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VOL. 28, NO. 15

SANIBEL & CAPTIVA ISLANDS, FLORIDA

OCTOBER 9, 2020

OCTOBER SUNRISE/SUNSET: 9 7:25 • 7:07 10 7:25 • 7:06 11 7:26 • 7:05 12 7:26 • 7:04 13 7:27 • 7:03 14 7:27 • 7:02 15 7:28 • 7:01

Sanibel Spoonbills Team Gearing Up For 10K Race

The Sanibel Spoonbills Run Crew is a gold sponsor of the 12th annual 10K Race 4 FISH. The crew, started by Eva Vertes in 2018 and co-led by Roger Timm, consists of 12 members that train and run together at various events. The crew's multi-sport and run experience varies from accomplished athletes to those relatively new to these sports. Ages range from 30s to 70s, with geography represented from Canada to Argentina. Timm said, "I'm on the FISH 10K Race Committee. I support FISH (of SanCap) because it very well addresses the social service needs of the local islands' community, providing a safety net to all. Community needs are especially pronounced during this pandemic when much more support for FISH is required."

The Sanibel Spoonbills Run Crew started with several triathletes from Sanibel who were swim training at the Sanibel Recreation Center with coach



Spoonbills Run Crew, from left, Lisa Ann Miller, Kerry Salatino, Nicole McHale, Evan George, Eva Vertes, Nancy Wickham and Bob Miller photo provided

Curt McIntyre in 2014 and continued the run, bike and open water swim training separately as a small group for a few years. In 2018, the Sanibel Spoonbills

Run Crew was formed, and the informal group has continued multi-sport training and has participated in local area 5K and longer distance marathon races,

triathlons, including the Captiva Triathlon and 10K Race 4 FISH, as well as events outside the region. Pre-COVID, the crew ran together at least weekly followed by social get-togethers; now, due to COVID-19 restrictions, the group continues with socially distant training. Recently, several members supported fallen responders in a run set up on 9/11 and led by Sanibel Fire Dept. Division Chief Tim Barrett.

Members of the Spoonbills Crew also participate in a group, Memories of Honor, by donating race medals to families of fallen military. "While we will not have FISH 10K medals this year, those of us that run this race in remembrance of a fallen hero will use last year's medal," said Timm. The goal of Memories of Honor is to always remember the sacrifice military and their families make for freedom.

The 10K race will be held virtually this year, and runners can participate and log their time at any point from when they register through October 31. Registration is open through the Fort Myers Track Club at www.ftmyerstrackclub.com. Cost is \$40 for those who register before

continued on page 10

Refuge Planning 75th Anniversary Drive-In Theater

In 1945, out of fear for the wildlife and wetlands that claimed most of Sanibel Island, Jay Norwood "Ding" Darling succeeded in petitioning for the creation of the Sanibel National Wildlife Refuge.

Seventy-five years later, JN "Ding" Darling National Wildlife Refuge, which adopted its creator's name in 1967 following his death, celebrates its rich history and legacy on December 1. The "Ding" Darling Wildlife Society-Friends of the Refuge is helping to support a daytime celebration and will be hosting an evening gala to commemorate the refuge's 75th anniversary.

The daytime celebration, in concert with "Ding" Darling Day, will be free and open to the public. It will combine a day of safe family fun, live music and special guests, while following CDC guidelines. Visit www.dingdarlingdays.com for the schedule of activities.

The day's festivities then will culminate with a ticketed evening event. The 75th anniversary gala will harken back to the 1940s with a drive-in theater theme and visits from "Theodore Roosevelt" repressor Joe Wiegand. It will take place in the parking lot across from The Community



Joe Wiegand, shown here with the refuge's blue goose mascot, will reprise his persona of Teddy Roosevelt photo provided

House on Sanibel.

Guests will safely enjoy live music and a program projected onto a drive-in style screen with audio broadcast to their cars. "Car hops," wearing masks and other protective gear, will deliver food and drinks to guests.

"December 1 will be a once-in-a-lifetime continued on page 26

Wines In The Wild From The Comfort Of Your Home

This year, Sanibel-Captiva Conservation Foundation (SCCF) will be celebrating Wines in the Wild not at the Bailey Homestead but at your "homeINstead." All of the ingredients you need for a festive evening will be available.

There will be wine – a bottle of white and a bottle of red – selected by wine partner, Bailey's General Store.

There will be food – signature dishes designed for at-home consumption by chefs Melissa Akin of Cielo, Leslie Adams of Catering by Leslie Adams, Malia and Jeff Samson of Spoon drift Island Bowls, and Melissa Donahue from Sweet Melissa's Cafe.

There will be decor – a centerpiece designed by the SCCF Native Landscapes & Garden Center.

There will be entertainment – a link to a Wines in the Wild music playlist.

There will be dessert and surprises. This portable party-to-go will be available for touchless, drive-by pickup at the Bailey Homestead on Friday, November 13.

While guests can't gather in person

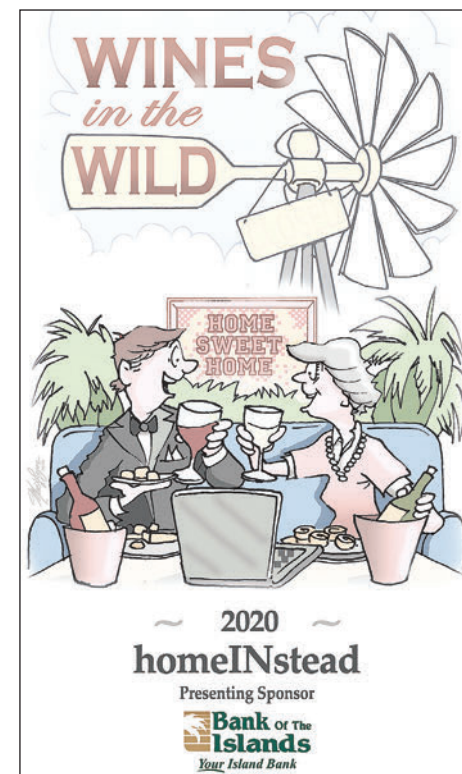


image provided

this year, the virtual event is sure to be a night of fun and good cheer for a good cause. Don your best island cocktail

continued on page 7



Father Bill Van Oss photos provided

Parishioners made banners to welcome their new rector

Carol Heath at Noah's Ark thrift shop

St. Michael's Parishioners Welcome Rector

St. Michael and All Angels Episcopal Church welcomed Father Bill Van Oss and his wife Sue with a drive-by on September 23. There were 106 parishioners who drove by with signs, car decorations and, of course, masks to greet and welcome them. Van Oss said, "It was nice to see so many smiling faces (behind masks) and to feel the warmth of your love." As parishioners drove through,

they dropped off donations for Healthy Start, FISH of SanCap and the rector's discretionary fund in honor of their arrival.

The couple came from St. Paul's Episcopal Church in Duluth, Minnesota where they spent the last 14 years. Prior to their arrival to Sanibel, they dropped their daughter, Luisa, off for her first year of college at DePaul University in Chicago.

All are welcome to join the Sunday service on Facebook, YouTube or online at www.saintmichaels-sanibel.org.



Father Bill and Sue Van Oss greet parishioners



Donations were collected for nonprofits



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Correction

by Wendy McMullen

City of Sanibel Finance Director Steven Chaipel issued some clarifications in the report on the budget published in the September 25 issue of *Island Sun*:

Chaipel reported that the percentage of ad valorem taxes of 23.48 percent and the operating expenditure of \$21 million applied only to the governmental funds portion of the budget, not the entire city's budget and that public safety represented 20.4 percent of the general fund budget and

not the entire city's budget.

He also corrected the April beach parking revenue which was \$4,479 this year compared to \$427,094 in the previous year and that the other revenue of 25.53 percent did not include beach parking fees, which are accounted for in an enterprise fund.

Also corrected were the city's budgeted reserves for 2021, which are \$17 million, and the cost of the Donax wastewater treatment facility upgrade project, which is \$20.1 million. The funding for the police department project is not included in the tentative budget.

The *Island Sun* regrets the errors.*



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OBITUARY



DEE SERAGE-CENTURY

submitted by Barbara Linstrom

Dee Serage-Century passed away last week, leaving an amazing legacy for passionately devoting nearly four decades of her life to creatively teaching our community how to co-exist with nature.

"Dee was so much more than an environmental educator, steward or ambassador. She was an environmental warrior," said Sanibel City Manager Judie Zimomra, who met Dee several days after starting her job in 2000.

The Harvest Moon was rising at the time of her passing, as her longtime partner/husband, Lucas Century, and her daughter, Shannon, were by her side on Wednesday, September 30.

Following a recent cancer diagnosis, she was under home hospice care and was at peace about passing on at the age of 72, having lived a full and gratifying life.

Dee was the longest-serving staff member in the Sanibel-Captiva Conservation Foundation's (SCCF) history. For 37 years, she shared her love and deep reverence for nature as she created the organization's Landscaping for Wildlife program and a myriad of educational campaigns on how to live with wildlife.

"We Sanibelians are blessed that Dee devoted her life and career to converting legions of foot soldiers to carry on her love and passion for protecting Sanibel's

nature," Zimomra said. "Dee also had the skill, grace and talent to effectively call out hypocrisy by any person or institution that strayed from our community's environmental principles or the Sanibel Plan and quickly and firmly return us to the correct path."

Born in Joplin, Missouri, Dee lived in several places growing up as her father served in the Air Force. She graduated from Joplin High School, then took a job with the state of Kansas working with adults with developmental disabilities in a day program. Always artistic and inspired by nature, Dee also had a love of the water.

In 1978, she and her husband at the time pursued a dream to buy a sailboat in Pensacola, then sailed down the coast. After first laying eyes on Sanibel from the water, they lived aboard the boat at the Sanibel Marina with her daughter. A true salt of the earth, Dee initially found work waiting tables at the legendary Timmy's Nook on Captiva.

Hired by SCCF Native Plant Nursery Manager Norma Jeanne Byrd in 1980, Dee became part of the island fabric, weaving her love of Sanibel's flora and fauna and her down-to-earth artistry into the organization, which only had three employees at the time.

In 1983, Dee met the love of her life, Lucas Century, on the dance floor of the Crow's Nest on Captiva when he was visiting the island. They instantly became lifelong partners and co-creators. Within a couple of years, Dee began contributing the line drawings of island wildlife that bring Century's glass art to life with more than 50 designs.

"She revered the spirit of the animals through her line drawings that I use in my etchings," said Century. "Co-creating with her made our glasswork ring with her lovely flowing lines. Together, we created something that was more than any one person could do."

Dee left SCCF briefly in 1985 to work again with adults with developmental disabilities in Immokalee, then returned to pursue a new path at SCCF as she was hired back by Native Plant Nursery Manager Kathy Boone in 1987. As project water works coordinator through Island Water Association and Landscaping for Wildlife educator, Dee was integral in establishing many pioneering programs under SCCF Executive Director Erick Lindblad.

"The artist in her manifested itself in

many ways. She was always inventing new ways to relate to our community about living with wildlife," said Lindblad, who retired in 2018. "It seemed like every year, she would come to me with a different idea – from alligators to bobcats, coyotes, marine toads and iguanas."

Also known for developing a guide to Florida's butterflies and caterpillars, Dee's devotion to wildlife spanned the spectrum of island species.

"Early on, it was all about Landscaping for Wildlife, which really worked. The critters would come," said Lindblad. "Then, she started focusing on how humans could co-exist with wildlife through these really practical programs where it was like she was talking to both of you – the animal and the human – and helping each other understand each other's behavior and how to adapt."

She retired from SCCF in November 2018, yet continued to volunteer at the Native Landscapes & Garden Center at the Bailey Homestead, taking special care

of the herb and pollinator gardens. She also continued to do early morning sea turtle patrols through the 2019 nesting season.

"Dee was a stalwart member of the sea turtle program, amassing a wealth of knowledge about the island and turtles from her long tenure, which began in 1992 when the program was transferred to SCCF," said SCCF Coastal Wildlife Director Kelly Sloan.

Her wish was that in lieu of flowers, donations be made to SCCF, honoring a mission she embodied.

"We are deeply grateful to Dee for helping us live in harmony with nature in the true spirit of Sanibel and SCCF," said SCCF CEO Ryan Orgera.

Dee is survived by her husband, Lucas Century, her daughter, Shannon Howard of Knoxville, Tennessee, and two grandchildren, Jordan and Chase.

Visit www.sccf.org to donate in honor of Dee or send a check to SCCF, P.O. Box 839, Sanibel, FL 33957. ✨

OBITUARY



EDWARD SIEBER

Edward Sieber of Sanibel, Florida and Minneapolis, Minnesota passed away on September 24 at age 97 when he slipped the surly bonds of earth and made his final flight. He was born in St. Paul, Minnesota in 1923 to Charles and Elsie Sieber. He attended the University of Minnesota School of Engineering until he volunteered for the U.S. Navy in 1943.

Sieber began flight training in March, 1943 at Wildwood, New Jersey on the infamous HellDiver or SB2C, which was notoriously unstable. He was commissioned 10 months later in San Francisco, California. On April 7, 1945, his aircraft carrier, *USS Bennington*, anchored in Ulithi Atoll where hundreds of ships were preparing to invade Iwo Jima. Reconnaissance planes spotted the Japanese supership *Yamato* in the East China Sea, streaming toward Okinawa. Ed and his group of four were scrambled to the attack and were the first to reach the *Yamato*. Leading the strike, the four dive bombers made direct hits on the gun turrets, for which Ed received the Navy Cross. For earlier battles in the Pacific,

he was also awarded the Silver Star, two Distinguished Flying Crosses and four Air Medals.

Seven articles featuring Sieber's hit on the *Yamato*, including a YouTube video of Ed's talk at the WWII Museum in Naples, Florida, where he describes in vivid detail the events leading up to his heroic and successful attack on the Japanese supership are on Google. In 2003, Sieber was selected to represent the American pilots' experience, when he was called to the Washington Navy Yard for the PBS NOVA film *Sinking the Supership*. He had perfect recall of the details of the event, but made it clear to his interviewers he has since concluded that "war is hell and total insanity."

When interviewing for a pilot's job in Minneapolis after the war, he was told, "I've got to be crazy to hire a dive bomber pilot to fly old ladies across the country, but you've got all those medals. Just don't make me regret it." Sieber first flew for Mid-Continent Airlines and then most of his 34-year career with Braniff Airlines. After retiring from his career as a commercial airline pilot, he formed his company, Diversified Realty, and remained active in real estate until he moved to Sanibel in 2000.

Ed was predeceased by his first wife Mary of Minneapolis, Minnesota. They had three children: Sue MacDonald of Victoria, Minnesota; Jeff Sieber of Minnetonka, Minnesota; and Joan Ware of Buena Vista, Colorado. In addition to his three children, Ed is survived by his wife, June, whom he married in 2001 when he moved to Sanibel and built his home. He is also survived by his brother Harold Sieber and sister Shirlee Berg, both of Minnesota, stepson Jeff Glosser of Austin, Texas, 10 grandchildren and four great grandchildren.

After moving to Sanibel, Ed became active in the Sanibel Christian Science Church as a reader and Sunday school teacher, in Democratic politics, as well as working with other churches to distribute food to the needy. His family and friends would applaud the description of Ed from his Presidential Citation which reads: "for conspicuous gallantry and intrepidity."

No memorial service is scheduled at this time due to COVID-19 concerns. ✨

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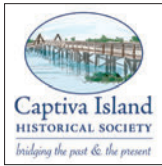
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Captiva Island Historical Society

Landmark: Headstone At The Cemetery

This week's image depicts Ann Emma Brainard's headstone in the Captiva Cemetery (1972).



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. The Captiva Memorial Library and History Gallery are temporarily closed due to the coronavirus. Call 533-4890 for information.

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



Ann Emma Brainard's headstone
photo courtesy
Captiva Island Historical Society Archives

Chapter Military Officers Association of America are asking every Sanibel veteran to email a photo (current, in uniform, or both) with your name and branch of service. Email photos and information by midnight, Wednesday, October 28 to sanibelveterans2020@mysanibel.com.*

Photos Of Local Veterans Sought

To properly salute veterans in the community on Veterans Day, the City of Sanibel and Lee Coast

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

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

CAPTIVA CHAPEL BY THE SEA

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

CHAVURAT SHALOM

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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

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Bat Yam Temple Of The Islands

submitted by Tanya Hochschild

L'Shanah Tovah! To a sweet, happy, healthy and peaceful New Year! The 2020 High Holy Day services led by Rabbi Stephen Fuchs and Cantor Murray Simon, with piano accompaniment by Abigail Allison, were conducted live and joined virtually by congregants and friends worldwide. The 125 people attending Bat Yam Temple of the Island's Rosh Hashanah virtual services were greeted by a Zoom split screen. On one side, the appropriate page of the Mishkan HaNefesh prayerbook and on the other, the clergy in the sanctuary. Rosh Hashanah could not have come at a better time. It is the holiday celebrating new beginnings, the anniversary of creation, the wake-up call of whom we want to become in the new year.

There is not a person who does not want to put the last months of COVID-19, of lock-down, of social distancing and a summer rife with social injustice behind them and celebrate new beginnings. Physically, we understand we are stalled but psychologically, we embrace a new year, a clean slate, an idea of a future.

We are able to entertain the idea of a future by preserving our tradition, our heritage that is handed down from the past. Sharing the service preserves these traditions. Through our togetherness, we experience the strength of our religion.

On Rosh Hashanah Eve, it was wonderful to see familiar faces, beaming

"hellos" from their homes. We shared the optimism that a new year could bring renewal, to be together to hear again the continuous narrative of our story. To proclaim, "Today the world is born."

And then, at the start of the service, we received the news of the death of Ruth Bader Ginsberg, a woman of valor, a great justice. The deep sadness on the congregants' faces was palpable. In these bizarre times, we were collectively bearing another loss, one that felt personal.

It was comforting to be with our rabbi and our cantor and to absorb strength from the wisdom of the service. A highlight for all of us was to hear the cadence and strength of the shofar sound, being blown for the first time by a congregant who had volunteered her services. This was also a first for Temple Bat Yam of the Islands as this honor has traditionally been fulfilled by a male. It was no mean feat to produce melodic strong blasts from the notoriously difficult ram's horn.

After the morning service on Rosh Hashanah, a socially-distanced group met at one of Sanibel beaches, in what has become our temple's traditional Tashlich service. Our tech team had cameras and audio, so the 10-minute service led by Rabbi Fuchs could be shared virtually. Bags of shells, "our sins" were available to be cast into the gulf. Atonement is not that easy to achieve, merely to throw your sins away and hope they are carried off by the water.

Ten days between Rosh Hashanah and Yom Kippur, known as Days of Awe, as well as Days of Repentance, are for the purpose of repenting, praying and giving

charity, in the belief God will keep us in the Book of Life.

This year, 2020, the pandemic has made us anxious about the fate of ourselves and our loved ones. It has highlighted in an alarmingly vivid way, our

fragile mortality, similar to the message of Yom Kippur. At the resolution of the day we find our way back to life. This is our fervent wish with regards to the pandemic; when the virus disappears, we can look forward to once again celebrating life.✧

Meet The Shell Museum Staff

Originally from Greensboro, North Carolina, Bailey-Matthews National Shell Museum Education Manager Leigh Gay graduated from North Carolina State University in 2013 with a bachelor of science degree in zoology. She made her way to Florida in 2015.



Leigh Gay

Gay is passionate about sharing her knowledge of the natural world with children, and worked with the U.S. Fish & Wildlife Service and the National Audubon Society before she started at the museum. She began her career with the museum as a part-time visitor services specialist.

As a self-proclaimed "bird nerd," Gay enjoys spending her free time exploring Florida's state parks and other natural places in search of the rarest birds. She loves the beach and frequents Sanibel's

great shelling locations. Truth be told, she doesn't collect shells anymore, but she is obsessed with finding live mollusks in their habitats, and observing their behavior.

Gay's favorite parts of her position at the museum are when she gets to teach Lee and Collier County underserved youth, either through field trips to the museum, during Mollusks on the Move outreach visits to schools, and now through virtual education. She maintains strong partnerships with teachers, and many students remember her from years past, yelling through the hallways, "The mollusk lady is back!" Gay believes the world needs to care about the slimy animals too, and she intends to start that trend with the children of Southwest Florida.

Another of her obsessions is cleaning the beach. When she's not participating in one of Lee County's beach cleanups, she does it by herself. A clean beach is a healthy beach not only for people, but also wildlife and mollusks. She often competes with herself to see how much garbage she can pick up in one day.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233 or visit www.shellmuseum.org.✧

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f t p i

For individual shop information: www.ShopOnSanibel.com

Community House Events

The Octoberfest community social will be held this Friday, October 9 beginning at 6 p.m. Menu items include German beer cheese soup, soft pretzels with mustard sauces, sauerbraten and spaetzle, chicken schnitzel and potato pancakes. Cost is \$20 for members and \$25 for guests. Apple strudel dessert is \$5 additional. Curbside pickup available between 5 and 6 p.m.

Anita Force Marshall will teach a watercolor class on Monday, October 12 at 9:30 a.m. Participants will paint a flamingo. Cost is \$30 for members and \$35 for guests. Beachcomber supply kits are available to rent.

Line Dancing with Maria Di Rosa will be offered on Tuesday, October 13 from 1 to 2 p.m. Cost is \$5 per class.

Ken Burgener and Linda Warschauer will share stories and photos from their trip to Australia on Tuesday, October 13 at 7 p.m. See the unusual animals and amazing landscapes of Kangaroo Island. Cost is \$5 suggested donation.

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

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

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



The Community House photo by Logan Hart calling 888-653-6450.

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

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

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

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

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

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

City Of Sanibel Columbus Day Schedule

City of Sanibel administrative offices will be closed in observance of Columbus Day on Monday, October 12 and will resume regular operating hours on Tuesday, October 13.

Refuse, recycling and vegetation waste will have no change in the trash pickup schedule. If you have any questions, call Advanced Disposal at 334-1224.

The recreation center will be closed in observance of Columbus Day on Monday, October 12, with the exception of the after-school program for youth currently enrolled from 2 to 5:30 p.m. on October 12. The recreation center will resume regular operating hours on Tuesday, October

13 from 8 a.m. to 5 p.m.

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

American Legion

The kitchen is open at American Legion Post 123 with a steak fry on Fridays, corned beef and cabbage special on Sunday, tacos on Tuesdays and spaghetti on Wednesdays. Daily specials are served from 11 a.m. to 8 p.m.

The 8 ball pool tournaments have resumed on Mondays at 5 p.m.

Post 123 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.*



From page 1

Wines In The Wild

attire or get comfy in your robe and slippers. Party with friends via Zoom or in your driveway (socially distanced, of course). Tag on social media.

To order your Wines in the Wild party box, go to www.winesinthewildsccf.com.

Cost is \$130 per box for one person and \$210 per box for two people. There will also be a 50/50 drawing. Reserve by Friday, November 6.*

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Purchase tickets at ShellMuseum.org

Woodpeckers Responsible For Recent Outage

by Wendy McMullen

It was woodpeckers that caused the lengthy power outage on Sanibel on September 30, Denise Vidal, Lee County Electric Cooperative chief executive officer, told city council at Tuesday's meeting.

"It was woodpecker damage which we didn't catch and I apologize for that," she said, referring to the broken pole which caused the long outage.

All 1,400 poles bearing electric lines on Sanibel are inspected every 10 years, Vidal said in response to a request from Mayor Kevin Ruane for a detailed report on the infrastructure, inspection frequency and the maintenance, replacement and upgrade schedule for the next five years.

Ruane told Vidal that the unreliability of the electrical service was having a major negative economic impact on island businesses.

"For businesses, such as restaurants, which require electrical power to operate at the most minimal level, the current unreliability makes it impossible for them to determine if they should close for the remainder of the day, cancel reservations, release their staff and dispose of foods. When the waitstaff is released, they lose the primary portion of their earnings – their tips," Ruane said.

Vice Mayor Mick Denham asked if any priority could be given to businesses like restaurants that are so severely impacted by power cuts.

"We cannot isolate a business and bring them back," Vidal said, suggesting that people for whom electricity is essential obtain backup power. "We would want to know that a customer on life support has a backup."

Most of the outages during the summer have been related to vegetation touching the power lines. Vidal said that LCEC has a two- to three-year tree trimming program on Sanibel compared to a three- to five-year program off island. There is also what she termed "hotspot" trimming when problems are

noted in visual inspections or reported by residents.

"We will review target programs directly for Sanibel and accelerate the tree trimming more often," she said, noting that it was particularly challenging when the island is known for its canopy of trees.

Asked about the system's ability to troubleshoot outages and reactivate the system remotely, Vidal told council that automation is not as widespread as we might think it should be because of the safety concerns.

"It can be reactivated remotely but the fault that caused the problem may still be there and it could cause fire or harm to our linesmen," she said, noting that there are cameras on some of the lines that will automatically restore a momentary power failure because a bird has brushed into the line.

Councilwoman Holly Smith commented that LCEC has been responsive to her when she has had a problem and Councilman Jason Maughan congratulated LCEC on its service and said that he would not want to be one of the electricity workers repairing power lines in the rain.

It was agreed that LCEC would review their plan for the city, accelerating the inspection and trimming schedules, and sharing their master plan with the city in order to coordinate with the city's emergency management plan.

LCEC has an app for mobile devices called SmartHub, which allows customers to pay bills, report power outages and the let customers know if their power exceeds a threshold. LCEC also provides an outage management map and can see areas that are experiencing outages, the number of customers impacted and whether a crew had been assigned.✱

Council Mourns Environmentalist

by Wendy McMullen

City council remembered the important conservation work of Dee Sarge-Century at the city council meeting on Tuesday.

Sarge-Century was a leading environmentalist who had been with the

Sanibel-Captiva Conservation Foundation (SCCF) for nearly 40 years and was remembered for her work in the native plant nursery, her love of wildlife and her work educating both adults and children on Sanibel's natural environment.

"I remember her going around to communities and educating them on alligators at a time when there was some controversy about them," said Vice Mayor Mick Denham.

Other council members added their memories of her as a wonderful partner and a devoted community member.

Sarge-Century passed away on September 30. She is survived by her husband, Luc Century, and her daughter, Shannon Howard.✱

Illegal Parking Fines To Be Set At \$150

by Wendy McMullen

The massive sign at the entrance of Sanibel will be taken down and the current \$200 illegal parking fine will be reduced to \$150, council decided.

The parking fines were increased this spring in response to the COVID-19 closures of the paid parking lots when people were flocking on to Sanibel from all over the state and parking illegally when they could not find paid parking. Fines at that time were just \$50. Police Chief Bill Dalton said that the increased fine was an effective deterrent.

"We had 205 parking citations when the fines were \$50. That decreased to less than 50 when it went up to \$200."

Council agreed that the deterrent effect would be sufficient at \$150.

Councilman Jason Maughan said that the sign on the causeway was offensive and that there were too many on the island, but that the large sign at the entrance to Sanibel was a warning when people were flooding the island and disrespecting residents' property.

"They were parking on people's lawns," he said.

"We welcome people to our island community," said Councilman Richard Johnson, agreeing with Maughan. "The things that make this place special

are the rules and regulations in the Land Development Code. I share my community and I share what we have willingly but in exchange, I ask that our guests respect our rules."

"If you were in Miami or Orlando and you parked illegally, you won't only get a fine, your car would have been towed away and you would be paying \$450 to get it back," said Maughan.✱

Deadline Set For Interim Council Applications

by Wendy McMullen

City council made a deadline of October 20 for applications for an interim council member to replace Kevin Ruane and a deadline of November 5 to replace or reseat council member Jason Maughan who wants to take back his seat after resigning to run for state office.

Applicants who don't get in for the November appointment will automatically be transferred to be considered for the December appointment. They will not have to reapply.

Names of applicants will be made public. Every application that's submitted will be attached to the agenda of the November and December meetings.✱

Emergency Operations Plan Deferred

by Wendy McMullen

Updating the Sanibel Emergency Operations Plan is to be put off until the next meeting in order to coordinate the plan with other services essential in an emergency.

"We have four essentials, electricity, water, transportation and wastewater," said Councilman Richard Johnson. "But we don't have level of communication that we need to make sure we have these essential services."

"Add communication to that," agreed Mayor Kevin Ruane. "If the cell towers

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are down, so many people have gotten rid of landlines.”

Most important in updating the city's emergency management plan is information from Lee County on the plans for the Sanibel Causeway, which is owned by Lee County. The city raised concerns about flooding on the causeway eight years ago when Tropical Storm Debbie and subsequent storms brought waves crashing over the causeway.

The city has pointed out that flooding and disruption of the causeway could strangle evacuation efforts long before a major hurricane hits and either delay or even strand, thousands of residents and visitors with potentially disastrous results.

“We're vulnerable in so many areas,” said Ruane. “We should know what our vulnerabilities are. Just as with LCEC today, LCEC has a plan but it doesn't meet our needs.

“It's not as if we don't have an emergency plan,” he continued. “It's that the plan needs to be updated.”

Council voted unanimously to defer the resolution on the plan until the next meeting and to direct staff to develop a list of partners and ask them to provide their emergency plans, particularly Island Water Association, Lee County Electric Cooperative (LCEC) and Lee County Board of Commissioners.

A Sanibel Causeway shoreline stabilization and amenity program is to be discussed at the Tourist Development Council meeting on Thursday.*

Maughan Sings Swan Song

by Wendy McMullen

Councilman Jason Maughan said that he's not fond of blowing his own horn but his high school coach told him that “Sometimes in life, it's necessary to toot your own horn, lest someone use it as a spittoon.” Maughan proceeded to list his achievements in office and his gratitude to everyone on the council.

“I've wanted to be a councilman since I was a boy. I grew up on the island in the west end since I was 7 years old,” he said.

He pointed out that he ran against an incumbent and unseated him, and has spent more time fighting for people that may not think he likes them or care for them, than he has for his friends, and he's done that because he's always fought for what's right.

He added that he is extraordinarily proud that he's kept all his promises that he made when he ran in 2016. Some of these are protecting home rule and water quality, reducing taxes and modernization of police offices. He has also served as a planning commissioner, a scoutmaster and as pro bono counsel in many other island organizations.

“No small accomplishment for an Irish boy off the boat,” he said, referring to his Irish origins.

“Everything I ever wanted was given to me by the United States and particularly by this island. Everyone on

this island was extremely kind to me and I've never forgotten that,” he said.

This is Maughan's last meeting before the end of his term but he has asked to be returned to his seat, which he resigned from in September in order to run for the Florida House of Representatives. He has said that he will also run again in March of next year.*

Water Levels Up But No Sign Of Negative Effects

by Wendy McMullen

The water level in Lake Okeechobee is up 2.34 feet from last year and 1.5 feet higher than 2018 when the freshwater releases from the lake were thought to be responsible for the disastrous red tide and blue green algae blooms.

Despite higher water levels and some increase in releases, there is no red tide or blue green algae reported in the area according to Holly Millbrand, acting director of Sanibel's Natural Resources Department.

“I'm pleased that the corps has been willing to take a more cautious approach,” she said, referring to the U.S. Army Corps of Engineers that determines when and how much water to release from the lake.

“We encourage the corps to weigh all the factors as much as we can,” she said, adding that there is not so much concern from the corps of potential dyke failure even though the level is high. “They are using greater flexibility now.”*

Idle Speed Zones Proposed For Bay

by Wendy McMullen

A proposed ordinance by city council will impose a slow speed buffer for boats on the bay side of Sanibel from Woodring Point to Point Ybel.

Lee County has been working with municipal representatives to review the posting and enforcement of local vessel speed restrictions and to identify local vessel restrictions that are inconsistent with state requirements. Presently there is not a Sanibel ordinance that complies with those Florida statutes allowing for a slow speed buffer for the bay side of Sanibel from Woodring Point east to Point Ybel.

There are provisions that allow for slow speed designations in the vicinity of bridges and public launch facilities, and the area from Woodring Point to Blind Pass is a state manatee protection zone, which, by definition, includes a slow speed designation.

City staff, including Police Chief William Dalton, Community Services Director Keith Williams and Natural Resources Director James Evans, all want to maintain a slow speed zone along this section of Sanibel's shoreline.*



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On the corner of Casa Ybel & Periwinkle Way



Red-hair comb fern's fronds are up to three feet long photos by Gerri Reaves

The lacy fronds are twice- or thrice-divided "unlikely if the causes of a decline in the number of plants continue," as described in the Preservation of Native Flora of Florida Act.

Plant Smart
Red-Hair Comb Fern

by Gerri Reaves

Red-hair comb fern (*Ctenitis sloanei*) is a member of the wood fern family and is the only tree fern native to the continental U.S.

Also called Florida tree fern and Florida lacefern, this species is listed as endangered in the state.

That status means that it is "in imminent danger of extinction within the state" and that its survival is

Erect with woody stems and sometimes a trunk, this fern reaches three to four feet high, with the fronds arching to an equal width.

Triangular and twice- or thrice-divided, the fronds taper to a sharp point.

The scales on the frond stems are orangish, reddish, or golden brown and form a tangled wool-like tuft, thus the term "red-hair."

The plant's natural habitat includes wooded limestone ledges, moist tropical hammocks and cypress swamps, so

it isn't suitable for the typical home landscape.

However, it's a good choice for a natural landscape with moist, well-drained limestone soils, high humidity and light to moderate shade.

Give it rich organic soil with a layer of humus, for it has high nutritional requirements.

It has a moderate growth rate and low wind, salt and drought tolerance.

It can be grown as an outdoor

container plant too.

Propagate it by dividing the clumps or with the spores found in the round sori, or clusters of spore sacs, on the underside of the smallest leaflets.

Sources: *The Ferns of Florida* by Gil Nelson, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, www.efloras.org, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida. ✨

Causeway Inspection

The City of Sanibel received the following notice from the Lee County Department of Transportation regarding an upcoming inspection planned for Sanibel Causeway Span A:

"On October 13 and 14, Lee County will inspect the Sanibel Causeway Bridge Structure A over San Carlos Bay. All the work will be performed over the bridge on a snooper truck. During this period, Lee County will do several lane shifts to accommodate the snooper truck and the bridge's inspection equipment on the required locations. Traffic will be slowed down."

For more information about Lee County Department of Transportation, visit <http://www.leegov.com/dot> or call 533-9400. For questions regarding this Lee County project, contact Betsy Clayton, Lee County communications

director, at 533-2221, or via email at bclayton@leegov.com.

The Sanibel Causeway toll facility and bridges are owned and operated by the Lee County Board of County Commissioners. ✨

From page 1

Sanibel Spoonbills

October 20; price increases after October 20 at 11:59 p.m. EDT. Participating runners will receive a dri-fit shirt, with the Hortoon 10K logo on the front, as well as a matching face covering which will be mailed to them. New incentives this year include a refund of registration fee to a runner if they fundraise \$250 or more (excluding processing fees). For every five referrals a runner makes to others who sign up, they receive a \$20 discount

For more information on the race or if you are interested in sponsoring the virtual event, contact Diane Cortese, race committee chair, at dianerc10@gmail.com. ✨

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BIG ARTS Corner

Workshops And Seminars



BIG ARTS is offering the following workshops and seminars:
 Glass Fusing with Petra Kaiser – Wednesdays, October 28 through November 18, 9:30 a.m. to 12:30 p.m. Members \$74; non-members \$93.

Beginner Pastel with Donna Filomio – Thursday, October 29, 9 a.m. to noon. Members \$85; non-members \$106.

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

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

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

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

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

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

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

The health and safety of instructors, students, staff and patrons is a priority at BIG ARTS. Staff is following CDC recommendations and asks for your

cooperation in best practices safety standards. All students and instructors must wear a mask and social distance. Class seating will be carefully spaced. Signage and procedures are posted in the facility. All rooms are sanitized between classes and class sizes will be limited. To monitor any changes in policy, visit www.bigarts.org or call 395-0900.

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

Shell Club To Hold Virtual Shell Show

The Sanibel-Captiva Shell Club will host a free virtual shell show for 2021 instead of the traditional in-person show at The Community House. Videos will be premiered on the club's YouTube channel on Friday, March 5 and Saturday, March 6 from noon to 3 p.m.

The virtual show will feature two days of videos that educate, engage and amuse those with a passion for shells. All are welcome to submit a picture they have taken of the famous Sanibel Stoop, or a favorite shell for inclusion in the show. There will be door prizes and a photography contest featuring prizes in

seven different categories, with a People's Choice Award.

Proceeds from sponsorships and donations will fund grants towards the promotion of mollusk education, conchology and malacology research at colleges and universities, local environmental projects encouraging marine and water health, and support shell and natural history museums.

Stay tuned for further updates on the Sanibel-Captiva Shell Club's website at www.sanibellshellclub.com, Facebook at facebook.com/sanibellshellclub, Instagram at instagram.com/sanibellshellclub, and in your local shell club newsletters.

For more information, contact Clair Beckmann, 2021 virtual sanibel shell show chair, at 303-319-2435 or clairann2000@yahoo.com.

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neighbors helping neighbors THROUGH COVID-19

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- Food backpacks for children
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As always, we are committed to being a safety net for all. **At the end of the day, our message is simple—FISH is for everyone.**

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FISH FACTS

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FOOD PANTRY

January - August

2019	2020
152,893 lbs	156,804 lbs
equating to	
127,410 meals	130,067 meals

BACKPACKS DISTRIBUTED

January - August

2019	2020
634	1242

MEALS-BY-FISH DELIVERY

January - August

2019	2020
2147	4575

EMERGENCY FINANCIAL ASSISTANCE

January - August

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Variety And Quality



by Capt. Matt Mitchell

Rain from a stalled out cold front and then from Tropical Storm Gamma sat right on top of us for most of the week. This wetter than usual

weather pattern did bring a nice break from the heat though, but made getting out on the water challenging. Managing to get out for brief periods during low morning water had the passes fired up with both snook and redfish. Out along the beaches, birds and bait are everywhere with anglers catching a great variety of fish.

During days of northeast winds, it's the perfect set up for getting out along the beaches. Once out through the choppy pass, you're often greeted by calm seas within a half mile of the beach. With the bait migration in full swing, it does not take long to spot the massive schools of threadfin herring and feeding birds. Mackerel and bonita make easy targets as they can be found breaking the surface in and around these bait schools. With so much life out here, sharks are always an option.

Most of the tarpon we have located over the past few weeks have been out along the beaches too. The western end of Sanibel, Fort Myers Beach and Captiva have all given us shots at fish.

These hungry fall tarpon like to hang out just outside the large schools of threadfins. Look for mudded areas with lots of bait to start your hunt. Once you find an area that looks right, shut down and take your time. Move slowly and hunt with your eyes until you find them. This fall tarpon bite can be amazing and will continue until our first major cold front arrives dropping water temperatures into the low 70s.

October always means redfish, and this has rung true. You have a great shot at catching them right now, anywhere from the passes to the mangrove creeks. During low water periods, the passes have been hard to beat with many of these fish being bruisers.

Live pinfish with enough lead to hit the bottom has been the bait of choice. During higher tide periods, mangrove islands and oyster bars have been the better option. A cut pinfish thrown up to the structure is hard to beat for a bait. Schools of hungry redfish are also out on the shallow flats, though they've been a little tough to find due to windy conditions.

With fall fishing in high gear, this time of year is not only about quality but also variety. Carry different types of tackle so you can take advantage of whichever opportunity presents itself. Being able to switch it up from one species to another is what our amazing fall fishing is all about.

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.



Mary Laser with a early morning redfish caught on a recent scouting trip

photo provided

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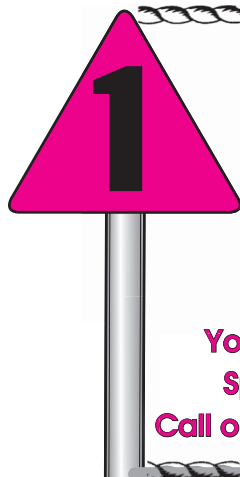
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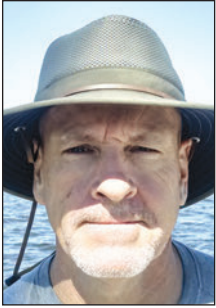
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CROW Case Of The Week:

Southern Black Racer

by Bob Petcher



The southern black racer (*Coluber constrictor priapus*) is a non-venomous snake that is active during the day and, thus, one of the most frequently seen snakes in the state. Its jet-black upperparts and its ability to move quite fast with agility gives it its name.

The black racer likes to hang out by water where its

prey, including rodents, frogs, toads and lizards, are plentiful. While its bite is nontoxic, it does defecate a foul-smelling musk – like most snakes against predators – when on the defense.

At CROW, an adult black racer was admitted from Sanibel after it was reported to have been hit by a lawn mower. Upon further examination, veterinarians found the snake had a fracture on its spine close to its tail, as well as multiple cuts near the fracture. The patient was treated with anti-inflammatory and pain medicine and was scheduled for surgery to amputate the tail.

“The necrotic wounds, in combination with the fracture, were severe enough to require amputation,” said CROW Rehabilitation Manager Breanna Frankel. “The spinal fracture is actually above the amputation site and was not removed in surgery. The spinal fracture looks slightly displaced, like a little kink in the snake’s back but has not affected its overall ability to be healthy in the wild.”

After the procedure, the snake’s amputation site appeared to be healing well.

“With any surgery, there is always risk for infection following surgery. The tail amputation site was



CROW medical staff work on patient #20-4476

photo by Amy Kowalski

cleaned and bandaged daily for the first couple days as it started to heal,” said Frankel. “There has been no discharge from the surgical site to indicate any type of infection. The amputation site closed nicely and has

shown no signs of dehiscence – the edges bursting open – or inability to hold the incision closed.

“The multiple cuts were part of the amputation surgery, they were necrotic wounds likely a few days old that did not receive proper care immediately following the injury,” Frankel said.

She said snakes cannot regenerate body parts. It is noted that a snake’s important organs are located in the front third of its body, so losing a tail would not leave it disabled.

“Unlike starfish and some lizard tails, this snake’s tail will not grow back. This snake does not require the end of its tail to survive in the wild and complete all biological functions so, once it heals, it should be ready for release,” she said.

After two weeks in care, the patient was reported to be bright and alert and is being monitored for any signs to indicate that it may be in pain.

“Of course, after any traumatic injury, there is associated pain. The snake hasn’t shown outward signs of pain aside from trying to bite everyone who tries to get it out of its enclosure, which could just be due to the fact that this type of snake is a little more bite-happy than the other species we see,” said Frankel. “It did not like having its tail touched prior to surgery but has been very active and aggressive ever since.”

A release schedule has yet to be determined.

“We will monitor until the amputation site closure is healed enough to survive in the wild and then release if all other diagnostics, like blood work, come back clean,” said Frankel.

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

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Shell Of The Week

Star Mangelia



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

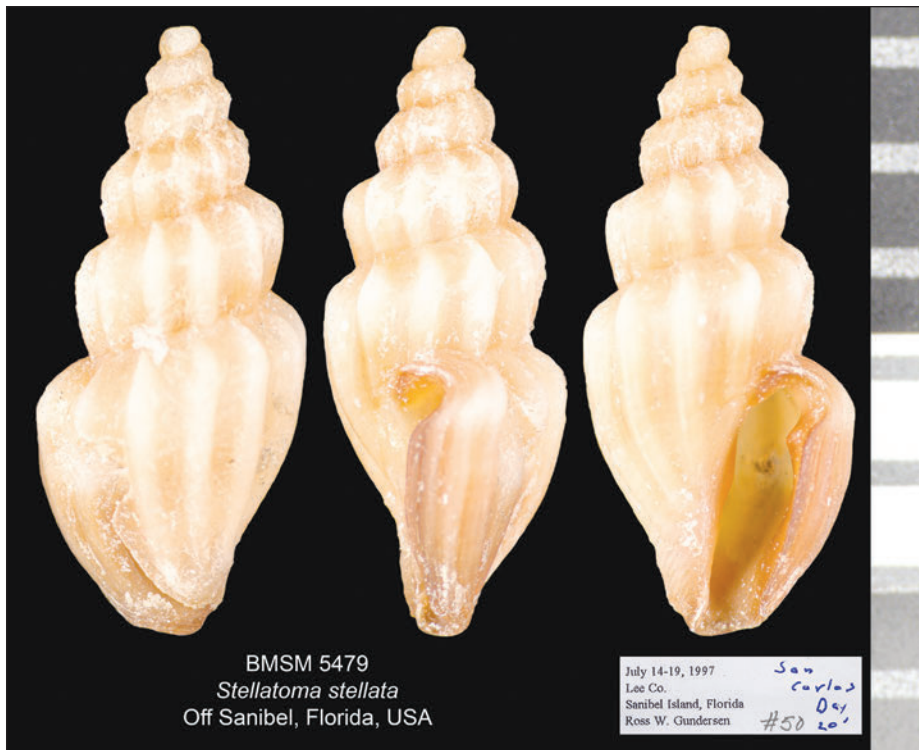
Once again, another member of the hyper-diverse gastropod family Mangeliidae,

Stellatoma stellata Stearns, 1872) grows to about 10 mm (0.4 inch) in length, and has distinctly shouldered (angled) whorls. The spire is high, and the aperture occupies about one-third of the shell length. There are about 10 to 12 prominent ribs on each whorl, and the color is yellowish to light-brown, with the inside surface of the aperture darker in color. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

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

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



The Star Mangelia, *Stellatoma stellata*, from Sanibel

photo by Patricia A. Starkey.

Top 10 Books

1. *All the Devils Are Here* by Louise Penny
2. *The Book of Two Ways* by Jodi Picoult
3. *Miss Cecily's Recipes for Exceptional Ladies* by Vicky Zimmerman
4. *Lady Clementine* by Marie

Benedict

5. *Beach Read* by Emily Henry
6. *The Devil and the Sanibel Sunset Detective* by Ron Base
7. *Tinder Fella* by Jennifer Schiff
8. *Caste* by Isabel Wilkerson
9. *Rage* by Bob Woodward
10. *Nothing to See Here* by Kevin Wilson

Courtesy MacIntosh Books and Paper.*



Dr. Sylvia Earle



Ryan Orgera

Panel Discussion On Local Waters

Sanibel-Captiva Conservation Foundation (SCCF) CEO Ryan Orgera will be a panelist on a virtual panel discussion featuring legendary oceanographer Dr. Sylvia Earle on Saturday, October 10 at 4 p.m.

They will be joined by leaders of the Tampa Bay Estuary Program, Florida Aquarium, Mote Marine Laboratory and Aquarium and the City of Dunedin to talk about work to restore and protect local waters.

The Florida Gulf Coast Hope Spot stretches from Apalachicola Bay to the Ten Thousand Islands. SCCF is one of many partner organizations supporting Dr. Earle's global effort to establish areas of marine protection. There is no fee to participate. Q&A will follow the discussion.

To register, go to: https://zoom.us/webinar/register/WN_Zil3l3TXSxuXf9TNfK2tw%20Organizer.*

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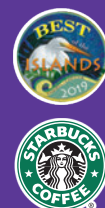
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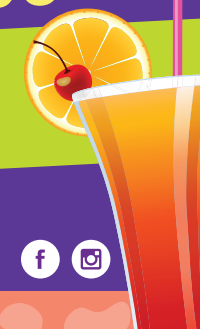
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Shell Club Awards Student With Fellowship

In 1982, the Sanibel-Captiva Shell Club made a contribution supporting the dissertation research being carried out by Bruce Barber, the first person to earn a PhD in the Department of Marine Science (now college) at the University of South Florida. In 1985, the club voted to establish an endowed fellowship that would support graduate students annually. What began with a modest contribution – \$1,000 from the club and \$500 from Sanibel residents Al and Mary Bridell – has grown to become a significant endowment supporting cutting-edge research by some of the university's brightest marine science students.

The Bridells established a separate fellowship in 1992 to help graduate students in the Department of Marine Science at the university seeking financial support to explore new theories about biological, chemical, geological or physical aspects of



Alexander Nickerson

ocean and atmosphere. In 2009, the two endowments were consolidated to maximize the support available to the fellowship recipient. Because the combined amount was over \$100,000, the State of Florida also contributed over \$52,000 as a matching grant to the endowment. It was renamed The Sanibel-Captiva Shell Club/Mary and Al Bridell Memorial Fellowship.

This year's recipient is PhD candidate Alexander Nickerson. He will use the \$10,000 fellowship to study hurricane formations with artificial intelligence techniques developed at the university.

Al Bridell lived in Sanibel and Highland Park, Illinois and died in June 2003. He was a founder of the Bailey-Matthews National Shell Museum and a member of the SW Florida Fossil Club.

The Sanibel-Captiva Shell Club's mission is to promote mollusk education, fund conchology and malacology research at colleges and universities, fund local environmental projects encouraging marine and water health, and support shell and natural history museums, all through grants. Last year, the club awarded \$30,612 to applicants such as the Bailey-Matthews National Shell Museum, Florida Gulf Coast University's Water School, Sanibel-Captiva Conservation Foundation, University of Florida, and University of South Florida. Funding for the club's grant program is generated by the annual Sanibel Shell Show. For more information, visit www.sanibelshellclub.com.

New Board Member For FISH Of SanCap

FISH of SanCap has appointed the Rev. Dr. Ellen M. Sloan to its board of directors. Maggi Feiner, president and CEO of FISH, said, "After working with Rev. Dr. Sloan for many years through our partnership with St. Michael and All Angels Episcopal Church, it's an honor to welcome her to our board. With Dr. Sloan's support and vital contributions to our organization, we will celebrate continued success and build a brighter future for all our island neighbors."

Dr. Sloan has been an Episcopal priest for 18 years, and most recently retired from St. Michael and All Angels Episcopal Church on Sanibel after serving for 10 years as its first female rector. Prior to coming to Sanibel, Dr. Sloan served as chaplain and dean of community at The General Theological Seminary in New York City. She has a previous 25-year history in the field of education – teaching first in the United



Ellen Sloan

States and then assuming teaching and administrative responsibilities in Maracaibo, Venezuela and subsequently The Netherlands in the field of English As a Second Language.

Upon her return stateside, Dr. Sloan was appointed as the first female director of accreditation (in the 100 years of the organization's history) at the New England Association of Schools and Colleges in the Boston area. There she was responsible for creating and facilitating an accrediting process for over 350 schools (K-8). In addition, she acted as associate director for the accreditation process of 65 schools in Europe. Upon the completion of her PhD, Dr. Sloan became a professor at the University of Connecticut's Graduate School of Education and taught courses in research, leadership development and organizational development – also acting as the director of the principal preparation program at University of Connecticut.

Dr. Sloan earned a bachelor of science degree in education from Plymouth State University, a master's degree in history from Dartmouth College, an M.Div (master's in divinity) from The General Theological Seminary, and a PhD in administration and organizational development from the University of Connecticut. She has two adult children and three grandsons.

For more information, visit www.fishofsanicap.org.

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Shell Found



Nancy Leeds photo provided

Nancy Leeds of Millville, New Jersey found a near perfect 3 1/2-inch junonia while shelling with her friend, Carol Goodman, of Pittsboro, North Carolina on October 1. Leeds found the shell just west of Mitchell's Sand Castles, where she and Goodman were staying. She said she was overjoyed to find one of the rarest gifts from the sea and gave thanks to God who created the little animal which made the treasure.✱

Library Board Approves Millage, Budget

The Sanibel Public Library District Board of Commissioners approved an annual budget of \$2,357,050 for fiscal year 2020-21 at a public hearing on September 17.

The proceeds from the millage are used to fund general library operations and services. The board voted to hold the millage of 0.435 at the same rate as the 2019-20 fiscal year, which is greater than the rollback rate of 0.4256 by 2.1 percent.

"These funds will be used for programs and services, staffing, library collections, facilities and technology," said Melanie Congress, library commissioners chair. "A portion of the budget will go toward replenishing library reserves so that in 20 years or so, there will be funds for the next refurbishment, following the Your Library Reimagined major upgrade a few years ago.

"Total collections for print and digital are budgeted at \$172,800, a slight increase over the current year. Downloading and streaming are very popular among users here and nationally but print still remains at the top," said Congress.

The Sanibel Public Library collection focuses on new and bestselling fiction and nonfiction, as well as subjects of particular interest to islanders including history; travel; lifestyle such as cooking,

decorating and gardening; health; biographies; and current events.

"As library commissioners, our job is to provide due diligence and ensure our tax investment is being well-spent, and we continually monitor expenses," said Linda Estep, board treasurer. "We maintain and expand services and look for efficiencies in all areas, particularly in technology and utilities."

The library has remained operational during the coronavirus pandemic by offering 24/7/365 download and streaming services, as well as providing assistance via telephone and email regarding readers' advisory, and website assistance. After the State of Florida's stay-at-home mandate at the end of April, the building reopened to the public in early June, closing briefly in August for a deep cleaning. The library follows safety guidelines from the Centers for Disease Control, Florida government and public library national standard practices.

"The library put into place contact-free curbside pickup service so users could comfortably pick up their print books, DVDs, CDs, magazines and other materials while practicing social distancing. This service is working very well," said Candy Heise, library adult services coordinator.

The budget, including gifts and grants, is \$2,445,881. The Sanibel Public Library District is an independent special district serving Sanibel with a publicly-elected board of seven members. The library ranks at or near the top among all Florida public libraries for checkouts, visits, program attendance, Internet use

and other services; and it is regularly awarded high rankings among the 9,000-plus public library systems in America.

The library is open for normal hours, and its contactless curbside service continues, with hundreds of bags going out to patrons each week. Call or go online to place a hold, you will be notified when your items are ready for pickup.

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

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company



Michelle Bornhorst



Bob Hodosky

The top producers for September at John Gee & Company were: Michelle Bornhorst, top listings; and Bob Hodosky, top sales.✱

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Jean Le Boeuf, News-Press



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Women's Retirement Crisis



J. Brendan Ryan, CLU, ChFC, MSFS

In addition to all the crises our country faces (terror within our borders, long-term care needs, political discord, the threat of weapons of mass destruction in the wrong hands and

so forth), a major one that is unfolding – not just threatening but unfolding – is inadequate retirement income for our aging population.

It is often stated that aging is a women's issue. Why? Look at the facts. Women live longer and more often live alone. For a variety of reasons, they usually have less money in retirement than men.

Surveys tell us that there are more women alive over age 65 than men (35 million versus 20 million). More older men are married compared to older women (72 percent versus 46 percent), while 35 percent of older women are widowed, three times the rate of older men.

Retirement planning should be an important, ongoing task for every adult. But, since women are more at risk to have inadequate retirement income, this also should be considered a women's issue.

Consider these facts:

Women's earnings have long been inferior to men's, which leads to lower savings, lower retirement plan deposits by the employer, and lower Social Security benefits.

Women are more likely than men to suspend their work in favor of raising kids and caring for infirm relatives.

A good portion of working women work only part-time and so do not have access to the employer's retirement plans.

When they do participate in retirement plans, they are less likely to put their

money in equities, choosing instead safer, low-growth instruments.

Women live longer on average and need what benefits they have to last a longer time.

Women are 85 percent more likely than men to be impoverished by age 65.

How do working women feel about retirement? A Transamerica Retirement Survey of women found in part the following:

Women estimate that they will need a million dollars at retirement (median value) to achieve retirement security.

Only 12 percent of women believe that they will be able to retire comfortably.

Half plan to work past age 65 and half feel that they will never retire (presumably because they cannot afford to).

What can women do to get a grip on the problem and reduce the likelihood of a bleak retirement?

They can start saving consistently and realistically under the guidance of a trusted financial advisor. It is never too soon and no amount is too small to make a difference in the long run.

They should get involved in their employer's retirement plan and contribute at least the maximum that the employer will match. Those over age 50 should take advantage of allowable catch-up contributions to the plan.

They should educate themselves on how to invest, when to invest, how to minimize penalties and taxes on withdrawals, and how to get the most from Social Security.

It is important to resist the urge to invade for current consumption accumulated qualified-plan funds before retirement even after the funds have been placed in a rollover account. That money should be kept sacrosanct for the long haul.

It is important for women, if married, to get involved with the family's financial decision-making process, budgeting and spending so that it will not be novel if the decision-making burden falls on them.

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

Manager Of Client Relations Named At Bank

Bank of the Islands President Robbie Roepstorff announced that David B. Lowden has joined the banking staff. He will serve in a newly created management position as the bank's vice president – private client relations.



David B. Lowden

"David is well known in our regional banking community," said Roepstorff. "He has been recognized as one of the top-ranked private client bankers in Southwest Florida, and we're very pleased his extensive expertise is now available to our customers."

With more than a quarter century of banking experience, Lowden will administer personalized full-service banking to high net worth families and individuals. Among the banking services being offered are deposit-related services, extending credit, providing both financial and banking recommendations, and assuring continuous customer awareness of available banking services. He will coordinate a client's entire credit process, on an individual basis, from the initial application through the closing of the loan transaction.

"I began serving the banking needs of island families and businesses in 1994," said Lowden. "Joining the Bank of the Islands team feels like a real homecoming for me."

A graduate of the University of Colorado, Lowden is a longtime resident of Lee County. Consistent with Bank of the Islands' commitment to corporate citizenship, he has an active history of community engagement. Recognition for his previous community service includes receiving the Florida's Finest – Certificate of Appreciation from Florida Gov. Lawton Chiles.✪

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The Community House
Pumpkins



by Resident Chef Jarred Harris

Pumpkins are in abundance this time of year and most of them will be carved or turned into pies. Those applications seem to be the most popular in the United States, but in other parts of the world, the pumpkin is a basic food staple. Pumpkins are really squash and are members of the Cucurbita family, which includes cucumbers and squash.

I enjoy eating pumpkin every chance I get because of the nutritional value of the vegetable and its availability throughout the year. I prefer the smaller heirloom varieties for cooking in savory dishes and the larger varieties for dessert applications. Although I cook with pumpkin in sweet and savory dishes, the seeds are my favorite part of this delicious vegetable. I roast pumpkin seeds and top salads with them. The seeds can also be used in salad dressings and smoothies.

Pumpkin can be a healthy addition to anyone's diet. One cup of pumpkin contains 50 calories, 3 grams of fiber

and almost twice the daily recommended allowance of vitamin A. The seeds are one of the healthiest things to eat because of the antioxidants they contain. Pumpkin seeds contain vitamins A and E, magnesium, manganese, copper, phosphorus, iron and zinc.

Processing a pumpkin can be intimidating and dangerous to novice cooks. I've heard stories of people using power tools, saws, hammers and chisels to cut open pumpkins. Whatever tool you choose to cut your pumpkin with, be careful.

Here is a simple recipe to try:

Pumpkin Chutney

- 2 1/2 pounds fresh pumpkin (1/2-inch dice)
- 1 1/2 pounds of Granny Smith apples (peeled, cored and 1/2-inch dice)
- 2 ozs. fresh ginger (minced)
- 3 serrano peppers (seeds removed and fine diced)

- 1 cinnamon stick
- 1/2 tsp. whole cloves
- 1 tsp. mustard seeds
- 2 cups cider vinegar
- 2 cups organic unprocessed sugar
- 1 tsp. sea salt

Method

Place the first 8 ingredients in a saucepan and bring to a boil. Reduce the heat and simmer until the pumpkin is tender.

Add the sugar and salt to the mixture and simmer for 45 minutes.

Place the mixture in sterile jars and seal. Heat jars in a water bath for 30 minutes.

Carefully remove the jars from the water bath and cool at room temperature.

The chutney will be at its best after four

months, and will last up to two years.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel.

For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

Progressive Club
To Hear From
Candidates

On Thursday, October 15 at 4 p.m., Dr. Cindy Banyai, Todd Truax and Maureen Porras will speak at the virtual monthly meeting of the Progressive Club of the Islands. This is a chance for voters to meet and question these candidates vetted and endorsed by the Progressive Club. Given the restrictions of COVID-19, many people have not had the opportunity to personally interact and question candidates seeking their support.

Dr. Banyai, a small business owner in Fort Myers and an adjunct instructor in the Department of Political Science and Public Administration at FGCU, is a candidate for Congress, District 19, the seat being vacated by Francis Rooney.

Truax has experience as a healthcare administrator, college instructor, social worker, salesman and volunteer in community agencies. He is a candidate for the Lee County Board of Commissioners, District 3.

Porras, a prominent immigration lawyer, is running for the Florida House District 105 seat. Although this district covers part of Collier County, she will not be on the Lee County ballot.



Dr. Cindy Banyai



Todd Truax

However, given the importance of the Florida House in redistricting following the census, this seat will affect all Florida voters.

Everyone concerned about the 2020 election is invited to attend. To join the Progressive Club of the Islands, mail your check payable to PCI for \$30 per individual to: PCI, P.O. Box 898, Sanibel, FL 33957 or join on the website at www.pcislands.org. The membership year runs from October, 2020 through September, 2021.

To receive the Zoom link for this meeting, email pcisancap@gmail.com.*



Maureen Porras

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The Sanibel Captiva Trust Company Experts Speak On Investing During An Election Year

The Sanibel Captiva Trust Company recently held a virtual presentation, entitled Election Years and Your Wealth Strategy, in which more than 150 clients and guests participated. Presenters included: Ian Breusch, CFA, chief investment officer; Timothy Vick, director of research; and Hood Craddock, CPA, director of family office services.

Some of the key questions the presentation addressed included, "How does the stock market react to the elections – whether Democrats or Republicans?" "Is it wise to sit in cash and wait out the elections?" "What should concern us most, the election or COVID?" and finally, "What is the likelihood my income or estate taxes will rise?"

One of the most important findings through history is that no matter which party is in office at the time, there is little to no correlation between the

success or decline of the stock market. Polls from numerous institutions have worked to identify such statistics. Vick said, "Taking money out of the market around an election has not produced good results." The cost of staying out of the market has been dear according to a Standard & Poor's 500 Stock Index across 30 years ending December 31, 2019. "Our constitution, with its ingenious combinations of checks and balances, was not designed to ensure that only the best and brightest can attain federal office," said Vick. "The Constitution ensures that even the most controversial leaders cannot do much harm to the economy and our political process."

"Our markets are resourceful," said Breusch. "Who would have predicted they would have rebounded from the low in April to having surpassed an all time high last February?" He said that the strong companies you invest in



Ian Breusch



Timothy Vick



Hood Craddock

work hard to find a way to stay healthy and work around the current state of affairs to keep business humming. So, when Congress takes aim at a sector or asset class, the trust company's portfolio management team finds alternative investment ideas to pursue. "Legislation from Washington is like a cloud that can be avoided," said Breusch.

So, what are the dominant forces actually responsible for moving the stock market? Those would be the economy, Federal Reserve policy and COVID. He said, "The stock market has shown little reaction to date to the candidates' proposals and if Congress stays divided, nothing controversial will get passed no matter who wins the

Oval Office."

Craddock finished the program by highlighting key issues on both income tax planning and estate tax planning. Depending upon which party is in office, investors will need to consider potential higher rates on capital gains and qualified dividends, the raising of top tax rates for ordinary income, a potential cap on itemized deductions and an increase in the Social Security earnings cap.

Concerning estate tax planning, he addressed the possible lowering of the lifetime exemption, the repeal of the Step up in Basis rules on death and removing minority interest discounting rules.

"The best thing you can do for your wealth plan at this time," said Craddock, "is to consult with both your CPA and estate attorney now, so you are prepared to make necessary changes if/when legislation changes." He went on to say that year-end planning is critical for 2020 and 2021, since sometimes tax legislation passed later in the year is retroactive to the beginning of the year. Revisit your current estate plan and consider preparing documents now for trusts that would receive gifts.*

Doctor Gives Gift Of Sight To Patients In Need

submitted by Bill Sartoris

Dr. Howard Freedman, a retired pediatric ophthalmologist, addressed the Sanibel Captiva Lions Club recently. Dr. Freedman started his career in Redman, Washington. He was seeing many children with "lazy eye." If detected and treated early, their vision could be restored to almost normal, but if not treated, they would see a deterioration in the vision in the one eye, which could not be treated when they were older. He started using a modified Polaroid camera to screen children for early detection. He worked with several companies to try to develop a better camera and had success when a CEO of one of the companies had a son who had lazy eye. He spent 15 years helping develop cameras for screening vision issues in children.

Forty-two years ago, Dr. Freedman joined the Lions Club because of its work on trying to prevent blindness. Upon retirement, he moved to Naples, Florida, where he is now president of the Naples Lions Club. He started working with the Florida Lions Eye Clinic in Bonita Springs. During the time that he has been with the eye clinic, it has grown from providing services to about 100 patients to almost 2,000 patients per month. The clinic provides free examinations, eye treatments, surgery and eyeglasses to clients. The clinic serves people who are uninsured and have an income less than 200 percent of the federal poverty guidelines. Approximately 20 percent



Dr. Howard Freedman photo provided

of the clients are children, but the clinic will serve anyone who qualifies and has an inventory of glasses that are provided for free. Arrangements have also been made with LensCrafters and Walmart to provide inexpensive glasses to those who qualify.

For more information about the Florida Lions Eye Clinic, or to donate, call 498-3937 or visit www.fllec.org.

Sanibel Captiva Lions Club holds regular dinner meetings on the first and third Wednesday of the month during the year. However, during the COVID-19 pandemic, meetings have been held via Zoom.

Visiting Lions or other interested parties are welcome to attend. For more information, contact Lion Steven Schulz at P.O. Box 391, Sanibel, FL 33957, call 233-6261 or visit www.sanibelcaptivalionsclub.org.*

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Tomato Soup
 3 pounds tomatoes, roughly chopped
 2 carrots, roughly chopped
 1/4 small onion, roughly chopped
 2-4 cups vegetable broth (depending on desired consistency)
 6-8 basil leaves, hand torn
 2 garlic cloves, minced
 1/2 lemon, juiced
 1 teaspoon dried oregano
 1/2 teaspoon crushed red pepper
 1 teaspoon sugar
 2 tablespoons olive oil
 1/2 cup heavy cream
 Several dashes hot sauce (optional)
 Sea salt and fresh ground pepper, to taste



Tomato Soup photo courtesy Fresh From Florida

Preheat a large pot over medium-high heat and add olive oil. Add carrots, onions, garlic, oregano, and crushed red pepper and sauté for 5 minutes or until slightly soft. Next add the tomatoes, broth, sugar, salt and pepper. Stir to combine, bring to a boil, then reduce to simmer. Cook for 15-20 minutes or until the carrots have softened. Add lemon juice, fresh basil, heavy cream, and hot sauce (if using); remove from heat and allow to cool slightly. Taste and adjust seasoning if needed. Add lemon juice. Using a stand blender* or immersion blender, puree the soup until desired consistency is reached. Garnish with fresh basil and serve warm.

Fresh tip: It is optional to remove the seeds and skins from the tomatoes before cooking, but not necessary.
 If using a stand blender, puree soup in small batches. Steam from hot soup can cause severe burns.

PUZZLES

Answer on page 39

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

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

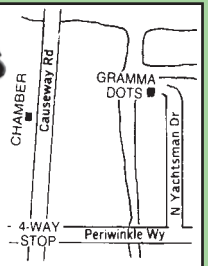
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Book Review

The Glass Hotel

by Di Saggau



The Glass Hotel by Emily St. John Mandel, involves the aftermath of a disturbing graffiti incident at the Hotel Caiette on Vancouver Island and the collapse of an international

Ponzi scheme, as well as the mysterious disappearance of a woman from a ship at sea. All three incidents intersect. In the five-star hotel, Vincent is a bartender. She meets Jonathan Alkaitis, not knowing that he is running an international Ponzi scheme, moving imaginary sums of money through clients' accounts. The same night she meets him, someone scrawls a message on the lobby's glass wall: "Why don't you swallow broken glass." Paul, a student at the University of Toronto is suspected and soon fired. Vincent, his half-sister, starts a relationship with Alkaitis, eventually moving into his house in Connecticut and a life of extreme wealth.

When the investment scheme collapses, Vincent changes her identity and works as a cook on a shipping freighter. Alkaitis is sentenced to 172 years in prison. Here, he dreams of a "counter-life" where he made different choices. Thirteen years later, Vincent falls overboard from the ship near the coast of Mauritania. As we look for how this happened, we follow the

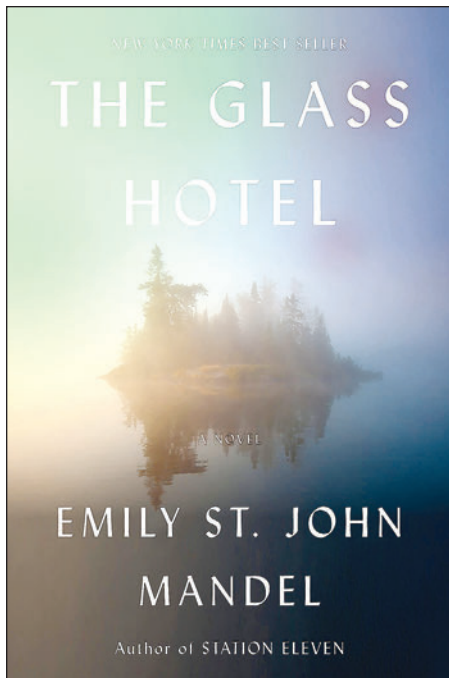


image provided

victims of Alkaitis' fraudulent investment scheme. Paul is a composer and addict in recovery; Olivia, is an octogenarian who invested her retirement savings; Leon is a former consultant for a shipping company. There are also many office workers who enabled Alkaitis and now fear severe consequences.

The Glass Hotel is a captivating story of crisis and survival. The author takes us through hidden landscapes: campgrounds for the near-homeless, underground clubs, international shipping, luxury

hotels and life in a federal prison. The book is a portrait of greed and guilt, love and delusion, art and the ghosts of our pasts, and the infinite ways we search for meaning in our lives.*

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My son struggles with handwriting. He's in second grade. I know eventually he will use technology instead of handwriting, but I

think he needs to learn how to write, and I want to help him. Please give me some suggestions.

Johnnie W, Fort Myers

Johnnie,

You are choosing the correct path for your child. Everyone needs to learn how to write and how to read handwriting. For a while there was a trend to do away with manuscript and cursive, but it has been put back into the curriculum as educational leaders realized how important a skill penmanship is. Here are some suggestions for you to use as you work with your son.

Writing may not seem physically demanding but sitting properly and controlling pen and paper require muscle strength and stability in the shoulders and core. Activities that build strength in these areas can help. Activities like

planks, push-ups, wheelbarrow walking, crab walking, shooting baskets, hanging from monkey bars and rope climbing are excellent for building strength and stability. Even reading while lying tummy down on the floor builds strength.

For a child to write properly, both sides of his body need to work together, as we see when one arm holds the paper stable and the other does the actual pencil work. Any activity that encourages coordinated movement on both sides of the body provides good reinforcement including crafts that use scissors where one hand holds, the other cuts.

Physical exercises that require cross-body coordination are helpful, too. Have your child do some cross-body exercises before writing – like making windmills, jumping jacks, touching alternate toes and mountain climbers.

Holding a pencil properly is a challenge for many kids. Your child can strengthen his fingers and improve his pencil grip using "pincher" tools found around the house. These include tweezers, clothespins, children's chopsticks that are joined at one end and ice tongs. Here's a game to play to strengthen the pincher grip. Toss pieces of cereal, balled-up scraps of paper or small pencil erasers onto a tabletop. Then see how many you and your child can pick up with a pinching tool in a minute. You may also want to play board games and use pincher tools to move the playing pieces, providing for even more practice.

Experts advise trying activities that help your kid focus on feeling not seeing how a letter is made. For example, use your finger to trace a letter on your child's back. Or he can close his eyes while you trace a letter on his palm. Then see if he can reproduce that letter on your back or on a piece of paper. At home, young kids can spray big shaving cream letters on the tile wall at bath time or they can smooth out the cream on the tile and write letters in the foam itself.

Another great way to feel how letters are made is to use clay, which is a versatile medium. It's dense, responsive, builds hand strength and increases fine motor skills. Roll the clay into ropes and practice making letters with your child, which reinforces the shapes of letters in his mind as well. The clay provides sensory feedback, which gives more information to the brain about how the letters are formed.

Despite having difficulties writing, many children may be brimming with great ideas, and putting those ideas into written words can be so frustrating for them. Encourage your child to record himself while he talks through his thoughts or the story he'd like to tell. He can then play the recording back when he sits down to write. This can be a helpful and confidence-boosting tool.

Using these strategies will increase your son's strength and coordination so that he can form letters and numbers with ease. If problems persist, a consult with his teacher is warranted.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.*



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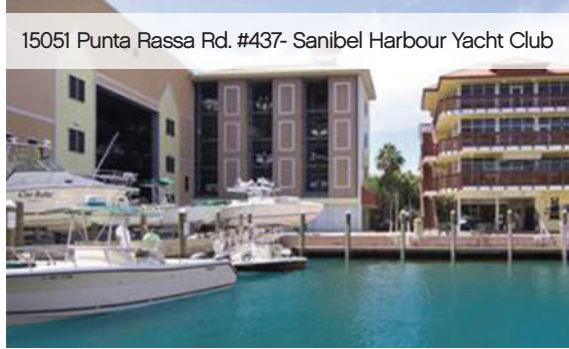
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Superior Interiors

Is Your Home Lacking Character?



by Trinetta Nelson

You likely want your home to be welcoming, cozy and clean for hosting your friends and family. However, you also want your property to be distinctly your own. If you feel like your home is lacking

some character, here are a few easy things you can do to instantly boost your space's integrity.

Small changes can make a big difference when it comes to adding character to your home. Consider switching out your generic hardware and lighting fixtures for some creative options that match your personal style better. Changing your silver cabinet handles to copper to match your kitchen can be an eye-catching addition. Similarly, a chandelier or large, modern lighting fixture in your dining or living room can be both the focal point of the room and be functional.

When was the last time you noticed your trim? This feature of your home is often overlooked but giving it a fresh coat of paint can do wonders for any room. If the trim is still natural wood, consider painting it a fresh white for a clean look that will outline your walls and any decor. On the other hand, if you want your walls

to appear more spacious, you may want to color the trim the same hue as the rest of the room or add some drama by painting an accent wall.

Another creative way to add some more interest to your home is to opt for unique wall or ceiling treatments. Shiplap and textured wallpaper are great additions to any room, whether it be on an accent wall or encompassing the entire perimeter of the space. However, ceiling treatments are also a popular way to add some extra integrity to your home. Instead of a simply white ceiling, try shiplap up above or even a medallion to bring attention to a light feature or certain architectural element. This is a relatively small project that can be completed in a day but will immediately transform your room.

The windows are an interesting feature of your home because they can be viewed from both the inside and out. Instead of having plain draperies or flimsy curtains, get creative with your window treatment to really make a statement. Curtains and draperies come in a variety of colors, patterns, textures and materials that can add charm to your living spaces and look elegant from the street.

Finally, don't forget to spruce up the exterior of your home as well. Painting the exterior trim, updating landscaping and adding shutters are all a great way to have your personality shine through and add curb appeal. By adding some of these extra touches, your property will stand out from the others on the block, and guests will always know which home is yours. The outside of your home is one of the first things guests and passersby see, so it's important to add a bit of extra flair on the exterior as well.

*Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinetta@coindcedden.com.**

Chamber Speaker Gives Insight On Tourism

The Sanibel and Captiva Islands Chamber of Commerce hosted a virtual meeting on September 17 with guest speaker Dana Young, president and chief executive officer of Visit Florida. Young spoke about the current state of tourism from the perspective of Florida's official destination marketing organization.

In her Florida Tourism Rebound & Recovery presentation, Young talked about the state's Economic and Demographic Research (EDR) studies for assessing Florida's readiness to again promote tourism.

Young pointed out that the state's readiness depends upon a number of factors including health conditions; whether residents are ready to welcome visitors; and the availability of beaches, attractions, restaurants and accommodations.

"We've been tracking metrics for travelers and residents to determine when would be an appropriate time to launch a campaign and we determined, by sentiment on both sides, that people in Florida are ready to travel in-state, at a level where it's time to assist partners with advertising to get back on their feet." She added that campaigns targeting out-of-state domestic travelers will kick in within the

next few weeks.

Young outlined campaigns to target in-state and domestic travelers, including co-op opportunities through ads, social media, billboards and travel banners. The Sanibel-Captiva chamber plans on participating in co-op ads in October and November as it gears up for season, said John Lai, chamber president and chief executive officer.

Young took the lead position with Visit Florida in January 2019. A sixth-generation Floridian born and raised in Tallahassee, she previously served in the Florida House from 2010 through 2016, rising to majority leader for the 2015 and 2016 legislative sessions. In 2016, she was elected to the Florida Senate, where she represented parts of western Hillsborough County for two years. She is also a member of the U.S. Travel Association's Chairman's Circle.

"Throughout her career as a Florida attorney, Dana has served in leadership positions working to cultivate and protect Florida's exceptional business climate and a world-class quality of life," said Lai. "She came to Visit Florida with a complete tool set for the position, and we truly benefited from hearing her expertise on the topic of where tourism is headed in the current pandemic climate."

For more information on upcoming meetings, contact Ashley Pignato, chamber member services manager, at ashley@sanibel-captiva.org.*

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Rotary Happenings

submitted by Cindy Carter

During this strange COVID time, there have been many stories of compassion in times of heartache. This week at our hybrid Rotary meeting, we heard from Kayla McCurry about "Put It On Pete's Tab." Peter O'Brien, McCurry's boyfriend, worked for Rotarian Bill Letendre at the Blue Giraffe Restaurant. O'Brien sadly passed away, unexpectedly, in March of this year. He was known to many as a nice guy who always had a smile. He was not only a veteran of the hospitality industry, but also visited those very restaurants leaving tips that usually exceeded 50 percent.



Put It On Pete's Tab was created to take care of those that take care of us; the essential but often forgotten workers within the hospitality industry. When O'Brien passed away, he had money in his bank accounts as well as a note that said they should consider this "Peter's last big fat tip." His family decided to gift this money to his friends that had all recently lost income due to COVID-19 restaurant closures. The spark of Put It On Pete's Tab had been lit. Random conversations led to an idea that could carry on O'Brien's legacy of generosity and purely altruistic giving by coming together and creating a community. And thus the



image provided

Facebook group was born. Within two weeks, Put It On Pete's Tab had over \$1,000 in donations and 300 members. It was officially launched as a registered nonprofit on May 22 and surpassed \$10,000 in contributions a little over a month later.

The group paired with Point Ybel Brewing Co., who created Pete's Pint in his memory, described as a "perfectly Pete and perfectly drinkable" IPA to help raise money for the charity. The special brew sold out in one day. It can now be found at several local Sanibel restaurants, including Blue Giraffe, located in Periwinkle Place shopping center.

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

Captiva Community Panel Report

The next meeting of the Captiva Community Panel will be held as a Zoom webinar on Tuesday, October 13 beginning at 9 a.m. The public will be able to hear and see all the discussion and ask questions in writing via the Q&A feature. This meeting is open to the public. Information and background documents are available online at www.captivacommunitypanel.com.

Captiva Erosion Prevention District (CEPD) will hold its monthly meeting via Zoom on Monday, October 12 beginning at 1 p.m. Log-in information is available online at www.mycepd.com.

The Lee County Library System has reopened the Captiva Memorial Library as of October 6. Hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Curbside pickup will continue Tuesday through Saturday.

Signage is posted for following CDC guidelines and social distancing. Plexiglas shields have been installed at all public service desks, and hand sanitizer and disinfectant wipes will be provided to the public. A limited supply of facial coverings, supplied by LeeCARES, are available to the public. Study rooms and meeting rooms are not open at this time.

October is virtual Fandom Fest month which includes four themed weeks: Sword & Sorcery (October 4 to 10), Asian & Pop Culture (October 11 to 17); Space (October 18 to 24); Superheroes & Villains

(October 25 to 31). For a schedule of events, visit the Fandom Fest page at www.leelibrary.net.

Miss Naomi offers Cozy Reads for Autumn this October. Go to Staff Recommended Newsletters and click on Exploring with Miss Naomi.

The library is now offering patrons access to Rosetta Stone, an online language-learning program with 30 languages to choose from.

Captiva Memorial Library is located at 11560 Chapin Lane. For more information, call 479-INFO (4636) or visit www.leelibrary.net.*

From page 1

Drive-In Theater

celebration to remember and an occasion to look forward with optimism to the refuge's future," said DDWS Executive Director Birgie Miller. To join in the memory-making by becoming a sponsor, email development officer April Boehnen at aprilb@dingdarlingsociety.org or call her at 472-1100 ext. 4.

Tickets to the gala will go on sale at the end of October. Space is limited to 70 cars, but there is no limit as to how many people can occupy each vehicle. To learn more and to purchase tickets, visit www.ding75.org.

The following sponsors have already offered their support of the refuge: Champion Sponsors: Wayne and Linda Boyd; Guardian Sponsor: Doc Ford's Rum Bar & Grille; Protector Sponsor: Mitchell's Sand Castles Resort, Rotary Club of Sanibel-Captiva. Defender Sponsor: Sanibel Moorings Resort.*



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- **\$2,300,000** Euro 2,129,481

5. Direct Access Canal Home with Private Dock – Sanibel

- 3 BR/ 2 BA ground level home on corner lot in Water Shadows community
- Remodeled home with garage and private pool overlooking the canal
- **\$995,000** Euro 859,099

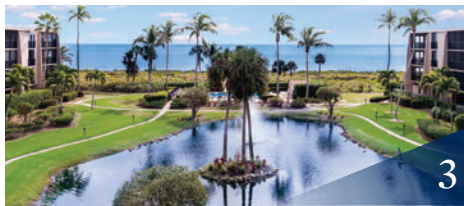
6. Remodeled at Sanibel Arms West

- 2 BR/2 BA condo with open kitchen with granite countertops
- Community amenities: large pool, beach frontage, on-site mgmt/ rental office, tennis & more
- **\$546,000** Euro 506,304



1. Magazine Ready Home in Sanctuary – Sanibel

- 5 BR/5.1 BA property situated on the bay & intercoastal waterway and framed in by the Sanctuary's signature 4th hole
- Boasting 11,000sqft, interior finishes include luxurious access wall of glass, walk in wine cellar, marble inspired Cambria counters, statement light fixtures & over a million dollars in updates
- **\$2,998,000** Euro 2,658,932



2. Direct Access Canal Home with Boat Dock & Lift – Sanibel

- 3 BR/ 3 BA home located on almost 100ft of canal frontage with direct Gulf access
- Old Florida style home with boat dock & lift, quick access to San Carlos Bay, screen enclosed pool
- **\$995,000** Euro 859,099

3. Direct Gulf Views at Sundial East – Sanibel

- 2 BR/2 BA condo +den with views directly out to Gulf of Mexico.
- Open kitchen w/ granite counters & SS appliances. Comm pool, tennis, beach access & more.
- **\$899,000** Euro 776,211



NEW LISTING



10. Privacy Meets Paradise in The Dunes – Sanibel

- 4 BR/ 3.5 BA home located at the end of a cul-de-sac with panoramic lake & golf course views
- Open kitchen, screen enclosed pool and lanai, new roof, and whole house generator
- **\$899,000** Euro 776,211

11. Remodeled at Surfside 12 – Sanibel

- 3 BR/2 BA top floor condo with soaring ceilings and view of the Gulf
- Remodeled kitchen & baths, community offers beach access, pool, & tennis
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12. Duplex Style Home on Sanibel

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7. One East End Across from Beach W/ Boat Dock

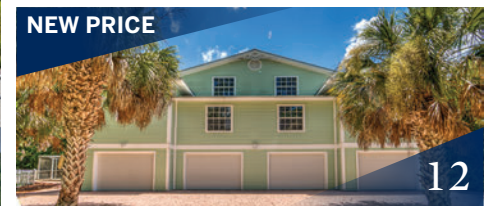
- 3 BR/3.5BA + den & loft in Eastwood Landings w/ tennis, boat dock & beach access
- Main floor master, fully mitigated, high ceilings & screen enclosed pool
- **\$1,390,000** Euro 1,173,466

8. Gulf Pines with Lake Views

- 3 BR/3 BA home close to the beach path on Sanibel's West End
- Community amenities include pool and tennis courts
- **\$745,000** Euro 624,266

9. Updated Tropical Beach Condo at Loggerhead Cay - Sanibel

- 2 BR/ 2 BA remodeled kitchen, French doors, plantation shutters & Gulf views
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Will Power

Locked Up Until Age 35?



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

Rob, a well-mannered, intelligent 25-year-old beneficiary to his grandfather's trust came to me with a question: "My father told me that I can't have any of granddad's money until I'm 35 years old because that's what's in the trust," he said, handing me a copy of the document. "I understand granddad's wishes but I took a job in Atlanta and rather than rent, I'd like to buy a condo. There's plenty of money to do that, but Dad says I can't."

I skimmed through the trust document and found the provisions for a staged distribution, the first to occur upon Rob's 35th birthday, the second at his 40th and the last upon Rob attaining age 45. "Does your father think it's unwise to buy the Atlanta condo you're looking at?" I asked.

"No, actually," Rob said, looking a little exasperated. "He thinks it's a wise investment and that the condo is a good deal. It's near Piedmont Park and needs a little work, but I'm capable of reflooring and painting the place, which would add a lot of value right away."

"So, what's the holdup?" I asked.

"Dad says the trust can't distribute anything to me until I'm 35."

"That's not what the trust reads," I stated, pointing to the applicable section in the legal document. Your father's the trustee, so he's in charge of determining how the trust funds are invested, and whether distributions should be made and when. It doesn't say that you can't have any of the trust proceeds until age 35, only that upon that age you can demand that one-third of the principal of the trust be distributed out of the trust to you, so that you can control that amount. You can also demand one-half of what is left at age 40 and the entire remainder by age 45."

Rob furrowed his brow. "I'm not sure I understand. What you're saying is that Dad can make a distribution to me even though I'm only 25?"

"Yes!" I replied. "The trust funds aren't locked up until you're 35. It's just that your father can decide whether he believes a distribution is appropriate. Your trust share is known as a 'discretionary trust.' In other words, your father, as trustee, can exercise his discretion over the trust funds for you. Earlier, you told me that he thinks you purchasing the condo is a good idea. So if he wants, he can make the

distribution to you and you can buy it."

"What if the purchase price is more than one-third of the value of the trust?" Rob asked. "When I turn 35, have I forgone that one-third distribution?"

"Your father has the discretion to distribute the entire trust to you if he feels it's appropriate," I informed, adding, "When you turn 35, you may still request a distribution of one-third of the remaining balance, even though your father let you use trust funds to buy the condo."

"Wow, I never knew that," Rob said.

"I'll add one more thing," I said. "The trust is earning interest and dividends each year. At a minimum, your father should consider distributing those out to you since your tax bracket is lower than the trust tax bracket, and the income tax paid will be less."

"Wait a minute!" Rob exclaimed. "I earn more than the trust does! Why would I be in a lower bracket?"

"Because when a trust accumulates income, it becomes the taxpayer. The trust income tax bracket is so compressed that when it has income around \$13,000, it is in the highest marginal income tax bracket. You won't reach that bracket unless you make several hundred thousand dollars."

"There's so much to know with all this," Rob said.

"Yes, there is. But that's why you came to ask me."

This is a real-world conversation with the facts changed so as to protect confidentiality. If you have a question about a testamentary (after death) trust established under a will or a revocable trust, make sure you ask a qualified attorney. It's not uncommon for lay people to misinterpret trust language, losing opportunities.

Hope this helps you help others!

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Agent Joins Real Estate Company

John Bondurant has joined Kingfisher Real Estate as a real estate agent. Hailing from Minnesota, Bondurant adopted Sanibel as his hometown at the age of 6. He grew up in a real estate family, learning every aspect of the business, and has been a licensed



John Bondurant

Florida agent since 2009.

Bondurant attended The Sanibel School and participated as a volunteer at Sanibel Historical Museum and Village, "Ding" Darling National Wildlife Refuge, Clinic for the Rehabilitation of Wildlife (CROW) and Bailey-Matthews National Shell Museum. He attended Bishop Verot High School and Florida Gulf Coast University in Fort Myers. He is a lifelong sports enthusiast and played four years of football in high school. He recently discovered island pickleball.

An accomplished chef and bartender, Bondurant's hobby is international culinary arts. During a break from Florida real estate, he graduated from The French Culinary Institute in New York City.✪

How's The Market? Ask Ann

Last week, we attended a Virtual Membership Meeting at the Sanibel & Captiva Islands Association of Realtors. They invited Dr. Brad O'Connor, who is the Chief Economist for the Florida Realtor Association, to speak to the members. In addition to his forecasting Real Estate market conditions in 2021, he answered some questions from our members. The data explained on a state level was very similar to what we have been reporting, namely increasing pending sales, resulting in a substantial increase in closed sales (I noted that Sanibel's sales were 15% higher than the State of Florida's sales results). He predicted that interest rates would remain low. He did not think our current strong market condition should be compared to our "Real Estate Bust" of 2007. During that period, we had excessive Real Estate inventory as opposed to a very low inventory in the latter part of 2020. One courageous realtor asked his opinion on what effect the current Presential election will have on the Real Estate market? I don't have a guess, but he did not think it would have a major effect on our market. He also thought the older Millennials who are approaching 40 years old are starting to buy real estate. In conclusion, I come away from our Zoom virtual meeting being optimistic. What a great country we live in.



Ann Gee
Broker/Owner



9 Closed Sales Going Back A Week:

2840 W. Gulf Dr. #36 Seashells - \$365,000	255 Periwinkle Way 7C Island Beach Club - \$750,000
560 Piedmont Rd. - \$450,000	1114 Sabal St. - \$769,000
9240 Belding Dr. - \$600,000	1121 Skiff Pl. - \$975,000
2721 W. Gulf Dr. 112 Sand Pointe - \$655,000	2739 Wulfert Rd. - \$1,163,000
1068 White Ibis Dr. - \$680,000	

Thank you for reading my column.

Feel free to call or email me with any questions or comments. Stay safe.

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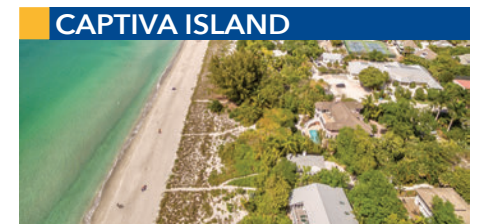
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Frankly Speaking

by Howard Prager



Floridians, what's in your water? We are in the midst of a Florida sports renaissance. The Lightning won the Stanley Cup although got into hot water

from over-the-top celebrating and not staying safe. The Rays are the best team in the AL and now face their archrival Yankees. The Marlins – who started the season with a number of players coming down with COVID-19 – beat those odds and swept my struggling Cubs and now face the Braves who also swept the Reds in the wild card. This is only the third time the Marlins have been in the playoffs, and the past two times they won the World Series. The Heat, an unlikely Finals team at the start of the season, can hold their heads high. Whatever (has) happened this week, they took the Lakers to task and held LeBron in check on Sunday night with a triple double effort by Jimmy Butler while two of their leading players sat out with injury. Tom Brady is working his magic with the Bucs, and the Gators are off to an impressive start in NCAA football.

Let's go to the NBA for an interview today with one of the top NBA podcasters, Nate Duncan, host of *Dunc'd On* and *NBACast*. Duncan's a lawyer

by training so I asked how he got into becoming an NBA analyst? "I always loved basketball. I read a lot about it and the pioneers in basketball analytics, and consumed all the basketball media I could throughout the 2000s. I wanted to just try something different and started a little blog to cover low level events. I started a podcast with Danny Leroux in 2015 because I thought there was a market for a more detailed podcast. I'm fortunate that the podcast has taken off with over 40,000 subscribers who are really smart basketball fans."

What was your entry to the NBA? "I've been covering the Warriors for seven years, and when they took off it led to a lot of NBA and media connections." The challenge with covering the NBA is understanding the salary cap, to me one of the most confusing parts of the sport.

How did you prepare? "The biggest thing I did was, in 2013-14, I read the entire collective bargaining agreement and made flash cards to memorize and learn everything. I have broken that down the last six to seven years, and I maintain a list of free agents. I also hired a director of basketball research, and I watch a lot of games. It helps not having to write. That allows me to do better analysis for the podcast. I do a ton of reading, at least three hours a day."

What about the confluence of sports seasons... how has that affected the NBA Finals? And how did the Heat get here? "The NBA is trying to avoid conflicting with football primarily. That's why the games have been scheduled for weeknights and weekend nights. For

Miami, it's been four months since the NBA played, which can be viewed like a new season. Guys like Goran Dragic and Tyler Herro really improved since the regular season."

It appears that the bubble has been a success – no games have been cancelled and players have been COVID-19 free. Do you see that continuing into next season? "The NBA wants to get fans back into stadiums. A lot of this is up to the players and players association." (I've read that the NBA Players Association is the most powerful in all of sports). "In my opinion, I don't think they will go back in a bubble. Baseball and football have had mixed success (thus far). More rapid testing is coming onto the market and that's going to be a big game changer. Maybe teams will add a testing surcharge for fans before they can go into stadiums."

How do you see the NBA evolving? Will we ever see dynasties like the Celtics, Lakers and Bulls of the 80s and 90s? "Back then there was a bigger difference between teams. Some teams were just bad, and if you were a good organization you could take advantage of that. Today, even bad organizations aren't that bad. And with reform in the lottery rules, it's harder to get a bunch of high draft picks in a row. That's how the Oklahoma City Thunder were built – three great top five picks in a row. The odds of doing that now are astronomical. And contracts are shorter, just look at LeBron and Kawhi being with new teams."

Finally, under (former NBA Commissioner David) Stern and now

Adam Silver, the NBA has continued to attain an international following with over 100 international players on rosters. Where do you see this headed? "Behind soccer, basketball is one of the most popular sports internationally. Getting players from all over is important for that to continue. Africa, Europe, Asia, Australia and South America have provided players and has led to a much higher quality of play. Almost 25 percent of players today are international and adding them meant we've dropped the bottom 25 percent of U.S. players from the teams. It's a much higher level of play today." Thanks Nate.

Our good news story of the week is from football. Nick Foles, new QB of the Bears, was brought to Chicago during the early summer and needed to get into shape, a common problem during the pandemic. He asked his offensive coordinator who called his son Nolan. Nolan, a wide receiver, just started summer workouts with his Vernon Hills High School team, called a few friends and the workout was set. Said one of the receivers: "Foles' mechanics were always perfect, and he treated every throw like a regular NFL practice. He could throw it 50 yards downfield on a dime. Watching him work the way he did made me want to get better." Nice to see professionals reaching out to engage younger players.

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

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SPORTS QUIZ

1. Fred Thurston, an offensive lineman for the Vince Lombardi-era Green Bay Packers, was better known by what nickname?
2. What team selected Georgetown Hoyas basketball standout Ruben Boumtje-Boumtje with the 50th overall pick in the 2001 NBA Draft?
3. Name the brothers who played college football for the Miami Hurricanes and were both on the 1997 Seattle Seahawks roster.
4. What Big Ten team did Lute Olson leave to accept the head coaching job for the University of Arizona Wildcats men's basketball team in 1983?
5. What Heisman Trophy winner from the Florida State University Seminoles was selected by the New York Knicks in the first round of the 1994 NBA Draft?
6. *Brass Bonanza* was the popular theme song for what now-defunct NHL team?
7. What prolific actor was known as "The Hammer" during his eight-year pro football career in the 1960s?

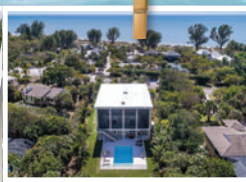
ANSWERS

1. "Fuzzy." 2. The Portland Trail Blazers. 3. Bennie and Brian Blades. 4. The University of Iowa Hawkeyes. 5. Charlie Ward. 6. The Hartford Whalers. 7. Fred Williamson.

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dearRPharmacist

All The President's Meds



by Suzy
Cohen, RPh

Dear Readers:
On Friday, October 1, the president of the United States and First Lady Melania tested positive for COVID-19.

President Trump's health is monitored constantly, and he is tested daily for the virus that has taken the lives of more than one million people worldwide, at the time of this writing.

He was taken to Walter Reed National Military Medical Center reportedly with symptoms of fatigue, a hoarse voice and headache, coughing and low-grade fever. He is going to receive better monitoring, and there are qualified, licensed physicians close by.

I think it's a good idea because he is in a high risk category being a senior, and overweight. That said, he has an extraordinary amount of vigor and energy and doesn't look or act 74 years old. He does not drink, or smoke, two risk factors that would be detrimental for this condition.

Now, let's talk about some supplements, and all the president's meds:

Zinc – Zinc deficiency will cause a person to fare out worse if they get

COVID-19 due to immune suppression and higher amounts of inflammatory cytokines.

Vitamin D – Vitamin D is thought to be able to reduce the severity of COVID-19 symptoms and reduce the respiratory distress problems associated with the condition.

Baby Aspirin – Studies show that COVID patients have thicker blood (a hypercoagulable state), so aspirin is an appropriate intervention.

Regeneron – A cocktail of antibodies given intravenously. This is given to eat up the virus, which reduces the body's viral load and speeds recovery. It is in late-stage Phase III clinical trials for potential benefit in the treatment and possibly prevention of COVID-19.

Famotidine – The use of this drug for President Trump may have to do with acid reflux, or perhaps from research discovered at Columbia University. Famotidine use seemed to lessen severity of the illness. Patients taking it were approximately 48 percent less likely to require a ventilator.

Melatonin – The news outlets are reporting that this natural supplement is for sleep, however, melatonin is also a strong antioxidant and powerful immune modulator. I think it's a brilliant adjunctive treatment during infection.

There are a few items that I would recommend using my background as a pharmacist. For one, I'd suggest a peptide given by injection called "Thymosin Alpha 1" which has been studied for its effect on COVID-19. This requires a prescription and is often used for people with Lyme disease, EBV, cancer, lupus and severe

fatigue. The POTUS would benefit from vitamin C due to its antioxidant benefits, as well as anti-viral herbs such as olive leaf extract and andrographis. Finally, a cup of matcha tea each day could help due to its strong immune-boosting effect. Probiotics would, of course, be useful since COVID is known to hide in the intestinal cells of the body.

In closing, I'd like to reiterate that I do not have access to President Trump's

medical chart, and I am providing my opinion here based upon the list of vitamins and medications that were publicly posted Friday. Please ask your doctor what is right for you.

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: My friend just lost her adult son to a sudden death. She seems to be coping well now, but my concern is that she will soon crash. How can I help her when that time comes?

A: We do not expect to outlive our children and regardless if the loss is sudden or caused by a major illness, grief is bound to occur. It's inevitable. It's possible your friend may still be in denial and the shock of her son's loss is just now beginning to sink in.

Grief comes in many forms. We all experience grief on some level, yet one of the greatest stressors in life is death of a loved one.

It would be helpful to check in with

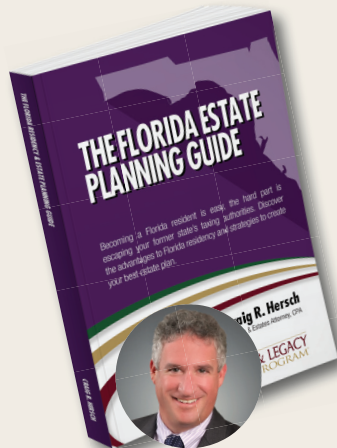
your friend a couple of times a week and make sure she has a good support system. If she is particularly strong, she may have good coping techniques. Remember, we all have our ways of grieving and coping. It is important to be a good listener and support. She will most likely weave in and out of the stages of grief: denial, anger, depression, bargaining and, finally, come to acceptance of her loss. You never "get over" a loss of that magnitude, however, you can heal and cherish the great memories. Your friend may want to talk, and it's important to be an active listener with no judgment. Often, people in grief just want to know they have someone there. At some point, if you feel she could see a professional to talk to, let her know that it is okay to do so. Continue to let her know you are there to support her.

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@drconstanceclancy@gmail.com or visit www.drconstanceclancy.com. ✨

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Is Your Plan:

- maintaining CONTROL over your assets while you're alive
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- providing the PEACE OF MIND knowing everything goes where you want when you pass
- **Most importantly, is your plan up-to-date and Florida-compliant?**



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

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Doctor and Dietician

A Smile Can Change The World



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

Did you know that smiling helps you AND others feel better, but it also is good for your health? Who does not love it when you receive a smile from an unsuspecting stranger? A little grin, smirk, smile, or big-broad beam carries immense feel-good power! In days where people are feeling tense, fearful, anxious and just out of sorts, we cannot underestimate the power of sharing a smile! And we need it for ourselves just as much as others.

Did you know that research reveals that children smile five to 10 times

more per day than adults? We need to start acting more like children, right?!

Smiling boosts our mood and stimulates our bodies to release cortisol and endorphins. These hormones provide numerous benefits that include reducing blood pressure, pain and stress as well as strengthening our immune systems and improving our endurance. Smiling stimulates the part of the brain that controls the reward mechanisms that supposedly even exceeds that of chocolate! Other studies have stated that smiling 62 times per day could make you feel like a millionaire! How about that?

Smiles are totally contagious – even to ourselves! Have you ever randomly smiled because someone smiled at you during a time when you were not even feeling that great and found that your mood lifted? Studies do show that smiling is “contagious” because the orbit-frontal-cortex activates that processes the sensory reward system. So next time someone smiles at you – feel rewarded!

Research shows that if you smile, even if your mood is not the greatest, you will see improvement in your mood – almost immediately! Do not believe it? Try it? The next time you are in the middle of an argument, smile and observe as the other person’s mood changes. The next time you receive annoying information or bad news, take a few moments to breathe, then smile,

and patiently wait for a few moments to trick your brain into improving your mood!

We love to smile. And we love to make others smile. We love to make our Caring Medical patients smile. If any of you know Dr. Hauser, his laugh will definitely make you smile! Marion owns a marketing company called Sorridi – which means smile in Italian. We also named our home Sorridi. Why? Because even during tough times, like when our first home on Sanibel burned to the ground in 2012, we needed to

smile. Tomorrow is a new day. Smile even though you are lonely and feeling down. It does the body good. And your neighbors as well! We will be looking for your smiling faces out and about.

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

Beautifulife:

Game Day



by Kay Casperson

This time of year, there is always so much excitement surrounding college football. We are big Alabama football fans since my husband was involved with the University of

Alabama. My daughter has also decided to attend college there. We have been going to the games either on campus or other parts of the country for a few years now. Both of my daughters are excited about the team each year, and it is so much fun to see them get into the school spirit. Attending the games is one way we can enjoy some great family fun that everyone looks forward to.

If you have ever been on campus when the teams are getting ready for a home game, you will know the kind of spirit in the air. From the students getting prepared to go to the game, the pre-game get-togethers, or the tailgating surrounding the stadium, there is a positive buzz in the air that is hard to beat. Looking around to see everyone sporting their team colors – in their clothing to their hair accessories – is so much fun and very uplifting.

I just recently attended the Alabama Crimson Tide home football game. Although things were different because of the pandemic, the spirit was just as strong. There was a limited amount of fans allowed in the stadium, and there was no permitted tailgating. Yet, we felt the school’s support for the players and the organization everywhere we went.

I wondered how it would be in a stadium that just went through a significant renovation. Would there be the

excitement, the noise and the buzz in the air that you feel when you see thousands of fans cheering together for their favorite team? Well, I have to say that I was pleasantly surprised at how seamless things were from the start. Everyone had their school spirit masks on and were seated apart from others, except family members. I was also pleasantly surprised by the sound of cheers coming through loud and clear even with only 20,000 fans allowed out of 100,000 people that generally participate.

I missed seeing the cheerleaders on the field as they were positioned up in the stands by the band. I also missed seeing the marching band on the field, but instead, we saw the virtual band on the big screens. Everything else was virtual, including the flyover after the national anthem and the half-time entertainment. But, we still felt very blessed to be at a game and cheer for the players coming out. It gave a sense of normalcy and optimism that we have all been hoping and praying for.

Yes, game day is fun, whether you are at home watching your favorite team on television, or able to participate in person. It is a reason to get together as a family or with friends. There is always something special about celebrating the victories and dissecting the losses. Game days can warm our hearts, lift our spirits and brighten our days. They are a part of living my beautiful life, and I look forward to them every year.

My affirmation for you this week is: “I am celebrating the game days and cherish the opportunity to cheer on my favorite teams.”

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

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PETS OF THE WEEK photos provided



Thora ID# A829147

Lee County Domestic Animal Services

Thora And Jayla

Hello, my name is Thora. One look into my emerald eyes, and you will most certainly fall in love. I am a 2-year-old female domestic shorthair with stunning beauty and strong affectionate qualities. I do prefer to be queen of my castle and the only feline in the home. But, with this combination of looks and personality what more do you need?

My adoption fee is \$50.

Hi, I'm Jayla. I am a 4-year-old female labrador retriever and rottweiler mix who has the perfect combo of the rottie head, lab fur and personality.



Jayla ID# A829143

I am a playful pup that likes to run around in play yards and going for walks. If you have an active lifestyle, I would be a great fit. To visit with me, visit www.leelostpets.com and complete an online application, and call 533-7387 to make an appointment.

My adoption fee is \$75.

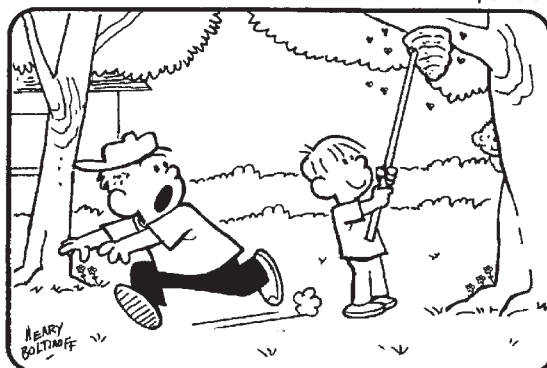
*Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopted one and get a feline friend at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

PUZZLES

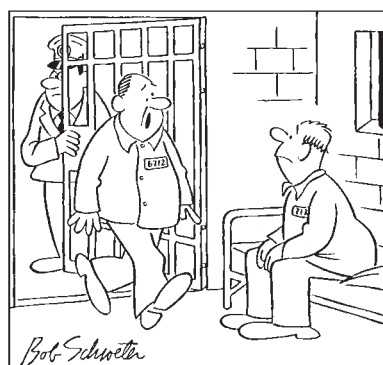
HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: Bear has been added. 2. Window is wider. 3. Pants are longer. 4. Flowers have been added. 5. Bushes have been added. 6. Tree has additional limb.



"I turned down _____ do you realize what the cost of living is out there?"

Answer on page 39

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!

Essential
PASTEL

Fortress
OBTAINS

Breach
SLEAP

Cover
PARED

TODAY'S WORD



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

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

PUZZLES

Answers on page 39

Super Crossword

ANALGESIC APPEAL

- ACROSS**
- 1 Along the shore
 - 8 Terra- —
 - 13 Best Picture of 2014
 - 20 Ancient city of Palestine
 - 21 Willow used in wickerwork
 - 22 The teensiest bit
 - 23 Start of a riddle
 - 26 Midler of "The Rose"
 - 27 Brand of sunglasses
 - 28 Christie of mysteries
 - 33 Tatty garb
 - 35 Weasels' cousins
 - 40 Riddle, part 2
 - 44 Frenziedly
 - 45 Roof supports
 - 46 Cupid, to Greeks
 - 47 In a crafty way
 - 48 Brewer's supply
 - 49 Riddle, part 3
 - 55 — Lingus (Irish carrier)
 - 57 Actor Erwin
 - 58 Not any
 - 59 Attraction
 - 62 Less long-winded
 - 66 Form anew
 - 71 Favorable
 - 72 Riddle, part 4
 - 75 Scads
 - 76 Secret group in "The Da Vinci Code"
 - 78 Needlework
 - 79 High point
 - 81 — -Z (old Camaro)
 - 83 — Aviv
 - 84 Cut off
 - 85 Riddle, part 5
 - 93 Clay target sport
 - 97 Vietnamese capital
 - 98 This, in Lima
 - 99 Island of southern Japan
 - 101 Totals
 - 102 End of the riddle
 - 107 Wheat or cotton grown to sell, e.g.
 - 109 See 38-Down
 - 110 Types in
 - 111 Actress Elizabeth
 - 114 1990s ABC sitcom
 - 116 Riddle's answer
 - 126 Cooking style
 - 127 Employ again
 - 128 Narrator in "Moby-Dick"
 - 129 Air Force noncom: Abbr.
 - 130 Judge's cry
 - 131 Gloria of Ms. magazine
 - 15 Meet with the old class
 - 16 Barely lit
 - 17 Unruly throng
 - 18 Ocean east of Va.
 - 19 Anti's vote
 - 24 Other, to Juan
 - 25 Enters via a keyboard
 - 28 Highbrow
 - 29 Richard of "The Dinner"
 - 30 Hue of blue
 - 31 Madame — (wax museum)
 - 32 Prynne in "The Scarlet Letter"
 - 34 Litigious type
 - 36 Metropolis in Colombia
 - 37 — nitrite (angina treater)
 - 38 With 109-Across, like "1-800-"
 - 39 "The — the limit"
 - 41 Recipe amt.
 - 42 Lead-in to law or med
 - 43 "Ur hilarious"
 - 47 CIA spooft film of 1974
 - 50 About
 - 51 List details
 - 52 Surgery aide
 - 53 Merit
 - 54 Turn into ice
 - 56 Directs attention (to)
 - 59 In days past
 - 60 Cut off
 - 61 Hitter Gehrig
 - 63 Farm mother
 - 64 Sends out
 - 65 Begin afresh
 - 67 Make manually, as socks
 - 69 Pan's cousin
 - 70 Old verb ending
 - 73 Street scene
 - 74 Eye up
 - 77 503, in old Rome
 - 80 Navy officer
 - 82 At little cost
 - 85 — -A-Mole (carnival game)
 - 86 "If I — Hammer"
 - 87 Additional stipulations
 - 88 Daniel with a Comedy Central show
 - 89 Va. hours
 - 90 Dough
 - 91 Innocent sort
 - 92 Mug, e.g.
 - 94 Gutter locale
 - 95 Fancy vase
 - 96 Converts into leather
 - 100 Most astute
 - 102 Making level, with "up"
 - 103 Big wasp
 - 104 Garage gunk
 - 105 "Catch-22" novelist
 - 106 Be a snitch
 - 108 Tennis' Evert
 - 112 Architect
 - 113 Belgian river to the North Sea
 - 115 Greek deity of discord
 - 116 Play a part
 - 117 "7 Women" co-star Lyon
 - 118 Selfie, say
 - 119 Sort of: Suffix
 - 120 Cabinet dept. concerned with homes
 - 121 Revolutionist
 - 122 Former U.K. record label
 - 123 Holm of films
 - 124 22nd letter
 - 125 Majestic tree

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	
97								98						99	100					
101							102	103					104	105	106					
107																	110			
116	117	118	119									120				121	122	123	124	125
126																				
129																				

King Crossword

ACROSS

- 1 Former freshmen
- 6 Squid squirt
- 9 Doctrine
- 12 Construction piece
- 13 Cattle call
- 14 IRS employee
- 15 1492 ship
- 16 SAT takers' equipment
- 18 Pet rodent, often
- 20 Warmth
- 21 Second person
- 23 More, to Manuel
- 24 Portion of a repair bill
- 25 Great Lake
- 27 Amulet
- 29 "Where the Wild Things Are" author
- 31 "Nighthawks" painter
- 35 Edition
- 37 Genesis maker
- 38 Sings like Ella
- 41 Apprehend
- 43 Promptly
- 44 Sea eagle
- 45 Downy ducks
- 47 Necklace ornament
- 49 "Psycho" star
- 52 Commotion
- 53 Tall tale
- 54 Rod of tennis lore
- 55 Actress Myrna
- 56 Toss in
- 57 Tools for duels
- 6 Mischievous
- 7 Yule refrain
- 8 "— -Tiki"
- 9 Less friendly
- 10 Pie-in-the-face sound
- 11 Sail supports
- 17 Winners
- 19 Supports
- 21 "Certainly"
- 22 Mined find
- 24 Expert
- 26 Rewrote, maybe
- 28 Winning
- 30 Fool
- 32 Musingly
- 33 Swelled head
- 34 Uncooked
- 36 One
- 38 Calyx component
- 39 Guiding principle
- 40 Bother
- 42 Ball VIP
- 45 Oklahoma city
- 46 Harvest
- 48 Carte lead-in
- 50 "Golly!"
- 51 Storefront sign abbr.

DOWN

- 1 Taste the tea
- 2 Japanese sash
- 3 Gotham City
- 4 Detest
- 5 Unctuous flat-tery

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			

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

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

- | | | | |
|-----------|-----------|---------|---------|
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| Cuba | Honduras | Kenya | Uganda |
| Ethiopia | India | Laos | Vietnam |
| Guatemala | Indonesia | Mexico | |

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	FRIDAY Few Showers High: 85 Low: 76		SATURDAY Mostly Cloudy High: 83 Low: 75		SUNDAY Cloudy High: 85 Low: 74		MONDAY Few Showers High: 86 Low: 78		TUESDAY Cloudy High: 84 Low: 74		WEDNESDAY Partly Cloudy High: 86 Low: 78		THURSDAY Partly Cloudy High: 85 Low: 75
--	--	---	--	---	---	---	--	---	--	---	---	---	--

Redfish Pass Tides

Day	High	Low	High	Low
Fri	5:07 am	1:38 pm	None	None
Sat	6:19 am	2:55 pm	11:40 pm	None
Sun	7:57 am	1:32 am	11:50 pm	4:00 pm
Mon	9:34 am	3:22 am	None	4:53 pm
Tue	12:06 am	4:30 am	10:51 am	5:38 pm
Wed	12:23 am	5:25 am	11:56 am	6:16 pm
Thu	12:41 am	6:14 am	12:54 pm	6:50 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	4:12 am	1:40 pm	None	None
Sat	5:24 am	2:57 pm	10:45 pm	None
Sun	7:02 am	1:34 am	10:55 pm	4:02 pm
Mon	8:39 am	3:24 am	11:11 pm	4:55 pm
Tue	9:56 am	4:32 am	11:28 pm	5:40 pm
Wed	11:01 am	5:27 am	11:46 pm	6:18 pm
Thu	11:59 am	6:16 am	None	6:52 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:59 am	12:57 pm	7:29 pm	11:20 pm
Sat	5:44 am	2:19 pm	8:34 pm	11:55 pm
Sun	6:40 am	3:30 pm	9:46 pm	None
Mon	8:01 am	1:20 am	11:04 pm	4:34 pm
Tue	10:29 am	4:11 am	11:58 pm	5:36 pm
Wed	12:03 pm	5:39 am	None	6:30 pm
Thu	12:34 am	6:43 am	1:03 pm	7:16 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	7:17 am	4:54 pm	None	None
Sat	8:29 am	6:11 pm	None	None
Sun	1:50 am	4:48 am	10:07 am	7:16 pm
Mon	2:00 am	6:38 am	11:44 am	8:09 pm
Tue	2:16 am	7:46 am	1:01 pm	8:54 pm
Wed	2:33 am	8:41 am	2:06 pm	9:32 pm
Thu	2:51 am	9:30 am	3:04 pm	10:06 pm

My Stars ★★★★★

FOR WEEK OF OCTOBER 5, 2020

Aries (March 21 to April 19) A

workplace change doesn't seem to have turned out quite as you'd hoped. Never mind: Just treat yourself to a healthy dollop of that Aries self-confidence, and you'll soon view things differently.

Taurus (April 20 to May 20) Some of the support you might have hoped for in a difficult situation might not be there. But you have the strength to rely on your own capabilities if you must. Good luck.

Gemini (May 21 to June 20) A disagreement with a longtime friend can be painful, but it also can be a learning lesson. Insist on a full and complete airing of views. You'll both come away the better for it.

Cancer (June 21 to July 22) A stalled relationship can be restarted with some give and take on both sides. And while it could take more time than you expect, don't rush it. Be patient, and let it happen naturally.

Leo (July 23 to August 22) An opportunity to move a long-stalled project from concept to construction might be opening up for the Big Cat. Meanwhile, be prepared to spend more time dealing with

family matters.

Virgo (August 23 to September 22) Use your Virgo organizational skills to line up support to help you deal with a sticky workplace problem. A personal matter also might be helped with friendly intervention.

Libra (September 23 to October 22) Trying to resolve a workplace problem with a longtime associate can be difficult. Consider bringing in an impartial third party to help you both reach a mutually acceptable solution.

Scorpio (October 23 to November 21) This is a good time to assess your current career situation. Consider whether you have a chance to move up where you are now, or if you should look elsewhere.

Sagittarius (November 22 to December 21) With education being a dominant part of this week's aspect, one of the things you might want to think about is taking courses to enhance your career opportunities.

Capricorn (December 22 to January 19) You might have a problem trying to stay focused on a matter you'd rather not deal with. But the sooner you do, the sooner it will be resolved and out of the way.

Aquarius (January 20 to February 18) An unforeseen complication creates a

difficult problem. But things get resolved once you use your ability to turn negative situations into positive experiences.

Pisces (February 19 to March 20) The Pisces penchant for doing the right thing at the right time helps you deal with a particularly troublesome situation. Consider your best option, and act accordingly.

Born This Week: Although you might sometimes seem rigid in your views, your love of justice makes you a trusted friend everyone can rely on.

MOMENTS IN TIME

- On Oct. 18, 1767, Charles Mason and Jeremiah Dixon complete their survey of the boundary between the colonies of Pennsylvania and Maryland, as well as areas that would become Delaware and West Virginia. The Mason-Dixon Line created the boundary at a northern latitude of 39 degrees and 43 minutes.

- On Oct. 15, 1863, the CSS *Hunley*, which would become the world's first successful combat submarine, sinks during a test run, killing its inventor and seven crewmembers. The *Hunley* was operated by a crew of eight – one man steered while the other seven turned a crank that drove the ship's propeller.

- On Oct. 14, 1892, *The Adventures*

of *Sherlock Holmes*, by Arthur Conan Doyle, is published. The book was the first collection of Holmes stories, which Conan Doyle had been publishing in magazines since 1887.

- On Oct. 16, 1923, Walt Disney and his brother Roy found the Disney Brothers Cartoon Studio in Hollywood, California. With the 1928 release of *Steamboat Willie*, the world was introduced to Mickey Mouse.

- On Oct. 12, 1940, cowboy-movie star Tom Mix is killed when his speeding Cord Phaeton rolls into a dry wash in Arizona. Mix died when he was hit in the back of the head by a heavy aluminum suitcase he was carrying in the convertible's backseat.

- On Oct. 17, 1968, American Olympic gold medalist Tommie Smith and bronze medalist John Carlos are forced to return their awards because they raised their fists in a black-power salute during the medal ceremony in Mexico City.

- On Oct. 13, 1975, Charlie Rich stood at the Country Music Association of America show to announce the Entertainer of the Year – and set fire to the envelope after he saw that John Denver was the winner. It was later said that Rich was

continued on page 38

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From page 36

Moments In Time

on prescription pain medication and gin-and-tonics that night.

NOW HERE'S A TIP

- For a little extra visibility in the basement, try applying glow-in-the-dark or reflective tape on the edges of the stairs.
- “Peppermint is a wonderful cure for indigestion. To make a quick peppermint tea, use a rolling pin to smash three to four peppermint candies. Add them to a glass of water and microwave for a minute and a half. Stir to melt the candies completely, and drink slowly.” – GL in California
- Don't stop reading just because it's hard to get to a library. Many public libraries are offering delivery services these days. My local library will let you reserve books online for quick pickup, renew your due date or even have books delivered to your home. Some have regular seminars on all kinds of topics – and many of them are done virtually.
- If you are replacing a hinge to re-hang a door and you need to use the same holes, make sure you add grip by placing a matchstick or toothpick in the hole before rescrewing the attachments.

Just break it off flush with the frame. It will add some security to the hole so it won't be as loose.

- Maintain a list of all drugs you take – both prescription and over the counter – and when you fill a new prescription, give a copy to your pharmacist to check for interactions. Also, if you have multiple or complicated medical issues, it might help to patronize a single pharmacy. That way, the pharmacist can advise you of any interactions or complications.
- “My mother swears by wrapping her feet in a vinegar-soaked rag once a week to soften calluses. She does this before her bath, and uses a pumice stone to rid her heels of hardened spots on the skin. It seems to work for her, so I thought I would pass it on!” – CD in Colorado

STRANGE BUT TRUE

- Some adult details made it into the final cut of the PG-rated film *The Santa Clause*. In one scene, Tim Allen's character jokes that his wife's number is “1-800-SPANK ME.” It turned out, however, that was a real line that you could call and hear some naughty stuff – as many overly curious children found out. The line was removed from future releases of the film.
- According to Hasbro, the tallest

Jenga tower ever was 40 levels, plus two additional blocks on top.

- There have been more than 300 different Kit Kat flavors in Japan, including soy sauce, “European cheese” and wasabi. Some of them are limited or regional editions. Because the candy bar's name coincidentally sounds like the Japanese expression “Kitto Katsu,” which translates to “You will surely win,” it is a popular good-luck gift for students ahead of their university exams.
- Astronauts cannot cry in space, as the tears need gravity to flow. They also lose their sense of smell in space.
- The fingerprints of a koala bear are so indistinguishable from those of humans that they have on occasion been confused at a crime scene.
- Winston Churchill had a doctor's note permitting him to drink “unlimited” amounts of alcohol while visiting the U.S.
- Speaking of beverages, in 16th-century Turkey, a woman could initiate a divorce if her husband didn't pour coffee for her.
- Because they both lost so many players to World War II military service, the Pittsburgh Steelers and Philadelphia Eagles combined to become the “Steagles” during the 1943 season.
- The Anglo-Zanzibar War (August

1896), between the United Kingdom and the Zanzibar Sultanate, is the shortest war in recorded history, clocking in at a mere 38 minutes.

THOUGHT FOR THE DAY

“Every strike brings me closer to the next home run.” – Babe Ruth

TRIVIA TEST

1. **Geography:** In which mountain range is Mount Everest located?
2. **Ad Slogans:** “What can brown do for you?” is a slogan for which company?
3. **Government:** What is the subject matter of the 12th Amendment to the U.S. Constitution?
4. **Music:** In what year was Live Aid held, a relief concert to benefit the Ethiopian famine?
5. **Psychology:** What is a fear of flying called?
6. **Animal Kingdom:** What is a group of porcupines called?
7. **Language:** What kind of sentence is the following: “The five boxing wizards jump quickly”?
8. **Games:** What is the most frequently landed-upon property in the Monopoly game?
9. **Food & Drink:** In which two U.S. states are coffee beans grown

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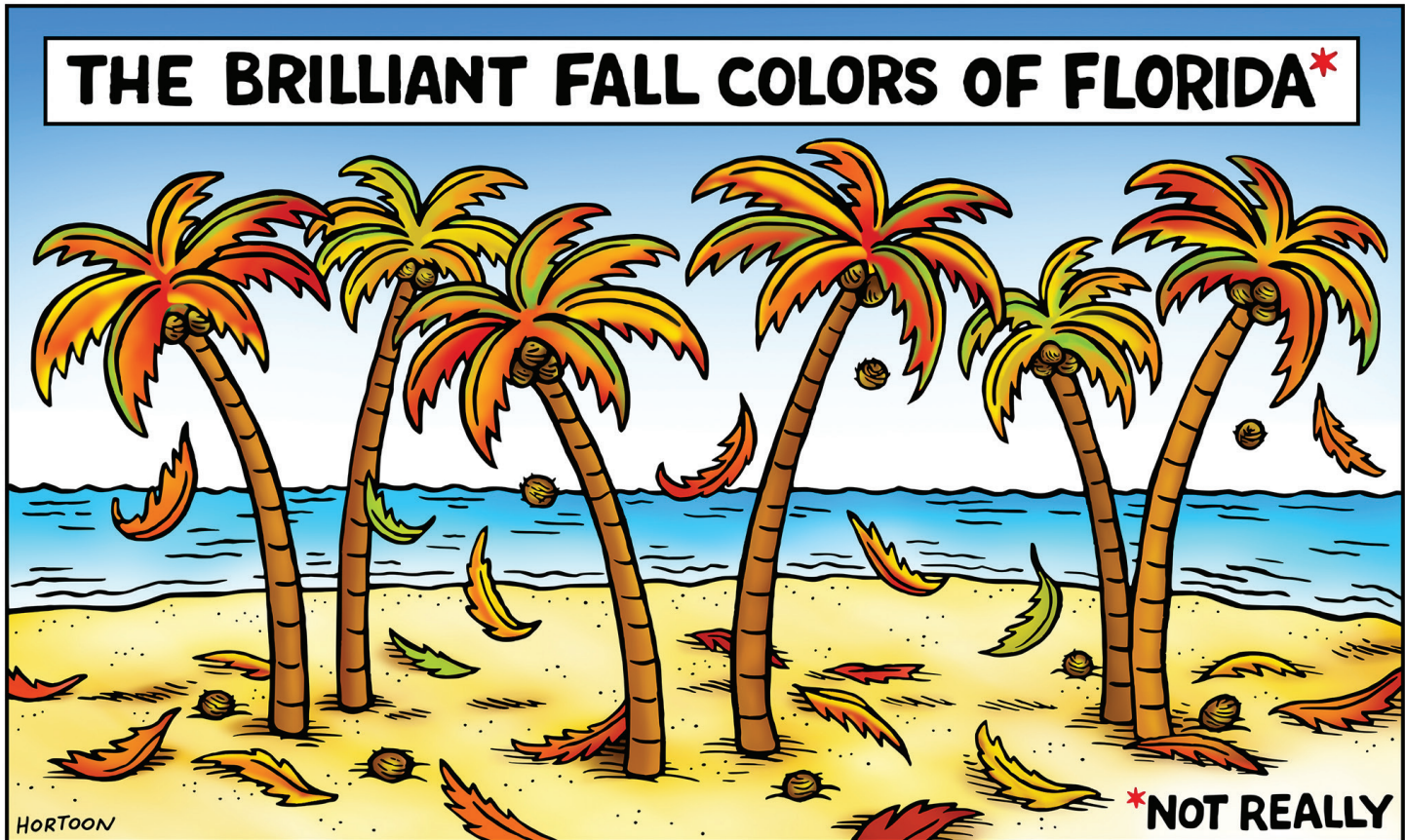
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commercially?
 10. **Famous Quotations:** Which modern author wrote, "Autumn seemed to arrive suddenly that year. The morning of the first September was crisp and golden as an apple"?

HORTOONS



TRIVIA ANSWERS

1. The Himalayas 2. United Parcel Service (UPS) 3. Election of the president and vice president 4. 1985 5. Avophobia or aerophobia 6. A prickle of porcupines 7. A pangram, in which every letter of the alphabet is used 8. Illinois Avenue 9. Hawaii and California 10. JK Rowling

SCRAMBLERS ANSWER

1. Staple 2. Bastion;
 3. Lapse; 4. Drape
Today's Word
PAROLE

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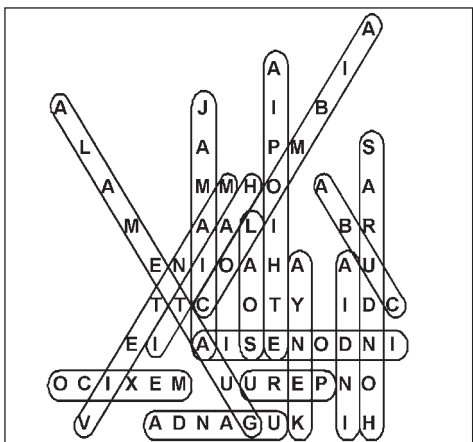
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Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Fairview Isles	Fort Myers Beach	2019	3,451	\$4,200,000	\$4,145,000	0
Bonita Beach	Bonita Springs	1980	1,518	\$3,350,000	\$3,300,000	0
Beach Homes	Captiva	1974	2,200	\$3,650,000	\$3,150,000	71
Southport On The Bay	Bonita Springs	1997	3,425	\$2,495,000	\$2,350,000	320
The Reserve	Estero	2004	5,076	\$2,095,000	\$2,095,000	106
Devonwood	Fort Myers	2004	6,967	\$1,990,000	\$1,900,000	78
Edgewater	Fort Myers	2000	5,860	\$2,500,000	\$1,750,000	568
Dolphin Cove	Bonita Springs	2001	3,900	\$1,749,000	\$1,645,000	175
Cape Coral	Cape Coral	2016	3,014	\$1,500,000	\$1,500,000	3
Fairview Isles	Fort Myers Beach	2013	2,275	\$1,449,000	\$1,439,000	125

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