance between couples, singles and/or families. No masking will be suggested for outside attendees. The Sunday worship service will be videotaped and will be added to the website and Facebook page by mid-afternoon each Sunday.

Upcoming events include:

November 24, Thanksgiving Eve



Rev. Larry and Rosemary Marshall

photo provided

Service at 4 p.m.

November 30, Advent Bible Study at 10 a.m. on Tuesdays, beginning November 30

December 12, Carol Sing at 5 p.m.

December 24, Christmas Eve Service at 6 p.m.

December 25, Christmas Day Service at 11 a.m.

Captiva Chapel by the Sea is a mission church, offering support to nonprofits in the area and around the world. Nearly half of the offerings go to support the following missions: The Heights Foundation; Community Cooperative Inc; ECHO; El Hogar; FISH of SanCap; Community Housing and Resources (CHR); Quality Life Center and

South Fort Myers Food Pantry.

For more information, visit www.captivachapel.com. Captiva Chapel by the Sea is located at 11580 Chapin Lane on Captiva.✽

FISH Of SanCap Earns Top Award

FISH of SanCap has been named a 2021 Top-Rated Nonprofit by GreatNonprofits, the leading provider of user reviews of charities and nonprofits.

The Top-Rated Nonprofit award is based on outstanding online reviews from those served, community members, volunteers and/or board members. One neighbor served wrote, "FISH has been a Godsend through the pandemic. Many users of FISH have had even more hardship over the last 1½ years. The organization has responded with focused giving from food to social services, to maintaining high spirits to the homebound to providing COVID vaccines to the community, and much more. All with smiles on their faces!!" Additional reviews may be read at <https://greatnonprofits.org/org/f-i-s-h-of-sanibel-captiva-inc>.

"FISH is a great example of a nonprofit making a real difference in their community," said Perla Ni, CEO of GreatNonprofits, "Their award is well-deserved recognition not only of their work, but the tremendous support they receive, as shown by the many



outstanding reviews they have received from people who have direct experience working with FISH."

FISH assists the people of Sanibel and Captiva as a neighbors helping neighbors social service provider. "We are especially proud that this distinction is awarded by community recognition of the work of our incredible staff, volunteers and gracious donors," said Alicia Tighe Orgera, executive director of FISH.

FISH continues to grow to meet the demands of the community thanks to its donors and volunteers. FISH maximizes all contributions; 92 percent of every dollar spent goes to programs and services. Last year, 26,933 service requests were answered by FISH. Its food pantry, one of the most utilized programs of the agency, had 6,488 visits that distributed 246,545 pounds of food. FISH volunteers delivered 6,412 meals to islanders, assembled and delivered 1,974 food backpacks for children, and made 3,589 reassurance calls.

For more information on programs and services offered by FISH, call 472-4775 or visit www.fishofsancap.org.✽


CAPTIVA ISLAND YACHT CLUB

ENVIRONMENTAL EDUCATION PROGRAM

Captiva Shoreline Erosion & Sea Turtle Nesting



Jennifer Nelson



Kelly Sloan

TUESDAY, NOVEMBER 16th, 2021

10:30 – 11:45 am

Jennifer Nelson is a graduate of the University of Texas at Austin and holds a Bachelor of Fine Arts in Art History. She had a 24 year long career with Goodwill Industries and worked for 4 Goodwill locations around the country in Austin, Houston, Santa Rosa, California, and Ft. Myers. She worked 8 years for Goodwill of SW Florida prior to accepting the role as Executive Director for Uncommon Friends Foundation in April 2017. In November of 2017, she was elected to Cape Coral City council to represent District 4. Most recently, Jennifer was hired as the Executive Director of the Captiva Shoreline Erosion Project District. Jennifer is very passionate about sustainability in all facets and believes in developing initiatives that focus on the future of our community.



Kelly Sloan holds a Bachelor's degree in Biology and a Master's degree in Environmental Science and Policy. Before pursuing a career in coastal wildlife conservation, she worked in a lab studying how animals use the magnetic field to navigate and in South Africa studying baboons. Kelly started working for the South Carolina Department of Natural Resources (SCDNR) Marine Turtle Conservation Program in 2007, and in 2013 she joined a team of scientists on Long Island to study piping plovers. She accepted her position with SCCF in December of 2013.

This is a Zoom Meeting presentation.
<https://us02web.zoom.us/j/89187540887>

Zoom link available at the Captiva Island Yacht Club website, www.captivaiyc.net. Click on the **Activities and Social Events** tab.



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Straggler daisy is a naturalized wildflower of the aster family photo by Gerri Reaves

Plant Smart
Straggler Daisy

by Gerri Reaves

Straggler daisy (*Calyptracarpus vialis*) is a common wildflower of the aster family found in yards, along roadsides and in disturbed areas.

The flower's native range is Mexico, the Caribbean, and parts of Central and South America.

It grows widely in the southeastern

U.S., and sources differ over its native status. However, the authoritative USF Atlas of Florida Vascular Plants classifies it as nonnative.

It is naturalized in the state, meaning that it self-cultivates in nature.

Other common names are horseherb and sprawling horseweed, the latter probably a reference to the stems' habit of creeping along the ground and rooting at the nodes.

The tiny yellow flowers are only two to five millimeters long and a

quarter-inch across. They bloom year-round and have the typical daisy structure of asters: ray flowers arranged around a central disk.

The opposite deltoid leaves have toothed edges and prominent veins.

If this species volunteers in your yard, you could do worse than leaving it in place, especially if you plan to replace it with nonnative turfgrass.

Unlike turfgrass, straggler daisy provides nectar for small butterflies such as sulfurs and skippers.

It requires no maintenance, will grow in almost any soil, and is highly drought tolerant. It's also noninvasive and will grow in shady areas.

If not mown, it can reach six to 12 inches high.

Sources: <http://floranorthamerica.org>, www.plantbook.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✳

A of the Sanibel Bridge. The work is scheduled for daytime hours, weather permitting.

During this period, there will be intermittent lane closures between 8 a.m. and 6 p.m.; times may vary depending on weather. Motorists should use caution. DOT signage will be in place. For more information, visit www.leegov.com/dot or call 533-9400.✳

Open House At Sanibel School

Thanks to support from the community, The Sanibel School provides its students with a cutting-edge STEM (science, technology, engineering and mathematics) program.

On Wednesday, November 17 from 8 to 9 a.m., the community is invited to attend an open house, to be held outside in the school courtyard, to learn about the program. Meet the STEM teacher, Kelly Johnson, and the students, and see some of the educational projects that community donations have made possible. Principal Jamie Reid will give an update on school programming and registration will be open for the annual Blue Ribbon Classic Golf Tournament, the springtime fundraiser for the school.

The Sanibel School is a National Blue Ribbon School and a Florida School of Excellence.

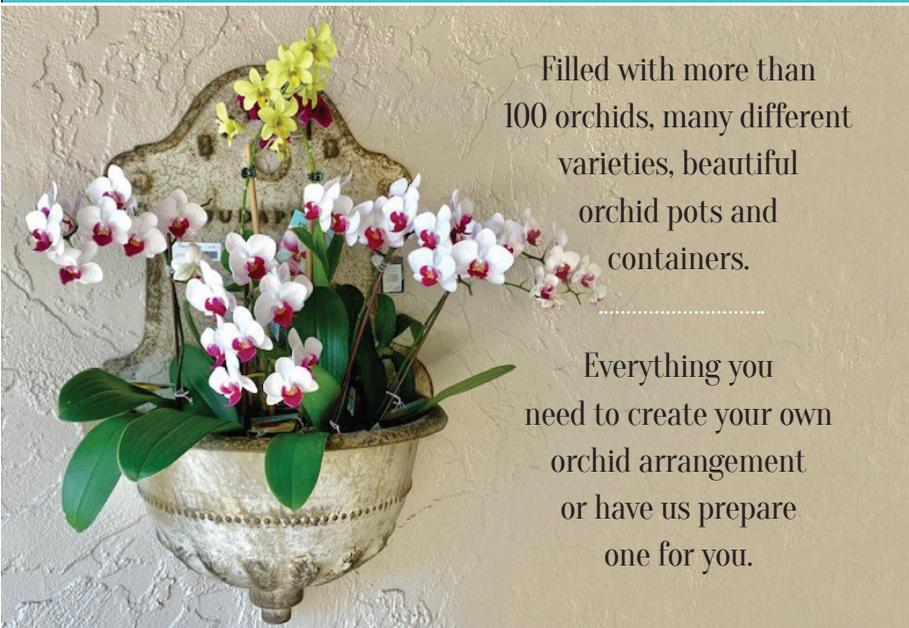
RSVP is requested by email to: thesanibelschoolfund@gmail.com.✳

Maintenance On The Causeway

The City of Sanibel has received notice from the Lee County Department of Transportation (DOT) regarding maintenance on the Sanibel Causeway. Maintenance will be begin on Tuesday, November 16 and continue through Friday, November 19.

Lee County DOT and its contractor will be performing routine maintenance work on the U-turn road under Span

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How To Properly Exclude Bats From Your Home

The Florida Fish and Wildlife Conservation Commission (FWC) is reminding the public that fall is an ideal time to exclude bats from your home or other structure. While Florida's 13 native and beneficial bat species typically roost in trees, caves or other natural spaces, they can also be attracted to human-made structures.

Bat maternity season, the time when bats give birth and raise their young, ended August 15. Fall is the ideal time to bat-proof your home, after bat pups have been weaned and can fly and search for food on their own. Fall is also when you may legally exclude any bats that might occupy a structure on your property. It is only legal to use exclusion devices from August 15 through April 15.

Exclusion devices, which allow bats to exit a structure but block them from returning to roosts, are the only legal and appropriate method to remove bats from your home or building. It is illegal in Florida to kill or harm bats. Bat exclusion is a multistep technique where all potential bat entry and exit points in a building are identified. To legally exclude bats, exclusion devices must be left up for a minimum of four nights and must be conducted when the overnight temperature is forecast to be 50 degrees Fahrenheit or above.

Bats are ecologically and economically beneficial. They serve critical functions worldwide due to their roles in insect pest control and, as pollinators, seed dispersers and fertilizers. Florida's bats are insectivores and a single bat can eat hundreds of insects, including mosquitoes and other garden and agricultural pests, each night.

Florida is home to 13 resident bat species including threatened species, such as the Florida bonneted bat. There are several ways that Florida residents and visitors can help bats:

Preserve natural roost sites, including

trees with cavities and peeling bark;

Dead fronds left on palm trees can provide roosting spots for bats;

Install a bat house on your property; Report unusual bat behavior, as well as sick or dead bats at www.myfwc.com/research/wildlife/health/other-wildlife/bat-mortality.

For more information about how to properly exclude bats as well as other tips to bat proof your home, visit www.myfwc.com/bats and click "Bats in Buildings." ❄️

Beach Parking Permits On Sale

City of Sanibel beach parking permits went on sale November 8 at the Sanibel Recreation Center. The recreation center is open Monday, Wednesday and Friday from 8 a.m. to 5 p.m., Tuesday and Thursday from 8 a.m. to 7 p.m., and Saturday from 8 a.m. to 1 p.m.

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

Acceptable proof of residency or property ownership are:

Driver's license with a Sanibel address;

Valid government issued photo identification card with a Sanibel address;

Lee County voter registration card with a Sanibel address;

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, Discover, Visa or check.

It is recommended that you bring your completed application with you.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, call 472-0345 or visit www.mysanibel.com. ❄️

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Cycle Of Cold Fronts



by Capt. Matt Mitchell

Wind and a full day of rain associated with yet another cold front repeated what seems to be our new weather pattern. Nasty weather created

more cancelled charters as a few days were just too nasty to leave the dock.

This pattern of weekly cold fronts has begun at least a month earlier than most years. Northwest winds really put a damper on fishing as they funnel down the sound and make it rougher than any other wind direction.

Pre-front fishing was on fire with low water creek fishing giving clients lots of snook, a few quality redfish and even a few trout to complete the slam. This cold will only improve the bite in the way back places as our water temperature continues to dip.

When fishing the many creek systems the sound offers, one thing remains consistent – the lower the tide, the better the action. Low water makes these fish fall out of the mangroves and into the channels. Wind generated minus low water is as good as it gets back in the creeks.

During higher tides, I concentrated



Jackie from St. James City with a quality snook caught while oyster bar fishing

photo provided

efforts on oyster bars catching snook after snook. Though most of these fish are in the 20- to 25-inch range, we caught fish on almost every cast at times.

Sand holes around the bars were stacked up with fish. When I fish this shallow water, I have clients make a long cast then slowly retrieve the live bait,

lifting the rod and making it flutter. With so much grass in these areas, the bait will hang on the bottom if you don't use this method. Another option is to fish your shiners a few feet under a float.

After the passing of a front, it is a little bit of a challenge to find clean water after days of strong winds. Sheltered mangrove creeks and the leeward side of the sound don't get stirred up as badly as areas around the passes.

As good as the bite was in and around the passes before the wind, it quickly grinds to a halt once it gets churned up. After a few tide cycles, this water will quickly clean up in just a few days.

Expect this pattern of cold fronts all winter long.

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.✳

Trail Closed For Construction

Wulfert Keys Trail off of Wildlife Drive at JN "Ding" Darling National Wildlife Refuge is closed until further notice for construction and bank stabilization. The reopening date is unknown at this time.

All updates and announcements can be followed on the refuge's Facebook page at <https://www.facebook.com/dingdarlingrefuge>.✳

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Virginia Opossum

by Bob Petcher



The Virginia opossum (*Didelphis virginiana*) is a cat-sized mammal that is mostly found in North America. In fact, it is the only species of opossum found north of Mexico.

The Virginia opossum is the continent's only marsupial, an animal with a pouch, like a kangaroo or a koala bear. This nocturnal, omnivorous animal has been around for at least 70 million years and is called one of earth's oldest surviving mammals.

At CROW, a juvenile male Virginia opossum was admitted after being found with its left paw caught in a rat trap in Cape Coral. Upon examination, there was marked edema and soft tissue swelling of the left paw and forelimb.

"A rat trap is designed so that when a mouse or rat eats the bait, the metal part is released and comes down with enough force to break their neck," said Dr. Laura Kellow, CROW's veterinary intern. "In this opossum's case, when his leg was trapped in the rat trap, the metal part came down on his antebrachium – his forearm – and despite his struggles, he was unable to



Patient #21-5494 has recovered quickly from an injury he suffered in a rat trap

photo by Amy Kowalski

free himself.

"What this compressive force from the rat trap caused was essentially a tourniquet which prevented blood and lymph from flowing back up the limb. This allows fluid to escape the vessels and pool in the local tissues, which is called edema."

Radiographs showed no evidence

of any fractures, but staff was unable to rule out any fractures to the growth plate.

"The opossum is a juvenile, which means that his bones are still growing. Long bone growth occurs along physes, also called growth plates, which are cartilaginous and often the weakest part of the bone," said Dr. Kellow.

"Sometimes, if there is a fracture that is only in this cartilaginous growth plate, all we see on radiographs is widening or narrowing of this physis. This can be difficult to interpret even though we obtain multiple views.

"The (computed tomography) CT (scan) would help significantly in being able to interpret these changes. In this case, we are continuing to monitor him for limping and other clinical signs and would repeat x-rays if these occurred."

The opossum has been receiving physical therapy to improve blood circulation.

"The opossum received medications to help improve blood flow and circulation to his limb, in addition to anti-inflammatory pain medication and antibiotics," said Dr. Kellow. "Gentle massage and heat packing of the limb were also well tolerated.

"The swelling improved dramatically in the first few days and, with therapy, the limb is almost back to normal."

The patient's next steps in recovery will hinge on its future blood work.

"In the opossum's struggle to free himself from the rat trap, he caused a small wound on the inside of his limb.

He has been receiving antibiotics for this, and when this has healed and his blood work is normal, he will be moved outside," said Dr. Kellow. "There, we will be able to closely monitor his gait for limping and pain before release."

That impending release should be sooner than later.

"He has already made dramatic improvements, and we are hopeful that he will be released in the next couple of weeks," Dr. Kellow said.

The opossum's pain and suffering could have been avoided.

"Snap and glue rat traps are inhumane and often prolong suffering and pain of rats/mice, not to mention other animals that may accidentally be caught. We also see many rodenticide cases yearly in our raptor patients, and even clinically unaffected raptors have high levels in their tissues on necropsy," said Dr. Kellow. "There are many humane alternatives to snap rat traps, glue rat traps and rodenticides that avoid suffering, and we encourage the public to think critically about pest control and unintended effects on wildlife."

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

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CROW Calendar Of Events

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

General admission is \$12 for adults, \$7 for ages 4 to 12, and no charge for ages 3 and under.

Guests learn about CROW's history and day-to-day operations through displays, interactive exhibits and video. The center also features live animal exhibits, children's areas and live camera feeds of the hospital intake room and several outdoor rehabilitation enclosures. General admission includes the daily presentation (see schedule) and no reservation is required.

Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

For the safety of the animals and other guests, masks are required at all times in the Visitor Education Center.

Wildlife Walk Guided Hospital Tours - \$25 (includes general admission)

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process.



The hour and a half program has two parts: the daily presentation in the Visitor Education Center and then a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds. This program is open to all, but it is not recommended for children under the age of 13. Masks are required at all times during the tour.

Tours are offered Monday through Friday at 11 a.m. Capacity is limited to eight participants. Advance registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital.

To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

Daily Presentation Schedule

Friday, November 12, 11 a.m.,

Why Animals Come to CROW - Do you wonder how and why animals become patients at CROW? Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital. One of CROW's animal ambassadors will be present.

Monday, November 15, 11 a.m.,

Patient Profiles: Virginia Opossums - Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human-made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, November 16, 11 a.m.,

Species Profile: Sea Turtles - There are seven different species of sea (or marine) turtle, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility in between Sarasota and Marathon. From boat strikes to washback hatchlings, one of CROW's team members explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Wednesday, November 17, 11 a.m.,

Wildlife Rescue 101 - Have you ever come across wildlife in "distress" but did not know the appropriate steps to help? Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on our sustainable recreational practices to survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the

mangroves, this program will cover wildlife rescue assessment as well as handling techniques. One of CROW's animal ambassadors will be present.

Thursday, November 18, 11 a.m., Patient Profiles: Owls of Southwest Florida - Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.*

From page 1

Historical Village

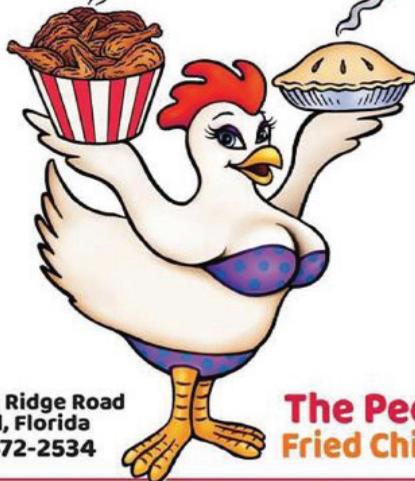
will truly be a magnificent display of holiday trees, timelines and special memories," Pence said.

The Sanibel Historical Museum and Village is open Tuesday through Saturday from 10 a.m. to 4 p.m. Masks are required inside the buildings. Guided tours are available if reserved in advance for groups of no more than six, depending on docent availability. Regular tours, at 10:30 a.m. and 1:30 p.m., will resume as soon as possible.

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults over 18; no charge for members and children. The village has handicap access to all but one building. For more information, call 472-4648 or visit www.sanibelmuseum.org.*

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Bailey-Matthews National Shell Museum
Shell Of The Week

The Flame Cone



by José H. Leal,
PhD, Science
Director and
Curator

The Flame
Cone,
*Conasprella
delessertii* Récluz,
1843 is found from
North Carolina
south to both sides
of Florida and

in the Gulf of Mexico to the Yucatan Peninsula. The species is known also as Delessert's Cone or Sozon's Cone. Alan Kohn, in his book on cone snails from the southeastern U.S. and Caribbean, observed that the species "ranges as far north on the Atlantic coast of the United States as any other *Conus* species." It reaches 100 mm (about four inches), and the color pattern consists of three broad light orange-tan bands and dots or dashes of the same color scattered over the entire shell. The shell illustrated in the photo measured about 55 mm. It was collected during the recent cruise to the northeastern Gulf of Mexico led by Dr. Greg Herbert, and photographed aboard the research vessel *WT Hogarth*. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell



The Flame Cone, *Conasprella delessertii*, from the northeastern Gulf of Mexico

photo by José H. Leal

Museum is open from 10 a.m. to 5 p.m. daily. 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.*

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, November 14.



A meatloaf dinner is on the menu for Sunday, November 21.

Thanksgiving dinner will be served on Thursday, November 25.

On Tuesdays, tacos are served all day. Steak and cheesesteak 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. Sunday specials are served from noon to 8 p.m.

The first 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. Two tables are in play. Come out and watch the action.

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.

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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Instagram: [Island_pizza_sanibel](https://www.instagram.com/Island_pizza_sanibel)



Manatee will be migrating south this fall

photo by David Schrichte

Watch Out For Manatees During Fall Migration

This fall, Save the Manatee Club urges residents and visitors of coastal areas to not feed, give water to, or harass manatees that are migrating to Florida for the winter season. These actions are illegal and can harm manatees. Boaters are also reminded to watch for manatees and adhere to posted speed zones. Manatees spotted outside of Florida past November should be reported to local wildlife officials.

These aquatic mammals can live in fresh or saltwater, but they cannot tolerate water temperatures below 68° F (20° C) for long periods of time. Prolonged exposure to cold water can cause sickness or even death in manatees, called “cold stress syndrome.”

People should not feed manatees or interrupt their annual migration. Manatees that are fed are also more likely to approach boats or docks expecting food, which makes them susceptible to injury, death, or harassment.

Partnerships of government agencies and nongovernmental organizations are assessing the seagrass loss situation and are seriously considering manatee feeding or provisioning under controlled circumstances.

Even giving manatees lettuce or water is illegal and can be dangerous to the manatee’s long-term survival. While seagrass beds are declining in certain areas, manatees are still able to find food and water on their own in most areas without intervention.

Instead of feeding or giving water to manatees, here are tips to help protect manatees as they migrate this fall season.

Visit www.savethemanatee.org/rescue to get resources for your state and learn how to spot a sick or injured manatee.

Report cases of manatee harassment or feeding/giving water to manatees to local wildlife officials. Manatees are protected by several federal and state laws, and these actions are punishable by fines and/or imprisonment.

In Florida, report sick, injured, orphaned, or dead manatees to the Florida Fish and Wildlife Conservation Commission (FWC) by calling 1-888-404-3922 (FWCC).

Boat slowly in posted speed zones and watch for manatee tails, snouts, and “footprints.” Be extra cautious near warm-water refuges such as springs or power plants.

Protect seagrasses and prevent harmful algal blooms from forming by following the tips at savethemanatee.org/algae.

For more information, visit www.savethemanatee.org or call 1-800-432-5646.*

Red Sox Holding Auditions For National Anthem

The Boston Red Sox are looking for new talent to fill approximately 17 spots to perform the National Anthem for the 2022 spring training season at JetBlue Park.

Auditions will be held at JetBlue Park, located at 11500 Fenway South Drive in Fort Myers, on Wednesday and Thursday, December 8 and 9 from 4 to 7 p.m. All ages are welcome to audition.

Reservations must be made in advance by contacting Kim Macdonald at kmacdonald@redsox.com or 226-4761 to reserve a timeslot. If anyone is unable to attend these dates, he or she may

contact Macdonald about submitting an audio recording. Space is limited.

The 2022 season is the 11th season for the Red Sox at JetBlue Park at Fenway South.

The Red Sox home opener at JetBlue Park will be held on Sunday, February 27 against the New York Yankees – the first spring training matchup against the Yankees since 2020. In total, the team will play 34 games in 32 days, which includes 17 home games and 17 road games against seven American League teams, and four from the National League. In advance of the Grapefruit League games, the Red Sox will play an exhibition game against the Northeastern University Huskies on February 25. The Red Sox will close its spring training schedule at home against the Twins on March 29.*



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Bank Selling CROW Taste Of The Islands Shirts

Taste of the Islands shirts are now available for purchase at Bank of the Islands/Edison National Bank, located at the corner of Periwinkle Way and Casa Ybel Road. Show your support for Clinic for the Rehabilitation of Wildlife (CROW) by wearing an official, limited-edition 40th Taste of the Islands shirt.

The shirt features the Taste of the Islands logo and a tour-style listing of participating restaurants. All T-shirts are priced at \$20. Shirts are also available at the CROW Visitor Education Center and may be purchased online and shipped anywhere in the United States through CROW's online store.

Taste of the Islands Passports can be purchased at Bank of the Islands as well as all Edison National Bank locations, Bailey's General Store locations, Huxter's Market & Deli and select participating restaurants such as MudBugs Cajun Kitchen. Passports can also be purchased online at www.tasteoftheislands.org to be picked up at a designated location.

The 40th Taste of the Islands kicked off on November 1. Each participating restaurant will be offering their "Taste" items to showcase their cuisine throughout the month of November. A portion of the proceeds from those



Front T-shirt design photo provided

designated food and beverage items sold will be donated to CROW. Featured items are available all month long for dine in or takeout.

Restaurants will also compete for honors in different categories including Best Appetizer, Best Seafood and Taste of the Taste. Passport holders will cast ballots to decide the winner of the coveted People's Choice award and be entered to win prizes such as vacation stays, jewelry and gift certificates.

The CROW Crawl for this Saturday, November 13 features Paper Fig Kitchen, Thistle Lodge Restaurant, Traders, Love Boat Ice Cream, 400 Rabbits and The Island Cow.

Bank of the Islands/Edison National Bank is the presenting sponsor for

CROW's signature fundraiser. Other sponsors include ABC7/NBC2 of Waterman Broadcasting as lead media sponsor, The Silverman Organization and VCA Sanibel Animal Hospital as executive chef sponsors, Waste Management as sous chef sponsors, and *Island Sun* and *The River Weekly News*, *Sanibel-Captiva Islander/Island Reporter*, and *Santiva Chronicle* as supporting media sponsors.

For more information, visit www.tasteoftheislands.org.

Island Seniors Activities At The Rec Center

Island Seniors, Inc. is offering the following activities at the Sanibel Recreation Center:

Coffee Social – Monday to Friday at 9:30 a.m.

Social Bridge – Monday and Wednesday from 12:30 to 3:30 p.m.

Social Mahjongg – Thursdays from 12:30 to 3:30 p.m.

Cost for all games is \$3 for members and \$5 for nonmembers. Prizes are awarded.

Page Turners with Louise Fitzgerald is held on the second Tuesday of the month at 2:30 p.m., with an in person option at the new senior activity area at the Sanibel Recreation Center. If you would like to be added to the Page Turners email list, contact Louis

Fitzgerald at sanibelbum22@gmail.com or call 304-707-1701.

The Sanibel Police Department is hosting a crime prevention workshop in conjunction with the Island Seniors Inc. program on Friday, November 12 at 11 a.m. The presentation will be led by veteran Sanibel Police Officer Lt. Grace Towler. She will discuss fraud, scams, community threats, increased awareness and techniques for protecting yourself in a variety of scenarios. Masks are required to enter the recreation center and during the workshop in the Osprey Room. For more information, call 472-0345.

There will be a meeting on Tuesday, November 30 in the Osprey Room for Island Seniors, Inc. kayak leaders. The topics to be discussed will be leader responsibilities, prerequisite training and/or paperwork requirements as well as signups for new or soon to be expiring CPR certification classes. The Center 4 Life is hoping to begin kayaking activities in December. For more information, contact Shawn Shaffer at 402-305-2813 or fast2swim@aol.com.

The annual member/board meeting will be held on Saturday, December 11. Time and location to be announced.

The Sanibel Recreation Center is located at 3380 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, call 472-0345 or visit www.mysanibel.com.

City Of Sanibel Vegetation Committee

Attract Birds And Butterflies To Your Property

The City of Sanibel Vegetation Committee is offering guided native vegetation and landscaping tours of city hall grounds, planted exclusively with native plants. Tours are scheduled for:

- Wednesday, November 10
- Wednesday, December 8
- Wednesday, January 12 and Saturday, January 22
- Wednesday, February 9 and Saturday, February 26
- Wednesday, March 9 and Saturday, March 26
- Wednesday, April 13 and Saturday, April 23

Walk the grounds for ideas on planting native vegetation that requires no fertilizer. See how you can plant a garden that reseeds itself with little maintenance, is good for the environment and will attract birds and butterflies.

Vegetation committee members will provide information on proper planting and care of native vegetation. The City of Sanibel encourages planting of vegetation that is indigenous to the area as it requires little maintenance, no fertilizer and no supplemental irrigation.

Registration is not required. Attendees meet at the main entrance to Sanibel City Hall, located at 800 Dunlop Road. For more information, email san.dnr@mysanibel.com or call 472-3700.

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Fish Caught



Tracey Bayless with a gag grouper and blacktip shark photos provided

Tracey Bayless of Columbus, Indiana caught a nice gag grouper on a free-lined pilchard at Cayo Costa and a five-foot blacktip shark on a piece of cut ladyfish near Captiva Pass on November 4. She was fishing with Capt. Jimmy Burnsed. During two days of chartering, Bayless got close-up pictures of dolphins, went shelling, caught several species of fish and had a great time on her first fishing trip in Southwest Florida.✪

Shells Found



Christopher and Tristan McCulloh photo provided

Tristan McCulloh, 10, of Indiana found a tiny junonia on the beach outside of Ocean's Reach Condominiums. His dad, Christopher, found a large junonia shard in the same area. The family has been visiting Sanibel during the first week of November for the last 13 years.✪

Fish Caught



Grant Tucker photo provided

Grant Tucker of Columbus, Indiana caught a large redfish on a live pinfish while fishing in Pine Island Sound recently. Tucker was on a fishing charter with Capt. Jimmy Burnsed out of Tween Waters Island Resort & Spa on Captiva.✪

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From left, Wendy McMullen, Craig Albert and Andrea Murphy photo provided

Children's Center Thanks Local Bank For Support

The Children's Education Center of the Islands (CECI) began its fall fundraiser by thanking last year's sponsors for their contributions. CECI board members Wendy McMullen and Andrea Murphy visited the

new Periwinkle Way branch of Sanibel Captiva Community Bank recently to present a plaque and personally thank President and Chief Executive Officer Craig Albert for the bank's contributions of \$15,000 over the past two years.

CECI is a nonprofit preschool, established on Sanibel in 1974. It offers a nature based curriculum for children ages 1 to 5. CECI is located at 350 Casa Ybel Road. For more information, call 472-4538.✪

The Dunes Offering Pickleball Memberships

The Dunes Golf & Tennis Club has 50 pre-construction pickleball memberships available for reservation, with purchase December 1. "We are thrilled to announce our plans to add four pickleball courts on what is currently court number seven of our Har-Tru clay courts," said Brian Kautz, general manager of the Dunes Golf & Tennis Club. "We anticipate construction to begin in spring 2022 and will be completed approximately four weeks thereafter." The Dunes pickleball membership

privileges include full access to the club and unlimited pickleball court time for the balance of 2022 and 2023. Benefits of membership feature 20 percent off pickleball lessons, unlimited use of the swimming pool and sundeck, unlimited charging privileges at the club, exclusive invitations to member only events, preferred dining reservations, 15 percent off in the club dining room and bar, 20 percent off golf and tennis apparel, and reduced site fees for the outdoor entertainment pavilion.

For more information and to inquire about membership, visit www.dunesgolfsanibel.com or call 472-3355. The Dunes Golf & Tennis Club is part of The Inns of Sanibel collection of boutique hotels, located at 929 Sand Castle Road on Sanibel.✪

From page 1

Community House

activities that previously took place at the Center 4 Life in order to prevent a gap in services for our island seniors."

The SCA encourages all island residents and businesses that enjoy the many faceted programs offered by The Community House to consider becoming a member or renewing their membership. A nominal annual due of \$50 per individual, \$100 per family or \$150 per business enables members to partake in many of The Community House events at a reduced fee. Individuals may also participate in many volunteer opportunities at the facility, make

a donation or consider sponsoring one of the classes being offered. Our combined individual efforts are the lifeblood for keeping this valuable neighborhood space alive and active, enabling it to continue to be an enriching part of our community and cultural lives. Let's support this heart of our island that has and continues to offer so much for so many!

Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggiemom and facebook.com/thedoggiemom.✪

**The Sanibel
Masters Art Festival
November 26 & 27
9AM-4PM
Sanibel Community
House**



Farmers Market Supporting FISH



Fall harvest themed Smile Box for seniors

photo provided

Sanibel Island Farmers Market, established in 2008 by Betsy Ventura and Jean Baer, is open every Sunday from October 3 through May 29 from 8 a.m. to 1 p.m. on the grounds of Sanibel City Hall, located at 800 Dunlop Road.

Ventura and Baer work with FISH each year to provide fresh products for the islands' only food pantry. Vendors pack boxes of unsold fruits, vegetables and other goods. At the end of every market Sunday, FISH volunteers pick up, sort and stock donated items at the food pantry, located at 2430 Periwinkle Way. Participating vendors include European Bakery, operated by the Foerschner family; Straight From NY York Bagels, operated by the Sexton family and Aurora's Produce, operated by the Zuniga family.

The FISH Food Pantry is a vital service for many households, and FISH receives requests for assistance daily from island residents and workers. Once qualified by FISH, individuals are able to shop for nutritious, supplemental grocery items to sustain their family's food needs. The FISH Food Pantry is open Monday through Friday from 10 a.m. to 3:45 p.m. Each year, the organization distributes hundreds of thousands of pounds of food through the pantry program.

New this year, FISH and farmers market vendors collaborated on a fall harvest themed Smile Box for seniors. Vendors donated and offered reduced prices on items such as pears, mini pumpkins, bread, honey, jams, candles and soap, which were tucked into a farmers market reusable bag. The Smile

Box program at FISH was established to brighten the day of island seniors. The inspiration for the boxes comes from the subscription box trend where participants receive boxes of goodies by mail.

One Smile Box recipient said, "Thank you so much for the nice bags of autumnal surprises for me. The gifts are delightful. Being from Iowa, and not able to travel to New England as I used to do because of COVID, I am really missing fall this year. Your gifts really help bring some fall joy to my life." Participating vendors included Paradise Candle and Soap Co., House of Nuts, Aurora's Produce, Euro Bakery Stand, and Sanibel Island Farmers Market booth.

"FISH and our neighbors greatly appreciate the generosity of the Farmers Market. We cannot thank Betsy, Jean and the generous vendors enough for helping supply healthy choices for those that use our pantry, and again for supplying items for our Smile Boxes," said Maria Espinoza, assistant executive director of FISH. "The continued support from the farmers market and their eagerness to help is an integral part of our success. We also are so appreciative of our volunteer teams who pick up from the market and organize our food pantry on Sunday afternoons. We could not provide these wonderful products to our community without their help."

Shoppers are encouraged to bring dry and canned foods to the Sanibel Island Farmers Market booth or make a monetary donation on Sundays, which will be donated each week to FISH of SanCap.*

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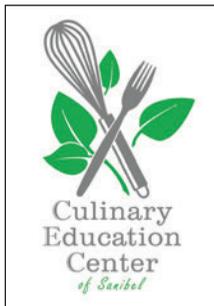
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The Community House

Florida Cocoplum



almost black further inland. In either case, the fruit is very much edible, although there is some disagreement as to whether lighter or darker varieties have better flavor. I've tried both and found them rather bland, although the darker is a little sweeter. The cocoplum can be eaten right off the plant but it can also be cooked; the seeds are large and the skin is papery. The seed (more like a pod) of the plant is also edible as it has high oil content and a nutty flavor similar to almonds. It is also reported to be a good honey plant. This fruit is also used to make jellies and jams, and forms a very important part of the Seminole Nation of southern Florida's diet.

Fruiting is abundant from late spring through summer. Immature and mature fruit are often found on the same fruiting cluster. Immature fruits are green and become purple, white or white-blushed pink when mature. They do not ripen when picked prematurely. Mature fruit easily detach from the stem and fall below the plant, or are removed by people or wildlife.

Among the 50 states, Florida is the only state where the cocoplum grows, and it's only found as far north as Brevard County. It can be found in Puerto Rico, Cuba and other Caribbean Islands as well as Mexico, Central and South America, down to Brazil. Cocoplums are grown commercially in Florida mostly for the nursery and landscaping industry.

In Cuba, cocoplums are used to make a sweet preserve that's served in Havana restaurants as a sobremesa or dessert. I don't know how it's prepared or served in Cuba exactly, but here is my Sanibel take on what it might be like:

Cuban Cocoplum Cake

Cooking the Cocoplums:

1. Cut 6 lbs. of plums in half, pit them and place in a large mixing bowl. Drizzle well with 2½ cups sugar. Using a large spoon, stir plums with sugar until all are coated. You can add more sugar to taste while it's cooking. Let plums sit at room temperature with the sugar for about 1 hour, or until sugar is somewhat dissolved.

2. Transfer plums/sugar mixture into a medium stock pot. Place it on the stove uncovered and bring to a boil, stirring occasionally. Make sure if you see a light boil to stir because the whole pot may not be boiling, just the center. If it stops boiling after you stir it, continue boiling until everything is uniformly bubbling, then simmer for 10 minutes and turn off the heat. Let the pot stand uncovered until it is just warm to the touch or reaches room temperature.

3. As soon as it cools, repeat step 2 the same way – simmering 10 minutes. You will bring it to a simmer a total of 4 times, stirring to prevent scorching the bottom. It takes a while, so set aside a day when you can be at home for the day. If you want the preserves to have an even thicker consistency, you can boil it 5-6 times if you wish.

4. The last time you bring it to a boil, you will want to transfer it to another pot or bowl to cool completely to room temperature. Mixture should be very thick, like a thick pie filling.

(Note: the fourth time you boil, bring it to a boil over a little lower heat and stir

a few extra times to prevent scorching. It thickens more as it cools.)

Cake:

½ cup butter or margarine
¾ cup sugar

1 egg
½ cup milk
1¾ cups flour
1 tsp. baking powder
1 tsp. vanilla

Topping:

¼ cup sugar
¼ cup cinnamon
¼ cup melted butter or margarine

Instructions
Cream together butter and sugar. Add egg and mix well. Alternately add flour, baking powder and milk. Add vanilla. Spread batter in greased jelly roll pan.

Lightly sprinkle the top with flour, and about ¼ cup of the plum mixture in dollops evenly spaced on the cake. Mix sugar and cinnamon topping together, and sprinkle as much as you want on top of cake. Drizzle melted butter over cake. Bake at 300 degrees for 30 minutes or until a toothpick comes out clean.

Let cool on a rack for 15-20 minutes. Cut into pieces so one dollop of plum mixture is in the center of each piece or square. Serve with whipped cream or ice cream.

John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.✪

by Chef John Wolff

The cocoplum (*Chrysobalanus icaco* L. subsp. *icaco*), a South Florida native, is an outstanding texture plant, producing an edible plum which many critters (including people) enjoy. It has rounded, shiny green leaves with red-tipped new growth on the most common variety. The plant produces small white flowers, followed by fruit that often attracts a host of wildlife in the yard or garden. They make nice hedge shrubs or privacy plants. These native Florida plants can grow to about 15 feet if you let them; though most of the time they're kept trimmed to around four feet. Inland, it can also be a tree, 30 feet tall with 12-inch diameter trunk.

The plum is pink and ripens to a dark purple. The color of the fruit can also be affected by where it grows: lighter, almost creamy white near the coast; darker,

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Sign Up Now For FISH Friendly Faces Luncheon

The FISH of SanCap Friendly Faces luncheon is a virtual social and learning opportunity, offered monthly. The next Zoom luncheon is scheduled for Tuesday, November 16 beginning at noon. Lunch from



Mary Helen

George & Wendy's is delivered by FISH volunteers. It consists of a cold entree, side, bottle of water and dessert. The cost of the November lunch is waived and complimentary to all participants.

This month's guest is Mary Helen, curator of education and visitor experience for Naples Botanical Garden. "I look forward to sharing my passion for plants and conservation with everyone," said Helen. Participants will learn about conservation projects, curated collections, education programs, upcoming exhibitions and events.

In addition to being a leading showcase for tropical plants, the garden is a world-class applied science and research institution. It partners with other botanical gardens and arboreta in Latin America and the Caribbean, regions climatically similar to Naples,

to identify and conserve threatened plants, conduct research and share their living collections. This helps safeguard plants against the mounting pressures of climate change, natural disasters, invasive species and human development. For more information, visit www.naplesgarden.org.

"We are looking forward to introducing our Naples neighbor to the island community and to learning about their programs and educational opportunities," said Manuela Martinez of FISH.

Reservations and meal choices are required by Friday, November 12 by calling 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access.*

Top 10 Books On The Island

1. *Better Off Dead* by Lee Child
 2. *The Santa Suit* by Mary Kay Andrews
 3. *The Attic on Queen Street* by Karen White
 4. *Bewilderment* by Richard Powers
 5. *The Lincoln Highway* by Amor Towles
 6. *Every Kind of Wicked* by Lisa Black
 7. *For Whom the Shell Tolls* by Jennifer Schiff
 8. *The Storyteller* by Dave Grohl
 9. *Mrs. Lincoln's Sisters* by Jennifer Chiaverini
 10. *Robert E. Lee* by Allen Guelzo
- Courtesy MacIntosh Books and Paper.*

Thanksgiving Leftovers Topic For Virtual Class

Let's Talk Leftovers is the topic for the next Cooking with Leslie virtual course, scheduled for Thursday, November 18 at 4 p.m. The class is sponsored by FISH of SanCap.

Leslie Adams, chef and owner of Sanibel Captiva Catering/ Catering by Leslie Adams, will show participants how to create dishes using Thanksgiving leftovers, such as butternut squash creamy soup, turkey vegetable soup and cranberry crumb bars.

Adams was trained at the California Culinary Academy in San Francisco and attended classes at Le Cordon Bleu in Paris. She has been a caterer and private chef on Sanibel and Captiva for 14 years.

For those living on Sanibel or Captiva, FISH offers shopping and delivery of items on the day of the class. FISH will provide a shopping list prior to the event for those wanting to purchase their own ingredients.

"We are delighted to have Leslie teach participants great ways to use Thanksgiving day leftovers," said Jennifer Pagano, FISH education and outreach director. "Also a huge thank



Leslie Adams

photo provided

you to Saint Michael and All Angels Episcopal Church for providing kitchen space for Leslie's use."

Register by Monday, November 15 by calling 472-4775. Once registered, FISH will provide a link and meeting ID number for access to the Zoom webinar.*

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Eggplant Parmesan
 3 eggplants, sliced into 1/2-inch rounds (peel if desired)
 3 cups panko (Japanese breadcrumbs)
 1 cup flour
 4 large eggs, beaten
 1 1/2 cups oil, for cooking
 1/2 cup herbs (such as basil and parsley) finely chopped
 2 cups Parmesan, grated
 2 cups mozzarella, grated
 2 teaspoons dried Italian seasoning
 5 cups marinara sauce, your favorite
 Sea salt and fresh ground pepper, to taste

Slice eggplant and lay on baking sheet lined with paper towels. Generously sprinkle with salt and leave for an hour, drawing out excess moisture. Brush off salt and any liquid



Eggplant Parmesan

photo courtesy Fresh From Florida

that might accumulate. Create an assembly line of three shallow bowls. Combine panko and Italian seasoning in the first bowl. Crack eggs into the second bowl and beat until combined. Place flour in the third bowl. Season each bowl with salt and pepper.

Preheat oven to 350 degrees. Dredge each eggplant slice in flour, then dip in egg mixture, and then into panko. Place on wire rack until all eggplant slices have been coated.

Heat oil in large skillet over medium-high heat. Cook each eggplant slice until golden brown on each side, about two minutes per side. Transfer to paper towels to absorb excess oil.

Spread a small amount of marinara sauce onto bottom of 13 x 9 baking pan, top with a single layer of eggplant, followed by a third of the sauce and a third of each cheese. Repeat process with remaining eggplant, sauce, and cheese. Cover tightly with foil and bake for 45 minutes. Remove foil and continue baking until cheese is golden brown and bubbly, about 12 more minutes.*

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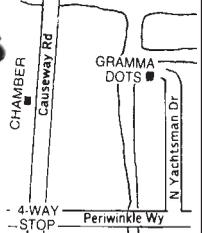
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Check Your Closets For Zonta Collection Day

submitted by Katrina Wilhelm

With the holidays upon us, the Zonta Club of Sanibel-Captiva has arranged another Community Collection Day, the second this year. The event is set for Saturday, November 13 in the parking area of Sanibel Congregational United Church, 2050 Periwinkle Way, from 10 a.m. to noon.

With over a year of the pandemic behind us, many of our local partners need items that we islanders may have hiding in our closets and garages. With supply chain interruptions and the rising cost of staples, your donation could aid so many in our area.

The collection will benefit local nonprofits with which the club has a service relationship and share Zonta's mission of working to improve the lives of women and girls. Donations are tax-deductible as permitted, and Zonta members will be on hand to issue tax receipts.

Check closets and storage spaces and bring gently used and new items for these groups to use. Drop off the donations – a drive-through option will be available – and help women in our community. Following is a partial list of items requested:



Zontians at Sanibel Congregational United Church of Christ on Collection Day in 2019. For the upcoming event, masks will be worn and social distancing observed. photo provided

Dress for Success: Freshly laundered or dry-cleaned professional separates (blouses, slacks, skirts, dresses, blazers, pant/skirt suits), gently used shoes, handbags and jewelry;

Goodwill: Business office supplies, computers, printers and flash drives

Furnish with Care: Sets of dishes, sets of pots and pans, sets of silverware, small appliances (toasters, coffee makers), bath towels and bathmats, wall art;

Cycle Forward: Tampons and sanitary pads of all sizes;

OILE: Good sewing scissors, Velcro in different colors, needles (hand and machine);

PACE Center for Girls Lee County: Dresses for Love That Dress fundraiser,

clothing for teenage girls, household linens for families and toiletries for girls;

Trailways Camp: Fishing poles, blankets, board games, wooden benches, coolers, rugs and portable ramps;

Dr. Ella Piper Center: food (canned or boxed), personal hygiene products (shampoo, toothpaste, etc.), paper goods including toilet paper, school supplies, new toys or bikes (for Christmas). See the Zonta website for specific toys requested by the Dr. Ella Piper Center, by age, for distribution to children in the Dunbar community. These items are in addition to what the center receives from the Fort Myers Police Department.

Visit www.zontasancap.org for list of requested items, or to donate.*

Poetry Corner

by Jim Weyant

VETERANS DAY

The townsfolk assembled to pay homage to the Vets, for whose honorable service they will forever be in debt.

I took my seat in the audience amidst those we'd gathered for, the Army, the Navy, Air Force, Coast Guard and Marine Corps.

There was a high spirited band that performed patriotic songs, uplifting tunes of our great land. The crowd rose and sang along.

Many rousing speeches were given about these splendid women and men. Tales of their service to the country they had gallantly pledged to defend.

*Jim Weyant first came to Sanibel in 1978 and for him it was love at first sight. He and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. Since then, he has kept busy with tennis, volunteer work, photography, graphic art and reading. His recently published book, Poems From Paradise and Beyond, is available at Amazon and local book stores.**

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- your choice of pie—Apple, Cherry, Pumpkin, Pecan or Key Lime

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Book Review

Forgotten In Death

by Di Saggau



In *Forgotten in Death*, homicide detective Eve Dallas sifts through the wreckage of the past to find a killer. Her first call of the day comes in before she has even arrived at work. Alva Quirk, a 46-year-old sidewalk sleeper, is found beaten to death with a crowbar. She's known for handing out origami flowers to anyone who gives her change. Alva was well-liked but had no address, no job and no family and no one to remember her.

Eve has barely begun to examine this crime scene when her second victim of the morning is discovered a block away. Actually, her second and third of the day. Jane Doe, a well-dressed young mother and her baby were shot and buried over 40 years ago. Eve isn't happy when she realizes that the scene of the crime belongs to her husband, Roarke. The Irish billionaire owns a good chunk of New York. Now Eve has to find justice for two women whose lives were thrown away.

Is it coincidence that the victims are found in the same location with no one

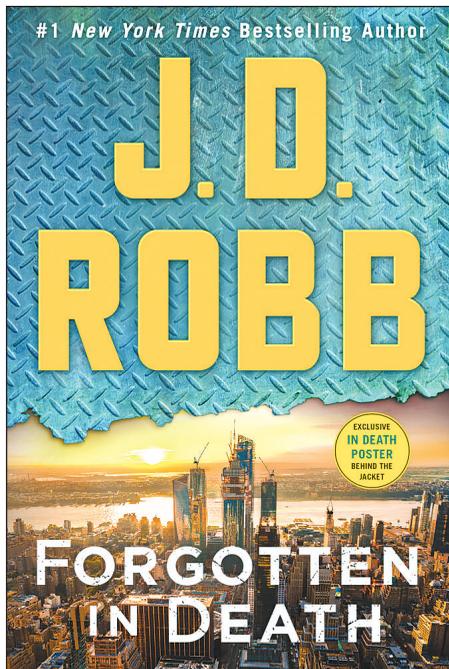


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to claim them, or does the history of the site hold the answer? To find out the truth Eve must delve into a world of family businesses, Russian mobsters and shady dealings. While these two women may have been forgotten in their lifetimes, Eve won't let them be forgotten in death.

As the novel hurtles towards its climax, one marvels at JD Robb's writing genius for coming up with the fierce sequences that break the investigation open. The futuristic setting includes jet-copters and a few other techie objects, and drinks that

come in a tube that they crack to drink. They also refer to an off-planet prison that was completed in 2053. *Forgotten in Death* draws you in quickly and keeps you glued to the pages.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My middle and high school children have sensory processing issues and are struggling with social interactions.

Do you have any tips for me to help them or ways they can help themselves when they feel that they are losing control?

Nicki P, Sanibel

Nicki,

Sensory processing is a neurophysiologic condition in which sensory input either from the environment or from one's body is poorly detected, modulated or interpreted and/or to which atypical responses are observed. The basic sensory systems are visual, auditory, olfactory (smell), gustatory (taste), tactile, vestibular (sense of head movement in space) and proprioception (sensations from muscles and/or joint movements).

Sensory processing refers to the way the nervous system receives messages from the senses and turns them into responses. Children (and adults) with sensory processing concerns do detect sensory information, but the sensory information gets "mixed up" in their brain and therefore the responses are inappropriate in the context in which they find themselves.

For your kids and other teens who also experience sensory concerns, the middle and high school social environments and their peers in that environment can be unpredictable, which is not typically a good thing when someone is experiencing sensory processing difficulties. Predictable, structured routines and responses are much easier to process when kids have sensory overload.

Sensory strategies can truly help kids on overload to feel calmer and regain their equilibrium more quickly. When working with teens and older children with sensory processing needs, it is important to understand what appeals to them, and then work this into sensory strategies.

Explaining the "why" behind the strategies you are suggesting is important for teens and often helps with compliance. For example, you could say that a particular strategy will help calm their body so they can sit and focus on homework. Once kids feel comfortable using a specific strategy and see that it fits into their lives, they will use it for some relief.

Here are some suggestions:

Try a chair ball for extra movement during homework time;

Use lavender scented sheets, a heavy blanket and/or a body pillow to help with

sleeping;

Experiment with foods that change arousal levels – crunchy, sour and spicy tend to be alerting, and warm foods are often calming;

Use scented lotions or a calming essential oil spray to support the olfactory sense;

Suggest an eye mask, kaleidoscope or lava lamp to visually calm;

To provide proprioceptive feedback, use a mini massager, weighted blanket/cushion, compression clothing, mini-trampoline, yoga, or other physical activities;

Auditory stress reducing strategies include playing nature sounds, instrumental music, or white noise in the background, humming, singing and reducing low frequency sounds in the environment; and

Weighted blankets are also very calming.

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.*

Red Kettle Bell Ringers Needed

This year's Salvation Army Red Kettle program runs from Friday, November 26 to Friday, December 24. Sanibel bell ringers will be on duty from 8 a.m. to 7 p.m. Monday through Saturday. Volunteers are needed, preferably for a two-hour session. Sign up online at www.registertoring.com. Log in with your email and password, and choose your date(s) and time(s).

Coordinators for this year's campaign are John MacLennan, 401-932-4383, and Susan MacDowell.*

From page 1

Ocean Art

combine wood cookies (natural discs from trees), scallops and paint? A sea turtle. How about wood cookies, paint and dried palm fronds? A jelly. In this after school session, students will make small sea creatures from natural materials to hang on their tree or at home.

December 7: Jingle Shell Wreaths – Jingle shells are fun to work with; their shine, lightness and layering ability are an artist's dream. With jingle shells, you can create a scale-like effect, rose petal pattern, or a mosaic. We will experiment with all three to create a decorative wreath.

After school courses are designed for students ages 6 to 13. Cost is \$20 per student. Classes run from 3:30 to 5:30 p.m. Visit www.sanibelseaschool.org/ afterschool to register and create with us.

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

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BIG ARTS Monday Night Film Series

My Wonderful Wanda

by Di Saggau

The BIG ARTS Monday Night Movie for November 15 is *My Wonderful Wanda*, a film from Switzerland about a Polish woman who becomes entangled in a wealthy Swiss family's laundry list of drama when she is employed to care for its patriarch.

This satire shows money can buy outside help, opportunity and material possessions, but not happiness, and focuses on the changing relationship between one privileged Swiss family and their financially fragile Polish homemaker over nine months.

Wanda not only cares for Josef, the aging patriarch, she sleeps with him for extra cash that she saves for the two sons waiting for her in Poland. When an unexpected development occurs, it shifts the personal dynamics and those concerned for the family reputation try to throw money at the problem to make it go away.

Wanda realizes that she has spent her entire life doing things for others and needs to find balance by following her own desires. The entire cast is in tune with the director's desire for a tone that captures the pain and the humor of real life. Some of the best scenes are played in near silence, communicating more with

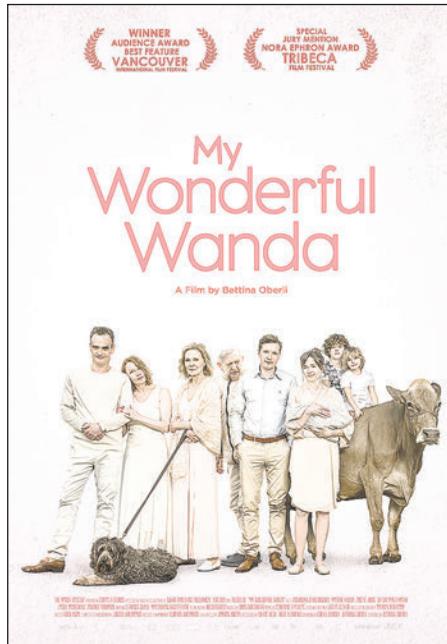


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mere looks than any dialogue could.

The film runs 112 minutes and will be shown at 7 p.m. in Christensen Performance Hall. After the film, Kathy Mahan will lead a discussion. Tickets are \$10 and can be purchased online or at the box office. Visitors are asked to wear masks and BIG ARTS is continuing its safety methods, which are listed online.

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

Creative Workshops At BIG ARTS



Instructors share their techniques in a variety of mediums

photo provided

BIG ARTS workshops are a great place to learn a new hobby or pick up an old one. The 2021-22 workshop season offers a wide range of classes from experienced instructors.

Workshops include:

Watercolor Painting with Sunny Krchmar – Fridays, November 12 and 19, 9 a.m. to noon. Donor: \$156; nondonor: \$195.

Palette Knife Painting in Oil from Landscape Photography with Jan Atkielski – Monday and Tuesday, November 15 and 16, 9 a.m. to 3:30 p.m. Donor: \$160; nondonor: \$200.

Watercolor Painting with Sunny Krchmar – Wednesdays, December 1 to 15, 9 a.m. to noon. Donor: \$156;

nondonor: \$195

Holiday Card Making Class with Sunny Krchmar – Wednesday, December 1, 1 to 3 p.m. Donor: \$40; nondonor: \$50.

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

Pre-registration is required for all classes and workshops. For more information, call the box office at 395-0900, open 9 a.m. to 3 p.m., or stop by BIG ARTS, located at 900 Dunlop Road on Sanibel. For complete course descriptions, workshop and class schedules, visit www.bigarts.org or email info@bigarts.org.



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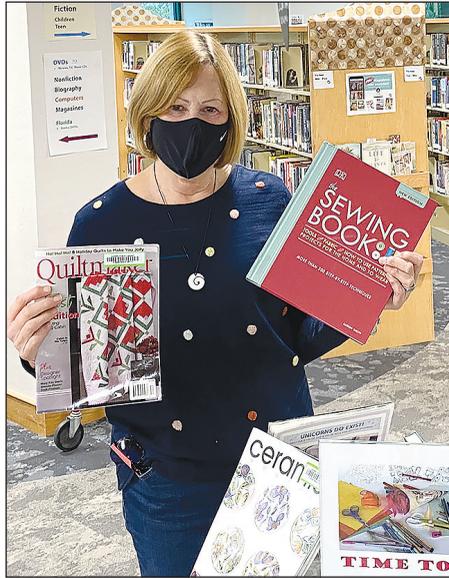
Library Now Offers Computer Coaching Service

Sanibel Public Library is now offering computer coach services on Fridays and Saturdays from noon to 1 p.m. Bring in your device for technology assistance with Hoopla, Kanopy, Libby and other library apps. These apps allow cardholders to download ebooks, magazines and audiobooks, or stream music and movies. For one-on-one help, go to www.sanlib.org/techappointment to register, or call 2483 to schedule an appointment. Walk-ins are welcome if the computer coach is available.

The library is your go-to for help with holiday planning. In addition to access to cooking databases and cookbooks, the library loans 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 at this time of year, like the soup pot, football-themed server, cookie kit, tart kits or crêpe kit.

Borrow cooking magazines like *Bon Appétit*, *Cook's Illustrated* and *Food & Wine* in print, or use your library card to borrow ebooks and magazines with the Libby app. The Hoopla app also has an extensive collection of ecookbooks.

If you're looking for crafting ideas, borrow crafting, knitting and sewing emagazines, check the Libby app. If you



Margie Klein with some crafting publications photos provided

prefer to borrow magazines in print, try *Quiltmaker* or *Martha Stewart Living*. There are many shellcrafting, quilting, upcycled clothes, papercraft and other crafting books in nonfiction. Library staff is available to assist you in finding titles you need. The library also offers a book concierge service for patrons. To request this service online, fill out the Interests form on the website at www.sanlib.org. You can also fill out the form in person at the service desks. Tell staff about your reading history and preferences, and they will select a few books for your recommended reading



Nancy Daversa with computer coach Florinda Patterson

list. A Sanibel-Captiva Art League exhibit is on display at the library until November 22. It includes works by members Gloria Krekel, Mary H. Klunk, Donna Filomio, Dave Tomkins and Carolyn Johns.

The book sale room has lots of new fiction, coffee table books, magazines, CDs and young adult books. Most books are priced under \$4. In the main entrance lobby, there is a \$1 per book sale in with bestseller fiction.

The library is open for normal season

hours. Patrons can pick up items on hold from the main (east) service desk.

Library cards are available to all residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID) showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers. For more information, call 472-2483 or visit www.sanlib.org.



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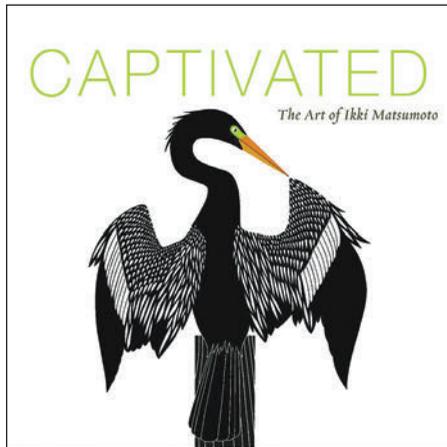
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Matsumoto Book Wins Third Prestigious Award

The book *Captivated, The Art of Ikki Matsumoto* has received its third major award: the 2021 Mary Ellen LoPresti Art Publication Award, given by the Southeast Chapter of the Art Libraries Society of North America (ARLIS/NA).



Ikki Matsumoto



Captivated, The Art of Ikki Matsumoto photos provided

where appropriate); image quality; design quality (aesthetics and construction); and content appropriate to its category. The jury wrote, *Captivated: The Art of Ikki Matsumoto* is a beautiful labor of love about the life and work of the prolific Japanese illustrator in southern Florida. The book is filled with his whimsical, lighthearted illustrations of Florida wildlife and landscapes.”

Captivated author and publisher Steve Saari said, “This is a pretty special award, given by art book lovers and professionals to a select group of art publications over the past 37 years. Obviously, we are thrilled and humbled to have been chosen this year. But we see it as further proof of the power – and joy – of Ikki’s work.”

The book is available at www.ikkimatsumoto.com or at Two Islands Gallery on Captiva.*

Florida State Fish Art Contest

The Florida Fish and Wildlife Conservation Commission (FWC), in partnership with Wildlife Forever, will host the Florida State Fish Art Contest again this year. Students in kindergarten through 12th grade can compete in this free contest for a chance to win state and national honors, and prizes. The program inspires creativity while developing the next generation of anglers and conservationists.



Artwork by Zelin Wang, grade 11

photo provided

Florida winners will be selected by the FWC in four grade categories: kindergarten through third grade; fourth through sixth grade; seventh through ninth grade; and 10th through 12th grade. State winners will advance to the national competition to be judged for top prizes including Best of Show. The deadline to enter is March 31.

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

To enter, students from Florida should submit their entry at www.wildlifeforever.org/florida-entry-forms, consisting of the following:

An original horizontal nine-inch by 12-inch piece of artwork featuring any fish from the Official Fish List at www.wildlifeforever.org;

A piece of creative writing, no longer than one page, about the chosen species (required for grades four to 12);

A Florida State Fish Art Contest entry form.*

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Superior Interiors

Creating A Relaxing Respite

by Katie Frederick



Home used to be the place where we came to relax and get a respite from the stress of the office, the commute, or a day of running errands. Today, some people

are spending more time in the home, maybe no longer going to an office. Now, many are aiming to make certain rooms in the house more of a relaxing respite. Getting away from work may mean simply going to a different area of the home.

The obvious choice is often the primary bedroom. Turning it into a luxurious suite is often the goal. Imagine a starting point with a color scheme of calming gray, white and violet. Add a transitional, channel-tufted upholstered bed contrasted with a colorful, abstract rug (rugs can be the true showstopper of a room). Perhaps a marble tile fireplace and a beaded wallpaper treatment to add dimensional elegance. Elegant teal swivel accent chairs could provide a second respite in a most inviting master bedroom. Who wouldn't love a glorious room as described to retreat to (and read by the fire)?

Let's not forget the key function of the bedroom, however. If you're not waking up feeling rested, refreshed and restored, something is missing. Think about the environment you're creating in terms of it putting you in a restful mood for the last part of the day and a revitalizing mood when waking up.

Most of us think of the bedroom as the place we want to be a relaxing

respite. We want to wind down and prepare for a healthy night's sleep and then wake up to an environment that inspires us for a new day. As you are reevaluating your bedroom considering that goal, here are some tips:

Color is critical in promoting a space conducive to relaxation. Choose a calming color palette. Lighter shades of gray, blue and green promote calmness;

Improve storage so there is no clutter in sight. Clutter can instill a sense of chaos instead of calm;

Flowers and plants can be soothing visually and aromatically. Certain scents can have a calming effect. White candles can add an air of serenity. Natural sunlight does wonders for one's attitude, so let the sunshine in;

Throw pillows and blankets can create a feeling of coziness. Contrast hard surface floors with area rugs to create softness and add some tranquil color;

If you have the space, create a reading or TV-watching nook with a comfy upholstered chair, a chaise lounge, or loveseat. A small landing can be the perfect place to be transformed into an intimate reading room. Glass-enclosed book cabinets will make for a classic library display for keepsakes and photos to conjure up those sentimental memories. An oversized coffee table also is a place for putting your feet up, and a small accent chair can fill out the corner of the area and offer seating for a guest;

For some, exercising, especially yoga, is a relaxing respite. An add-on space adjacent to the office or study area can provide a quiet area with room for yoga mats and other equipment. For those that have a love of gardening, add plenty of plants. It all makes for connecting with nature while keeping mentally and physically fit.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coinciden.com.

New Board Member Driven By Water Quality

Longtime Captains For Clean Water supporter Gene Nesbada has joined the organization's board of directors, bringing decades of business expertise and a passion for the water.

Throughout his 40-year career, Nesbada has focused on building, managing and investing in for-profit companies and nonprofit organizations, with the know-how to scale and grow people and processes. He said, "I hope to continue to support the growth, health and development of Captains For Clean Water, which is something I have a lot of experience doing with small and large organizations."

Nesbada helped in the founding of an international management consulting firm, then went on to serve as an executive and investor for companies like Yeti Coolers, General Electric Corporation, CITIC Capital Partners and Cortec Group. He has also served on nonprofit boards including the largest nongovernmental organization in New York City.

Nesbada holds a bachelor of science degree from the Columbia University School of Engineering and Applied Science and a master of business administration degree from the Harvard Graduate School of Business Administration.

Nesbada followed his love for the water and retired to Florida in 2018 with his wife, Jennifer. They were shocked by the water crisis unfolding in



Gene Nesbada

their newfound backyard caused by a devastating red tide bloom that lingered for more than 12 months.

Nesbada said, "2018 was my first full year in Florida. We couldn't walk the beach. We had to put medical-grade filters in our home because we had respiratory problems. We couldn't sleep in our house. Sixty miles offshore, there were dead grouper floating in turbid water. We can't let that happen again. We said, if we can't be part of the solution, we're going to move."

Nesbada set out to get involved with organizations that were making an impact. "Captains (For Clean Water) kept popping up as a name that was nonpartisan, exclusively focused on cleaning up the water with no other agendas. Captains continues to be the organization that moves the needle most effectively for all stakeholders," Nesbada said.

When asked what he hopes to achieve as a board member, Nesbada said, "We need the resources to continue to amplify and educate the public on the issues and what impact they can have. We can help improve engagement for the right reasons and have people understand how important clean water is, not only for our personal enjoyment, but for the economy of Florida. This is the lifeblood of our state."

"Scaling our organization is the key to growing our impact and fixing these problems. It will take getting more people involved and that requires more resources," said Capt. Daniel Andrews, executive director of Captains For Clean Water. "Gene is uniquely equipped to help us get there."✳

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New Board Member Named

Captiva Island Historical Society (CIHS) appointed Blair Wyatt Berry to its board of directors recently.

When Wyatt Berry arrived on the islands as a recent widow in 2006, she was impressed by the array of interesting lectures and other cultural events. She was especially interested in the not-for-profit organizations, and the important and enriching opportunities they offered to prospective volunteers.

Her love of history drew her to the Sanibel Historical Museum and Village, where she served for the past six years on the board, and still enjoys leading docent tours. She was also involved with the early days of Sanibel Sea School. She currently serves on the BIG ARTS College Scholarship Committee. At



Blair Wyatt Berry

Captiva Chapel by the Sea, Wyatt Berry has served for seven years on the chapel pulpit search committee. She and her husband, Dennis, continue to be active members of the congregation. She also volunteers at the Edison Ford Winter Estates in Fort Myers.

Wyatt Berry served as interim director of the Delaware Museum of Natural History; previous experience includes development work at various cultural, scientific and educational nonprofits. During the summers, the Berrys reside on Lake St. Catherine in Wells, Vermont. There they volunteer for Hildene, Robert Todd Lincoln Family Home, Dorset Theatre Festival, Southern Vermont Arts Center, and the Pawlet, Vermont library. Between them, the couple has five children and six grandchildren.

Wyatt Berry graduated from Indiana University with a degree in French.

She said, "It is an honor now to serve on the board of the Captiva Island Historical Society, and a privilege to absorb and communicate the rich history of Captiva. I believe our islands are unique in this respect – we have hugely rich and fascinating histories, and we respect and convey them with dedication and effectiveness." ❄️

Presenting Sponsor For Museum Gala



From left: Jeff Muddell and Al Hanser of The Sanibel Captiva Trust Company; Sam Ankerson of the Bailey-Matthews National Shell Museum; and Robin Cook, Gary Dyer and Steve Greenstein of The Sanibel Captiva Trust Company photo provided

The Sanibel Captiva Trust Company has been a long-standing partner of the Bailey-Matthews National Shell Museum through its support of various programs and events.

"We are proud to sponsor the Bailey-Matthews National Shell Museum's ongoing educational platforms as well as its newly-developed adult education classes, online and in-person lecture series, and innovative art and photography exhibitions," said The Sanibel Captiva Trust Company Founder and Chairman Al Hanser. "The museum provides an excellent way for residents and visitors to become better acquainted with our beautiful islands, as well as appreciate the museum's exceptional collections and aquariums."

For the 18th year, the trust company will be the presenting sponsor of the

museum's annual gala, Live from Sanibel. In addition to dinner and wine, and bidding on live and silent auctions, there will be a live performance by comedian, actor and *Saturday Night Live* cast member Kevin Nealon. Live from Sanibel will take place on Saturday, February 12 from 5:30 to 9:30 p.m. at The Community House.

"The Sanibel Captiva Trust Company continues to be an incredibly generous and important supporter of the museum," said Sam Ankerson, shell museum executive director. "Their invaluable ongoing support enables the museum to expand its reach throughout our community."

To register for the gala, call Margery Vizza at 347-5114. For more information on events and programs at the museum, www.shellmuseum.org. ❄️



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FISH Foundation Hosts Inaugural Luncheon

The AngeliFISH Society, an initiative of the FISH of Sanibel-Captiva Foundation, Inc. held its inaugural luncheon on November 1 at Cielo. Accomplishments for 2021 were shared and the AngeliFISH programming project for the upcoming year was announced.

Annually, the AngeliFISH Society invites women to direct their giving in focused, strategic ways to provide sustainable funding for the FISH of Sanibel-Captiva Foundation, an endowment created to support the future of the FISH organization. Each year, a portion of AngeliFISH giving helps fund a special project.*



Front, from left, Karen Jones, Priscilla Viets, Merry Lee Neil and Kris Gurall. Back, Carol and Ken Gertsen.

photos provided



Sheridan Snell



Susan Ryckman



Cindy Timm



Nicole McHale



From left, Robbie Roepstorff, Salli Kirkland and Kathy Samson



From left, Barbara Silvers, Lana Jacobs, Nancy Rolley and Ellen Sloan



From left, Marianne Daly, Sherry Gentry, Janice Carr and Mary Morris



From left, Penny Wilkinson, Gaye Pigott and Barb Dunham; back row Dixie Bowden

Trust Company Donation Benefits Frontline Heroes

The Sanibel Captiva Trust Company made a donation in honor of its clients to support the new REST program through the Lee Health Foundation.

The REST program (Resilience Education Support Team) is designed to mitigate elevated stress and fatigue among healthcare employees through emotional and spiritual support, resulting not only in their strength and resiliency, but in a consistent quality experience for the patient.

Al Hanser, founder and chairman of the trust company, explained the catalyst for the donation. "We traditionally hold a spring celebration for our clients, professional friends and community leaders on Sanibel every April," said Hanser. "Since we have not been able to do this over the last two seasons due to COVID, we planned to surprise our guests with an event this November. Due to the size of the crowd this event draws, we decided the risk was still too great, and instead donated to Lee Health Foundation, directing the funds to the REST program. We wanted to do something to thank the hundreds of healthcare workers responsible for caring for patients not only during COVID but into the future."

"Lee Health is grateful for the investment by The Sanibel Captiva Trust



From left: Robbie DeSantis, peer support specialist at Lee Health; Rev. Mike Warthen, senior director of spiritual services at Lee Health; Al Hanser, founder and chairman, The Sanibel Captiva Trust Company; Jeff Muddell, senior vice president, wealth services, trust company; Chris Simoneau, chief foundation and development officer at Lee Health; and Ben Spence, chief financial and business services officer at Lee Health

photo provided

Company in the health and wellbeing of our frontline healthcare heroes, who too often need the same kinds of emotional and spiritual support they give to their

patients every day," said Chris Simoneau, chief foundation and development officer at Lee Health. "Our REST program has proven to help our medical teams improve

their mental and physical wellbeing, and we can't think of a better investment that Sanibel Captiva Trust and its clients could make at this time."✪

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Networking And Giving Back This Holiday Season

The Sanibel Captiva Business Women’s Association will host its next Tips & Sips after hours networking event on Wednesday, November 17 at 6 p.m. at Cip’s Place.

Maria Espinoza, FISH of SanCap assistant executive director, will discuss Wonderful Ways to Give Back this Holiday Season. Jennifer Pagano, education and outreach director for FISH, will cover the variety of community programs available.

“Tips & Sips is the monthly networking and socializing component of the business women’s association, featuring a short talk, lively discussion, and a warm welcome to everyone who attends,” said Taylor Osborne Clarey, president and co-owner of Iris Print & Designs.

Appetizers will be provided by Maureen McGauran, owner of Beachwalker Marketing & Communications, LLC. A cash bar will be available. RSVP at www.sancapbwa.eventbrite.com or email sancapbwa@sancapbwa.org.

Cip’s Place is located at 2055 Periwinkle on Sanibel.*



Maria Espinoza

Maintenance – \$46,567,696
Safety and Security – \$36,617,279
Technology – \$40,584,108
Improvements made to each school can be tracked on the school district’s sales tax dashboard. The independent sales surtax oversight committee continues to oversee the use of sales tax revenues in accordance with the referendum and provides quarterly reports of such use to the school board.

Some of the major construction projects completed in the first three years include:

Lehigh Senior High School addition and renovations (East Zone);

Gateway High School (East Zone); and

Lehigh Acres Middle School (East Zone).

Some of the major construction projects just beginning include:

Elementary J in Lehigh Acres (East Zone);

Riverdale High School additions and renovations (East Zone); and

Renovations to the old Lehigh Acres Middle School and Veterans Park (East Zone).

Some of the major construction projects still to come include:

Franklin Park Elementary rebuild (South Zone);

The Innovation School (East Zone); and

Cypress Lake Middle School rebuild (South Zone).*

Republican Caucus To Meet

The first seasonal meeting for the Sanibel-Captiva Republican Caucus will be held on Saturday, November 20 at 10 a.m. at The Community House, located at 2173 Periwinkle Way on Sanibel.

Republicans and Independents are invited to discuss their ideas for helping Republicans get elected in 2022. The focus will be on preparations for the primary election on August 23, 2022 and general election on November 8, 2022. Coffee will be served.

If you have any questions, call Will Smith at 395-0819.*

Sales Tax Increase Carrying Weight For Schools

Three years ago, the voters of Lee County put their trust in the School District of Lee County and approved a half-cent sales tax increase. So far, the sales tax has generated \$228,152,475 for the school district’s capital needs. Sales tax revenue has accounted for 33 percent of all capital revenue between 2019 and 2021. In this current fiscal year, it is providing \$87 million for district-wide improvements that would otherwise not be possible.

“It is hard to overstate the impact the sales tax has had on the school district,” said Chief Financial Officer Dr. Ami Desamours. “We were delaying maintenance just a few years ago. Now, we are building for the future, upgrading our schools, increasing security and adding new technology. Our students benefit every day from the improvements now available to us, thanks to the support and confidence of our community.”

The sales tax was approved to fund four areas of need: construction, maintenance, safety and security, and technology. Total spending in those areas is currently:

Construction – \$28,874,601

New Airline Service Begins

Avelo Airlines is now offering flights at Southwest Florida International Airport (RSW). Avelo inaugurated its first nonstop flights between New Haven, Connecticut (HVN) and RSW on November 11. These flights will operate twice a week on Thursdays and Sundays utilizing a 737-700 aircraft.

Avelo Airlines is one of the newest airlines in the U.S. and announced the RSW-HVN service in August 2021. To book a flight or find out more information, visit www.aveloair.com.

For more information about Southwest Florida International Airport, visit www.flylcpa.com or www.facebook.com/flyrsw.*

Focus On The Future For United Way Campaign

United Way of Lee, Hendry, and Glades celebrated its campaign kickoff for 2021-22 at Caloosa Sound Convention Center and Amphitheater with 750 attendees. Event sponsors included Clinger, Sizemore & Associates, FineMark National Bank & Trust, O'Donnell Landscapes, Inc., and Publix Super Markets.

Campaign Co-chairs Noelle Branning, Lee County tax collector, and Corey Vertich, partner of Uhler and Vertich Financial Planners, opened the program from a DeLorean as Marty McFly and Doc Brown. The *Back to the Future* theme allowed Branning and Vertich to share how it is time for the community to recover and focus on the future.

Alexis de Tocqueville Society Chair David Lucas was honored for being the founder and chairing the society for 30 years. Alexis de Tocqueville Society is for donors who personally donate \$10,000 or more annually to the United Way. Over the past 30 years, Lucas has raised over \$51 million for United Way. Lucas has already raised \$3.4 million for this year's campaign.

Pacesetter Co-chairs Karen Ryan of Lee County Electric Cooperative and Bob Beville of Waterman Broadcasting announced this year's Pacesetter Company results. Pacesetters are



Corey Vertich as Doc Brown and Noelle Branning as Marty McFly photo provided

those who run their campaigns early to demonstrate support of United Way and to set the pace for the rest of the community. Pacesetter companies saw an overall seven percent increase in giving. Pacesetter giving added to early Alexis de Tocqueville giving brings United Way contributions to \$6.1 million currently raised, or 54 percent of the annual goal.

The top eight Pacesetter companies:

- Publix Super Markets 2020 - \$1,418,424
- Bonita Bay Group - \$617,352
- Gulf Harbour Legacy Foundation - \$250,000
- FineMark National Bank & Trust - \$215,000
- LCEC - \$200,000
- Lee Health - \$190,713
- Lee Board of County Commissioners - \$150,000

School District of Lee County - \$100,000

Branning said, "We cannot thank our Pacesetters enough for the great start to this important campaign. The \$11.3 million goal is essential to improving the lives of our friends, families and neighbors in our community."

Vertich added, "We are thankful to all of our donors and volunteers for deeply caring about the wellbeing of our community. What an amazing start to such an important mission in our community."

All money raised in the United Way campaign stays in the community to help support the local human service network of partner agencies. For more information, call 433-2000 or visit www.unitedwaylee.org.

Gulf Coast Writers To Meet

The Gulf Coast Writers Association will hold its monthly meeting at Word of Life Church on Saturday, November 13 from 10 a.m. to noon. Guest speaker Claudia Volkman, owner of Creative Editorial Solutions, will be sharing ideas on how to create exceptional work. Whether it's your next manuscript or a marketing plan, you'll find the information relatable.

Word of Life Church is located at 6111 South Pointe Boulevard in Fort Myers. For more information, call 770-906-7885 or visit www.gulfwriters.org.



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Rotary Happenings

submitted by Cindy Carter

When one thinks of people who are affected by trauma, naturally, soldiers are the first that come to mind. While this is very true, many people do not think about first responders and other professionals such as teachers and social workers. These professionals see some horrific tragedies here among us each and every day, and many suffer from what is called compassion fatigue. There are many support groups for PTSD for military personnel, but not as many for other professionals who need help dealing with and processing the trauma and abuse they may come in contact with daily.



Jennifer Ourednik photo provided
mind, body and spirit on the 84 acres of conservation land in Sarasota, Florida.

Programs help with healing from trauma, self-care, wellness, compassion fatigue and building resilience. Some of the programs are offered in the form of neurofeedback classes, trauma informed equine therapy, trauma informed yoga, foam rolling self massage, reflective art journaling and Zentangle. Some of the classes are offered virtually due to COVID-19 and may remain virtual to reach a larger population of those in need.

Resilient Retreat also offers a Kind Line to provide support for those who need

help navigating their trauma. All of the staff are certified trauma professionals and certified compassion fatigue professionals, and are available to offer a kind, listening ear and assistance finding resources. They also offer trainings on trauma and compassion fatigue on a sliding scale fee for organizations.

In a world that has seen so much suffering in the past few years, please remember to be extra kind to those who are helping us along the way. They may

be silently suffering and all the while hiding behind a smile.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 7 a.m. and the meeting begins at 7:30 a.m. Email william.harkey@gmail.com by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit www.sanibelrotary.org ✨

ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Ken King



Rose Dakos

The top producers for October at VIP Realty Group were Ken King, top sales; Rose Dakos, top listings; and Karen Bell and the Bell Team, top producers. ✨



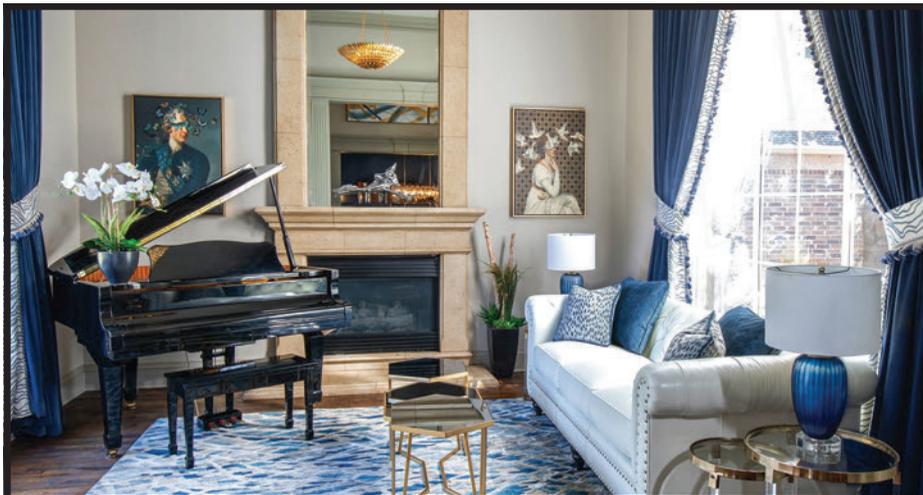
Karen Bell and the Bell Team

Kingfisher Real Estate

The top listing and top selling agent for October at Kingfisher Real Estate was Mary Bondurant. ✨



Mary Bondurant



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Ellen Freidin

Progressive Club To Meet

The Progressive Club of the Islands will host its next Zoom meeting on Thursday, November 18 at 4 p.m. The speaker will be Ellen Freidin,

Miami lawyer who was the leader of FairDistrictsFlorida.org and its successful 2010 citizens' initiative to outlaw gerrymandering.

Due to Fair Districts Florida, the Florida Constitution prohibits drawing districts with intent to favor a political party or incumbent; requires that districts be compact, contiguous, equal in population and follow existing boundaries; while expressly protecting the rights of minority voters.

After the 2020 legislature did an end run around the new constitutional provisions, Freidin led five years of litigation to challenge the illegal maps in court and won – including nine published opinions from the Florida Supreme Court. As a result of this work, Florida's illegally drawn 2012 Congressional and Senate maps were held invalid, and maps submitted by the Fair Districts Coalition are now the law of Florida. The maps significantly leveled the political playing field in the state, and additional minority

representatives have been elected.

The meeting will be interactive with time for questions. Email pcisancap@gmail.com to receive the Zoom link, or watch live at www.facebook.com/pcisancap. Annual dues for the Progressive Club are \$35 for an individual or \$70 for a couple. To renew a membership or join, mail a check payable to PCI, P.O. Box 898, Sanibel, FL 33957. For more information, visit <https://pcislands.com>, call 994-3175 or email pcisancap@gmail.com.✪

Student Website Gets Update

FutureMakers Coalition recently launched an updated FAFSA first! website at www.futuremakerscoalition.com/fafsafirst.

The updated website includes information, tools, frequently asked questions and a pathway for students and their parents to easily navigate and complete the Free Application for Federal Student Aid (FAFSA) online, which is essential for graduating high school seniors planning on attending college or career school.

Students, parents and counselors with questions can reach out to fafsafirst@futuremakerscoalition.com and a financial aid representative from the team will assist them. For more information including a step-by-step FAFSA guide, visit www.futuremakerscoalition.com/fafsafirst.✪

College And Career Options For Graduates

Many students think of education after high school as the traditional four-year college degree.

However, students who don't want to go that route have other options from which to choose, according to Kentucky Higher Education Assistance Authority (KHEAA).

One option is to get a two-year degree that leads to a job in the workforce. A second option is a diploma or certificate that takes six to 18 months to finish, then find a job.

Students can often take advantage of federal and state financial aid programs to help them pay for that training. They should contact the financial aid office of the school they plan to attend to learn more about student aid.

Military service is another option students have. That doesn't mean their education has to stop at high school. All branches of the service have education options for service men and women, either while they're in uniform or after their discharge. Many states have college aid programs for National Guard members.

Service members should contact their unit educational office to discuss their student aid options.

For more information about those services, visit www.kheaa.com.✪

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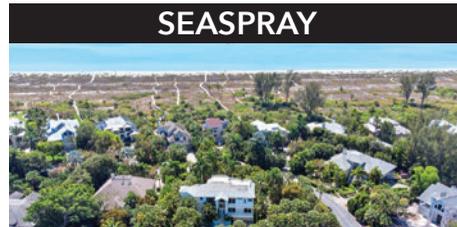
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Will Power

Protecting Inheritance From Divorce



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

A concern many of my clients have is protecting the inheritance they leave their children from divorce. Today, I'll outline the issues that a good estate planner considers when achieving this goal.

First, many estate plans, whether they are will or trust based, distribute assets outright. As an example, when Mom dies, her assets are divided into thirds for her three children, Ben, Charlie and Diane. Her children can then take the stocks, bonds, mutual funds and proceeds from the sale of the home, and put them in their own names.

In most states, inheritance is considered a non-marital asset for purposes of divorce. But so much can thwart that characterization. Suppose, for example, that Ben takes his inheritance and puts it into a joint account with his wife, Barbara. He's destroyed the non-marital characterization of the inheritance. It's now joint marital property.

Community property states generally treat assets as subject to the claims of the other spouse unless there is a well-written, enforceable nuptial agreement in place. Assume that Charlie and his wife, Claire, live in Wisconsin. That is a community property state. Other community property states include Arizona, California, Idaho, Louisiana, Nevada, New Mexico, Texas and Washington. Inheritance they receive from you may be characterized as marital assets subject to the claims of a divorcing spouse.

What if inheritance is used to support basic needs? Let's suppose that Diane, for example, uses the inheritance she received from Mom to support herself and her husband, David. She pays the mortgage on their jointly held property. Here, Diane is converting non-marital assets into marital assets subject to division on divorce.

Is there a strategy to retain the non-marital characterization of an inheritance? In fact, there is! Rather than distributing the assets outright to your loved ones, you may have the inheritance held in continuing trusts. Here, your child can serve as his or her own trustee so he or she handles investment and distribution decisions. You may also grant your child a power of appointment over the trust share so that he or she can bequeath it to a spouse, children or grandchildren.

Continuing trusts can be drafted with great flexibility, or they can be inflexibly drafted, to constrain a beneficiary. Instead of naming your child to serve as his own trustee, for example, you can impose a third-party trustee such as a bank or trust company to make investment decisions and determine whether requests for discretionary distributions

should be fulfilled. In most instances it is a good idea to require the child/beneficiary to, at a minimum, have a co-trustee serve when that child/beneficiary is undergoing a legal separation or if a divorce action is filed.

There are many factors and much thought that should go into the drafting of continuing trusts to protect them from divorce. I've read many such trusts that look like they came out of a form book, offering little to no protection. How much control should the beneficiary have over investments and distributions? If that beneficiary is undergoing a divorce or other creditor problem, do we want an independent trustee to step in, removing the child as his own trustee to prevent a judge from ordering that child to make a distribution from non-marital property? In what state does the child reside? Massachusetts has a process that allows a divorcing spouse to determine the expected inheritance of the other spouse. Is the trust drafted in such a way to prevent that information from discovery?

Finally, even if the continuing trust is well-drafted, there's always the possibility that trust formalities are not adhered to, resulting in the loss of protection. This is a lot like the "piercing the corporate veil" argument. If the child/beneficiary/trustee makes willy-nilly (that's a legal term!) distributions to himself rather than documenting what they're for and how those distributions are compliant with the trust language, or if he commingles his own accounts with the trust accounts, or if he fails to file tax returns, then a court might hold that the trust isn't being followed and hence it should be characterized as marital property.

As you can see, there's much to protecting inheritance. It takes some thought and then education for the client and their beneficiaries to achieve the intended results.

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Adopt A Senior Pet This Month

November is Adopt a Senior Pet Month at Lee County Domestic Animal Services, so now might be just the time to add an older four-legged friend to your family.

While small kittens and puppies may be hard to resist, older pets are just as loving and loyal. Grown-up pets have many advantages.

Adoption fees will be reduced for the

month of November on senior pets. Dogs age 6 and older are \$20 to adopt; cats are \$10. In addition, cats are two-for-one; adopt one and take home a second feline friend at no additional charge.

The adoption package includes spay or neuter, microchip, vaccinations, county license and a 10-day health guarantee; a \$500 package. Stop by the adoption center, open 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers. For more information and to see pets available for adoption, visit www.leelostpets.com.✪

How's The Market? Ask Ann Time to Sell?

Market conditions continue to benefit the Seller, resulting in "short" marketing times. For example, going back a week, of the 20 recent pending sales, the transactions were on the market for less than 63 days. Eighteen months ago, average marketing time on Sanibel was in excess of 250 days.

Are you considering a sale? What is a reasonable time period to agree to market your property? In my opinion, no longer than 90 days. In addition to the commission rate, what are the other traditional expenses? Historically in our area, sellers pay for title insurance and transfer fee taxes to the State of Florida. These fees amount to 1.25%. In addition, there is a small closing fee paid to the title company, around \$250-\$300. How much do I charge for a listing commission? If I personally list and sell the property, I charge 3%. If the sale is in cooperation with another agency, the commission rate is 4.5%. Plain and simple, no catches. Call me for a confidential discussion or any real estate questions.



Ann Gee
Broker/Owner

10 Closed Sales Going Back One Week: 4 Homes & 6 Condos

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5117 Sea Bell Rd. A 206 Blind Pass Condos - \$565,000	554 East Rocks Dr. - \$975,000
2840 West Gulf Dr. #16 Seashells of Sanibel - \$610,000	827 East Gulf Dr. F6 Sanibel Arms West - \$1,007,000
535 Birdsong Place - \$660,000	941 Kings Crown Dr. - \$1,361,000
647 Rabbit Rd. - \$701,500	2777 West Gulf Dr. #109 Nutmeg Village - \$1,400,000

Have a good week and call me with any comments or questions.

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2. SERENE LAKE VIEWS & STEPS TO PERIWINKLE - SANIBEL

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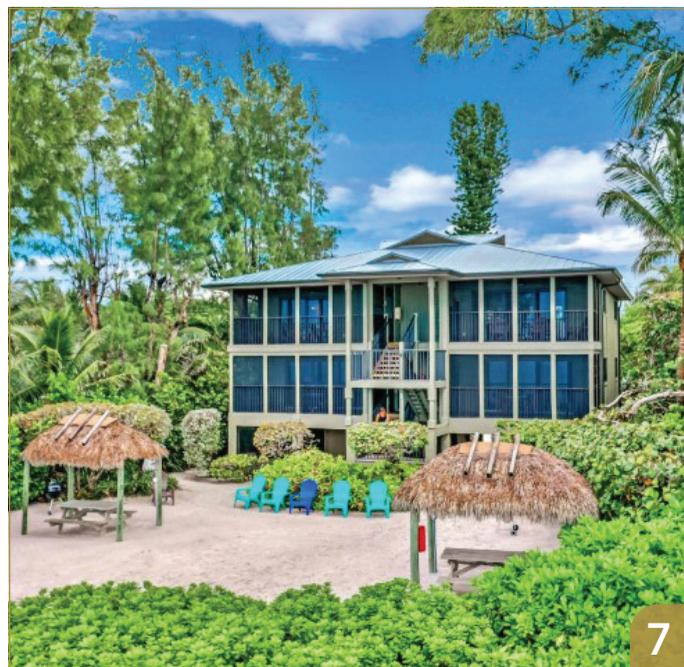
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Frankly Speaking

by Howard Prager



The Atlanta Braves are the 2021 World Series champions. Despite viewership being up 21 percent since last year, this year's series was the second least-watched World Series, averaging

just 11.7 million viewers per game. Let's compare this to the last time the Braves won in 1995 when they averaged 29 million per game. If anyone is wondering about the interest in baseball today, this speaks volumes. MLB officials and the player's union begin their negotiations next month, and they should keep these stats in mind.

Along with Jorge Soler winning the World Series MVP award, Freddie Freeman won the Babe Ruth Award as the postseason MVP in a vote by the New York chapter of the Baseball Writers of America. Freeman hit .304 with five HRs and 11 RBI in 16 postseason games, tying him with Fred McGriff for a Braves franchise record. Soler's three World Series HRs were all go ahead HRs, making him one of four Braves players to hit three home runs in a single World Series. MLB.com's Sarah Langs discovered that teams were 25-2 during this postseason when they out-homered their opponents. According to *Sports Illustrated*, "the Braves were the best team in the postseason – an outfit that was never pushed to the brink of elimination and out-hit the regular season's best offense. These Braves had only two reliable starters left on the roster after Charlie Morton's injury, but limited the best offense in baseball in Houston to 3.3 runs per game. And Max Fried turned back the clock to deliver the sort of outing that puts him in the same company as Tom Glavine. As was the

case with Glavine in '95, Fried also didn't allow any runs in the title clincher."

In other MLB recognition, the St. Louis Cardinals had five individual Gold Glove winners in a single season, the most by any team since the Cardinals and Seattle Mariners had four each in 2003. First baseman Paul Goldschmidt, second baseman Tommy Edman, third baseman Nolan Arenado, left fielder Tyler O'Neill and center fielder Harrison Bader were named National League recipients of the 2021 Rawlings Gold Glove Award for defensive excellence.

I've had readers petition me about players they believe should be in the Hall of Fame. I wish I had a vote or some influence. But two ballots – one for early players and one for players in the 50s and 60s – will give committees a chance to welcome some overlooked players this year. The Early Baseball Era ballot features candidates whose primary contributions came before 1950. Seven of the 10 were stars in the Negro Leagues or pre-Negro Leagues: John Donaldson, Bud Fowler, Vic Harris, Grant "Home Run" Johnson, Buck O'Neil, Dick "Cannonball" Redding and George "Tubby" Scales. American and National Leaguers Bill Dahlen, Lefty O'Doul and Allie Reynolds round out the ballot. The Golden Days Era ballot features candidates whose primary contributions came between 1950 and 1969. Three players in that group are still living: Jim Kaat, Tony Oliva and Maury Wills. The other seven candidates are Dick Allen, Ken Boyer, Gil Hodges, Roger Maris, Minnie Miñoso, Danny Murtaugh and Billy Pierce. Both 16-member committees will meet at the MLB Winter Meetings. Like the regular ballot, players must receive at least 75 percent of the vote (12 votes) to become part of the hall's Class of 2022. These committees consider players only once every 10 years as part of the hall's Era Committees cycle. Frankly, I'd love to see them all get in.

And, onto a new era. Novak Djokovic stands alone atop men's tennis. Djokovic

is being called the greatest male player of all time after a record-extending sixth Paris Masters title last week versus Daniil Medvedev. He now has 37 Master titles, one ahead of Rafael Nadal and 9 ahead of Roger Federer. He also has far surpassed Federer's record of 310 weeks ranked as No. 1 and should finish the year with 348 weeks on top. The last tennis championship is at Turin (Italy) beginning November 14.

Another era ends. As reported by ESPN, "two-time World Cup winner Carli Lloyd walked off the pitch for the last time last Sunday as the Chicago Red Stars beat her NJ/NY Gotham FC 1-0 in the National Women's Soccer League playoffs. The double Olympic gold medalist donned the USWNT national team jersey for the last time in October in a friendly match against South Korea, ending her international career as the second-most-capped player in world soccer. The two-time FIFA Player of the Year has said she plans to stay involved in soccer after her competitive career and reiterated that pledge Sunday. "Although I won't be on the field ever again, I'm going to help this game grow," she said.

The good news story of the week is courtesy of Steve Hartman and CBS News. "82-year-old Don Isett is the nation's best pole vaulter in his age group – and pretty much the only pole vaulter in his age group. He picked up the sport – for a second time – at age

66, five decades after an unremarkable high school career. "It's fun. It's like going to high school again with nothing to study." He has nothing to study but the physics of gravitational potential energy – and pain management. But Isett said it's worth the aches. "It's a rush, exhilaration, when you clear a bar," he said. At a meet last year, Isett cleared nine feet, one inch. No octogenarian has ever done such a thing. Isett said he's not done setting records. He told CBS News he plans to stay fit and keep at this until he's six feet under. Or perhaps six feet over, in Don's case. For me, I'm keeping my feet either on the ground or in the water, not in the air.

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 to press@islandnews.com.*

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SPORTS QUIZ

1. Which former NBA star was named head coach of the Chinese Basketball Association's Beijing Royal Fighters in June 2019?
2. Friar Dom is the mascot for what college team's athletic programs?
3. What institution, located in Ormond Beach, Florida, instructs professional and amateur baseball umpires?
4. Westfalenstadion (officially Signal Iduna Park) is the home stadium of what Bundesliga football club?
5. Before becoming the Toronto Maple Leafs, what name did the NHL team have from 1919-27?
6. Name the Iowa Hawkeyes running back who was selected by the New York Jets in the third round of the 2009 NFL draft.
7. Name the journalist and sportscaster who co-hosted ESPN's *Highly Questionable* from 2013-17 and had an ESPN Radio show called *The Right Time* from 2015-17?

ANSWERS

1. Stephon Marbury. 2. Providence College. 3. The Harry Wendelstedt Umpire School. 4. Borussia Dortmund. 5. The Toronto St. Patricks. 6. Shonn Greene. 7. Borman Jones.



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Lions Gather For Fellowship, Honor Club Member

submitted by Lion Bill Sartoris

The Sanibel Captiva Lions Club held its annual Feather Bingo recently. Feather Bingo is held each November and includes a meal of turkey and all the fixings. It is an evening of fellowship and bingo games. In years past, this had been open to the community and was a fundraiser for charities supported by the Lions. For safety reasons during the pandemic, this year's event was limited to Lions members and their guests.

The evening opened with a video about Trailways Camp and Benjamin Miller. Trailways Camp, one of the charities supported by the Lions, is a camp for adults with special needs that was created by Sharon and Jerry Miller, Benjamin's parents. The Millers' older son, Robert, and Ben were adults with special needs. The Millers recognized the lack of social interaction opportunities for adults with special needs and the lack of respite time periods for their parents/caregivers.

After Robert passed away, they decided there needed to be a place where these special adults could enjoy an opportunity to take part in "normal" camp activities, such as fishing, canoeing, and building bird houses while



From left, Valerie Tutor, Bill Sadd and Jerry Miller lead the singing photo provided

their parents and caregivers could have respite time. Jerry and Benjamin have been longtime members of the Lions Club. When Benjamin passed away recently, the Lions decided to help create and support a video about Trailways Camp and to honor Benjamin's role as a Lion. More information about Trailways Camp can be found online at www.trailwayscamps.org.

After a delicious turkey dinner, prepared by Lori Schulz and her band of "pixies," the group played seven games of bingo. Those who have attended Feather Bingo in the past might be

interested to know that we have retired the old bingo machine, with the ping pong balls that would not always keep the numbers lit, and have moved into the 21st century with a computerized bingo game shown on the big screen. The Lions and their guests enjoyed the evening and were glad to have Feather Bingo back after a year's hiatus.

The Sanibel Captiva Lions Club holds regular dinner meetings on the first and third Wednesday of the month. Visiting Lions and other interested parties are welcome to attend. For more information, contact Lion Steven

Schulz at P.O. Box 391, Sanibel, FL 33957, call 233-6261 or visit www.sanibelcaptivalionsclub.org.

Republican Women To Meet

General James Dozier will be the featured speaker at the luncheon meeting of the Fort Myers Republican Women's Club at The Helm Club at The Landings on Tuesday, November 16. A social hour begins at 11:15 a.m. The noon lunch will be followed by the business meeting and program.

Since November is the club's annual patriotic meeting, Oasis JROTC cadets will present the flag and lead the Pledge of Allegiance. The unarmed exhibition team will present a rifle spinning demonstration.

Cost for the luncheon is \$20. Reservations are required by Thursday, November 11, and may be made by contacting Diane Kinser at social.lady79@gmail.com or Tina Laurie at 489-4701.

The club's 2022 membership is available for \$25. Associate members (men) may join for \$15. Checks may be paid at the luncheon meeting or sent to Tina Laurie at 2560 South Landings Drive, Fort Myers, FL 33919.

The Landings is located at 4425 South Landings Drive in Fort Myers. For more information, call 489-4701.

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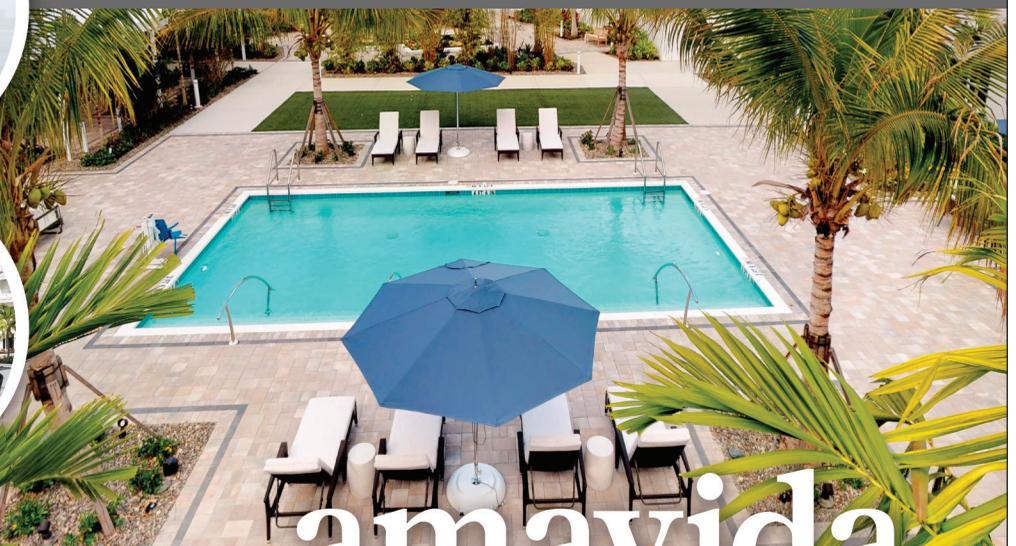
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Health First

Eight Ways To Eat Less



by Julie Rosenberg, MD

It's hard to believe that the holiday season is almost upon us. The holidays are typically filled with family, friends, and delicious and abundant food. Therefore, many people overindulge and gain weight – the average American gains between one and 10 pounds during the holiday season. In addition to weight gain, when you overindulge, it overtaxes your digestive system, which may lead to bloating, heartburn and difficulty sleeping.

In this article, I discuss eight ways to avoid excess consumption. While these tips are focused on how to avoid holiday overeating, they may be useful at any time.

1) Practice mindful eating – Mindful eating is an approach to eating that focuses on your sensual awareness of food and your experience of the food. Mindful eating involves purposely paying attention to your food, moment by moment, and without judgment. This practice encourages your full presence during the eating experience.

When you practice mindful eating, you become aware of food in all its aspects

– not just how it tastes but also how it makes you feel. When you pay better attention to what you eat and your hunger cues, you begin to make better choices about food. Therefore, mindful eating often leads to weight loss.

2) Don't fast prior to a holiday meal – Many of us believe if we “conserve” calories all day, we can overindulge later when we eat a holiday meal. However, it's not a good decision to show up to a meal starving, and then severely overeat. Overindulgence often makes you feel bloated and sluggish the next day. It's not worth it.

A better decision is to eat throughout the day, choosing foods that promote appetite control, such as high fiber foods, lean proteins and healthy fats. In addition, drink plenty of water throughout the day.

4) Limit alcohol – Drinking alcohol can add a significant number of calories to your holiday meal. One 12-ounce bottle of beer or a six-ounce glass of red wine each contain about 160 calories. Even more calorie-dense is the perennial eggnog – an eight-ounce glass of eggnog has about 350 calories.

Drinking heavily may slow your metabolism, promoting more body fat storage. In addition, binge drinking during the holidays has been linked to a phenomenon called “holiday heart syndrome,” a cardiac arrhythmia that occurs in people without a history of cardiovascular problems.

If you do drink alcohol, your best bet is to limit your consumption. Choose lower calorie options such as light beer or a

wine spritzer.

5) Use a smaller plate – Scientific research has shown that when you have more food on your plate, you're likely to eat more without realizing it. It's also been shown that reducing the size of your plate can help you to consume less food without feeling deprived. Try it – you have nothing to lose. Eating from smaller plates may help you to unconsciously eat less without increasing your feelings of hunger.

6) Drink plenty of water – Drinking water throughout the day, and especially before a meal, can help to decrease the hunger you typically feel before the meal. It may also increase feelings of fullness following a meal. One study showed that people who drink two glasses of water immediately before a meal eat 22 percent less than those who don't drink water. Give it a try.

7) Keep moving – Staying active during the holiday season is a good way to help yourself stay energized and motivated. Engaging in physical activity also helps to shift the focus from food and limit food-related temptations.

8) Manage stress – The holidays can be a stressful time of year. High stress may increase food cravings and diminish your will power. In addition, excess stress raises cortisol levels, which has been linked to increased abdominal fat and mood changes. Combat holiday stress by taking care of yourself.

In conclusion, don't go through the holidays with an all or nothing mentality – enjoy yourself! Just pay attention to what you're eating and drinking. Choose

moderation. If you do overeat, don't punish yourself. Just commit to making better choices moving forward.

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.

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, is offering an autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, November 19 from 9 a.m. to 2 p.m.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.

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dearRPharmacist

A Great Deal Or A Great Deal Of Junk?



by Suzy Cohen, RPh

Dear Readers: Today's article is about vitamins. I'm a big believer in nutrients, if they appropriately target a health concern, or a metabolic pathway.

If you can get 500 pills for \$9.99, how good do you suppose those are after you add in the cost for the label, the bottle and cap, the neck seal, the desiccant and the cause for sourcing each ingredient? Do you assume the manufacturer is doing due diligence and testing the purity of their formula at a reputable FDA-inspected laboratory... and if so, is the price worked into the formula you just bought for less than 10 bucks? Testing costs in the thousands, and it's often factored into the formula's final price. Then there's freight. There's so much, so again, let me ask you: If you can get 500 pills for \$9.99, do you think they're any good?

You don't have to be a mathematical genius, to know there's virtually pennies left to invest in the actual ingredients if the whole bottle is \$10.

I get especially irked when I see companies preying on people, especially the elderly. With reduced kidney and liver function after age 70 for example, all those unnecessary ingredients, fillers, lubricants and colorants add to the physical burden.

Let's take magnesium or vegetable stearate for example. Most vitamins contain this ingredient. A "stearate" is a lubricant added to machinery to make

the machines pump out the pills faster, and more efficiently, without messing up the gears on the equipment. It is not absolutely necessary and, in my humble opinion, it kind of 'bubble wraps' a formula. Some scientists say it breaks down in your stomach acid, whereas other scientists feel that stearates interfere with proper breakdown and absorption of nutrients.

I don't think you need a bazillion probiotics in your formula. These little bacteria are pitched to you as "friendly," but how friendly are they if your own body spots them and sees them as a pathogen? Use of a formula that isn't right for you may cause an autoimmune illness.

I don't want you to be intimidated by fancy labels, or celebrities pitching you stuff. I want you to think it through, and realize that what I'm saying makes sense. There's some truth to the adage, "vitamins make expensive urine," but that's only if you buy cheap stuff that doesn't even work.

What about bug-derived ingredients? Yes, for sure, some red pills contain carmine, a beautiful and natural red colorant. Carmine comes from crushed up beetle juice, basically!

When you see a study that trashes a vitamin or suggests it impacts your lifespan in a negative way, please think. There have been several in the past years. One reason is because the researchers are studying the impact of inactive precursor chemicals, not on real nutrients that your body recognizes. If they were to test their subjects with body-ready, bio-identical nutrients, the results would likely be more promising. If you'd like to read the longer version of this article, I can email it to you after you sign up for my free newsletter at www.suzycohen.com.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: How can I get my partner to notice me more for he seems so pre-occupied at times?

A: There are three basic emotional A's that you may want to

practice on your partner, and I believe he will respond.

Attention – Pay attention to your partner. You notice him and give him the attention he needs, and he will notice how you are there for him. Ask him what he needs from you.

It will mean a lot, and he will feel the same toward you.

Affection – Show your partner affection; a kiss on the cheek, a hug, touch him, be physically close to him. It is a wonderful way to connect you and your partner emotionally, and it is a wonderful way to heal your body and soothe your soul. Affection is known to strengthen your immune system, and we all could use a little immune boost during these times.

Appreciation – Everyone likes to feel and be appreciated. It's a lovely gesture. It's a way of demonstrating your love

verbally. Let him know what you love about him. It will feed your partner's heart.

Even if you live together or you are in the same town, a handwritten note is always appreciated. It's done so rarely these days, we all like to receive something lovely in the mail. Words can mean everything to someone. Be sincere and practice appreciation three times a day for three minutes. It will open up both of your hearts, and we want to keep our hearts open to love.

You will also notice how your partner will shift his awareness to you. Don't be surprised if you start being noticed.

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

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For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.

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We are happy to welcome Emily Medeiros to Sanibel.

Emily will be helping us serve our island residents in their rehabilitation needs this season. She was born and raised in the greater Boston area and received both her undergraduate and Doctor of Physical Therapy Degrees from Springfield College in Massachusetts. Emily has spent the past two years of her career helping patients to improve their mobility after neurological and orthopedic injuries. She has experience working with people recovering from stroke, brain injury and surgery as well as treating conditions including Parkinson's, MS and joint pain. Emily is passionate about helping people reach their goals and return to the things they love to do. Emily is an average but passionate cook, former college swimmer and lover of all things outdoors. She is traveling to Sanibel with her fiancé, Sean. They couldn't be more excited to join the Sanibel community and explore the island.



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Doctor and Dietician

Are You An Egg Carrier Or An Egg Dropper?



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

Last Sunday, we heard a very inspirational sermon at church discussing the power of our words. We can literally affect someone else's future by what we say. We open our mouths 700 times per day and speak up to 18,000 words per day. Now, that is a lot of verbiage. Of course, most people think that women speak more than men, but in the case of the doctor and the dietician, those roles are most definitely reversed.

The *Book of Proverbs* in the Bible mentions the power of the tongue over 150 times alone. *Proverbs 20* (NIV): "The unfriendly person pursues selfish ends and against all sound judgment starts quarrels.

Fools find no pleasure in understanding but delight in airing their own opinions... the words of the mouth are deep waters, but the fountain of wisdom is a rushing stream... the lips of fools bring them strife, and their mouths invite a beating... the human spirit can endure in sickness, but a crushed spirit who can bear?"

We have all heard stories of students being "crushed" by a mean or tyrannical teacher – often affecting their entire lives. A story this pastor told goes like this: A little girl, very enthusiastic and outgoing, transferred to a new school because her family moved. Upon entering the classroom, the girl asked the teacher where she would like her to sit. The only available desk was one that the teacher had labeled with a large "S" – standing for "stupid" where she put students who made mistakes or were causing trouble. (We were shocked too). Thus, this is where the little girl sat. By the end of that first day, the other children were calling her stupid, making fun of her and being very mean to her. Her spirit was crushed. She went from an A/B student to a D/F student. She now hated school. She became only a shell of her former self.

That girl was the pastor's sister. True story. She has since realized that God loves her and she can also love herself, so she has worked her way back to normalcy and is now a missionary to help others less fortunate.

At our Caring Medical office, we find that patients surrounded by positivity and words of affirmation heal and recover faster. This has been proven scientifically as well. A person alone with his/her pain

has a much harder time getting better. Being surrounded by negative people makes life harder. Pleasant words bring health to the body.

So, what about the eggs? When fertilized eggs are broken all the way through, the chick inside will die. Those eggs with fine little cracks have a protective layer so that the mother chicken can still sit on her egg without them breaking. However, if "pecked at" enough, the egg will eventually break, and the inside contents could end up draining out through the crack. When carrying an egg, we must give great care to the egg so that it does not crack or break. If we drop the egg, the egg will die.

So, the question is – "are we egg

carriers" helping those who might be a little cracked? Or are we "egg droppers" destroying other people with our harsh words? In these crazy times, let's make sure that we are speaking life to those around us. We all need strength and encouragement, health and healing, peace and love. It is our choice to give life or give death with the words we speak. Let's be egg carriers.

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.**

Beautifulife:

Secret Sauce

by Kay Casperson



I am pretty sure that most of you have had a time in your life where there was a famous family recipe that would be revealed to only a chosen few. Or maybe you have a favorite restaurant that prides itself

on a secret sauce that many would like to emulate at home. At a recent event I attended, the term "secret sauce" was mentioned to describe how a particular sports team is trained and stays focused on winning the game.

Actually, there is a secret sauce in just about everything we do. If you are enjoying a successful business, there is no doubt you have come up with a recipe for success that is unique to only you. If you are an employee who continues to get recognized for your accomplishments and inspire others, you have developed a successful sauce.

As a parent, we are constantly striving to find the best and most effective ways to raise our children. We want them to be happy, stable, fruitful and blessed as the outcome, but the key is what goes in the sauce to help make that happen. This same concept is genuine as you train and prepare for anything in life, whether it be a sport, a talent, a career, or even

retirement.

Many years ago, along with my chosen chemists, I developed a secret sauce for my skincare products that to this day remains essential to their success and longevity. But, to make this happen, it took much time, dedication, determination and the right mix of ingredients.

So, as we all look for our secret sauce, I believe it is all about the ingredients. Whether you are an individual, a team or an organization, you will need to create a plan that keeps you focused on your expected end result. The following are ways that I believe could help you mix up your secret sauce to success:

Determine your desired outcome and what you envision as an end result;

Explore the best mix of ingredients to get you to your ultimate destination;

Make sure to test and tweak the sauce to ensure that it will be a winner;

Stay consistent with what works and let go of the things that don't;

Enjoy and celebrate your accomplishments, and savor the taste of success.

My affirmation for you this week is:

"I will continue to develop my secret sauce to savor the taste of my beautiful life."

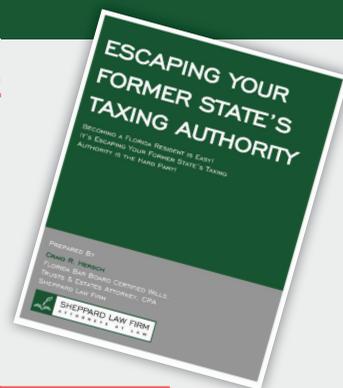
*Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.**

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PUZZLES

Answers on page 54 and 55



"Save it, Mac — We're
_____."

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!

Builder

ASTRAIN

Divert

ROUTED

Spoil

MAPPER

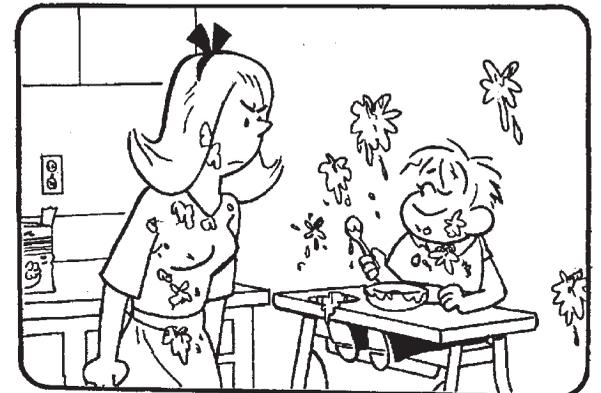
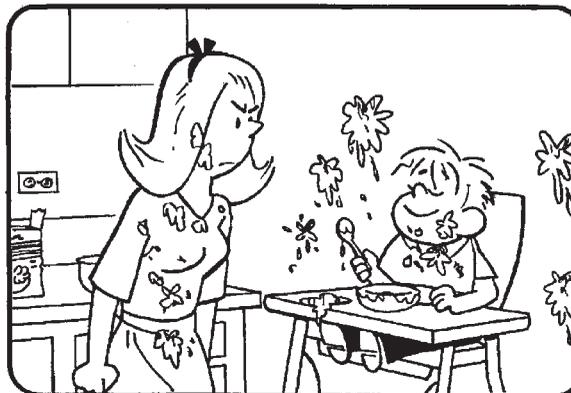
Baby

REPAID

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Food "spat" on wall is moved; 2. Bowl is bigger; 3. Outlet is turned; 4. Bowl is missing; 5. Back of highchair is removed; 6. Sleeve is shorter.

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

To Play Sudoku:

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

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 FRIDAY Sunny High: 80 Low: 68	 SATURDAY Partly Cloudy High: 76 Low: 66	 SUNDAY Cloudy High: 75 Low: 63	 MONDAY Sunny High: 73 Low: 64	 TUESDAY Partly Cloudy High: 74 Low: 62	 WEDNESDAY Partly Cloudy High: 76 Low: 66	 THURSDAY Partly Cloudy High: 81 Low: 69
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	6:38 am	12:35 am	9:56 pm	2:14 pm
Sat	8:30 am	2:32 am	10:10 pm	3:02 pm
Sun	9:53 am	3:40 am	10:26 pm	3:40 pm
Mon	11:00 am	4:29 am	10:42 pm	4:11 pm
Tue	11:57 am	5:11 am	10:57 pm	4:37 pm
Wed	12:48 pm	5:48 am	11:12 pm	4:58 pm
Thu	1:35 pm	6:21 am	11:30 pm	5:16 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	5:43 am	12:37 am	9:01 pm	2:16 pm
Sat	7:35 am	2:34 am	9:15 pm	3:04 pm
Sun	8:58 am	3:42 am	9:31 pm	3:42 pm
Mon	10:05 am	4:31 am	9:47 pm	4:13 pm
Tue	11:02 am	5:13 am	10:02 pm	4:39 pm
Wed	11:53 am	5:50 am	10:17 pm	5:00 pm
Thu	12:40 pm	6:23 am	10:35 pm	5:18 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	6:41 am	1:03 am	8:31 pm	1:56 pm
Sat	8:05 am	2:27 am	9:27 pm	2:51 pm
Sun	9:28 am	3:31 am	10:15 pm	3:41 pm
Mon	10:49 am	4:28 am	10:50 pm	4:29 pm
Tue	11:39 am	5:16 am	11:17 pm	5:13 pm
Wed	12:15 pm	5:56 am	11:41 pm	5:51 pm
Thu	12:48 pm	6:33 am	None	6:25 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	12:04 am	3:51 am	8:48 am	5:30 pm
Sat	12:06 am	5:48 am	10:40 am	6:18 pm
Sun	12:20 am	6:56 am	12:03 pm	6:56 pm
Mon	12:36 am	7:45 am	1:10 pm	7:27 pm
Tue	12:52 am	8:27 am	2:07 pm	7:53 pm
Wed	1:07 am	9:04 am	2:58 pm	8:14 pm
Thu	1:22 am	9:37 am	3:45 pm	8:32 pm

My Stars ★★★★★
FOR WEEK OF NOVEMBER 15, 2021

Aries (March 21 to April 19) A work-related situation that started last month takes on increasing importance this week. The choice is still yours as to how it will evolve. Be careful not to make quick judgments.

Taurus (April 20 to May 20) "Careful" is the watchword for the prudent Bovine this week. Don't let your emotions overwhelm your logic. Try for balance as you maneuver through a

touchy situation.
Gemini (May 21 to June 20) Your energy levels rise to meet the challenges that will mark much of this month. New opportunities beckon. Look them over, but proceed cautiously before making any kind of decision.

Cancer (June 21 to July 22) Your private life can be a problem this week, as a partner becomes more difficult. Resist a reaction you might regret. Instead of walking away, try to talk things out.

Leo (July 23 to August 22) You should be your usual sunny self these days, as

you bask in the admiration you adore. Enjoy it as you move into a new arena to confront an exciting upcoming challenge.

Virgo (August 23 to September 22) Your perseverance reserves will be tapped frequently this week as you deal with the problems involved in making a new situation work for you. But it'll all be worth it.

Libra (September 23 to October 22) You'll find fewer roadblocks turning up as you continue to move ahead with your plans. Expect some important news to come your way by mid-November.

Scorpio (October 23 to November

21) Good news – you finally get to the bottom of that pesky mystery you've been trying to solve for weeks by using some gentle persuasion to get someone to break his or her silence.

Sagittarius (November 22 to December 21) The best time to take on that important task is now. Move forward one step at a time so you can assess your progress and, if need be, change direction.

Capricorn (December 22 to January 19) The new opportunities you hoped to find this month are beginning to open

continued on page 54

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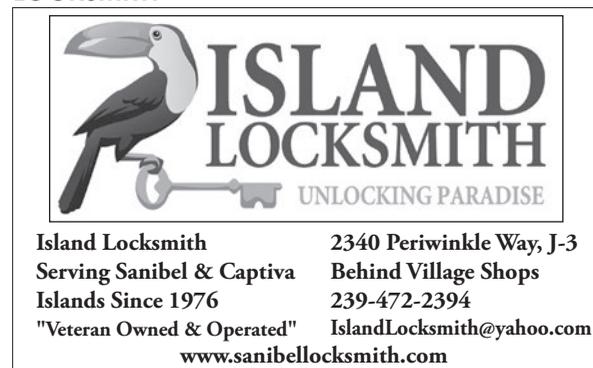
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 Have you done your
 AC Tune-Up Yet?

From page 52

My Stars

up. Study them carefully to be sure you make the choice that's best for you.

Aquarius (January 20 to February 18) Turn a disappointment into a learning experience. Check out possible weaknesses in your approach and strengthen them. A loyal colleague offers good advice.

Pisces (February 19 to March 20) Your new situation offers opportunities to help you get the skills you'll need in order to stop swimming in circles and finally move straight toward your goals. Go for it.

Born This Week: You have a sharp, logical mind and a quick intellect. You would make an excellent mystery writer.

NOW HERE'S A TIP

- Three ways to use an empty tissue box: 1) Store plastic grocery bags inside; 2) line with a small plastic trash bag and use in your car as a travel trash can; 3) cut out the bottom and use it to disguise an extra toilet tissue roll in your guest bath!

- Love oranges? Save the peels to add to your potpourri mix. Remove as much of the pith as possible and cut into strips. Air dry in bright light for about a week. Or you

can set the strips on parchment and dry in a partially closed oven set to 175 F for about 45 minutes. Check often.

- "When the last serving of jam has been used, I will happily add some oil and vinegar to the jar, along with a few choice spices, then shake. It's an instant vinaigrette, with a fruity tang."

– CL in Tennessee

- Keep your jeans or other denim items from fading by soaking them in a solution of cold water and salt (two tablespoons to a gallon) for about an hour before washing.

- "To clean a can opener, get it wet and run a folded paper towel through it while turning the handle. Works best if done after each use."

– HP in Washington

STRANGE BUT TRUE

- Most NASCAR teams use nitrogen in their tires instead of air. This allows the tire to have a much more consistent rate of expansion and contraction to heat and cold.

- North Koreans must have one of 28 state-approved haircuts.

- There's alcohol in space. In 2006, astronomers discovered a cloud of alcohol in part of the Milky Way where stars are forming from gas and dust.

- In Albania, some women make an

oath to become "sworn virgins" in order to live life as a man, with the rights and privileges of a man. For the rest of their lives, they are never again addressed as female.

- Over 2,500 left-handed people a year are killed by using equipment made for right-handed people. The deadliest item? The right-handed power saw.

- If you yelled for eight years, seven months and six days, you would produce enough sound energy to heat one cup of coffee.

- A man with severe OCD and a phobia of germs attempted to commit suicide with a gun to his head. Instead of killing him, the bullet eliminated his mental illness without any other damage.

- A decibel is not its own unit, but actually 1/10th of the seldom used "Bel," a unit named in honor of Alexander Graham Bell for his contribution to acoustics.

- "Backpfeifengesicht" is a German term for a face that badly needs a punch.

THOUGHT FOR THE DAY

"The world is round so that friendship may encircle it."

– Pierre Teilhard de Chardin

TRIVIA TEST

1. **Food & Drink:** How many different flavors are in a Dr. Pepper soda?
2. **Ad Slogans:** Which product was advertised as "the quicker picker upper"?
3. **U.S. States:** What is the capital of Washington state?
4. **Animal Kingdom:** What is a group of hummingbirds called?
5. **Music:** What was Madonna's first Top 10 hit?
6. **Movies:** Which blockbuster movie had this final line, "Roads? Where we're going, we don't need roads!"?
7. **Television:** What was the name of the pet pig on *Green Acres*?
8. **Geography:** Which European country is known as Osterreich in its native tongue?
9. **Measurements:** How many tablespoons are in one fluid ounce?
10. **Astronomy:** Which planet in our solar system is known as both the Morning and Evening Star?

TRIVIA ANSWERS

1. 23
2. Bounty paper towels
3. Olympia
4. A charm
5. *Holiday*
6. *Back to the Future*
7. Arnold
8. Austria
9. Two
10. Venus

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11/12 * 11/19

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10/15 * 11/19

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11/5 * 11/12

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11/12 * 11/19

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11/12 * 11/12

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11/12 * 11/12

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11/12 * 11/19

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1. Artisan
2. Detour;
3. Pamper;
4. Diaper

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