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SANIBEL & CAPTIVA ISLANDS, FLORIDA

NOVEMBER 19, 2021

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City Welcomes New Manager

submitted by Holly D. Smith,
Mayor, City of Sanibel

On behalf of the Sanibel City Council, the City of Sanibel employees, and the citizens of Sanibel, I have the privilege to warmly welcome Dana Souza as he begins his position this week as Sanibel city manager.

Souza was selected for the job out of 96 candidates through an extensive search conducted by Colin Baenziger and Associates, a nationally recognized consulting and municipal recruiting firm.

Souza has over 35 years of local government experience. Most recently, he was the interim city manager in Naples, Florida. He previously held positions in Naples as deputy city manager and community services director. Souza served the City of Greenville, South Carolina as parks, recreation, and sustainability director; Marco Island, Florida as interim manager and parks and recreation director; City of Portland, Maine as



Dana Souza photo provided

director of parks and recreation; Union, New York as director of parks and recreation; and City of New Bedford, Massachusetts as director of parks, cemeteries and forestry.

Souza's vast knowledge and experience brings immense value to our city. I am confident his leadership skills and managerial talents will create a huge

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Making Holidays Bright For Seniors

FISH of SanCap has added a new element to its programming – Home for the Holidays – designed for the islands' senior population. To help bring cheer to the elder population, FISH will provide a holiday gift in the December holiday-themed Smile Box. The gift will be something requested by seniors such as a heated blanket, robe, new pet dish for furry friends, or plants.

"Over the years, we've noticed that our older population begins to feel more isolated and unhappy this time of year," said Maria Espinoza, assistant executive director of FISH. "Because of the COVID pandemic, many have not seen their family or loved ones for over one year and still have mixed emotions about making holiday plans for this season."

According to the National Institute of Mental Health (NIMH), "socially isolated older adults are at higher risk for depression. The focus on family, friends and togetherness during this time of year can actually bring melancholy feelings to



Bring a smile to an island senior this holiday season photo provided

the forefront for many elders." "We want to offer something special to show support and care of our older neighbors," Espinoza said. "By adding the Home for the Holidays element to the already existing Smile Box, we hope to lift the spirits of our seniors as we celebrate the holiday season in a safe and healthy way."

In support of FISH holiday programming, the Sanibel & Captiva

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New Flag Flies Over Captiva In Remembrance

by Kathy Kurtz Ferrari

Veterans Day took on even more significance on Captiva as a donated American flag was raised in memory of a dedicated islander.

Ron Gibson, a longtime Captiva resident who died in October, was a military veteran, former commodore of the Captiva Island Yacht Club, a volunteer firefighter, former board member of Sanibel-Captiva Conservation Foundation (SCCF) and volunteer for many island organizations. He was also a member of the Captiva Civic Association (CCA), and a new American flag now flies over the CCA's building in his memory thanks to his near-lifelong friends Clay and Rita Ewell, who live part of the year on Captiva.

Gibson's absence has left an indelible mark on Captiva, and especially on the Ewells who have called Gibson their friend for nearly 50 years.

"I think I was 26 years old when I met him," said a tearful Rita Ewell, remembering times she and her husband spent with Gibson and his wife, Phyllis,



Clay Ewell and Emily Hess Anderson by the new American flag that flies in memory of Ron Gibson photo by Rita Ewell

including the last 45 consecutive New Year's eves. "We have never missed a New Year's Eve. This year will be so hard."

Gibson took part in ROTC training in high school and was a veteran of the

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Author Series Lineup At Sanibel Public Library

The Sanibel Public Library 2021-22 Author Series lineup has been finalized. For more than a decade, the library, in partnership with the Sanibel Public Library Foundation, has connected local readers to award-winning authors by bringing in high-caliber writers for an intimate evening, followed by a book signing and Champagne reception. Past guests included Joyce Carol Oates, Sue Monk Kidd, Jodi Picoult, Lee Child, Dennis Lehane, Amor Towles, David Baldacci and Margaret Atwood.

The *New York Times* calls Elin Hilderbrand "Queen of the Beach Reads." She will speak at Sanibel Public Library on Wednesday, January 19. Her past books, including *28 Summers*, *The Identicals* and *Here's to Us*, have become a summertime staple, with stories set in and around the island of Nantucket, where she has lived for many decades. The author has written 27 novels and the newest one, *Golden Girl*, was published in June of 2021. Hilderbrand is launching a book club and aspires to become a book influencer, where she recommends books to others. She is a mother of three, a



Elin Hilderbrand

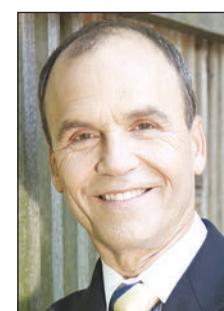
Peloton rider and an at-home cook. Hildebrand is also a seven-year breast cancer survivor.

The next speaker in the series is Marie Benedict, a lawyer who found her calling unearthing the hidden historical stories of women. She will be at the library on Thursday, February 10. Benedict embarked on a series of historical novels with *The Other Einstein*, which tells the tale of Albert Einstein's first wife, a physicist herself. The next novel in the series is *Carnegie's Maid*, which was released in 2018. The

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Marie Benedict



Scott Turow



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The Community House

photo by Logan Hart

Community House Calendar

A Letting Loose with Watercolor class with Anita Force Marshall will be held on Tuesday, November 23 from 9:30 to 11 a.m. The subject is the junonia. Cost per class 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.

The next Kids Cooking class with Chef John Wolff will be held on Sunday, November 21 from 1 to 3 p.m. The theme is Pilgrim Plates. Students will learn the basics on how to make themed treats such as toasted pumpkin seeds, Pilgrim hat cookies and homemade ginger "beer," and take home some of their creations for Thanksgiving. They will also get a history lesson on what the Pilgrims and their Native American hosts really ate for Thanksgiving. A nutritional lunch will be provided by Chef Wolff. Cost is \$30 per class. Register on the website calendar by clicking on the class listing, or call the office at 472-2155.

Suzette Heeres will lead a weekly painting class from 9:30 to 11:30 a.m. beginning Monday, November 29. The subject for the first class is the lorikeet. Classes are taught using acrylics. Check the website calendar for class details and to register. Cost is \$55 for members and \$65 for guests.

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 per class 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 at 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.✧

f www.jerrysofsanibel.com **ig**

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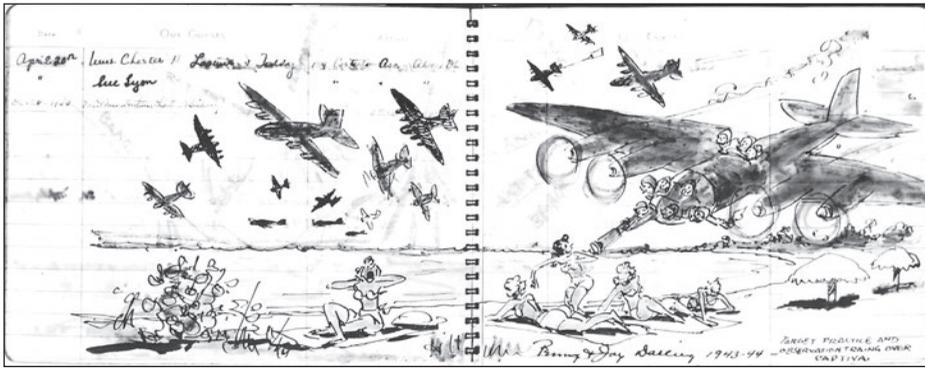


photo courtesy Captiva Island Historical Society Archives

Drawing by "Ding" Darling

Captiva Island Historical Society

Looking Back: Drawing By 'Ding' Darling

This week's image is a drawing by "Ding Darling," presumably from a Tween Waters Inn guestbook, circa 1941-45. The drawing depicts fighter planes from Buckingham and Page fields conducting target practice over the Gulf of Mexico and while doing so, occasionally buzzing the beaches of Captiva.



The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture

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

Visit the website at www.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva.*

Trail Closed

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>.*

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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Sanibel Bike Club members are ready to ride

photo provided

Sanibel Bike Club Holds Welcome Back Picnic

submitted by Karen Weber

The Sanibel Bike Club kicked off a new season with a welcome back picnic for members on November 13 at Bowman's Beach. Approximately 40 members gathered for lunch under the palm trees, catered by Bailey's. Club members filmed a short video

thanking former city manager Judie Zimomra for her years of service to the city and to the Sanibel Bike Club. Everyone had a good time reconnecting and welcoming new and potentially new members.

For more information about the Sanibel Bike Club, visit www.sanibelbicycleclub.org. The club holds weekly rides either Wednesdays at 11 a.m. or Saturdays at 7:30 a.m. – both leaving from The Community House on Sanibel. Off island rides to various nearby locations are held once a month. All levels of riders are welcome.✱

Help Sanibel Historical Village Fill In The Blanks

This year's holiday exhibit at Sanibel Historical Museum & Village will focus on the history of each of its nine buildings. The exhibit, Trees, Timelines, & Special Memories, opens Friday, December 3.

After much research, village volunteers have found each building to have an interesting history all its own. A timeline will be exhibited in each building telling the tale of that building's life through the years. Holiday trees and exhibits will reflect the items found on the timelines.

"After researching the timelines of each of our village buildings, we found we had some blank spaces," said board member Gayle Pence, chair of the holiday exhibit. "We're hoping some islanders can help fill in the blanks."

For example, more information is needed about The Island School of Dance operated by Coralie Rumbold. It possibly operated at the Bailey Store building from 1969 to 1972.

Information is also needed on who occupied what was Charlotta's Tea Room from the 1950s until it was moved to the historical village in 1991.

"We also would like more information on the Pirate Playhouse and the Schoolhouse Theater when they occupied the 1896 Schoolhouse," Pence said. "We would love to make copies of old



Volunteer coordinator Sandy Nering with Shore Haven timeline photo provided

report cards from the Schoolhouse and playbills from the Pirate Playhouse and the Schoolhouse Theater."

Finally, volunteers would like to know the exact dates Adelaide Bailey operated The Red Pelican in the 1926 Bailey store.

"Having this additional information would enrich the knowledge we have about these people, places and things," said Emilie Alfino, executive director.

"It's important to fill in as many blanks as we can before the information is lost forever."

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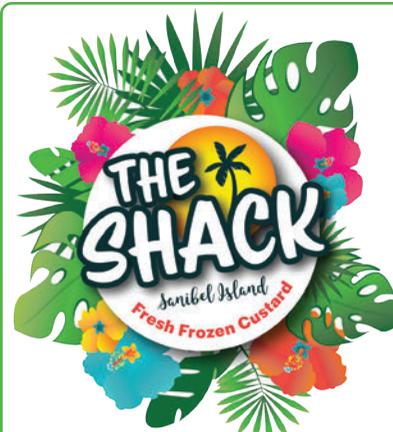
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Veterans Day Essay Contest Winners



From left: Micah Baker; Hazel DeCosta; MOAA representative Commander Doug Quelch, USN (ret); Elizabeth Agibalova-Garcia; and Grant Muddell photo provided

The City of Sanibel Recreation Department and the Lee Coast Chapter of the Military Officers Association of America (MOAA) hosted a Veterans Day essay contest for island youth from fourth to eighth grades. The winners of the essay contest were fifth grader Hazel DeCosta and fourth grader Grant Muddell. Honorable mention

awards were presented to eighth grader Liza Agibalova-Garcia and eighth grader Micah Baker.

Contest winners were recognized at the Veterans Day ceremony on November 11. Winners received \$100 checks and honorable mentions received \$50 checks. Prizes were provided by Bank of the Islands.*

Overreach By Administration?

submitted by John L. Henshaw, Former Secretary of Labor, OSHA

On September 9, 2021, following the frantic and chaotic withdrawal from Afghanistan, President Biden announced that he was asking the Department of Labor/OSHA to develop a rule requiring large employers to mandate vaccination or require weekly testing for employees not vaccinated. Some believe this was an attempt to divert public attention from the Afghanistan withdrawal and redirect the nation's focus on the administration's

efforts to control the coronavirus. Asking OSHA to develop such a rule, as it was reported, would be the biggest push by this administration into its campaign to vaccinate the country. On November 5, 2021, OSHA announced the publication of its Emergency Temporary Standard (ETS) on COVID-19 vaccination and testing, which established binding requirements for private-sector employers employing 100 or more workers.

My focus here is not to opine on the Afghanistan withdrawal or the efficacy of the COVID-19 vaccine. In fact, I wholeheartedly recommend that all eligible citizens get vaccinated to stop the spread of SARS CoV-2. For the sake of all Americans, I also support this administration's efforts to assure

our safety and wellbeing. However, I don't believe OSHA has the authority to promulgate such a rule or should spend its limited resources on public health issues when far too many workplace hazards remain unaddressed.

In 1970, President Richard Nixon signed the Occupational Safety and Health (OSH) Act. The act created OSHA within the Department of Labor "...to assure so far as possible every working man and woman in the nation safe and healthful working conditions..." Congress understood that employers control the ways and means by which work is done in their workplace and authorized OSHA to hold employers accountable for furnishing a place of employment free of recognized workplace hazards that could cause death or physical harm. Congress also authorized OSHA to set mandatory standards such as ETS where there is substantial evidence that employees are in "grave danger" from exposure to a substance or agent in the workplace and that the ETS is necessary to protect employees from such danger.

While the science continues to develop, substantial evidence does not exist indicating that SARS CoV-2, a communicable disease, is a workplace hazard and is transmitted in all workplaces employing 100 or more workers. It is reasonable for OSHA to develop workplace standards covering SARS CoV-2 where the virus is part of the work, such as in some healthcare facilities and laboratories. It is not reasonable, necessary or appropriate for OSHA to promulgate standards indiscriminately for all private-sector workplaces employing 100 or more workers regardless of whether SARS CoV-2 is a function of that work.

Under the OSH Act, an ETS becomes effective following publication in the Federal Register. OSHA must replace the ETS with a permanent standard within six months of publication. OSHA's rulemaking process is very onerous, requiring many stages, including public notice and comment, cost-benefit analysis, small business review, to name a few. The fundamental test in rulemaking is whether OSHA, through the secretary of labor, acted within the scope of its authority and whether there is substantial

evidence that a workplace hazard exists and the standard will eliminate that workplace hazard. None of these tests can be met with this ETS. It is difficult to understand how anyone following OSHA rulemakings could believe a permanent standard, along the lines of this ETS, could be sustained under current law, leaving one to speculate whether a permanent standard was ever contemplated.

As a former OSHA administrator and a safety and health professional, it is hard enough to get some employers to understand and appreciate the value of workplace standards, and the direct correlation between the work they require of their workers and the risk of harm resulting from that work. Forcing employers to comply with a standard not related to workplace hazards is counterproductive and wastes limited resources. It also diminishes our ability to sell the value of OSHA standards, and safety and health programs that truly reduce workplace risks associated with the work.

Congress never intended for OSHA to be a public health agency or dwell in public health policy. Those of us who hold OSHA in high esteem expect the agency to focus its limited resources on controlling risks emanating from the workplace or risks created due to that work, and not driving public health policy or an administration's campaign.

When the White House announced the publication of the OSHA ETS last week covering 80 million workers in the private sector, the spokesperson stated that the "Department of Labor was responsible for keeping workers safe." That is a false statement and assumes more duty on the part of the Department of Labor and OSHA than Congress intended or Americans want. The OSH Act holds employers in the private sector responsible, not a governmental agency, for protecting their workers from recognized hazards. I suppose in state-run industries, one can make that claim, but not in America.

John L. Henshaw was secretary of labor for the Occupational Safety and Health Administration (OSHA), 2001-04. He is a Sanibel resident and Sanibel city councilman.*

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Secrets Revealed In Historical Village Exhibit

submitted by Gayle Pence, Sanibel Historical Village Board Member

The idea for this year's holiday presentation at the Sanibel Historical Village – Trees, Timelines & Special Memories – evolved from stories volunteers were hearing relating to the different occupants each of the buildings at the village had held. We researched and then interviewed many longtime Sanibel residents. After all this, we were able to create unique timelines for each of our nine historical buildings at the village. Along with the timelines, we were able to gather many special artifacts and photos and then decorate each of the buildings with holiday trees to reflect each specific building's history. This holiday presentation is truly a special holiday experience that will reveal aspects of Sanibel's history that have never before been shared.

The Bailey Store building currently located at the Sanibel Historical Museum & Village has actually had five occupants during its existence. The 1927 Bailey Store building has worn many hats since it was built to replace the original "Sanibel Packing Company doing business as Bailey's General Store" that was destroyed in the 1926 hurricane. The first Bailey Store was on a wharf



Board members Gayle Pence and Celina Kersh Monte-Sano in the Old Bailey Store photo provided

on the bay. The second store was built safely near the bay on a beach ridge. The store was the island's communication center with telegraph and telephone service. People voted here, socialized and shopped for everything essential. The store had the motto, "If we don't have it, you don't need it." It carried everything from ladies' garters to pigs' feet in gravy, to all manner of tools.

This store served the Sanibel

community until 1966 when the Baileys moved their store to what is now the Bailey Shopping Center at the corner of Periwinkle Way and Tarpon Bay Road. One unique fact about this store we discovered was that the interior was always painted a seafoam green color because the Baileys got a real good deal on that color of paint. Also, when asked about how it was decorated for Christmas, the response was that they didn't decorate much because the store was so packed full of merchandise that there was little room for holiday decorations.

After the Bailey Store moved to its third location, the next occupant was The Red Pelican, followed by the Island School of the Dance. From 1972 until 1980, it housed the Children's Center of the Islands. The police recreation center office also was located in the building during the 1970s. When you visit this

informative presentation, you'll learn additional details about the second Bailey Store along with specific details, pictures and artifacts of the businesses previously mentioned.

Don't miss this year's very special Trees, Timelines & Special Memories holiday exhibit at your Sanibel Historical Museum & Village. It kicks off with a pre-Luminary open house on Friday, December 3 from 3:30 to 5 p.m. with free admission during those hours only. This exhibit will run through January 8.

The Sanibel Historical Museum & Village is located at 950 Dunlop Road, next to BIG ARTS. For more information, visit www.sanibelmuseum.org or call 472-4648.*

From page 1

Seniors

Islands Association of Realtors is holding a Merry FISHmas event, where items for seniors can be dropped off on Wednesday, December 1 between 5 and 7 p.m. at Blue Giraffe 2, located at 1100 Par View Drive in Beachview Estates. Items for children and teens will also be accepted. Those who cannot attend may drop off items, or have them delivered, to the association office, located at 2353 Periwinkle Way, Suite 201 on Sanibel.

FISH thanks the association and sponsors involved in this collection, including American Momentum Bank, Coastal Title Services of SW Florida, Heidrick & Co. Insurance, Lake Michigan Credit Union of Florida, Margaret Wilcox – realtor, Rosier Insurance, Sanibel Captiva Community Bank and Superior Title Services.

Others wishing to provide support by fulfilling a specific senior gift request can contact FISH at 472-4775. Volunteers will sort, wrap and deliver gifts and Smile Boxes just before the Christmas holiday. Volunteers working on this program will follow strict safety measures that include wearing masks, social distancing and frequent use of hand sanitizer.*

PRE-LUMINARY OPEN HOUSE AT THE SANIBEL HISTORICAL VILLAGE

Trees, Timelines and Special Memories

Friday, December 3
Free Admission • 3:30 to 5:00 PM

See our Trees, Timelines & Special Memories exhibit, featuring new information about the Historical Village's nine authentic buildings.

MUSEUM HOURS: Tuesday-Saturday | 10 AM - 4 PM
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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.

Plant Smart

Climbing Stars

by Gerri Reaves

In the wild, climbing aster (*Symphotrichum carolinianum*) grows in moist areas such as coastal hammocks, swamp edges, wet woods, marshes and streambanks.

In Florida, this native wildflower is found in most counties and is also native to Georgia and the Carolinas.

Year-round blooms in Florida, as well as plentiful foliage and showy flowers, make it an excellent addition to an informal pollinator garden. The fact that it tends to bloom late in the year when many nectar sources have faded makes it all the more valuable to a variety of insects.

Among the butterflies that visit it are monarchs, pearl crescents, skippers, fritillaries, common buckeyes, gray hairstreaks, swallowtails and sulphurs.

Native bees, such as polyester, sweat, cuckoo, leafcutter, mining, bumble and chimney bees, also rely on it.

The gray-green opposite leaves are oval or lance-shaped, one to four inches long and clasping.

As is typical of members of the aster – or daisy – family, it has compound flowers.

Nine to 15 lavender to violet elongated ray florets are arranged around the yellow-orange disk florets.

The upper branches contain as many as 15 flowerheads, which are fragrant



Native climbing aster attracts a variety of butterflies, moths and bees. It blooms all year long in Florida.

photo by Gerri Reaves

and an inch or two across.

Vine-like and fast-growing, this plant is useful to cover a fence or trellis, and the rambling habit makes it a good space filler and border.

The slender woody stems can grow to more than 10 feet long if climbing versus free-standing.

Give it full sun to partial shade. It has low tolerance for drought and for salt inundation, spray, or wind.

Propagate by cutting or division or with the dry one-seeded fruit collected from the spent flowerheads.

It will spread via rhizomes and by

self-sown seeds.

Wild turkeys eat the flowers.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <http://floranorthamerica.org>, www.flawildflowers.org, www.fnps.org, www.regionalconservation.org.

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

Native Landscaping Tours At City Hall

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, 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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From page 1

City Manager

positive impact both within our city campus and throughout our special community.

Since council's unanimous support for Souza in the selection process on September 30, 2021, he has already

been familiarizing himself with many aspects of our city structure and getting to know and respond to the citizens of Sanibel.

We look forward to Souza, wife Kara and family becoming an integral part of this amazing island community.

Souza can be reached at dana.souza@mysanibel.com or through the City of Sanibel offices at 472-3700.*

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The Fall Feed Is On



by Capt. Matt Mitchell

Chilly mornings and cool afternoons are not our normal for this time of year. This is a much-earlier-than-usual feeling that winter has

arrived and is going to stick around longer than in past years. With our water temperatures already in the low 70s, the fish are eating to pack on pounds for colder temperatures way sooner than later.

Over the period of one week, we went from extreme morning low tides to extreme high tides. A major part of this is wind-generated. Wind direction plays a large part in our tides especially during winter months. We see the lowest water during periods of northeast winds as it blows all the water out of the sound. These crazy low water times are my favorite time to fish during our winter months because all the fish get bunched up in the deeper channels and creeks.

Look for deeper water to fish during these super low tides. While it is a very popular place to fish, Chino Island channel can be on fire during the lowest of low tides. Expect the



Mateo from Vermont got in on the redfish and snook action with Capt. Matt Mitchell this week photo provided

fish to be out from the mangroves as they have to push out to open water and channel edges when it's crazy low. Moving water is always a very important part of the equation, either the end of the outgoing tide or first part of the incoming tide. Deeper channels that feed the JN 'Ding' Darling National Wildlife Refuge are also a good choice.

During the higher tides that we experienced later in the week, the bite switched back to fishing oyster bars and the many mangrove islands throughout the sound. I pick these places based on the day's wind direction. Fishing down wind allows you to sit well out from the target area. You can make a long downwind cast and the fish won't even know your there.

The king mackerel bite out from the beaches is heating up with so much bait out there. Trolling diving plugs is hard to beat along with slow trolling live baits rigged on a stinger rig. Areas with a hard bottom and around well-marked public reefs are all good places to get started. Watch for these fish to skyrocket to know you're in the right place. Hooking these bigger kings may be the fastest drag-screaming run of any fish we catch.

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

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Green Sea Turtle

by Bob Petcher



The green sea turtle (*Chelonia mydas*) is named for the color of the fat under its shell. It is the largest hard-shell sea turtle and only herbivore among the different species that includes loggerhead,

leatherback, hawksbill, Kemp's ridley, olive ridley and flatback.

Sporting a small head and an oval body, the green sea turtle plays an important role in ocean ecosystems by eating sea grasses which help keep seagrass beds short and healthy.

At CROW, a post-hatchling green sea turtle was admitted after being washed back ashore in Boca Grande. Upon examination, the turtle, estimated to be about four months old, had a deep laceration with some necrotic tissue present on its front right flipper.

"In most cases, necrotic tissue must be removed to allow healthy tissue to regrow," explained CROW Rehabilitation Manager Breanna Frankel. "Necrotic tissue can also lead to other systemic infections, so we are monitoring it closely."

Unfortunately, the injury and subsequent swelling led to decreased use of the flipper. Veterinarians cleaned and



Patient #21-5664 works out his injured flipper

photo by Brittney Auchmuty

bandaged the laceration and transferred it to rehabilitative care.

"Initially, the wound was flushed out and a topical antimicrobial gel was applied. This sea turtle had a bandage on the wound site while it was dry docked. When their shell and skin is dry, we can apply a bandage similar to one on people," said Frankel. "Since our post-hatchling lives in water full time now, we are not currently applying anything to the wound site. Once it was placed in water, the best thing we can do is keep the water clean and allow the turtle to live in as natural of an environment as possible while healing."

The patient reportedly has a healthy

appetite and is eating a formulated turtle food in pellet form while also chewing on some sea grass, said Frankel. While the injured flipper did not look good upon admittance, the young turtle has rebounded and is strengthening its limb in the water.

"Initially, we assumed we would have to do more physical therapy based on how little the flipper could move," said Frankel. "However, the sea turtle has been moving the flipper more in water and even more when it comes to finding food. Doing physical therapy on its own will be crucial for healing."

The road for the post-hatchling is still

uphill, warns Frankel.

"It will take several weeks for the wound to heal based on the amount of infection we're facing," she said. "If the flipper successfully heals, (the patient) can be returned to the water."

Upon hatching, hatchlings usually emerge from their nest and make their way to the shallow, coastal waters to swim out in hopes of reaching the Sargasso Sea. This particular turtle will get a bit of help if and when it is cleared for release.

"It won't be released from shore," said Frankel. "it will be boated out a distance and released offshore to offer the best chance of survival."

The young patient's journey has already been one that has tackled difficult odds to get back to land. It is lucky to have a second chance at survival.

"Only about one in 1,000 hatchlings survive to adulthood. The fact this one made it to CROW without being picked off by a bigger predator or passing due to the injury is incredible," said Frankel. "Getting every turtle back out to the wild is critical to their continued survival, so we are doing everything possible to help this little one recover."

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 19, 11 a.m.,

A Day in the Life - CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also benefits from the help of over 200 volunteers. While on site, students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation. They share their favorite patient stories. Volunteers, staff members and students are on site to give you

an inside look at what happens behind the scenes at CROW. One of CROW's animal ambassadors will be present.

Monday, November 22, 11 a.m.,
Invasives - An invasive species is an organism that is not indigenous or native to a particular area. Invasive species can cause great economic and environmental harm to the new area. But not all nonnative species are invasive. To be invasive, a species must adapt to the new area easily. It must reproduce quickly. It must harm property, the economy, or the native plants and animals of the region. This presentation highlights invasive species that are commonly found in Southwest Florida. Learn how these animals got here and exactly what makes them harmful to the environment around them. One of CROW's animal ambassadors will be present.

Tuesday, November 23, 11 a.m., Animal Defenses - Animals have evolved numerous ways of defending themselves against predators. This talk focuses on the often overlooked but interesting methods of defense which involve deception and chemistry. Three main methods discussed in this talk will be the use of toxic chemicals, camouflage and mimicry. One of CROW's animal ambassadors will be present.

Wednesday, November 24, 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

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 25 - Closed for Thanksgiving.*

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 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For membership information, visit www.mysanibel.com.*

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Luminary Twilight Concert



FGCU Bower School of Music Chamber Orchestra and Chamber Choir photos provided

The chamber music and chamber choir ensembles from Florida Gulf Coast University's Bower School of Music will perform *All is Bright!*, a twilight concert on Friday, December 3 as a musical launch for the Sanibel & Captiva Islands Chamber of Commerce Luminary Holiday Stroll. The concert is hosted by the Sanibel Music Festival Emerging Artist Series and will be performed at 4 p.m. at Sanibel Congregational United Church of Christ. The concert is sponsored by classical music supporter Colleen Zurcher-McGauran.

"Participants will enter the concert on a beautiful island afternoon at 4 p.m., enjoy a concert designed to inspire the holiday spirit, and exit at 5 p.m. to a stunning festival of lights and the delights of Luminary," said Gloria Garrett, Sanibel Music Festival board member.

"Local organizations and businesses are looking forward to opening doors once again to residents and guests on this special weekend that has become synonymous with island holidays," said John Lai, chamber president and CEO. "Following a year that looked very different due to COVID-19 protocols, 2021 offerings will include both beloved traditions and exciting innovations such as this kick-off concert."

"The students are excited to be part of this new initiative by the Sanibel Music Festival," said Dr. Kyle Szabo, head of strings studies and orchestra director at FGCU. "Attendees at our concerts can expect an energetic performance alive with holiday spirit and the excitement of both choral and strings."

Register at www.sanibelmusicfestival.org for guaranteed, complimentary seating. Concertgoers can also register by



Dr. Kyle Szabo

calling 344-7025. Free-will donations may be made online, at the concert or by mail to: Sanibel Music Festival, P.O. Box 1623, Sanibel, FL 33957. Walk-ins are welcome as space permits.

"Part of the festival's mission is to support the careers of emerging artists through performance opportunities," said Jana Stone, Sanibel Music Festival president. "The Emerging Artist Series was piloted to rave reviews this Spring as a platform to encourage young talent."

Sanibel Music Festival's evening concert series at the Sanibel Congregational Church will return in March 2022. "This season will celebrate our 35th anniversary with an outstanding program including the multiple award-winning Emerson String Quartet, honored with nine Grammys," said Stone. Details and tickets are available at www.sanibelmusicfestival.org.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way on Sanibel.✪

Sea Turtle Sends Signal From Cuba

The Sanibel-Captiva Conservation Foundation (SCCF) sea turtle team received an unexpected signal from one of the satellite-tagged turtles last week. Pepper is a loggerhead sea turtle that was outfitted with a satellite telemetry tag in July 2020. She was one of three loggerheads satellite-tagged last season, but her tag stopped transmitting in April. After 209 days offline, SCCF began receiving her signal again. Pepper is currently located off the coast of Cuba, close to the location where the transmissions stopped.

With a shell length of 42 inches, she



Pepper, the loggerhead sea turtle wearing a satellite tagging device photo provided

is tied with a turtle named Nutmeg as the largest nesting turtles observed on Sanibel. You can track Pepper, along with Junonia at www.trackturtles.com.✪



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Bailey-Matthews National Shell Museum
Shell Of The Week

The Bladed Wentletrap



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

Reaching 18 mm (about 0.7 inches) in size, *Epitonium albidum* (d'Orbigny, 1842) has a thin, light shell with a

sculpture of 10 to 14 sharp, delicate, blade-like ribs ("costae"). Unlike other local wentletrap species, the ribs on the Bladed Wentletrap bear no hooks or projections. The ribs on successive whorls are aligned, forming slanted "rows." The shell in the image is from the Bahamas, but the species is also found on Sanibel and other parts of Florida, including the Florida Keys. A large reproduction of this illustration is on display in the In Focus exhibition at the National Shell Museum.

Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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



The Bladed Wentletrap, *Epitonium albidum*, from Abaco, Bahamas photo by James F. Kelly

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.*

American Legion Post 123

American Legion Post 123 is serving a meatloaf dinner from noon to 8 p.m. this Sunday, November 21. All are welcome.



Thanksgiving dinner will be served on Thursday, November 25.

Barbecued ribs and chicken are on the menu for Sunday, November 28.

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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November 2021 marks the beginning of a year-long celebration of FISH's 40th anniversary!

To kick off the festivities,

we invite you

to participate in our virtual auction & fundraising celebration—*The Art of Turning 40*.

One truly tasteful package will be auctioned off to one lucky bidder featuring amazing prizes and creations from local talent and generous island businesses, including:

- a fabulous multi-course culinary experience for six catered by **Chef Leslie Adams** and held in a truly unique space—the gallery of lifelong artist and long-time TV journalist, **Rachel Pierce**
- original handpainted napkin rings by dinner venue host, **Rachel Pierce**
- beautiful hand-etched wine glasses by Sanibel artist, **Lucas Century**
- 8 bottles of sommelier-chosen red and white wines to savor and enjoy
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- a 3-day/2-night stay for two at **Tween Waters Island Resort & Spa** featuring historic charm, luxury amenities, pure relaxation and adventurous recreation

Auction bidding will be open November 8-30, 2021.

For auction details and to BID on this one-of-a-kind experience, visit <https://www.32auctions.com/fishofsanacp>



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Sanibel Sea School educator Joey Garofano with students from St. Andrew Catholic School photo provided

Students Make A Difference For Marine Life

submitted by Shannon Stainken, Youth Education Director

Middle school students from St. Andrew Catholic School volunteered to collect mangrove propagules, pick up litter and learn about the marine environment with Sanibel Sea School for their day-long Make a Difference Day.

The students joined marine science educator Joey Garofano to learn about

wildlife that inhabit Sanibel's beaches and the effects that marine debris can have on them. While learning, students fanned out on the east end for a beach cleanup. Students were also taught to identify red mangrove propagules and collected them in separate buckets for Coastal Watch and Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab's mangrove restoration projects.

About five minutes into the walk, Garofano noticed that the buckets were full of parchment tube worm casings, which led to a wonderful teaching opportunity. Students learned about worms' biology and how they create the casings that wash up on shore.

"We also saw an exciting array of

creatures like a giant nine-armed sea star, moon jelly and sea pork. The students were motivated by the animals and made it a mission to clean the beach for them," Garofano said. To wrap up the day, students came up with ideas to reduce their impact at home.✳

Time Running Short To Bid In Online Auction

FISH of SanCap is celebrating its 40th anniversary with a full year of festivities centered around the theme, The Art of Turning 40. Kicking off the celebration is an online auction, which is open through Tuesday, November 30 at <https://www.32auctions.com/fishofsanap>.

When FISH began in 1982, its 40 volunteers offered assistance with meal delivery for housebound seniors, transportation off and on the islands, medical equipment lending, phone calls to check-in on neighbors, and delivering books to residents from the Sanibel Public Library. FISH continued to grow its programs with a hurricane committee, which helped evacuate vulnerable residents, and a Friendly Faces luncheon to bring the community together. Its mission then was "to lend a helping hand to those that live, work or visit the islands."

In 2007, the walk-in center was opened to make FISH more accessible

to those seeking assistance. In 2008, the food pantry was established. Now, the food pantry serves nearly 1,000 families in a self-serve format, allowing islanders to shop for themselves five days a week.

In 2021, FISH updated its mission to encompass the growing services and programs that serve the community and changing demographic: "to enrich the lives of all people in Sanibel and Captiva Islands by neighbors helping neighbors with food programs, island based education, social and senior services, and helping hands and financial assistance."

FISH now relies on nearly 200 volunteers and a small staff to assist nearly 5,000 neighbors each year. FISH is ground-zero for disaster response on the islands, including the current health crisis. In 2020, FISH distributed nearly 6,500 meals to seniors, 2,000 food backpacks to children, nearly 250,000 pounds of food to families and paid 494 essential bills for those in crisis. The nonprofit also secured and distributed 1,064 doses of COVID-19 vaccine at a pop-up vaccination clinic for seniors and other at-risk islanders.

"We are thrilled to celebrate 40 years of fulfilling the promise made so many years ago. Here's to 40 more," said Maggi Feiner, president and CEO of FISH, who has been with the organization for almost half of its existence.

FISH operates through donations. For more about the programs and services, contact Maria Espinoza, assistant executive director, at 472-4775 or visit www.fishofsanap.org.✳

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You'll find many handmade shell themed items

photos provided

Shell Museum Store Now Offers Online Shopping

Island locals rely on the gift store at Bailey-Matthews National Shell Museum throughout the year to find quality items. Prompted by demand from out-of-town visitors, the museum has now launched an online store, just in time for the holidays.

The museum store offers a selection

of items for the whole family at every price point. Shoppers' favorites include jewelry, art, glassware, wooden serving pieces, fragrant soaps and diffusers, Christmas ornaments, children's toys and games, and books on seashells and marine life.

This year, the museum will support Museum Store Sunday on November 28. During the 5:30 to 7:30 p.m. after-hours event, the museum will be offering free gift wrapping and 20 percent off storewide (fine jewelry excluded). Guests can shop like a VIP



Plush animals make great gifts for the children on your list

with the help of the museum's shopping consultants during this one-stop shopping extravaganza.

The museum store is open daily from 10 a.m. to 5 p.m.; admission not required. All sales benefit the museum's

educational foundation. To shop online, go to www.shellmuseum.org/store.

To shop in person, visit Bailey-Matthews National Shell Museum, located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.*

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Sanibel's East End Comes Alive



by Allison Havill Todd

If you have not made a trip to the east end of Sanibel recently, you are in for a surprise. While some longer standing shops have been in operation for decades, there

are many new enterprises that have opened in recent months and years, offering a wide variety of products for residents and visitors of all ages.

The new landlords for the retail real estate on both sides of that part of Periwinkle Way saw an opportunity in 2020 when many business owners were struggling and some store fronts were vacant. They purchased the properties with the intention of breathing new life into this shopping area. Brothers Eddie and Tony Yhav, from the east coast of Florida, have over 30 years combined experience in the retail and merchandising industry. They bought the former Sporty Seahorse Shop, which was established in 1989, from the prior owners who were ready to retire, and reopened the store as EmOcean Coastal Wear. This retail establishment offers a wide variety of coastal-inspired attire with



Alice Verme of Sanibel's Best Homemade Ice Cream photos by Allison Havill Todd

popular brand names such as Tommy Bahama, Lulu-B, Tori Richard and others. Patrons will find stylish clothing and footwear for a casual occasion or an island-style cocktail party. The Yhavs have also opened Lighthouse Surf Shop directly across the street in what had been a vacant space. Merchandise will focus more on sporty, casual beachwear, hats and accessories, with board shorts, rash guard shirts and anything else you might need for a day of boating or searching for



The Fig East End Market occupies the space of the former East End Deli

shells on the beach.

The Fig East End Market also recently opened in October in the deserted location of the former East End Deli. Under the ownership of already established restaurateurs Jeramie and Debra Campana (Paper Fig Kitchen and 400 Rabbits), The Fig is a mini market with freshly made, hand-crafted sandwiches, beach eats, grab-and-go breakfast nosh and a rotating selection of oven ready meals. Be sure to stop in and enjoy all the culinary tastes this smart

store has to offer.

Along with newer enterprises, other shops remain under original or newer ownership. Tuttle's Sea Horse Shell Shop has been in existence since 1973 and is one of the oldest shops on the island. Owners Bob and Pauline Tuttle offer "an eclectic array of tropical treasures and trinkets." Visitors will find that prized nautical gift, souvenir or wearable along with a selection of jewelry and shells.

Next door, stop in to Sanibel's Best Homemade Ice Cream for a treat of "the absolute very best homemade ice cream on island." This shop was opened in 2017 under the ownership of Laurie Verme along with her daughter, Alice. The shop offer dozens of flavors of frozen delights as well as pastries, desserts, baked goods and even artisan sandwiches for call ahead orders. Verme shared that, "Our main focus will always follow the traditions of handcrafted products, unique presentations, friendly staff, clean environment and generous portions."

Perhaps you are in the mood for what is touted as "the world's best breakfast." If so, enjoy a morning meal or lunch at Lighthouse Café. Originally established in 1987 by Michael Billheimer, this long-standing island favorite has been under the ownership of Michael's nephew, Dan Billheimer, along with his wife, Junko, since the end of 2019. Customers will appreciate this restaurant's reputation for consistency, quality and service.

The Yhav brothers have a vision for this area which they refer to as The Lighthouse District. With all the newer and older vibrant shops and array of products, it is sure to become the little downtown of Sanibel, a destination location that is family-oriented, friendly and tasteful. Make plans to head east of the causeway, and experience all this revitalized district has to offer.

Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is a dog lover, business coach and 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.✱

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Growing And Reblooming Moth Orchids

by Melinda Myers

Brighten your indoor décor with beautiful blooming orchids. These living bouquets provide months of beauty with minimal care. Just provide the proper growing conditions and success is sure to follow.

Start with a *Phalaenopsis*, moth orchid, that is best suited to the home environment, making it the easiest to grow. Purchase a healthy plant with green leaves, a few open flowers, lots of buds on a firm green flower stem and no signs of neglect.

Provide your orchid with proper care, similar to that of an African violet, for the best results. Water thoroughly with room temperature tap water just as the planting mix is beginning to dry. This is usually once a week in most indoor gardens. Pour off any excess water that collects in the saucer to prevent root rot.

Grow your moth orchid in a bright location near an east-, west- or slightly shaded south-facing window. Plants do best when they receive 12 to 14 hours of bright light. Give plants growing in low light locations a boost with artificial light. Keep lights four to 10 inches above the plants. Placing the plants on a reflective surface helps bounce light back up into the lower parts of the plant. Look for



Moth orchids are the easiest to grow in a home environment

photo courtesy www.MelindaMyers.com

one of the many economical, energy efficient and attractive options for sale. Keep the lights on for 14 to 16 hours if this is the only light the plant receives. You can reduce the time to five or six hours for plants receiving natural light.

Boost the humidity around your orchid while creating a beautiful display by placing it among other indoor plants. As one plant loses moisture from its leaves, it increases the humidity around the neighboring plants.

Use gravel trays to further increase

the humidity around all your indoor plants. Fill the saucer or plant tray with pebbles. Set the pots on the pebbles, elevating them above any water that collects in the saucer. When you water thoroughly, the excess collects in the saucer. As it evaporates, it increases the humidity around the plants right where it is needed.

Fertilize actively growing plants when the soil is moist. Use a dilute solution of a complete fertilizer such as a 20-20-20 labeled for use on orchids or flowering

houseplants. Avoid excess fertilization that can cause damaged black root tips, green floppy growth, and prevent flowering.

Once your orchid finishes flowering, continue growing it in a brightly lit location, and water and fertilize as needed. You can either remove the faded flowers, leaving the flower stem intact and wait for a flush of smaller flowers at the tip of the stem or cut the flower stem back above either the second or third node, the thickened part of a plant stem where new growth appears, from the bottom. A third option is to cut the flower stem back to one half inch above the leaves. This is better for the health of the plant. It results in the best reblooming. It also allows the plant to restore energy used for flowering and focus on growing roots.

If forcing your orchid to produce a second flush of flowers seems like too much work, just treat it like a long blooming bouquet. Ease your guilt by gifting the plant to a fellow gardener that would be happy to accept the challenge. Then invest in a new and different orchid to brighten your indoor garden.

*Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses How to Grow Anything DVD series and the nationally-syndicated Melinda's Garden Moment TV and radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her website is www.MelindaMyers.com.**

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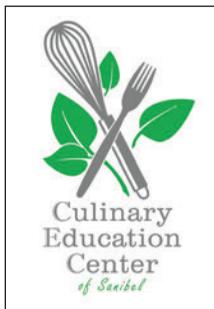
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The Community House

Pine Cone Ginger



sometimes called shampoo ginger or bitter ginger due to its taste and ability to be used as a hair cleanser.

You can grow pine cone ginger in your yard and, each time a new cone begins to emerge, the cone grows to maturity and turns a bright red as temperatures drop in the fall. It is a resilient plant and can be transplanted using pots. They do die back in the winter but they come back new and strong the next spring.

The spicy scent of the grated ginger root, and the smell rising from the pine cone lily's blossom can be sensed

from across the room. Common ginger (*Zingiber officinale*), also known as edible ginger and cooking ginger, and pine cone lily (*Zingiber zerumbet*), also known as bitter ginger, shampoo ginger and awapuhi kuahiwi, belong to the Zingiberaceae family and grow from edible rhizomes. While hardy down to U.S. Department of Agriculture plant hardiness zone 9, common ginger enjoys warmer temperatures, up to USDA zone 12, and pine cone lily prefers the slightly cooler temperatures of USDA zone 11.

Ginger is easy to propagate from

plump ginger roots found at the grocery store, garden nursery or online. Use a knife sterilized in rubbing alcohol or Lysol and cut the rhizomes apart. Each rhizome should have one or more "eyes" or growth buds. The Missouri Botanical Garden recommends setting the pieces aside for a day or two to callous over before planting in well-drained soil or potting mix. Water lightly until new growth appears.

Pine cone lily plants can be divided in early spring. Carefully dig up the rhizomes and separate, then replant in the garden or share with family and friends. Water regularly and fertilize monthly throughout the growing season.

If you have access to one of these wonderful plants, use it in this recipe. If not, you can use regular cooking ginger.

by Chef John Wolff

I love working with fresh ginger. It adds a spicy, aromatic zest to many different types of dishes, and it is very versatile. In exploring topics for my next article, I came across a ginger plant that grows here in Florida. Although not native to North America or Florida, it has been growing here since pre-Columbian times and was probably brought by first nations during the centuries-long migration from Asia to North America.

This unusual plant was first known to grow in Southeast Asia. According to the *Orlando Sentinel*, it also flourishes in many countries around the world that have warm climates at least part of the year.

Pine cone ginger is originally from India and can be found around the globe in various tropical environments. It is

Carrot Soup with Ginger

- 1 tbsp. extra-virgin olive oil
- 1 cup chopped yellow onions
- 3 garlic cloves, smashed
- 2 heaping cups chopped carrots
- 1½ tsp. grated fresh pine cone ginger or regular store-bought ginger
- 1 tbsp. apple cider vinegar
- 3 to 4 cups vegetable broth
- Sea salt and fresh black pepper
- 1 tsp. maple syrup, or to taste (optional)

Coconut milk for garnish (optional)
Dollops of pesto (optional)

Heat the olive oil in a large pot over medium heat. Add the onions and a generous pinch of salt and pepper, and cook until softened, stirring occasionally, about 8 minutes. Add the smashed garlic cloves (they'll get blended later) and carrots to the pot and cook about 8 minutes more,

stirring occasionally.

Stir in the ginger, then add the apple cider vinegar and 3 to 4 cups of broth, depending on your desired consistency. Reduce to a simmer and cook until the carrots are soft, about 30 minutes.

Let cool slightly and transfer to a blender. Blend until smooth. Taste and adjust seasonings. Add maple syrup, if desired.

Serve with a drizzle of coconut milk and/or a dollop of pesto, if desired.

*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.**

Continental Women's Club

The Continental Women's Club will hold its monthly luncheon at The Hideaway Country Club on Thursday, December 9 at 11:30 a.m. The program will feature live holiday music and sing-along participation. There will also be a special presentation by a local author and book reviewer/critic.

Cost to attend the luncheon is \$24.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information or to make a reservation, call Liz Paul at 691-7561.*

CROW CRAWL

Saturday, November 20 from 11:30am - 3:30pm



Every Saturday's CROW CRAWL features different Taste restaurants to visit! Come see the CROW Animal Ambassadors at the CROW Tent and the Taste Sponsors outside the CRAWL restaurants for Taste T-shirts and giveaways. Of course, go inside and satisfy your hunger!

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From left, Phaidra McDermott of Kingfisher Real Estate, CROW Wildlife Rehabilitation Manager Breanna Frankel with animal ambassador Mina, the great horned owl, and Valerie Tutor of Kingfisher Real Estate photos provided

Taste Of The Islands Restaurant Crawl Saturday

Clinic for the Rehabilitation of Wildlife (CROW) will hold its third CROW Crawl as part of the 40th Taste of the Islands activities on Saturday, November 20 from 11:30 a.m. to 3:30 p.m.

Each participating restaurant will be offering items to showcase their cuisine throughout the month of November. A portion of the proceeds from designated food and beverage items sold will be donated to CROW. The crawl will feature a handful of participating restaurants on Sanibel including SpoonDRIFT Island Bowls, T2, The Timbers Restaurant & Fish Market, Sunset Grill, Doc Ford's - Sanibel, MudBugs Cajun Kitchen, Blue Giraffe in Periwinkle Place and Sanibel Deli.

CROW's animal ambassadors will be in the CROW tent in front of one of the restaurants, with Taste of the Islands sponsors featured outside other restaurants in the region. Although each restaurant is featured on one Saturday, diners can visit all the restaurants and order their menu items at any time in November.

In lieu of an admission, participants can purchase a Taste Passport with a listing and map of participating restaurants. Each restaurant will stamp the passport so patrons can track their progress. Only passport holders will be eligible to vote for their favorite restaurant to win the People's Choice award, sponsored by Rosier Insurance, and be entered into a drawing for prizes including vacation stays and gift



Great Horned Owl Ambassador, Mina with her handler Breanna Frankel

certificates.

Passports are available for purchase at CROW, all Bank of the Islands/Edison National Bank locations, Bailey's General Store, Huxter's Market & Deli, or online at www.tasteoftheislands.org.

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

Other sponsors also include Waterman Broadcasting (ABC7/NBC2) 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.



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 ¼ stick butter
 Sea salt and fresh ground pepper, to taste

Preheat oven broiler on high. In small saucepan over low heat, combine barbecue sauce and butter until melted and smooth. Place sweet corn in a medium-sized baking dish and pour barbecue mixture over sweet corn. Broil sweet corn for five to 10 minutes, four inches from broiler, being sure to watch the whole time. Turn and baste the sweet corn until golden. Serve warm.*



Sweet Corn with Southern Barbecue Butter

photo courtesy Fresh From Florida

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SCCF Marine Lab Gets Upgrade In Technology

Established in 2007, the Sanibel-Captiva Conservation Foundation (SCCF) River, Estuary and Coastal Observing Network (RECON) was the first real-time water quality observation network in Southwest Florida, and it remains the largest today. RECON utilized the most advanced water quality sensors available at that time, but those sensors are becoming obsolete. For a little perspective, when the original iPhone was released on June 29, 2007, the first RECON site had already been online for two weeks.

Obviously, the RECON components are designed to last longer than a cell phone. The original life expectancy estimate was five to seven years. However, through yearly maintenance and refurbishing, SCCF has been able to double that expectancy. While some of the original sensors are still functioning, many have stopped working and the manufacturer will stop offering full service of some of the sensors at the end of this year. The SCCF Marine Laboratory originally planned to replace the sensors one at a time over several years. However, RECON consists of many components, including multiple sensors, data loggers and modems – all of which are becoming obsolete – so the decision was made to completely



Marine Lab Research Assistant Sierra Greene with the new data logger

photo provided

replace RECON with the newest components available. Thanks to the commitment of Lee County and the City of Sanibel, and a few longstanding donors, SCCF has been able to fund the new, upgraded RECON 2.0 system.

Global supply chain issues triggered by the pandemic have caused delays in acquiring many of the new components, but SCCF has received the first major one: the NexSens Technology X2-MCSDL data logger. This recently released data logger employs the latest

technology. Unlike the original RECON data loggers, which use a separate modem to transmit the data, the X2-MCSDL combines the data logger and modem in one unit, simplifying

the deployment and operation of the system.

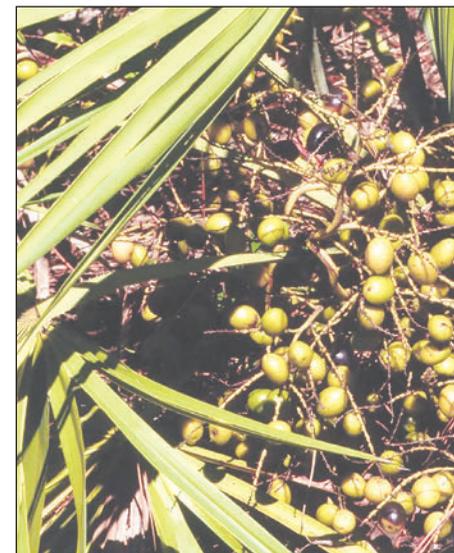
There is no timeline on project completion due to the supply chain delays, but SCCF will issue updates.*

Curtailing Berry Harvests On Preserve Land

To combat the illegal saw palmetto berry harvests on Lee County Conservation 20/20 Preserve lands, the county recently implemented a berry-picking pilot program on Pine Island Flatwoods Preserve by hiring a contractor to extract most of the berries and splitting the profit from the sale of the berries with the contractor.

While eliminating the temptation for illegal pickers, this practice creates undesirable ecological problems for wildlife and the long-term health of the preserve. According to the University of Florida's Institute of Food and Agricultural Sciences, the saw palmetto provides habitat and serves as a primary food source for more than 200 animals, including the vulnerable Florida black bear and the threatened gopher tortoise.

These lands were purchased by taxpayers as preserves for the purposes of supporting and enhancing natural plant communities, protecting critical wildlife habitat, safeguarding drinking water supplies by providing groundwater



Saw palmetto berries

photo provided

and aquifer recharge, and providing nature based recreation opportunities for Lee County residents and visitors.

Sanibel-Captiva Conservation Foundation (SCCF) and the Conservancy of Southwest Florida joined together to submit comments to the Board of Lee County Commissioners opposing this practice

continued on page 30



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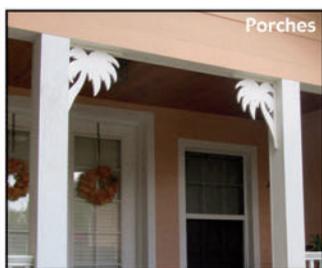
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BIG ARTS Monday Night Film Series

*Oliver Sacks:
His Own Life*

by Di Saggau

The BIG ARTS Monday Night Movie for November 22 is *Oliver Sacks: His Own Life*, a documentary about the man that leaves us with the lesson that, no matter what age we are, and no matter what bad choices we have made, there is always hope that life can get better. Never stop trying. There is a vibrant self inside all of us.

The film is about Sack's personal life and struggles, and it is moving and inspiring. The movie humanizes a man who humanized science. Neurologist Oliver Sacks reflects on his battles with drug addiction, homophobia and a medical establishment that refused to accept his work for decades. Remarkable footage shows the pioneering neurologist at work in this excellent documentary.

In his mid-20s, Sacks escaped London, his mother and homophobia for the freedom of California. He wrote that the most significant moment in his life was in the late 1960s, treating victims of the encephalitis lethargica or "sleeping sickness" epidemic of the 1920s. His book about the experience, *Awakenings*, was adapted into a Robin Williams movie. A standout moment of the film is Sacks at a zoo, crouched in front of a chimpanzee enclosure: his face pressed against the glass, nose

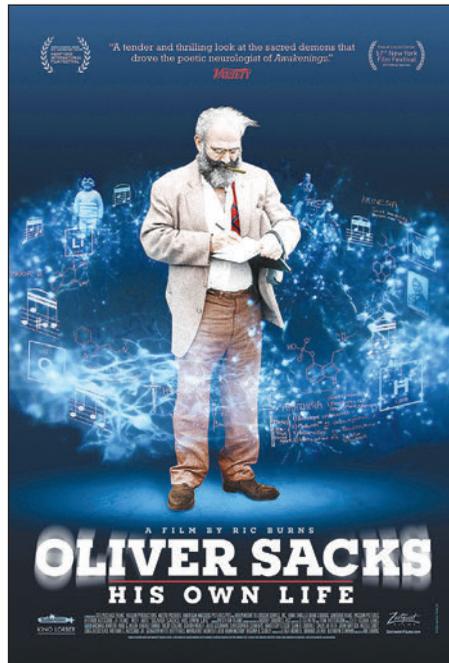


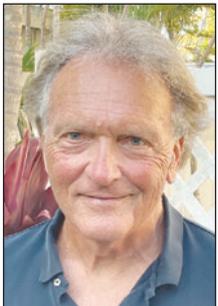
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to nose with a chimp, mirroring its movements.

Oliver Sacks: His Own Life runs 114 minutes and will be shown at 7 p.m. in Christensen Performance Hall. After the film, Pam Weiner 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 on Sanibel. For tickets, call 395-0900 or visit www.bigarts.org.✱

Poetry Corner



by Clay C. Ewell

PURSUIT

The sun has risen from the sea and set across the distant, mist shrouded hills
A thousand thousand times and still, I pursue you across this expanse,
This mote of dust afloat in the currents of eternity where we, on this wheel
Of birth and death, dance among the swirling wraiths of fortune and despair,
As we pursue and flee from that which we desire above all else.

The world as it appears in this life, barely conceals, with its density and frantic noises

The softer openness, the cruder simpler assault upon the senses that once defined

This stage, where we as its actors, wandered across time and space
Our bodies and spirits wrestling along the cliff edge of agony and ecstasy
And then away again, desperately, yet silently, seeking and fleeing the source.

As I pursue you, I wander through places unknown, yet strangely familiar, as
If my searching in other times and other lives has brought me there before only to

Pass on to another and another, seeing you fade into the distance, as our journey

Beckons us onward through the twists and turns, along the serpentine
Contours of the wounded landscape of our souls.

Clay C. Ewell resides on Captiva with his wife and four-legged family. Self-employed as a consultant in the construction industry for 35 years, he flirts with retirement while enjoying time with Rita and pursuing his interests in reading, writing and cycling. Your comments and contributions to this feature are welcome at press@islandsunnews.com.✱

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Book Review

The Perfume Thief

by Di Saggau



The *Perfume Thief* is a gripping novel with gorgeous writing. It's the story of a queer American expat named Clementine who, after a life of notorious thievery all over the globe,

has retired in Paris and become a perfumer for the ladies of Madame Boulette's cabaret. Clem is 72 years old and thinks she's too old to pull off any scams, especially one that involves fooling the Nazis. But that's what she does when her friend Zoe St. Angel recruits her to steal a diary and recipe book of a famous Parisian perfumer named Pascal. The diary reveals Zoe's identity as a Jew, and also might include concoctions that could be used as biological weapons by the Nazis.

Being in Clem's mind is a thrill as we follow her sinking deeper and deeper into this mystery. She worries about her loved ones and how to keep them safe. As she talks about the City of Light crawling with Germans, she reminisces about a long-ago love. A Nebraska native, Clem dares not return to the United States, where too many warrants await.

Clem has to outwit Oskar Voss, a

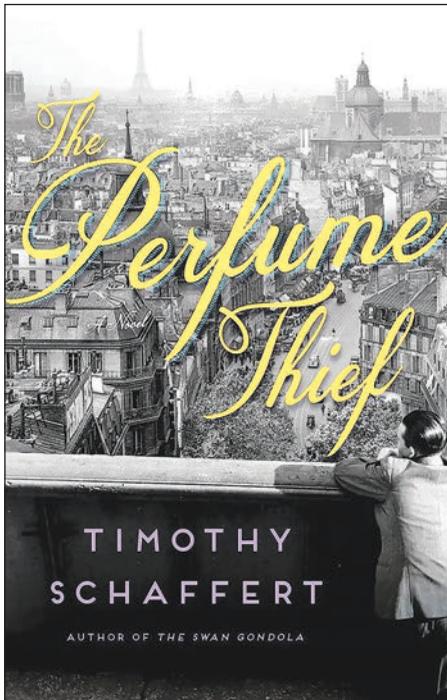


image provided

Nazi bureaucrat who wants her book and also her expertise. Trying to buy the time and trust she needs to pull off her scheme, Clem settles on a unique strategy, telling Voss the truth about the life and loves she came to Paris to escape.

The Perfume Thief treats us to a wartime Paris with a sharply delicious difference. It's a rich and rewarding tale, original and unique complete with romance, espionage, Champagne

towers and haute couture. It is a dazzling portrait of the underground resistance of 20th-century Paris and a passionate love letter to the power of beauty and community in the face of Nazi occupation. The heart of this novel is

how Clementine demonstrates, through her own adventures, how every life is in its own heady perfume, distilled from the personal experiences of the individual.

Historical fiction at its finest.✧

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My son is in 5th grade and is still struggling with reading. His teacher suggested that he read graphic novels. I don't understand why that would be helpful. What do you think?

Allyson C, Fort Myers

Allyson,

Graphic novels, which are novels in comic-strip format, are a good choice for struggling readers because they have less text than traditional books and are less overwhelming. Graphic novels are easy to read but have age-appropriate content.

Struggling readers are typically not going to read unless required to do so. With graphic novels, kids are reading and getting reading practice without the intense demand of traditional books.

A graphic novel uses images generally in a comic strip format to tell a story. With pictures and illustrations and much less text, graphic novels help kids practice reading and help kids build positive associations with books.

Here are some ways graphic novels can help struggling readers:

Graphic novels look and feel more approachable – Graphic novels give kids a reading experience that's much more manageable with images on every page and much less text. In comparison with a dense text-filled novel, a graphic novel doesn't seem like it will be too hard to read. Kids can flip through the pages quickly and understand the story. Getting to the end of a book builds confidence that they can complete a book.

Kids feel grown up with a graphic novel – Graphic novels are accessible while still having age-appropriate content. While the typical picture book is easier to read, but it's also meant for younger children. Kids can read a graphic novel in front of their friends without having to worry about looking foolish. Their lower reading level is not an issue with this format.

Graphic novels can help with reading comprehension – With images alongside words in graphic novels, a link is built for understanding the text. The image provides a clue to help with comprehension. The more clues a student uses for comprehension the easier reading can become for them.

Graphic novels can help kids feel a sense of accomplishment – Kids who have trouble reading may have many negative emotions and are often discouraged by reading. A graphic novel can help them experience reading

success. Knowing that they have been able to read an entire book and enjoy it builds confidence and motivates kids to keep on reading.

Skills used with graphic novels transfer to other types of reading selections – Despite there being less text with graphic novels, they still require the reader to do the mental work of comprehending the story line. Identifying and understanding the plot, narrative, character development, problem and resolution are the skills kids use with graphic novels. These skills will transfer as they read other material and improve their comprehension across the board.

Graphic novels can turn reading into a happy and worthwhile task for your child. These books can make reading feel achievable for the struggling reader.

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.✧

Top 10 Books On The Island

1. *Every Kind of Wicked* by Lisa Black
 2. *The Lincoln Highway* by Amor Towles
 3. *Cloud Cuckoo Land* by Anthony Doerr
 4. *Game On* by Janet Evanovich
 5. *The Santa Suit* by Mary Kay Andrews
 6. *The Rose Code* by Kate Quinn
 7. *The Wife Upstairs* by Rachel Hawkins
 8. *The Cold Millions* by Jess Walter
 9. *Will* by Will Smith
 10. *Float Plan* by Trish Doller
- Courtesy MacIntosh Books and Paper.✧*

From page 28

Berry Harvests

and offered options that have proven successful in other counties to deter the illegal harvest of resources on Lee County's conservation lands.

Some options include:

- More prominent signage highlighting existing laws and penalties;
- Coordination with neighbors to report illegal activity;
- Increased night patrols during berry-picking season;
- Use of camera traps.

A market demand for saw palmetto berries has been fueled by its usage as a holistic medicinal ingredient to treat prostate-related conditions.✧



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Lynn Quigley with *Birdy Bungalow*
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Creative Workshops



BIG ARTS workshops are a great place to learn a new hobby or sharpen your skills. The 2021-22 workshop season offers a variety of classes with experienced instructors.

Workshops include:

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.

Outdoor Exhibit At Bailey Homestead

The Sanibel-Captiva Conservation Foundation (SCCF) Bailey Homestead Preserve, in conjunction with Sanibel-Captiva Art League, is hosting its annual Natives in the Garden exhibit. The exhibit features original, weather-resistant works of art created by SCCF and art league members. All pieces are available for purchase and a percentage of each sale benefits SCCF.

The exhibit is open for public viewing from 10 a.m. to 3 p.m. Monday through Friday. The preserve is closed on Saturday and Sunday.

Artists may add entries to this exhibit at any time as it is everchanging. Visit www.sancapart.org for more information.

Bailey Homestead Preserve is located at 1300 Periwinkle Way on Sanibel. The front nine acres along Periwinkle Way are open to the public. The remaining 19 acres are a wildlife corridor. It is home to SCCF's Native Landscapes & Garden Center, a destination for native plants and planting supplies. For more information, call 472-1932.*



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On Veterans Day, Clay Ewell presented a new American flag to Captiva Civic Association Director Emily Hess Ankerson in memory of Ron Gibson photos by Rita Ewell

From page 1

New Flag

Air National Guard during the era of the Cuban Missile Crisis. He was proud of his military service and was even prouder of his grandson who joined the military and was deployed to Afghanistan a few years ago.

“Ron was always focused on service, always, and to his country, even in high

school. He was really proud of the fact he was a veteran,” Ewell said.

Gibson played the bugle, and one of the roles he had during his military service was to play *Taps* at military funerals.

Gibson continued to perform at funerals after his military days were over, and often performed at Veterans Day and other events on Captiva.

“That was his way of honoring those people,” Ewell said. “He was just really



Clay Ewell helping Emily Hess Anderson raise the donated American flag

proud of that. And he always, always flew a flag. He even had a veteran’s license plate on his car. He was so proud that people would pull behind his car and know that he was a veteran.”

The Ewells had been searching for some significant way to honor their dear friend. As active members of the Captiva Civic Association, they were present when a worn and tattered American flag, which adorned the pole in front of the CCA building, was lowered to half-staff to honor the passing of former Secretary of State Colin Powell in October.

“We saw the flag which was so awful, and Clay said, ‘Let’s get a new flag and we’ll donate it to honor Ron.’ And I said we could do it in memory of him being a veteran, and on Veterans Day,” Ewell explained.

In order to get an appropriate flag, Ewell did some research and learned a lot about the history of the red, white and

blue banner.

“With the colors, white stands for purity and innocence; red hardiness and valor; and blue signifies vigilance, perseverance and justice. And I thought, ‘That’s Ron.’”

The Ewells donated the flag in an intimate and emotional presentation to Emily Hess Ankerson, director of the CCA, on the morning of Veterans Day.

“I think it’s such a wonderful gesture,” said Hess Ankerson. “And the significance of presenting the flag on Veterans Day to honor Ron, who was a veteran, is wonderful. It’s a nice and tangible thing to have here at the CCA, as he was a dedicated member of the community. It’s a special way to remember him.”

Gibson’s ashes will be interred in the nearby Captiva Cemetery in the spring.

“I just thought the flag would be nice,” Ewell added. “Every time we go by, we’ll be able to think about him.” ✨

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Students Share Acts Of Kindness



From left, Principal Jamie Reed, FISH Social Services Director Nitza Lopez and art teacher Erica Sharp photo provided

In honor of the FISH of SanCap 40th anniversary, students in second through fifth grades at The Sanibel School created works of art showing how they have helped neighbors, friends and family. Led by art teacher Erica Sharp, students drew pictures and noted how they helped someone and how it made them feel.

“We were amazed to receive over 90 wonderful drawings from Sanibel students, and proud to learn ways in which community children help their neighbors,” said Maggi Feiner, president and CEO of FISH. “It’s encouraging to know that the islands’ children are learning how acts of kindness can make a difference to someone, and that they are so eager to be a neighbors helping neighbors member of our community.”✧

I gave a lost dog to the police.

In honor of FISH’s 40th Anniversary, students at The Sanibel School created works of art showing the importance of helping neighbors and family. We are inspired by their wonderful art and their clear understanding of how small acts of kindness can make a big difference. The future of FISH—and our young neighbors—is promising indeed.



—by Ava, *The Sanibel School*



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Inflation: Transitory Or Persistent?



by Gary W. Dyer,
Portfolio Manager

Over the past 18 months, Congress and the Federal Reserve Board have used a variety of methods to stimulate and inject liquidity into the economy following the first signs of COVID-19. Those actions included benefit payments to individuals (including enhanced unemployment insurance), loans and grants to businesses, cuts in interest rates and open-market bond buying by the Fed. These fiscal and monetary steps were necessary to stave off a prolonged recession.

Given the significant longer-term deficit spending approved by Congress, history would expect the Fed to hike short-term interest rates to cool off the growth of the economy and stave off inflation. Interestingly, the deficit spending has not yet had a negative impact on inflation, which for years stayed under the Fed's two to three percent target.

However, the unprecedented amount of stimulus and liquidity since early 2020 appears to be putting the U.S. economy on a more typical growth and inflationary

trajectory. Real GDP rose approximately 6.5 percent in the first half of 2021, and the Consumer Price Index (a main benchmark of inflation) was rising at five percent annual rates in the second quarter, the highest level since September of 2008.

This leads to the question: is inflation a shorter or longer-term issue? The Federal Reserve continues to believe the inflation is "transitory." By maintaining short-term interest rates near zero, the Fed has signaled it is more concerned about the state of the economy than the risk of inflation. The bond market is also signaling that inflationary pressures are short term, given the fact that 10-year Treasury bonds are yielding just 1.5 percent. Interest rates are closely tied to inflation, so the recent jump in consumer prices does not seem to concern bond investors.

In addition, the recent increase in U.S. consumer spending, which is helping push up prices, can largely be attributed to COVID unemployment benefits that first were saved in 2020 and now are being spent. Those benefits are being phased out. We note, too, that supply-chain imbalances across the world are causing shipping costs to skyrocket, and that while it was naïve to think supply-chains could return to normal overnight once vaccines were approved, it may also be naïve to think that these same broken chains won't be fixed.

On the flip side, there are rationales for longer-term inflation. Historically, when inflation starts to surge, it adds fuel to future inflation by creating unwanted consequences: A tight labor market forces employers to pay significantly higher

wages; and the supply of goods doesn't keep up with higher demand.

In the case of labor, shortages have been experienced in lower-paying service jobs such as retail, restaurants and hospitality. Part of the reason it has been difficult to fill these positions has been many of these individuals have earned more income from federal and state unemployment benefits than they earned working. Benefits have since been reduced, but employers still feel the need to permanently raise wage levels above pre-pandemic levels to lure workers back.

Prices aren't just the result of supply and demand forces; they are also an indication of what prices are expected to be in the future. For example, lumber prices had risen close to 550 percent over a 13-month period ending in May as housing demand became extremely strong and lumber scarce. While prices have backed off since May, it is unlikely the spike in prices of lumber and other goods will revert to pre-pandemic levels anytime soon, if ever.

It also remains to be seen if the unequalled deficit spending of the past 18 months will significantly reduce the value of the U.S. dollar against our trading partners' currencies, an event that would cause the cost of imported goods to rise and help create ongoing inflationary pressures.

While the trust company's investment team will closely monitor the level and duration of inflation, it is important to note that the Federal Reserve is edging closer to removing some of the monetary stimulus (by paring back its bond purchases), which should modestly cool inflation. Nevertheless, in such times, we aim to construct "all weather" portfolios that perform well over long-term market cycles. This keeps us from focusing too much on shorter-term fluctuations in economic indicators.

This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this

*information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.**

Captiva Panel Update

At the November meeting of the Captiva Erosion Prevention District (CEPD), commissioners discussed filling the vacancy following the death of Harry Kaiser, who served the residents of Captiva on the CEPD board for years.

The board is accepting applications from Captivans to be considered for the appointment to the vacant seat; the appointee will fill out the remainder of Kaiser's term. This is a nonpartisan office.

Visit www.mycepd.com to complete and submit your application, which can be submitted to jelston@mycepd.com. Deadline is close of business December 31.

The 2021 beach restoration project is nearing completion, and the dune planting effort is under way. For details, visit <https://www.mycepd.com/2021-beach-nourishment-project>.

At the November meeting of the Captiva Community Panel, Lt. Mike Sawicki and Deputy Chris Lusk of the Lee County Sheriff's Office reminded owners of golf carts who have opted to have the carts licensed with the state, that registration makes them a low speed vehicle (LSV) legally. Those carts are now considered vehicles subject to state law. For more information, visit <https://captivacommunitypanel.com/golf-cart-regulations/>.

The next CEPD board meeting will be held on Monday, December 13 at 1 p.m. at Tween Waters Island Resort and via Zoom. For information, visit www.mycepd.com or call 472-2472.

The Captiva Community Panel will meet on Tuesday, December 14 at 9 a.m. at South Seas Island Resort and via Zoom. For more information, visit www.captivacommunitypanel.com or email captivacommunitypanel@gmail.com.*

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Museum Official Speaks At Luncheon



Chamber board chair Mark Blust introduces guest speaker Sam Ankerson, right, at the business luncheon at Thistle Lodge photo provided

Sam Ankerson, executive director of Bailey-Matthews National Shell Museum, shared plans for new museum programming at the business luncheon meeting of the Sanibel & Captiva Islands Chamber of Commerce at Casa Ybel Resort's Thistle Lodge on November 10.

Bailey-Matthews National Shell Museum is on the heels of its \$6 million Beyond Shells aquarium gallery, which opened in March 2020. Museum officials are striving to bring residents back again and again.

"Where do we go from here?" Ankerson said. "We want visitors to access the museum more often. We want to foster richer educational experiences and greater appreciation for shells and marine creatures."

Ankerson, who took his position in March, thanked attendees for being what he called "the most welcoming community." He gave an overview of the shell museum with slides and facts, including that it has the largest exhibit of shells in the country and is the only museum in the U.S. whose primary focus is on shells.

The recent Beyond Shells component, with nine aquariums and two touch pools on the ground level, took the museum in a different direction, giving visitors a new way to talk about their shells, Ankerson said. The expansion focuses on the living animals, not just their shells. "We're the only museum dedicated to this distinct group of animals," he said, explaining that the mollusk classification goes beyond shelled animals to octopus, cuttlefish, squid and other marine creatures.

As part of its new initiative to keep visitors coming back, the shell museum is planning traveling exhibits, lectures and adult classes. Its programming aims to increase the museum's relevance to the local community.

Upcoming exhibits include Red,

Blue, Green: An Introduction to Water Quality in Southwest Florida in partnership with Sanibel-Captiva Conservation Foundation (SCCF) and *The News-Press* from January 15 through June 12; and Black Water Moments: Nocturnal Photography of Open-Ocean Mollusks from December 10 through May 30.

To the business community, Ankerson sent the message of partnership and of developing package discounts and other programs for hotel guests and retail customers.

"Sam comes to our community with experience from the Norton Museum of Art in West Palm Beach in communications, visitor experience and programming," said John Lai, chamber president and chief executive officer. "We look forward to great collaborations that go beyond the tremendous tourism draw the museum represents."

Lai also introduced Pam Brown from the Lee County Visitor & Convention Bureau (VCB), who spoke about the VCB's new marketing strategy, branded Fort Myers: Beaches, Islands & Neighborhoods. Lai announced the chamber's plans to make a push to extend Visit Florida's tenure as one of its legislative priorities, and encouraged members to support Luminary holiday shopping on Sanibel on December 3 and on Captiva on December 4.

Upcoming business luncheons include December 8 at The Community House with speakers Sanibel Mayor Holly Smith and new City Manager Dana Souza; and January 12 at Sundial Beach Resort & Spa with speaker Ben Siegel, executive director at Southwest Florida International Airport.

For more information, visit sanibel-captiva.org or contact Landen Drake, communications and marketing manager, at 472-8255 or landen@sanibel-captiva.org.

We are so grateful to have you as customers and neighbors.



(L-R) David Lowden, Vice President, Private Client Relations, Susan Schulte, Sanibel-Captiva Asst. Office Manager.

As our way of giving thanks, we invite you to stop by Bank of the Islands on Monday, November 22 to receive a token of appreciation for your Thanksgiving celebration.

Please consider bringing non-perishable food items to contribute to our community's ongoing collection for the F.I.S.H. of Sanibel-Captiva food pantry.

To learn more about F.I.S.H. of Sanibel-Captiva and the other ways you can help them help our neighbors in need, please visit www.fishofsancap.org



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From left, John Costello, Steve Greenstein, Carolyn Rogers, Darrin Grotrian, Robin Cook, Gary Dyer, Sherry Halleran and Ed Ciskowski photo provided

Grand Sponsor For Village Gala

Sanibel Captiva Trust Company will be the grand sponsor of the Sanibel Historical Village fundraising gala movie premiere on Tuesday, February 22. The documentary, *Secrets & Stories of the Sanibel Lighthouse*, will be shown. "The historical museum and village is an important part of Sanibel, and we are

proud to support them in their efforts to preserve island history," said Al Hanser, founder and chairman of The Sanibel Captiva Trust Company. "The historical village is a treasure for all of us to enjoy and learn about our island's fascinating history. We are pleased to be able to support such an educational institution." "We are honored to have Sanibel Captiva Trust Company be our grand sponsor once again," said Sanibel Historical Village Executive Director

Emilie Alfino. "They have always been big supporters of our efforts to preserve, share and celebrate Sanibel's wonderful history. We are very grateful." Anyone interested in a business or individual sponsorship can call Alfino at 472-4648 or 357-1644. "As we all know, it really does take a village – and it takes community-minded businesses and individuals to help keep our village, the keeper of history, alive on Sanibel," said Alfino. ✨

Meet The SCCF Environmental Policy Intern

Natalie Von Tress is a third-year graduate student and National Science Foundation (NSF) graduate research fellow at North Carolina State University studying biological and agricultural engineering. Her graduate work has focused on using satellite imagery to look at the frequencies of harmful algal blooms in Lake Okeechobee to better understand bloom dynamics over time. Through her research, she became interested in the impacts policy decision-making has on water quality in South Florida.



Natalie Von Tress

Von Tress is interning with the environmental policy team at Sanibel-Captiva Conservation Foundation (SCCF) this fall and winter to assess the long-term

effects of two projects surrounding Lake Okeechobee, and determine the impacts each will have to the Caloosahatchee Estuary. She is also involved in with Lake Okeechobee System Operating Manual (LOSOM) updates and optical modeling of seagrass in the Caloosahatchee. The internship is funded through her fellowship and the NSF Intern Program. "After researching Lake Okeechobee and its discharges for my master's research, the opportunity to analyze upcoming decisions regarding the lake is unparalleled," Von Tress said. "I am incredibly grateful to work with the SCCF policy team and to learn from their expertise and experience." Following the completion of her master's degree in May, Von Tress hopes to apply her skill set in data analytics and modeling to support water quality decision-making. "We are very excited to have Natalie working with our policy team on these important projects," said SCCF Environmental Policy Director James Evans. "Her engineering and hydrological modeling background is extremely valuable in evaluating the performance of the new Lake Okeechobee regulation schedule and the benefits of Everglades restoration on the Caloosahatchee." ✨

Enjoy THANKSGIVING & special thanks to these clients & colleagues for working with us this year & making it a great one!



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- DeCorte Four Custom Homes
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'Ding' Darling To Roll Out Limited Edition Brew

As part of its 40th anniversary celebration, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) will introduce its limited-edition Wild Daze Ale on Saturday, December 4 with island events to follow throughout the month. The launch festivities start at 4 p.m. at Fort Myers Brewing Company. The outdoor stations of the refuge WoW (Wildlife on Wheels) mobile interactive experience will be on site, along with food trucks. There will be music, trivia games and other activities.

The exclusive brew – a smooth and light-bodied golden ale with a subtle hint of sweetness – will be available for a limited time of around six months after its rollout, or while supplies last.

Bailey's General Store, Doc Ford's Rum Bar & Grill, Sanibel Captiva Beach Resorts and The Timbers Restaurant & Fish Market will be selling the beer on Sanibel and Captiva, with a portion of the proceeds benefiting conservation, research, education and land acquisition efforts at JN "Ding" Darling National Wildlife Refuge on Sanibel.

Bailey's will be hosting four tastings. On Wednesday and Thursday, December 8 and 9 from 2 to 6 p.m., officials will set up a tasting table with information about the refuge and DDWS. On Saturday and Sunday, December 18 and 19, the WoW outreach experience will be an addition to the tastings from 10 a.m. to 3 p.m.

The Wild Daze Committee, chaired by DDWS' April Boehnen, commissioned native Miami Latina artist Emily Alvarez to design an exclusive label for the canned beer. Throughout December, the Refuge Nature Store's three locations (at the refuge, 2250 Periwinkle Way and online at www.shopdingdarling.com) will carry Wild Daze Ale merchandise based on Alvarez's art.

"Our goal is to expand 'Ding' Darling's appeal to a wider, young, multi-cultural audience in a fresh, new way," said Birgie Miller, DDWS executive director. "Fort Myers Brewing staff share the refuge's mission to get people outdoors, which makes for a great partnership on this limited-edition beer."

"Community involvement has always



Wild Daze Ale rolls out next month

photo provided

been important at Fort Myers Brewing," said founder Rob Whyte. "This past year has proved how important getting out in nature can be for everyone's mental and physical health, so when the 'Ding' Darling Wildlife Society reached out about this collaboration, it was an easy decision. Encouraging people to get outside, conserve our wild spaces and enjoy a nice cold beverage as they do it, is a great opportunity. We are excited about supporting the JN 'Ding' Darling National Wildlife Refuge in this unique and special way."

For more information about Wild Daze Ale, visit www.dingbeer.com or contact April Boehnen at 472-1100, ext. 4.*

Wednesday Night Adult Soccer

Adult co-ed pick-up soccer is played 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 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.*

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Superior Interiors

A Fresh Idea For Holiday Decorating



by Linda Coin

Since you've been spending so much time homebound, you're well ahead on your holiday decorating, right? Well, maybe you are in such a state that you are having a brain-freeze on

thinking about the holidays. Or, perhaps you do have those decorating plans pretty well planned out, or even much of it done, but are still looking for a fresh idea or two. Here are a few tips:

First of all, it's always a good idea to focus on the spaces that count the most. A foyer, if you have one, sets the stage — make it fabulous. Then concentrate on the living room, kitchen and dining room. While this isn't to say your other spaces can't be spruced up and decorated, these main spaces are likely where most of the hosting and holiday activities will take place.

The holiday season can be thought of as two distinct periods: autumn and winter. For many, the decorations from fall to the snowy season are a dramatic

change, but decorating those main spaces can be easier if you choose a transitional color palette from the start. Red, gold and silver are all great colors that can be incorporated at the beginning of the season and last until spring.

Don't overlook smaller places that can have an added touch for the holidays. Replace that display of family photos with some holiday ornaments. Windowsills, armoires and, yes, even bathrooms deserve a little touch of holiday magic. And don't forget to add some holiday spice to the guest room.

Accessories are the jewelry for your interior decorating, even more so during the holidays. Ornaments aren't just for the tree. A simple holiday accent can be created by placing ornaments in a crystal bowl or glass urn. Round glass balls can even be used as table place cards when you write each guest's name on them.

Soft glowing light is complementary to you and your holiday guests. Once you've turned the lights down low, bring out the candles by the boxful. From tall and tapered to short and stout, candles set a celebratory tone. Grouping candles in odd numbers and varying heights can add interest, or consider displaying them on a silver platter for even more light and shine. Mirrors, picture frames and metallic vases will help your room sparkle and shine. Don't be afraid to mix it up with lots of different metals.

When choosing plants to help add holiday cheer, think beyond the traditional poinsettias. Fill vases with bouquets of fresh flowers in addition to the usual

holly. Or choose beautifully shaped topiaries covered with pepper berries. Or how about draping your dining room chandelier with a pine garland or holly.

Visit the produce aisle of your grocery store for some simple and unique holiday decorations. For example, spray paint walnuts and gourds in silver or gold and display them in a decorative basket. Or fill a crystal bowl with red and green apples. Simple and definitely festive.

Above all, make your holiday décor

reflect your family's personality. Are antique toys a personal passion? Are you a dedicated beachcomber? Try incorporating your passions into your holiday tree design and other aspects of your decorating. Do not be afraid to give your festive decorating an unexpected feel, a feel that relates personally to those who will use the space.

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

COTI Elects New Board Member

At its November meeting, the Committee of the Islands (COTI) board of directors elected Jeff Blackman to serve as its newest member.



Jeff Blackman

Blackman's career has spanned two continents and a wide range of positions and responsibilities. After receiving bachelor's degrees in religious studies and history from Indiana University, he went on to earn advanced degrees from The George Washington University Law School (JD) and the London School of Economics (LLM). He practiced commercial litigation

and administrative law in Washington, DC. In Eastern Europe, he directed international development in former Czechoslovakia; directed international law projects for the UN high commissioner for refugees in former Czechoslovakia, former Yugoslavia, and former Soviet Union; practiced corporate acquisitions and media licensing; and co-founded an international film distribution company.

Locally, Blackman co-founded a law practice on Sanibel and a golf cart rental company in Fort Myers. He holds membership in a number of Sanibel organizations, volunteers for Community and Housing Resources and is president-elect of the Sanibel-Captiva Kiwanis Club.

COTI's board is comprised of officers Larry Schopp, president; Maryann Bell, vice president; Peter Walcott, secretary; and Chet Sadler, treasurer. Directors are Barbara Joy Cooley, Carol Gestwicki, Jon Gustafson and Ed Holden.

COTI is a Florida not-for-profit corporation founded in 1975 by some of

continued on page 40

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1. GULF-FRONT HOME ON SEASPRAY - SANIBEL

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- Top floor master suite with walk-in closet. Gulf front pool & spa, multiple lanai's, impact windows, and more
- **\$4,550,000 EURO 3,876,860**

2. SERENE LAKE VIEWS & STEPS TO PERIWINKLE - SANIBEL

- 3 bed/2 bath updated half duplex including a spacious primary suite on the top floor with private sundeck
- The expanded floor plan features hurricane rated doors & windows, updated kitchen, community pool & tennis
- **\$729,000 EURO 635,714**

3. SUNSET CAPTIVA HOME - CAPTIVA

- 3 BR/ 2 BA + loft with large kitchen, multiple lanai's, updated bathrooms, & top floor primary suite with private deck
- Community amenities include deeded beach access, pool, tennis, shared docks, and more
- **\$1,495,000 EURO 1,289,799**

4. LAKE & GOLF COURSE VIEWS IN BEACHVIEW - SANIBEL

- 5 BR, 3.1 BA home completely renovated with gourmet kitchen, soaring 2 story ceilings and incredible views
- Private office, library, formal dining room, private pool, 2 car garage, and more
- **\$2,695,000 EURO 2,204,949**

5. DIRECT ACCESS BASIN HOME ON LIMPET DRIVE - SANIBEL

- 3 BR/ 3 BA home on one of Shell Harbor's most sought-after streets with wide boating basin & deep water direct access
- Private dock with composite decking & captain's walk, travertine pool deck with spillover spa, & new roof.
- **\$2,395,000 EURO 2,040,677**

6. SHORT WALK TO THE BEACH - SANIBEL

- 3 BR/ 4 BA + den home constructed by Gulf To Bay Homes in prime location in the Beachview community
- Open kitchen, high ceilings, private pool with spillover spa and 2 story enclosure. All just a short walk to the deeded beach access
- **\$1,749,000 EURO 1,434,917**



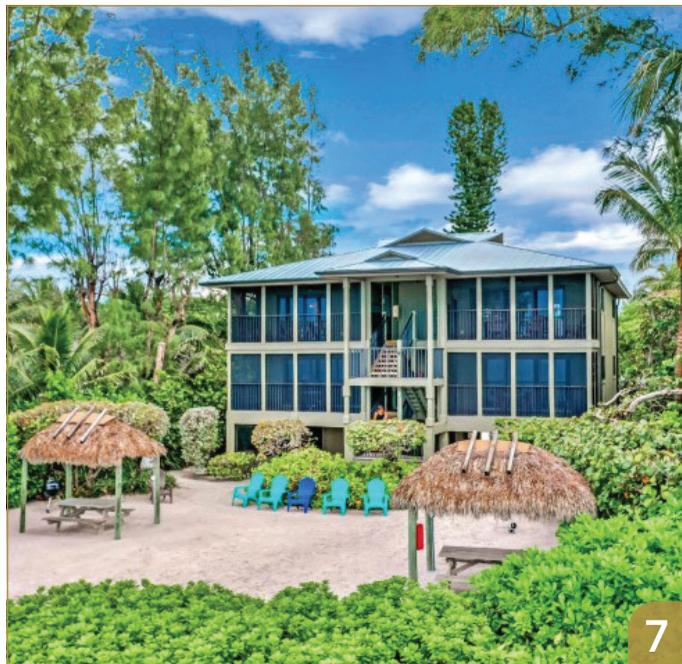
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Rotary Happenings

submitted by Cindy Carter

Many locals are familiar with the rich history of Sanibel because they have taken a tour of the Sanibel Historical Museum & Village. This week, we had the pleasure of hearing from Emilie Alfino, executive director of the historical museum. A stroll through the village takes you back to the early days of Sanibel, so much so, that you can almost hear the buzzing of the incessant mosquitoes.



Emilie Alfino photo provided

and volunteers researched the stories and created unique timelines for each of the nine buildings. Artifacts and photos will decorate each building, along with holiday trees that will reflect the building's history.

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.

Alfino shared the plans of the museum working with Creative Arts Unlimited, a comprehensive design firm, which will thoroughly and vividly tell the story of Sanibel and engage visitors with more color and technology. There will be a timeline with historical photos comparing Sanibel history with world history. On Friday, December 3 – Luminary Holiday Stroll – there will be a free open house from 3:30 to 5 p.m. A program entitled Trees, Timelines and Special Memories will be presented. This program was created because volunteers were hearing stories about the occupants of the buildings at the village.

Historical village board members

Island Seniors Programs

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.

Hot dog lunches will be held at 11:30 a.m. in the Osprey Room on the following Wednesdays: November 24, December 8 and December 22. Cost is \$3. RSVP to 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 in the outdoor pavilion at The Sanibel School. Parking will be available in the school parking lot. A vote will be held for three new board members.

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. The book for discussion on Tuesday, December 14 is *The Splendid and the Vile* by Erik Larson. 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.

Paul Lawrence is still offering his

QiGong class via Zoom for Island Seniors free of charge. QiGong is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing techniques, self-massage, sound and focused intent. The class meets every Tuesday and Thursday at 3:30 p.m. No preregistration required. To access the class, log in on Zoom and use ID: 881 9005 3793 with password: qigong.

The Sanibel Recreation Center is located at 3380 Sanibel-Captiva Road. For more information, call 472-0345 ✨

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. ✨

From page 38

COTI Board

the same people who helped incorporate Sanibel as an independent, self-governing city. Its mission is to ensure the continuity of good local government, protect the environment, and preserve the sanctuary character of the barrier island community. Standing committees include city governance, environment, transportation, land use policy, resiliency, and technology. Membership is open to the public, and new members are welcome. The organization's website, www.coti.org, contains information and news, as well as the opportunity to join COTI online. ✨

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SAWGRASS

- Incredible Building Site on West Gulf Drive
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 - Spacious & Open, Laundry In Unit
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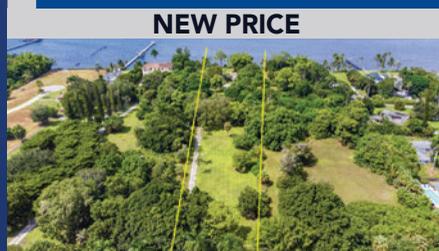
15867 & 15879 CAPTIVA DRIVE



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- 1.87 Acre Estate Sized Property
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15261 CAPTIVA DRIVE



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Will Power

Making Laws And Sausages



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

Otto von Bismarck (1815-98), a conservative German statesman, once famously said, "If you like laws and sausages, you should never watch either one being made." Members of the United States Congress often quote him when discussing how the legislative process, though messy and sometimes unappetizing, is capable of producing wholesome results.

Reading about proposed tax legislation reminds me of that quote. At first, we expected certain strategies like intentionally defective grantor trust and discounted family partnership interests

to be eliminated from our tax laws. Pitchforks and torches were held by those wanting to eliminate the step-up in tax cost basis.

Miraculously, the next week, we heard that the step-up will be retained. Next, we learned that Congress would instead impose a tax on the wealth of billionaires. Then not. Those earning more than \$400,000 annually would be subject to increased marginal tax rates. Or would they?

Whatever new tax laws enacted would be retroactive to the first of this year. Then not. Then maybe? It's getting pretty late in the year to imagine that a new law would be retroactive to January 1.

One can never know what deals are struck in the cloak rooms of Congress to eventually fashion a bill that would reach the president's desk. I've practiced estate planning and tax law for the better part of 32 years, so I've become accustomed to uncertainty. Yet this year seems extraordinary, even by the making of sausage standards.

What are we to do then? How should you plan? We can start by examining what is and what will be. Currently, the federal gift and estate tax exemption is \$11.7 million. Without the enactment of any further legislation, in other words, if Congress can't present a bill to the president that he's willing to sign, that exemption will fall to approximately \$6.5 million on January 1, 2026. If you have an estate worth more than that, then now is a good time to plan.

Could a future Republican president coupled with Republican control of both chambers of Congress change that? Yes, that can happen. How likely that is to occur, and how likely the legislative and executive branch would agree on more "tax cuts for

the rich" in today's climate is a guess that anyone can make. Only the future will tell.

Another factor to consider is the growth of your estate. Is it likely to continue to grow? If so, how is now not a good opportunity to engage strategies that will transfer that growth out of your estate for federal tax purposes?

What about income taxes? Many estate plans fail to address the many income tax planning opportunities available to your beneficiaries. If you believe that we are likely to see higher marginal income tax rates into the future, then you may consider reviewing strategies to mitigate those taxes.

In short, we do know enough today to act. The future is always uncertain and will continue to be. Only those frozen by uncertainty stand to lose. Let's make some sausage!

On making sausages – or in this case, estate plans – we all know that there are labor shortages everywhere, my firm included. If you know of someone who is interested in working for an estate planning law firm that has an exemplary 98-year track record in Southwest Florida, we have positions open for a paralegal, clerical worker and an attorney (who should have a tax and estate planning academic background and experience). Send a resume to Maria Reimer at mreimer@sbslaw.com.

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From page 1

Author Series

book that followed is *The New York Times* bestseller and Barnes & Noble Book Club Pick *The Only Woman in The Room*, the story of the brilliant inventor, Hedy Lamarr. In 2020, *Lady Clementine*, Benedict's story of the ambitious woman beside Winston Churchill, became an international bestseller. Her next novel, bestseller *The Mystery of Mrs. Christie*, was also published in 2020. *The Personal Librarian*, co-written with Victoria Christopher Murray, was released in 2021.

Scott Turow is the author of many bestselling works of fiction, including *The Last Trial*, *Testimony*, *Identical*, *Innocent*, *Presumed Innocent* and *The Burden of Proof*, and two nonfiction books, including *One L*, about his experience as a law student. He will be speaking at the library on Wednesday, March 9. Turow's books have been translated into more than 40 languages, have sold more than 30 million copies worldwide and have been adapted into movies and television projects. He has frequently contributed essays and op-ed pieces to publications such as *The New York Times*, *Washington Post*, *Vanity Fair*, *The New Yorker* and *The Atlantic*.

Major funding for the author series is provided by the Sanibel Public Library Foundation, Inc. and its donors. For more information about the foundation or to make a donation, call 472-2483 or visit

www.sanlib.org.

The Sanibel Public Library continues to follow safety guidelines consistent with the CDC regarding health and safety for staff and the public. Author series evening dates are final, but ticket information and other details are subject to change. To receive updated information on the series, sign up for the library's email newsletter at www.sanlib.org/newsletter.

The Sanibel Public Library is located at 770 Dunlop Road. It is open from 9 a.m. to 8 p.m. Monday and Thursday, and from 9 a.m. to 5 p.m. Tuesday, Wednesday, Friday and Saturday. The library will be closed on Thursday, November 25 for the Thanksgiving holiday.

This month, the library will feature World War I memorabilia in a display on the east side near the glass elevator. Patrick Bailey has loaned items from his collection including a lead soldier figure, WWI helmets, medals and paper soldiers. Duane Shaffer of the Sanibel Public Library added WWI airplane models and other replicas to the display.

Sanibel Public 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) to staff, 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.✪

How's The Market? Ask Ann Selling? Save on Closing Costs.

Thank you for the positive feedback I've received from potential Sellers responding to my reduction in Listing commissions. I believe it makes sense, typically saving the Sellers up to \$15,000 in closing costs. It also works out well for me because many of our transactions are negotiated in a short period of time. Selling? Make sure you contact me for a confidential discussion on how it benefits you. My cell is 239-850-0979.

October sales activity reported through our MLS system goes as follows: 18 Closed Home sales with an average price of \$1,599,466, average of 97 days the on market; 12 Condo sales with an average price of \$709,458, average of 46 days on the market.

Thank you for reading my column and have a wonderful Thanksgiving. Count our Blessings.



Ann Gee
Broker/Owner

8 Closed Sales Going Back One Week: 2 Homes, 5 Condos & 1 Duplex

837 Casa Ybel Rd. Duplex - \$580,000	1294 Sand Castle Rd. - \$1,000,000
200 Periwinkle Way 120 Lighthouse Point - \$600,000	200 Periwinkle Way 325 Lighthouse Point - \$1,096,000
671 East Gulf Dr. 2D3 Sandalfoot - \$793,500	2737 West Gulf Dr. 111 Sand Pointe - \$1,121,000
1919 Olde Middle Gulf Dr. 404 Sandpiper Beach - \$929,000	547 North Yachtsman Dr. - \$1,419,000

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

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CAPTIVA GULF FRONT
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16280 CAPTIVA DR., CAPTIVA
 • 6 BR, 6 BA, 4,402 S.F. Tropical Paradise
 • Main & Guest Houses w/Many Entertaining Areas
\$8,900,000 **MLS 221034324**
 McMurray & Members 239.850.7888



CAPTIVA ISLAND
NEW LISTING

17201 CAPTIVA DR., CAPTIVA
 • Private Beach & Bay, Dock & Lift
 • Pool/Spa, Gated, Elevator, Generator
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 Trevor Nette 239.281.4435



MCGREGOR RIVERFRONT
NEW PRICE

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 • 2 BR, 2 BA + Den, Beautiful Gulf View
 • Spacious & Open, Laundry in Unit
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 • Private Lake View Setting
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 • Remarkable Eastern View, Near Beach
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UNDER CONTRACT

1501 MIDDLE GULF DR. #F407, SANIBEL
 • Turnkey 1 Bedroom, 1 Bath
 • Desirable Top Floor
\$569,000 **MLS 221062131**
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CAPTIVA GULF TO BAY ESTATE

15867 & 15879 CAPTIVA DR., CAPTIVA
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 • Spacious 3 BR, 3 BA Cottage
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3767 W. GULF DR., SANIBEL
 • Newer Construction, Gorgeous Interior
 • Wine Room, Elevator, Game Rooms
\$7,995,000 **MLS 219071271**
 Trevor Nette 239.281.4435



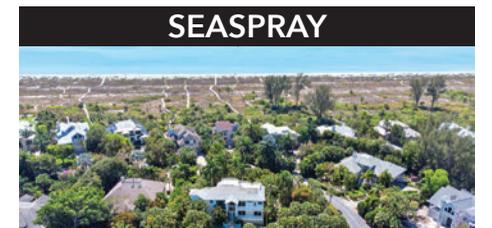
RENAISSANCE

12750 TERABELLA WAY, FORT MYERS
 • 6 BR, 7.2 BA Mediterranean Estate
 • Home Theatre, Game Room, Sundeck
\$3,389,000 **MLS 221048423**
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1265 CANTERBURY DR., FORT MYERS
 • 4 BR, 4.5 BA, 5,400+/- S.F., 2 Lots
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SEASPRAY

1321 SEASPRAY LN., SANIBEL
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 • Small Beach Community
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Frankly Speaking

by Howard Prager



Anyone win a Lamborghini lately? If not, you're not playing on the next to final stop of the LPGA tour this year at the Pelican Women's Championship in Bellair, Florida.

Morgan Auto Group had made the offer for a hole in one on No. 12 hole for tournament week. Not one, not two, but three golfers aced and won a free two-year lease on a Lamborghini. Austin Ernst made her ace during Monday's pro-am, Pavarisa Yuktuan made her one during the second round on Friday, and Sue Oh became the third player when she jarred her tee shot with a 7-iron on the 156-yard hole during Sunday's final round. However, they will drive their new wheels without a trophy, as none of them won the tournament. Bradenton's Nelly Korda won the championship in a four-way playoff. She joins Jin Young Ko for the most wins on the tour this year and became the winningest American in a season since Stacy Lewis won four times in 2012. Korda took home \$262,500, adding to her \$2,237,157 in season earnings. "It's been crazy," Korda said of her season, which also includes an Olympic gold medal. "I put in a lot of work, but

mentally, being in these positions and playing week in, week out under the pressure definitely takes a toll on you."

Earlier this week, *Chicago Tribune* published a commentary from AP reporter Paul Newberry who said there's no way the Cincinnati Bearcats are going to break through to the College Football Playoff (CFP), despite their (so far) undefeated season. He said, "No team from outside the Power Five has come close to getting the call. Those four playoff spots are always reserved for the big boys." This week, the Bearcats ranked No. 2 in one poll and No. 3 in the other. Could the Bearcats find themselves in the hunt for a national championship? It all depends on what the 13-member selection committee thinks. Criteria to choose the four playoff teams includes strength of schedule, head-to-head results, comparison of results against common opponents, championships won and more. In a year where most of the top powers have at least one loss, perhaps this is the breakthrough that college football needs. However will that expand in the future?

Sports Illustrated reported last week that there's a new model to consider, as college football leaders are debating about playoff expansion. "At their meeting last week, a group of conference commissioners introduced a new alternate 12-team postseason model that guarantees a berth to each Power 5 champion," sources tell the magazine. The model is almost identical to the one a subcommittee introduced over the summer – aside from one change. The alternate model

grants automatic bids to the Power 5 champions plus the highest-ranked Group of 5 champion. The subcommittee's proposal gives automatic access to the six highest-ranked conference champions. Each format completes the field with six at-large selections based on rankings. Commissioners are expected to meet again December 1 and 2 in Dallas to further explore what appears to be a trio of options: (1) remain at four teams through 2025, the last year of the CFP's contract with ESPN; (2) approve the subcommittee's 12-team format; or (3) approve the alternate 12-team model guaranteeing bids to Power 5 champions. Any approved proposal needs the OK from the CFP Board of Managers, a group of school presidents and the ultimate decision-makers in the process.

And those leaders are on a deadline. They have about two months to settle on a new 2024 format or shelve expansion until 2026. The majority of commissioners are in favor of the subcommittee's 12-team proposal."

One more comment to ponder. The Athletic recently interviewed an unnamed athletic director about the future of college football. The discussion was all about what if college football became totally separate from college? No longer would athletes have to appear to be students. And they would get lured with salaries, benefits and perks. The most talented high school seniors would give up their senior year at a chance to start earning in college football. Athletic directors would become GMs. And college football would formally align with the NFL as their minor league. How many teams and colleges would survive this way – 30, 40? What about all the others? Would it open up other sports in college more, or hurt them without the football revenue to support them? Too far-fetched? Duke Corporate Education spun off of Duke's Fuqua School of Business in 2000 for greater flexibility and creativity than an academic institution can provide.

How about some ageless news. Growing older doesn't have to be limiting. *Runner's World* reports on 105-year-old American Julia "Hurricane" Hawkins setting the first-ever record in the 105-plus age group. "Hawkins ran her world record time of 1:02:95 in her age category in the 2021 Louisiana Senior Games, but despite setting a new benchmark, she was not entirely happy with her performance.

Like most runners, she thought she had a little more in the tank. Hawkins only took up running when she turned 100 because she says she ran out of people to compete against in cycling when she hit her late 90s. She was the former holder of the 100-meter world record after recording a time of 39:62 in 2017. However, that record was broken in August this year by 100-year-old Diane Friedman, who clocked 36.71. Hawkins' training largely revolves around gardening – she loves nothing more than spending her days tending to her flowers, hence her other nickname "The Flower Lady." She aims to walk or jog around a mile a day, adding in the occasional 50-meter sprint. Although, as she told *USA Today*, "When you're 105, you don't have too many 100-meter dashes left in you, so you save them for when you need them." I'm going to start saving mine today!

*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.**

Practice Good Energy Habits

Fall is the perfect time to make sure your energy usage efforts aren't going by the wayside. Consider the following tips to help you save on your energy bill during fall and beyond.

Let the sun do its thing – Let the sun shine in to light and warm your home on chilly days. Just be sure to close curtains at night to keep any chilly weather out.

Check all seals – Before winter comes, inspect your windows and doors for any gaps that could allow heat and/or AC to enter or escape. If need be, use weather strips and caulking to help keep your home at the perfect temperature for you and your family.

Reverse ceiling fans – Although it isn't really necessary in Florida, you can change the direction of your ceiling fan to turn clockwise. This pushes warm air that has risen back down into the room. It also aids in redistributing air, so the air coming out of the vents is evenly moved through the room.

Visit www.lcec.net for other tips.*

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Chair Stretching Classes - Thursday at 1 p.m.

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Sanibel Hearts Card Club - Friday at 1 p.m.

Party Bridge - Tuesday at 1 p.m.



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SPORTS QUIZ

1. Former NFL kick return specialist Mel Gray was named to four Pro Bowls in the early 1990s playing for what team?
2. U.S. Olympian Ryan Crouser won gold medals at the 2016 Rio Games and the 2020 Tokyo Games competing in what track and field event?
3. In the 1983 NBA playoffs, what member of the Atlanta Hawks bit Danny Ainge of the Boston Celtics in the finger during an on-court fight?
4. By what nickname is former Dallas Cowboys fullback and longtime TV analyst Daryl Johnston known?
5. What U.S. women's soccer star scored three goals vs. Japan in the 2015 FIFA Women's World Cup final match?
6. The Platypus Trophy is an award presented in the college football rivalry between which two teams?
7. What South Carolina racetrack is known as "The Lady in Black"?

ANSWERS

1. The Detroit Lions. 2. The shot put. 3. Tree Rollins. 4. Moose. 5. Carl Lloyd. 6. The Oregon Ducks and the Oregon State Beavers. 7. Darlington Raceway.

ISLAND SUN BUSINESS NEWSMAKERS

Royal Shell Real Estate



McMurray & Members

The top listing and top sales producers team for October at Royal Shell Real Estate was McMurray & Members. The top listing producer individual/partners was Trevor Nette. The top sales producer individual/partners was Dave Saunders.✪

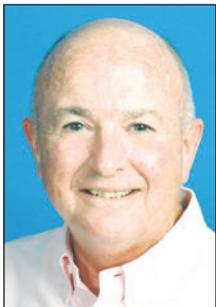


Trevor Nette



Dave Saunders

RE/MAX of the Islands



Chuck Bergstrom



Sheila Hammons

The top selling associate for October at RE/MAX of the Islands was Chuck Bergstrom. The most productive listing associate was Sheila Hammons.✪

Pfeifer Realty Group



Kelly Huguenin



Bill LeJeune



Jen McSorley



Lisette Hitt

The top sales associates for October at Pfeifer Realty Group were Kelly Huguenin and Bill LeJeune. The top listing agents were Jen McSorley and Lisette Hitt.✪

John Naumann & Associates



Harrell, Tolp & Albright

The top listing and sales agent for October at John Naumann & Associates was Evan duPont. The top listing and sales team was Harrell, Tolp & Albright.✪



Evan duPont

Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

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

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Health First

The Importance Of Good Hydration



by Julie Rosenberg, MD

Good hydration is essential for life. The trillions of cells in our bodies need water to function properly. Yet, millions of Americans are chronically

dehydrated despite making conscious attempts to drink more water. Why? Drinking water and being hydrated are not synonymous. Let's understand the components of good hydration.

Our bodies are 60 percent water – Most of the human body is water, with an average of 60 percent. Of that water, about 1/3 is located outside of our cells (extracellular water) and about 2/3 is inside of our cells (intracellular water). The percentage of water in our body can vary depending on factors such as age, sex, body type and hydration status.

Electrolytes are key for proper hydration – Electrolytes are minerals in the body that have an electric charge. Electrolytes, including sodium, potassium, magnesium and others, are responsible

for maintaining the appropriate balance of intracellular and extracellular water. Therefore, electrolytes play a key role in regulating water balance and ensuring that water is absorbed by the cells in your body. Drinking water without including electrolytes (especially after heavy sweating or fluid loss such as with vomiting or diarrhea), may lead to dehydration on a cellular level. Even a minor amount of dehydration can impair cognitive function, resulting in symptoms of dizziness, confusion, lightheadedness and fatigue.

Dehydration and Disease – Water is essential for health and is necessary for numerous bodily functions including temperature regulation, waste removal through urination, sweating and bowel movements, joint lubrication, and tear and saliva production. When we become dehydrated, we are more prone to experience problems such as inflammation, joint pain, dry eye, dry mouth and constipation. Dehydration can also lead to high blood pressure, as the blood is 90 percent water.

Recent data from the National Health and Nutrition Examination Survey indicate that over 65 percent of adults aged 51 to 70 years in the United States do not meet proper hydration criteria. Underhydration accounted for 97 percent of this group not meeting these criteria. Underhydration was associated with an increased risk of death in the population.

Root causes of dehydration in the United States – There is good water

availability throughout most regions of the United States. So, what's the cause of so many individuals in the population being underhydrated?

Individuals too often do not hydrate properly (with water and electrolytes). In addition, the Standard American Diet is replete with sugar, starch, salt and fat. Many people use energy drinks for hydration – especially following sports or outdoor events. However, a typical energy drink may contain carbonated water, around 40 grams of sugar (from sucrose and/or glucose) and 160 mg or more of caffeine – not a recipe for hydration. Alcohol from wine, beer and mixed drinks can also be very dehydrating. The combination of poor diet, sugary drinks and alcohol can lead to significant dehydration.

Proper hydration – It is essential to drink enough water to support all functions of the body.

There is no set daily amount of fluid that a person should drink and there are no guidelines for daily electrolyte intake. The U.S. Dietary Guidelines for 2015-20 do not recommend a specific daily amount of water or fluid intake, but they do recommend choosing plain rather than flavored water and juices with added sugar.

The amount of fluid that a person needs each day varies depending on age, sex, weight, health, physical activity and local climate. A good rule of thumb is to drink half your weight in ounces of water each day. For example, if you weigh 140 pounds, drink at least 70 ounces of water

per day (8.75 cups).

Pay attention to signs of dehydration – dry mouth, dry lips, excessive thirst, dark yellow urine and fatigue – and increase fluid intake accordingly. And, don't forget to take in electrolytes each day. Fruits and vegetables contain electrolytes. Bananas, avocados and sweet potatoes are rich in potassium while spinach, collard greens and kale contain calcium and magnesium.

In conclusion, water and electrolytes are vital for health and survival. Make it a priority to take in adequate amounts of fluid and electrolytes each day.

This practice will help you to avoid the potential health problems associated with dehydration.

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.

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dearPharmacist

Natural Treatments For Blurry Vision



by Suzy Cohen, RPh

Dear Readers:

As we get older, most people experience blurry vision, and sometimes other eye problems. With blurry vision, it's hard to see things

clearly up close.

What happens is the lens in your eyes are no longer bendy, so they don't quickly change shape anymore meaning you can't focus on close-up pictures or words. Things go out of a focus now, whereas in the past, you could probably focus very efficiently, and very quickly. The medical term for this is presbyopia.

The situation is common affecting millions of adults who are over the age of 40. With the advent of digital screens and smartphones, there is an exploding number of cases with teenagers experiencing blurry vision.

Do you have a tendency to hold your book or other reading material a little farther away than normal? Doing this makes the letters come into focus for you, right? If so, you could have presbyopia. Other signs and symptoms include headaches, eye pain and tired eyes.

There is much you can do, but before trying my suggestions, please consult with your local eye doctor about what's right

for you. Here are natural treatments and options for your consideration:

Glasses – One very quick and affordable option is to buy reading or "cheater" glasses and see if they help. They're sold in pharmacies and department stores and online. They come in various strengths, for example 1.5X or 2X, and so forth.

Maintain Healthy Blood Sugar – Diabetes is known to impact eyesight, and uncontrolled blood sugar (and blood pressure) will adversely effect the retina, optic nerve and more!

Vitamins and Herbs – There are well-documented benefits with fish oils, black currant seed extract, vitamin A, zinc and the prized flower-derived extract called saffron. Other nutrients such as lutein and zeaxanthin help.

There is a new medication – In October 2021, the FDA approved a new eye drop called Vuity, made by the company called AbbVie. It works in 15 minutes to help you focus. The benefits last about six hours. It improves near vision, without impacting distance vision and is most helpful for mild-moderate cases. You would apply one drop daily into each eye. The most common side effects include mild headache and temporary eye redness/irritation.

The chemical ingredient is called pilocarpine. The value of pilocarpine for eye health has been well-established for decades, and doctors have prescribed this medication for a long time. Vuity is a new and improved version of other, older eye drops.

Ophthalmic pilocarpine is prescribed to treat glaucoma and works by draining fluid from the eye, and relieving the pressure. It has to be an ongoing drug, meaning if you stop taking it, your visual acuity reverts. In other words, it isn't a cure, it doesn't

reverse presbyopia, it's just a treatment for a few hours.

You can also learn more about presbyopia from your doctor, or by visiting the website for the American Optometric Association. I can offer you a free ebook as well, with delicious recipes that improve recipes. Download it at www.store.suzycohen.com/recipes-vision.

www.store.suzycohen.com/recipes-vision.

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: I'm not sure if it is due to all the togetherness with my family during COVID-19, but I am ready to be alone and be in silence now. Can you offer some tips on how to do this?

A: Silence is such a gift to experience in your life. It's quite the challenge finding silence in our busy world. A few suggestions to get you started are:

When you are driving your car, keep the audio turned off. You can even plan and process the silence while you are silent. You can listen for guidance that you may need and answers you are looking for in the silence. You are connected with your own inner broadcast. Sometimes when I drive on long trips, I contemplate

answers I am looking for and, by the time I arrive at my destination, I have found them.

Sit in silence by candlelight or firelight. This is a nice contemplative exercise to keep you centered. Just listen to the logs crackle or stare into the flames of the fire. The light can illuminate the dark hidden places inside of you. It's a beautiful way to enjoy the simplicity of the moment.

If you have a tub, it can be peaceful to take a nice long bath and relax in the silence. It can be nice to light a candle and just be.

Go outside and sit in nature. Nature offers silence and peace within. It centers and grounds you. Whenever I need silence, I find myself in nature. It is such a beautiful way to be in the moment.

All of these ways are being present, which will give you the real moment of the silence within you and all around you.

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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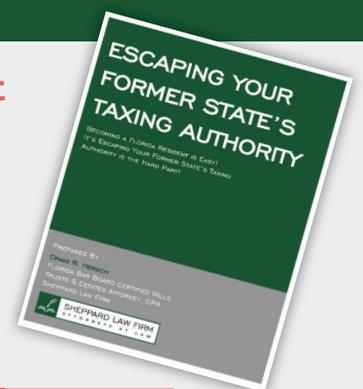
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Doctor and Dietician

Anti-Inflammatory Medications, Exercise, Healing



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

One fact of medicine that most people may not realize is that the body heals by the process of inflammation. Taking medications or non-steroidal anti-inflammatory drugs (NSAIDs) that stop inflammation will subsequently stop the body from healing. Arthritis is one of the most common conditions causing people pain. Interestingly enough, the reason arthritis forms in the first place is because an injured area did not heal. The pain of the initial injury may have been relieved by taking a medication that blunted the symptoms, but the injured tissue remained injured, as manifested by decreased strength.

Exercise alone does not cause

arthritis. Injury causes arthritis. In a study where dogs were exercised for one year carrying jackets weighing 130 percent of their body weight, all knee joints were inspected for evidence of joint injury and degeneration at the completion of the study. Articular cartilage surfaces from the medial tibial plateau were examined by light microscopy, the cartilage thickness was measured, and intrinsic material properties were determined by mechanical testing. No joints had ligament or meniscal injuries, cartilage erosions, or osteophytes, and tibial articular cartilage thickness and mechanical properties did not differ between the two groups.

These results show that a lifetime of regular weight-bearing exercise in dogs with normal joints did not cause alterations in the structure and mechanical properties of articular cartilage that might lead to joint degeneration. Exercise is healthy and does not cause injury if properly performed. If an injury occurs, it is important to treat it until it is completely healed. The worst things for healing an injury are to take anti-inflammatories and receive cortisone injections. These are the main reasons so many people have articular cartilage problems. NSAIDs such as ibuprofen became available over the counter in 1984, and people have been reaching over the counter ever since then.

Sales of over-the-counter pain relievers is a billion-dollar industry. There are numerous studies showing the deleterious effects of anti-inflammatories, such as ibuprofen, on healing. Ibuprofen, the prototype anti-inflammatory medication, has been shown to have an inhibitory effect on bone healing, remodeling,

resorption and metabolism. Ibuprofen has also been shown to have a tremendous dose-dependent suppressive effect on articular cartilage healing. As ibuprofen doses increase, healing of the articular cartilage decreases.

NSAIDs inhibit cyclooxygenase, the enzyme involved in the synthesis of prostaglandins which aid in the inflammatory healing response. NSAIDs inhibit glucuronyltransferase, an enzyme responsible for the elongation of chondroitin sulfate chains on the proteoglycan complex, thus inhibiting the synthesis of proteoglycans that are being made by the chondrocytes to heal the articular cartilage damage.

Use of NSAIDs in a patient with articular cartilage damage pretty much guarantees more damage. This is exactly what is seen. If NSAID use continues, then most likely the exponential rise in degenerative arthritis and subsequent musculoskeletal surgeries, including knee and hip replacements as well as spine surgeries, will continue to rise as well. One research team confirmed that NSAID use increases the risk of getting a hip replacement due to primary osteoarthritis by 50 percent during a two-year period.

For the athlete or the physically active

person, the RICE (rest, ice, compression and elevation) treatment is also a scary prospect. It devastates the natural healing response. People are often given NSAIDs along with RICE, which further suppresses the local inflammatory reaction that is needed to heal the injured tissues. Instead of recommending movement, heat and regenerating treatments such as prolotherapy for continued complaints of pain, the usual course of treatment is perhaps the most potent of all anti-healing therapies: the cortisone shot. Receiving a cortisone shot is perhaps one of the quickest ways to lose strength at the ligament-bone junction with known deleterious effects on bone and soft tissue healing.

The body heals naturally by inflammation. Blocking the body's natural healing response leads to further degeneration. Let your body do what it is meant to do – heal.

*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: Prayer

by Kay Casperson



One of the most important things we can do for our lives, our loved ones and our future is to pray. But I also know that many people struggle with how, when and where to do so. It seems appropriate

to discuss as we venture into a time of Thanksgiving, a time of appreciating our blessings and being grateful for all we have.

We all come from different backgrounds, various religions, beliefs and traditions. But regardless of how you were raised or what you believe, there are some straightforward ways to express your gratitude, reach out for help and bless others. It actually does not take the perfect time, place or words to do any of the above, only a desire to make a difference in your life or the lives of other individuals.

When I was growing up, my parents taught me the importance of prayer. We said blessings before each meal, prayed at church on Sundays and said special prayers for those that were hurting or in

need of healing. I realized through the years that it wasn't so much about learning the best prayer for the moment as it was about letting the moment lead the prayer.

You can pray under your breath, out loud, in the shower, or even in your car. Take these few simple steps to help get you comfortable. Find a place where you can be alone and start by thanking God for all of your blessings of health, happiness and true prosperity for yourself and your loved ones. Then, ask for prayer for people you know who need help or healing in any aspect of life. Finally, believe that everything you prayed for is already answered and in progress. Having this kind of faith is essential in the process of prayer.

At this time of Thanksgiving, I have an extra special prayer for you. I pray that all is well in your world and that you will continue to find the best and most meaningful ways to live your beautiful life.

My affirmation for you this week is: "I will make prayer a priority each and every day as I realize the impact it has in my 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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- Optimist Club..... 472-0836
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- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
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- Sanibel-Captiva Orchid Society..... 472-6940
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PUZZLES

Answers on page 54 and 55



"Usually he WELCOMES an opportunity to _____ with the car."

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!

Pure SCATHE _____

Pile OVERT _____

Smack SKITER _____

Edge ARMING _____

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Banana is smaller. 2. Tail is longer. 3. Fence is shorter. 4. Sign is missing. 5. Arm is showing. 6. Bars are added.

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

To Play Sudoku:

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

PUZZLES

Answers on page 55

Super Crossword

SHAPELY BREAKFAST

- ACROSS**
- 1 John, James or Judas
 - 8 GI show sponsor
 - 11 13-digit publishing ID
 - 15 Just barely
 - 19 Taking place in cyberspace
 - 20 Give a very bad review of
 - 21 Piddling
 - 22 Papa's mate
 - 23 For a very long time
 - 25 Experts
 - 26 Body part over the eyes
 - 27 Bakery units
 - 28 Brand of fat replacer
 - 30 Arouse the interest of
 - 32 Auntie — (pretzel bakery chain)
 - 33 Good-fortune symbols
 - 35 Here, in Cannes
 - 37 Beards on barley
 - 38 State, in Cannes
 - 39 Cruel ruler in "Alice in Wonderland"
 - 46 High-ranking clergyman
 - 49 Terrifying dino
 - 50 With no muss or fuss
 - 51 Nintendo consoles
 - 53 CNN anchor Burnett
 - 54 Dots on sea maps
 - 56 Torah temple
 - 57 Car ding
 - 58 — a vacation!"
 - 59 Volkswagen sedan model
 - 61 Aspire to high goals
 - 64 Seek the love of
 - 66 100%
 - 67 Thumbs-up vote
 - 68 Their passengers stand in baskets
 - 76 Skewered meat dishes
 - 81 Old family name in violinmaking
 - 82 "Dies —" (Latin hymn)
 - 83 Castro of Cuba
 - 85 Monte —
 - 86 Nada
 - 87 Round hammer part
 - 88 Conical shelters
 - 90 Bog grass
 - 91 Enchants
 - 93 Pursue impossible dreams
 - 96 One-named singer who was a muse for Andy Warhol
 - 97 Subpar grades
 - 98 Historic start?
 - 99 Get ringers and leaners
 - 105 Topic to debate
 - 110 In a disturbed way
 - 111 Gem often on a string
 - 112 Goddess of wisdom
 - 113 Think (over)
 - 114 Offers
 - 116 Cereal associated with seven key words in this puzzle
 - 118 Tablet
 - 119 Composer Charles
 - 120 LAX info
 - 121 Icy treat
 - 122 Stick around
 - 123 Big top, e.g.
 - 124 — Moines River
 - 125 Old Greek harp players
- DOWN**
- 1 Home of St. Teresa
 - 2 Attach, as a boutonniere
 - 3 Financial adviser
 - 4 Fend (off)
 - 5 Listens to a broadcast
 - 6 Deposits
 - 7 "Slippery" tree
 - 8 Samoan island where Robert Louis Stevenson died
 - 9 More lucid
 - 10 Getting a regular paycheck
 - 11 Small demon
 - 12 Tiny letter flourishes
 - 13 Bucking ride
 - 14 People cuddling up
 - 15 Having mixed feelings
 - 16 Place to set one's sights
 - 17 Illicit affair
 - 18 1920s U.S. veep Charles
 - 24 Hugs, in a letter
 - 29 Salamander
 - 31 Memorizing process
 - 33 Military flutes
 - 34 Part of Q&A
 - 36 Swindle
 - 39 Swab brand
 - 40 Celestial bear
 - 41 Sinuous swimmers
 - 42 Previous spouses
 - 43 Gag reaction
 - 44 Needle case
 - 45 Men-only
 - 46 Succinct
 - 47 Arena part
 - 48 Finales
 - 52 Acct. accrual
 - 55 Horror film sequel of 2005
 - 57 Del Rio of old Hollywood
 - 58 Sci-fi writer
 - 60 Blue Jays, on a scoreboard
 - 62 Andy Capp's missus
 - 63 "Eww, micel!"
 - 65 Some theater awards
 - 68 Mental fog
 - 69 Boding sign
 - 70 Fast Italian whirling dance
 - 71 How a nation with nukes is armed
 - 72 Consist of
 - 73 Cavalry weapons
 - 74 Neck back
 - 75 Bringer of a legal action
 - 77 Catty remark
 - 78 Nabisco bite
 - 79 Erupted
 - 80 Grassy turfs
 - 84 Vaults
 - 87 Put a ban on
 - 88 Like grads' caps
 - 89 Titled man
 - 92 Folkie Phil
 - 94 Dickens' Uriah
 - 95 Nor's partner
 - 97 "All for Love" playwright John
 - 99 Oil rig parts
 - 100 Native Alaskan
 - 101 Drab hue
 - 102 Terre —
 - 103 Killer whales
 - 104 Wapiti
 - 106 Ventriloquist Lewis
 - 107 Kosovo inhabitants
 - 108 Not fulfilled, as a goal
 - 109 The Far and the Near?
 - 112 Suffering a flu symptom
 - 115 Old JFK jet
 - 117 Big initials in fashion

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18			
19							20				21				22					
23							24				25				26					
27							28			29	30			31						
32							33				34									
			35	36					37				38							
39	40	41	42				43	44	45			46				47	48			
49						50					51	52			53					
54				55		56				57				58						
59				60		61				62				63						
			64	65			66					67								
68	69	70	71				72	73				74	75		76		77	78	79	80
81							82				83			84		85				
86						87					88			89		90				
91				92					93	94					95					
			96											98						
99	100						101					102	103	104		105	106	107	108	109
110										111						112				
113							114			115					117					
118							119								120					121
122							123								124					125

King Crossword

- ACROSS**
- 1 Greet the villain
 - 5 Bummer
 - 9 Wd. from Roget
 - 12 Incite
 - 13 Writer Rice
 - 14 Scot's refusal
 - 15 Time of youthful innocence
 - 17 World Cup cheer
 - 18 Jacket part
 - 19 Cut wood
 - 21 Hectic hosp. area
 - 22 Sun block?
 - 24 Satirist Mort
 - 27 "Exodus" hero
 - 28 Infatuated
 - 31 Acapulco gold
 - 32 Impose
 - 33 "Delicious!"
 - 34 Lugosi of film
 - 36 Observe
 - 37 Nick and Nora's pet
 - 38 Cove
 - 40 Room cooler, for short
 - 41 Pal
 - 43 Geronimo, for one
 - 47 Mound stat
 - 48 1987 Woody Allen movie
 - 51 Hobbyist's abbr.
 - 52 Apple product
 - 53 Pet-food brand
 - 54 Snake's warning
 - 55 Mediocre grades
 - 56 Part of A.D.
 - 8 Bas-relief medium
 - 9 Winter "no school" times
 - 10 Harvard rival in Maine
 - 11 Grant basis, at times
 - 16 TiVo, for example
 - 20 Calendar abbr.
 - 22 Vinegar bottle
 - 23 Low-calorie
 - 24 Weep
 - 25 "Right you —!"
 - 26 Work breaks
 - 27 Church section
 - 29 Belly
 - 30 "I — Rock"
 - 35 Moreover
 - 37 National park in Maine
 - 39 Ira Gershwin's contribution
 - 40 GI's address
 - 41 Hotel furniture
 - 42 "Topaz" author
 - 43 Helps
 - 44 "Misery" star James
 - 45 Church song
 - 46 Old U.S. gas brand
 - 49 Gorilla
 - 50 Fawn's mom
- DOWN**
- 1 Smooch
 - 2 Spoken
 - 3 Leer at
 - 4 Sargasso wriggler
 - 5 Florida county
 - 6 Genetic letters
 - 7 Whatever

1	2	3	4	5	6	7	8	9	10	11	
12				13					14		
15				16					17		
18							19	20			
			21		22	23					
24	25	26		27				28	29	30	
31				32					33		
34			35		36				37		
		38		39				40			
41	42						43		44	45	46
47				48	49	50					
51									53		
54									56		

MAGIC MAZE

PHONY WORDS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: CLAMSHELL-STYLE PHONE

- Allophone
- Geophone
- Phone tag
- Siphoned
- Car phone
- Megaphone
- Phoneme
- Smartphone
- Cellphone
- Microphone
- Phonetic
- Telephone
- Diphone
- Pay phone
- Saxophone

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Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:20 pm	6:54 am	11:51 pm	5:32 pm
Sat	3:05 pm	7:27 am	None	5:46 pm
Sun	12:17 am	8:03 am	3:52 pm	6:01 pm
Mon	12:48 am	8:43 am	None	None
Tue	1:24 am	9:28 am	None	None
Wed	2:06 am	10:19 am	None	None
Thu	2:56 am	11:14 am	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:25 pm	6:56 am	10:56 pm	5:34 pm
Sat	2:10 pm	7:29 am	11:22 pm	5:48 pm
Sun	2:57 pm	8:05 am	11:53 pm	6:03 pm
Mon	None	8:45 am	None	None
Tue	12:29 am	9:30 am	None	None
Wed	1:11 am	10:21 am	None	None
Thu	2:01 am	11:16 am	None	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:01 am	7:09 am	1:22 pm	6:53 pm
Sat	12:14 am	7:46 am	2:00 pm	7:15 pm
Sun	12:25 am	8:23 am	2:42 pm	7:30 pm
Mon	12:44 am	9:00 am	3:27 pm	7:45 pm
Tue	1:13 am	9:37 am	4:13 pm	8:11 pm
Wed	1:52 am	10:15 am	5:01 pm	8:47 pm
Thu	2:41 am	10:59 am	5:55 pm	9:31 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	1:40 am	10:10 am	4:30 pm	8:48 pm
Sat	2:01 am	10:43 am	5:15 pm	9:02 pm
Sun	2:27 am	11:19 am	6:02 pm	9:17 pm
Mon	2:58 am	11:59 am	None	None
Tue	3:34 am	12:44 pm	None	None
Wed	4:16 am	1:35 pm	None	None
Thu	5:06 am	2:30 pm	None	None

My Stars ★★★★★
FOR WEEK OF NOVEMBER 22, 2021

Aries (March 21 to April 19) Some changes might seem confusing at first, especially to an Aries whose impatience levels are pretty shaky this week. Take it one step at a time, Lamb, and soon all will be made clear.

Taurus (April 20 to May 20) That difficult situation you've been dealing with continues to call for careful handling. Avoid quickly made choices that might not stand up when they're finally put to the test.

Gemini (May 21 to June 20) You still have lots of evaluating to do before you can consider making a commitment. It's better to move cautiously than to risk stumbling into a major misunderstanding.

Cancer (June 21 to July 22) A previously peevish partner offers to be more helpful with your problems. But remember: The final choice is yours. Be guided by what you feel is the right thing to do.

Leo (July 23 to August 22) As the Big Cat, you sometimes can be pretty rough on those you suspect of betrayal. The best advice is to pull in those claws and listen to

the explanation. It might surprise you.

Virgo (August 23 to September 22) Your inner voice usually guides you well. But a note of caution: This is a period of mixed signals for you, so be careful that you don't misunderstand the messages you're getting.

Libra (September 23 to October 22) Cupid's call beckons both single Librans looking for a new love, as well as couples hoping to strengthen their relationships. A workplace problem is quickly resolved.

Scorpio (October 23 to November 21) It's been a hectic time for you, and you might want to take a break to restore both

body and soul. You'll then be set to face new challenges later this month.

Sagittarius (November 22 to December 21) It's a good idea to take a more conservative approach to your financial situation right now. Some plans made earlier this year might need readjusting.

Capricorn (December 22 to January 19) This is a fine time to move boldly into those new opportunities I promised would open up for you. Check them over, and then choose the best one for you.

Aquarius (January 20 to February 18)
continued on page 54

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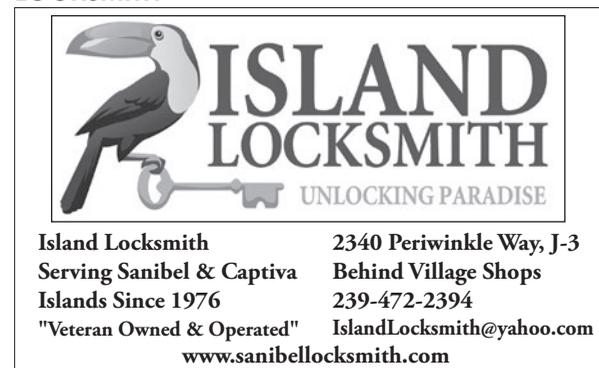
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From page 52

My Stars

Congratulations. Your self-assurance is growing stronger, and you should now feel more confident about making that long-deferred decision about a possible commitment.

Pisces (February 19 to March 20)
You're very close to reaching your goal. But be wary of distractions that can lure you off-course and leave you stranded far away from where you really want to be.

Born This Week: You have an inner sight that helps you see into people's hearts. You would be an excellent psychologist or social worker.

NOW HERE'S A TIP

- You can cut the bitterness in some varieties of greens by soaking them in ice water for roughly an hour before serving. Use a salad spinner to get all of the water off.
- "Place an ice cube (or ice chips) in carpet divots left behind by furniture legs. This will help the fibers "plump up," and the spot will disappear!" – AI in Utah
- Remove the annoying sticky residue from price tags with WD-40 or baby oil. This is for use on hard surfaces only. If you are unsure, test in an inconspicuous spot first to make sure the oil doesn't leave a stain where the tag was.
- "To help repel the dust on baseboards between cleanings, wipe with a used dryer sheet. To make this even easier, you can

put the dryer sheet over a Swiffer-type floor cleaner. This way, you don't even have to bend down." – ME in Alabama

- Felt circles are great for putting under small appliances on the kitchen counter. They are easier to move around, and they won't scratch the countertops. You can find them at the hardware store, or make your own by cutting out what you need from a piece of felt and attaching it to the bottom of your appliance with double-stick tape... or even a drop of glue.
- Running a washing machine that isn't full not only wastes energy and water, it also wastes money because you're paying to run more washes. Always fill the machine – but remember not to overload it. This applies to your dishwasher, too.

STRANGE BUT TRUE

- McDonald's is the world's largest toy distributor.
- The ice cream bean is a fruit with a taste very similar to its namesake vanilla ice cream. The tree that the bean grows on is native to the Americas and can reach nearly 100 feet tall, with bean pods up to 6 feet long.
- Anyone who moves to the Villas Las Estrellas, a settlement in Antarctica, must first have their appendix preemptively removed, because the nearest hospital is over 625 miles away.
- The limbo world record is under six inches.
- In 1994, West Virginia prison inmate Robert Shepard braided dental floss into a

rope as thick as a telephone cord, used it to scale an 18-foot wall, and escaped.

- King Richard II once had to pawn his crown because he was such a spendthrift.
- The first Olympic race took place in 776 BC and was won by a chef named Corubus. Moments after receiving his first paycheck, he hired a cook and an agent.
- Swedish athlete Ari Petrof is a National Sauna Champion. He once stayed in a 212 F sauna for five hours and 10 minutes.
- The band called Postal Service took its moniker from the fact that members originally used USPS to send each other music tracks, due to their conflicting schedules.
- Golf balls were made of wood until the 16th century.
- Spam mail got its nickname from the canned meat after a Monty Python skit that made fun of Spam as tasting "horrible and being ubiquitous and inescapable."

THOUGHT FOR THE DAY

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." – John Lubbock

TRIVIA TEST

1. **Literature:** What is the name of Ron Weasley's house in the *Harry Potter* novel series?
2. **Television:** The sitcom *Petticoat Junction* spawned which other popular

spinoff series?

3. **Language:** What is the meaning of the Latin phrase, "littera scripta manet"?
4. **Movies:** What is the name of cartoon character Porky Pig's girlfriend?
5. **U.S. States:** What is the capital of Wyoming?
6. **Geography:** Which U.S. interstate highway is the longest in the nation?
7. **Ad Slogans:** What product's TV ad sparked the catchphrase "Mikey likes it!"?
8. **Geometry:** How many straight lines can be drawn through two given points?
9. **Food & Drink:** What is the hottest chili pepper in the world?
10. **Music:** Which iconic rock band was once named The Detours?

TRIVIA ANSWERS

1. The Burrow
2. Green Acres
3. "The written letter remains," motto of The National Archives
4. Petunia Pig
5. Cheyenne
6. I-90
7. Life cereal
8. One 9. Carolina Reaper (Guinness Book of World Records, 2013)
10. The Who

SCRAMBLERS ANSWER

1. Chaste
2. Trove;
3. Strike;
4. Margin

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