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VOL. 26, NO. 7

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 17, 2018

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## Sanibel School Year Begins With New Staff

by Jeff Lysiak

While the calendar might say that there are still a few weeks left of the summer season, youngsters attending grade schools throughout Lee County have already ended their mid-year breaks and returned to their educational endeavors.

And with the start of the 2018-19 school year, The Sanibel School has introduced several new members of the teaching faculty, including Greg Bergamo (ESE and intervention specialist), Joe Camputaro (grade 4), Ann Christoff (physical education assistant), Linda Cummings (speech and language – ESE), Michelle Hueck (grades K to 8 gifted), JP Martin (grades 6 to 8 language arts), Daryl Peters (kindergarten) and Mina Socarras-Daegling (grades K to 8 Spanish).

One of the rookie instructors, Peters, is an alumni of The Sanibel School.

"A lot of things look familiar to me, but there are quite a few things that are new since I've been here," said the kindergarten instructor. "It feels kinda nostalgic."



New faculty members at The Sanibel School this year include, from left, Michelle Heuck, JP Martin, Daryl Peters, Linda Cummings, Greg Bergamo, Mina Socarras-Daegling and Joe Camputaro

photo by Jeff Lysiak

One of the highlights of her first day back at the kindergarten to eighth grade facility was learning that one of her former teachers, Julie Wappas, was still on staff. "I feel like it's gonna be easy for me to take instructions from her," she added with a laugh.

Another newcomer to The Sanibel

School team, Socarras-Daegling, isn't new to the teaching profession. In fact, the Spanish language instructor studied under Rosa Inclan, an educator who developed the ESOL (English as a second language) program in Miami back in 1988, the first in the United States.

"I've been teaching bilingual classes my

entire career," Socarras-Daegling noted. "But I'm also a documentary filmmaker and I teach guitar in my spare time. Being here is like a dream come true."

One of the new fourth grade teachers, Camputaro offered that he enjoys watching the evolving personalities of

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## CROW To Host Walk On The Wild Side At Lakes Park

by Jeff Lysiak

With the hopes of increasing awareness about the importance of a harmonious relationship between humans living in Southwest Florida and local wildlife, the Clinic for the Rehabilitation of Wildlife (CROW) will host an "open house-style" event – Walk on the Wild Side – at Lakes Regional Park in Fort Myers on Saturday, August 25 from 10 a.m. to 1 p.m. The family-friendly event is free and open to the public.

According to JoEllen Urasky, CROW operations/business manager, the three-hour gala will include presentations on wildlife-related topics, recycled material craft projects and educational encounters with some of CROW's animal ambassadors. One of the primary goals of the "friend-raiser" is to teach residents, who live off-island and might not be aware of the wildlife hospital's purpose, about their work treating sick and injured wildlife, the



From left, CROW staff members Brian Bohlman, Tina Flannery, Mary Schoeffel, JoEllen Urasky, Cheryl McCormick and Rachel Rainbolt preparing for Walk on the Wild Side, to be held on August 25

photo by Jeff Lysiak

latest in conservation medicine and why this is important for the health of our ecosystem and our community.

"We've held Walk on the Wild Side in the past, but not since 2012, and never before off-island," said Urasky. "So we decided that we'd revamp it a little. We

found a great space inside Lakes Park and hope it draws a good crowd."

Sponsored in part by Lee County Parks and Recreation, Walk on the Wild Side activities will include a self-guided walk around a field, where participants – young and old – will learn fun and

interesting facts about local wildlife. After completing the course, participants will fill out a questionnaire for a chance to win small prizes.

Throughout the walk, visitors will stop at stations offering a variety of subjects

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From left, Kim Kouril, Jonah Costa, Kyler Kouril, Meghan Danner and Rocco Costanzo  
photos provided

# Young Chefs Spend A Week In The Kitchen

The Culinary Education Center at The Community House had a rousing week-long cooking school for young chefs, with 18 participants completing the week by making cookies and cupcakes. The menus were varied to promote healthy and fresh foods made from some favorite ingredients. Resident Chef Jarred Harris taught the students techniques for handling knives, how to shred vegetables, make pasta from scratch and introduced them to a variety of recipes. Every day, the students made a complete meal and there was always some to take home to show their parents.

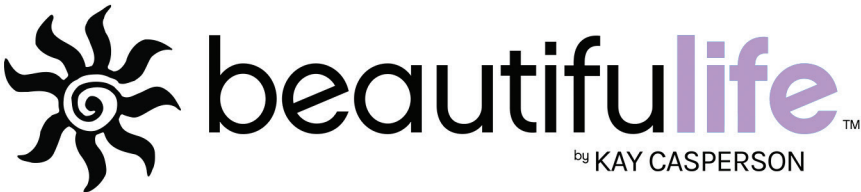
For more information on upcoming classes at the Culinary Education Center of Sanibel, call 472-2155.✪



Heidi Hall frosting cupcakes



From left, Meghan Danner, Cash Martinson and Rocco Costanzo making pasta



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# The Community House

## Cooking With Chef Jarred

Resident Chef Jarred Harris will hold a cooking demonstration on Friday, August 17 from 4 to 6 p.m. Learn techniques for simple classics like seafood risotto and gluten-free carrot cake. Cost is \$25 for members and \$30 for guests.

## Alcohol Inking

Anita Gober will teach Alcohol Inking on Wednesday, August 22 at 9:30 a.m. Practice different styles such as sticker, stamping, swiping, blowing by straw/aircan or dabbing. Minimum of three participants needed and maximum of 10. These projects make great gifts. Cost is \$35 per person for members and \$40 for guests. Pre-payment required by preceding Monday at noon.

## Community Social

The next community social will be held on Wednesday, August 22 beginning at 6 p.m. Chef Jarred Harris will prepare vegetable lasagna, spinach ravioli and spaghetti carbonara. Cost is \$15 per person; dessert is an additional \$5, which includes the ice cream sundae bar and Chef Jarred's homemade sauces.

## Nonprofit Networking Happy Hour

Nonprofits are invited to a networking happy hour on Thursday, August 23 beginning at 4:30 p.m. Call ahead to RSVP for an informal gathering of like-minded professionals, 472-2155.



Resident Chef Jarred Harris photo provided

## Business Member Happy Hour

Sanibel Community Association (SCA) members are invited to a business member happy hour on Wednesday, August 29 beginning at 5 p.m. Watch for more information in the mail.

## Yoga, Shell Craft, Cooking

Yoga classes continue on Tuesdays and Thursdays at 10 a.m. with Dr. Susan Pataky. Shell craft lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult.

*The Community House is located at 2173 Periwinkle Way. For more information, visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155.\**

# Churches/Temples

## ANNUNCIATION GREEK ORTHODOX CHURCH

Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. 8210 Cypress Lake Drive, Fort Myers, annunciation.fl.goarch.org, 481-2099.

## BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Stephen Fuchs. President Alan Lessack 579-0296.

## HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019 11580 Chapin Lane, Captiva 472-1646

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## SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson 284-6709.

## SANIBEL COMMUNITY CHURCH

Dr. Daryl Donovan, Senior Pastor Sunday Worship 8, 9 and 11 a.m.

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## SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 10 a.m. Worship Service with Sunday School and nursery care 2050 Periwinkle Way 472-0497 [www.sanibelucc.org](http://www.sanibelucc.org).

## ST. ISABEL CATHOLIC CHURCH

Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., Sunday May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

## ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. (until May 20). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. 2304 Periwinkle Way, [saintmichaels-sanibel.org](http://saintmichaels-sanibel.org), 472-2173.

## UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the second Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. 2050 Periwinkle Way, [ryi39@aol.com](mailto:ryi39@aol.com), 433-4901.\*



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# Youth Group Hosting Back To School Bash

On Wednesday, August 29, H2O Student Ministries at Sanibel Community Church will hold its annual Back to School Bash. The kickoff event for the youth group is an exciting night of fun for all middle school and high school students.

There will be a giant inflatable obstacle course, a Velcro wall, gladiator jousting, a photo booth, tacos in a bag, and a booth from Teen Challenge, as well as ice cream from Joey's Custard. Teen Challenge will also be ministering that evening. The event takes place from 5 to 7 p.m. in the Fellowship Hall and there is no charge to attend. All middle and high school students are invited and welcome to bring their friends. There will also be several giveaways that evening. The biggest prize to win is a Go Pro Hero HD waterproof action camera.

H2O Student Ministries is a youth ministry program for sixth grade through 12th grade young men and women. The group meets on Wednesday evenings from 5 to 7 p.m. for middle school students and from 6 to 8 p.m. for high school students, and on Sunday mornings at 11 a.m. at the



From left, Henry Whitman, Kristian Schafer, Lauren Macalka and Marianna Tison in the inflatable obstacle course

photo provided

church youth center. All students on the island and surrounding communities are welcome.

Sanibel Community Church is an evangelical, non-denominational congregation with the church campus at 1740 Periwinkle Way.✱



Wildlife Rehabilitation Manager Breanna Frankel holding Mina, one of CROW's animal ambassadors photo courtesy CROW

## From page 1 CROW

and activities including:

**History** – Learn about the 50-year history of CROW, its staff, volunteer and student programs, membership and mission. The exhibit will feature one of the organization's animal ambassadors and a video chronicling the treatment, rehabilitation and release of several patients. T-shirts and stuffed animals will also be on sale.

**Rescues** – At the amphitheater area, CROW staff will offer education on a number of successful animal rescues, with special presentations on Southwest Florida owls and turtles.

**Tortoises & Turtles** – In the pavilion, wildlife experts will discuss the differences between tortoises and turtles, plus a craft activity using recycled materials will be offered.

**Pelicans** – A member of CROW's staff will discuss the differences between brown and white pelicans, plus a craft activity using recycled materials will be offered.

**Florida's Furry Friends** – A special presentation on animals found throughout the Sunshine State, plus a craft activity using recycled materials will be offered.

Additional encounters with live animals and members of CROW's veterinary team, along with some wildlife-related games for kids, are also planned.

"We think it's gonna be a really fun time, teaching people how to coexist with animals and, if they're found sick or injured, what to do," added Urasky. "It'll be a fun day for the whole family."

Lakes Regional Park is located at 7330 Gladiolus Drive in Fort Myers. Parking fees will apply. For additional information, visit [www.crowclinic.org](http://www.crowclinic.org).✱

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## Free Family Movie Night At Sanibel Church

Sanibel Community Church welcomes residents and visitors to a free family movie night on Sunday, August 19 at 5 p.m. The hit movie *I Can Only Imagine* will be shown in the Main Sanctuary.

The movie is based on the life of MercyMe lead singer Bart Millard. According to Millard, the lyrics to the

song took only minutes to write, but a lifetime to craft. It is a compelling story of a boy in a troubled home with a broken relationship with his father that fueled his dream for the music industry.

According to the movie website, "Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspired him to write the hit song *I Can Only Imagine* as singer of the Christian

band MercyMe."

The movie beautifully illustrates the power of forgiveness and that no one is ever too far from God's love. *I Can Only Imagine* is a movie the whole family can enjoy. A love offering will be received for Florida Baptist Children's Homes.

Free hot dogs and drinks will be served beginning at 4:30 p.m.

Sanibel Community Church is an evangelical, non-denominational congregation, located at 1740 Periwinkle Way. For more information, call 472-2684 or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).

image provided



Residents and visitors gathered at the Sanibel Causeway last Sunday to show their concern for water quality photo courtesy Toni Westland

## Hands Across The Water On Sanibel Causeway

On August 12, a statewide demonstration – dubbed Hands Across The Water – drew

thousands of Floridians concerned about water quality to beaches and shorelines across the Sunshine State. On the Sanibel Causeway, more than 100 people stood holding hands for 15 minutes along Island B. The non-political demonstration included residents, visitors and environmental activists of all ages.

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# Commission Approves Resort Redevelopment

by Jeff Lysiak

During a packed Sanibel Planning Commission agenda on Tuesday, a major resort redevelopment project – the first of its kind on the island since city council identified a community interest to incentivize the rehabilitation or reconstruction of aging buildings in the Resort Housing District almost a decade ago – received unanimous support.

Submitted by the owners of Sanibel Sunset Beach Resort, commissioners considered a proposal to overhaul the existing resort property, demolishing and removing all existing structures (including the hotel buildings, swimming pool and deck, tennis court, shuffleboard courts and parking areas) in order to redevelop the property with a new three-story, 46-unit resort hotel (including a single non-resort unit), a new swimming pool, driveway and parking areas, and beach boardwalk. The project also includes a stormwater retention system, new landscaping and associated site improvements.

“The applicant is also proposing to provide a restaurant with a tiki bar, and approximately 200 square feet of retail sales of food items and sundries, onsite spa/fitness facilities, and provisions for beach equipment (including bikes, boats, beach chairs and umbrellas), all accessible to and available to only owners or guests of the resort hotel,” the city’s planning department staff report reads, in part.

According to Michael Sheeley, president of Lotus Architecture, his firm has been working on the project for more than two years. He also noted that after working cooperatively with members of the city’s planning, building, public works and natural resources departments during the past 12 months, they were presenting a plan he considered “top notch.”

Roy Gibson, senior planner for the city, presented the planning department staff report to the seven-member commission. He explained that redevelopment plans for the resort will eliminate all existing nonconformities that currently exist on the property, with the



Architectural rendering of the new Sanibel Sunset Beach Resort

image courtesy Lotus Architecture

exception of intensity which is allowed to remain at the existing number of units (46 including one non-resort unit.)

Following his brief presentation, Gibson listed the 13 conditions the planning department staff was recommending for approval. They included guidelines for the proposed boardwalk – to be redesigned from the previously submitted design – in order to minimize impacts to existing native dune vegetation, a limit of 80 seats for the proposed restaurant and tiki bar, plus revising the parking plan to include landscaping that allows no more than 10 continuous parking spaces.

With no public comment from the audience at MacKenzie Hall, commissioners requested a motion on the application. Commissioner Chuck Kettman motioned for the development and conditional use permits to be approved, which was seconded by Commission Chair Dr. Phillip Marks. They were approved unanimously, 7 to 0.

Commissioner Richard Johnson

called the resort redevelopment plan “a complicated project that was worked out well before today,” while Commissioner Karen Storjohann voted with “an enthusiastic yes.”

Prior to discussions on Sanibel Sunset Beach Resort, planners approved a number of applications for accessory marine structures, all of which required a variance. They included:

A variance to install a new boat lift to extend waterward of an existing dock farther than the maximum permitted waterward extension limit at 923 South Yachtsman Drive; a development permit to construct a 4x8-foot addition to an existing dock, installing a four-pile boat lift and a 5x12-foot floating PWC lift, and dredging approximately 260 cubic yards of material from the bottom of the canal surrounding the dock and boat lifts, all accessory to an existing single-family residence.

A variance to construct a boat dock and two boat lifts closer than 15 feet from the southerly side yard property line at

825 Limpet Drive; a development permit to construct a boat dock, two boat lifts, and dredging approximately 50 cubic yards of material from the bottom of the canal surrounding the dock and boat lifts, all accessory to a single-family residence.

A variance to install a new boat lift to extend waterward of an existing dock farther than the maximum permitted waterward extension limit at 558 North Yachtsman Drive.

A variance to install a new boat lift to extend waterward of an existing dock farther than the maximum permitted waterward extension limit at 605 Lighthouse Way. The variance was granted with the condition that the homeowners would consult with the city’s natural resources department to arrange a maintenance schedule for mangroves at the property.

Three of the four applications passed unanimously, with Commissioner Roger Grogman casting the lone dissenting vote on the 558 North Yachtsman Drive variance request.✪

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<p><b>Publisher</b> Lorin Arundel</p> <p><b>Advertising</b> Bob Petcher</p> <p><b>Graphic Arts &amp; Production</b> Ann Ziehl, Manager Amanda Hartman Justin Wilder</p> <p><b>Reporter</b> Jeff Lysiak</p>	<p><b>Contributing Writers</b></p> <table> <tr> <td> Leah Biery Barbara Cacchione Kay Casperson Constance Clancy, EdD Suzy Cohen Linda Coin Marcia Feeney Ed Frank Shelley Greggs Jarred Harris Marion Hauser, MS, RD Ross Hauser, MD Bryan Hayes </td> <td> Craig R. Hersch Shirley Jewell Dr. Jose H. Leal, PhD Capt. Matt Mitchell Trinette Nelson Gerri Reaves PhD Angela Larson Roehl Hannah Star Rogers J. Brendan Ryan, CLU, ChFC, MSFS Di Saggau Jeanie Tinch </td> </tr> </table>	Leah Biery Barbara Cacchione Kay Casperson Constance Clancy, EdD Suzy Cohen Linda Coin Marcia Feeney Ed Frank Shelley Greggs Jarred Harris Marion Hauser, MS, RD Ross Hauser, MD Bryan Hayes	Craig R. Hersch Shirley Jewell Dr. Jose H. Leal, PhD Capt. Matt Mitchell Trinette Nelson Gerri Reaves PhD Angela Larson Roehl Hannah Star Rogers J. Brendan Ryan, CLU, ChFC, MSFS Di Saggau Jeanie Tinch
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Published every Friday for the people and visitors of Sanibel and Captiva Islands.  
Distribution: 8,000 - 10,000 per week (seasonal).  
Mailed free to Sanibel and Captiva residents every Friday. Subscription prices: Third Class  
U.S. \$60 one year, \$30 six months (Allow 2-3 weeks for delivery). First Class U.S. \$150  
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Camping is part of the Girl Scout experience photo provided

## Girl Scouts Begin Membership Year With New Badges

Girl Scouts recently announced the release of 30 new badges available exclusively for girls ages 5 to 18 that not only enhance the one-of-a-kind Girl Scout experience, but also address some of society's most pressing needs.

The new badges allow girls to explore a variety of timely themes, such as cybersecurity, environmental advocacy, mechanical engineering, robotics, computer science and space exploration. In a safe all-girl space, Girl Scouts develop important soft skills, including confidence and perseverance, as well as hard skills, setting them up for success and preparing them to take action for a better world.

"Today's youth are more vocal than ever about the change they want to see," said Girl Scouts of Gulfcoast Florida CEO Mary Anne Servian. "And Girl Scouts are the most equipped with the skills needed to make a real impact."

New programming for girls in

grades 6 to 12 includes badges for environmental stewardship, robotics and college exploration, with the addition of two curriculum books, *Think Like a Programmer* and *Think Like an Engineer*. Girls in grades kindergarten through fifth grade can now earn badges in environmental stewardship, cybersecurity and space science, and girls in grades 4 and 5 can earn additional badges in mechanical engineering.

The new badges and curricula enhance Girl Scout's existing program pillars, which include STEM, Outdoor, Life Skills and Entrepreneurship.

Girl Scouts of Gulfcoast Florida, the local Girl Scout council, is holding information events throughout the

community, providing an opportunity for parents and girls to learn about all the exciting things Girl Scouts has to offer.

Program scholarships are available based on financial need. For an updated list of local events, or for more information about new Girl Scout registration, visit [www.gsgcf.org](http://www.gsgcf.org).

## Mosquito Control On The Islands

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. "Mosquito

Season" typically runs from May through October, and mosquito activity increases with rain, particularly after heavy rains that produce large areas of standing water. Due to the abundance of mangroves, wetlands and salt marshes, Sanibel is a prime breeding ground for mosquitoes.

If you are experiencing a high number of mosquitoes at your residence, make a service request by calling LCMCD directly at 694-2174. If the LCMCD receives complaints from a specific area or neighborhood, the district dispatches personnel to conduct a mosquito count and, if warranted, will fog or spray the area.



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### Our Generous Donors Are Changing Lives

Without your tax-deductible donations, F.I.S.H. would not be able to provide the services that we do. 92.4% of donations go directly to programming. **OUR NEIGHBORS NEED YOUR HELP.** Please visit our website at [fishofsancap.org](http://fishofsancap.org) to learn how you can help.



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Invasive woman's tongue has twice-divided leaves and clusters of fluffy flowers  
photos by Gerri Reaves

Plant Smart  
**Woman's Tongue**  
by Gerri Reaves

Woman's tongue (*Albizia lebbek*) is a deciduous tree native to tropical Asia and northern Australia. This member of the pea family was introduced to Florida in 1883 both as an ornamental tree and for agricultural purposes. Other common names include room tree, soros-tree and Indian siris tree. Decades ago, it was used as a shade tree and recommended for the home landscape. Fast-growing with pretty flowers, it grows as tall as 100 feet. The pale bark

is corky and flaky. The tree escaped cultivation, however, and is now listed by the Florida Exotic Pest Plant Council as a category-I invasive species. The council describes such species as "altering native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives." The categorization is based on "the documented ecological damage caused." If this tree is in your landscape, consider replacing it with a suitable native tree. The alternate leaves are twice compound, or twice divided, and have a feather- or fern-like structure. They are divided into two to five pairs of pinnae, which in turn are



Seed pods that remain on the tree for months rattle in the wind, inspiring another common name, rattlepod, for this member of the pea family

divided into three to 10 pairs of oblong leaflets that are an inch or two long. The dull green leaves have paler undersides, and the leaflets fold at night. The tree's ornamental value derives not only from the pretty foliage but from the clusters of showy creamy white or greenish flowers with many long stamens. Globular, fragrant and fluffy, they appear on stalks near the stem ends. The tree strongly resembles its pretty relative, mimosa (*Albizia julibrissin*), or silktree, another category-I invasive in Florida. However, the latter has smaller leaflets and pink flowers. Woman's tongue's odd common name, as well as the alternative name rattlepod, is inspired by the flat papery seed pods, which remain on the tree for months and rattle in the wind when dry. The narrow oblong pods measure up to a foot long and contain three to 12 flat brown seeds. In other parts of the world, the tree is used for livestock feed, and the wood is used for a variety of purposes. In addition to being invasive, this breaks in strong wind and seedlings



Fast-growing woman's tongue was introduced to Florida in 1883 as an ornamental and for agricultural use tend to take over an area. Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, [www.cabi.org](http://www.cabi.org), [www.fleppc.org](http://www.fleppc.org), and [plants.ifas.ufl.edu](http://plants.ifas.ufl.edu). *Plant Smart* explores the diverse flora of South Florida.✱

**Bonsai Society To Meet At Botanical Garden**

The Bonsai Society of Southwest Florida will meet at the Berne Davis Botanical Garden on Saturday, August 18 at 9 a.m. Members will work on finishing and planting on slabs created last month. Society members will also have a "Sale or Swap" table and raffle. The public is invited; admission and parking are free. Advice will be available on trimming and cultivating bonsai trees. Berne Davis Botanical Garden is located at 2166 Virginia Avenue in Fort Myers. For more information, visit [www.bonsaiswfl.org](http://www.bonsaiswfl.org).✱

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# Bag Day Shoppers Find Big Bargains



Rev. Dr. Ellen Sloan, third from left, along with the staff and volunteers from St. Michael and All Angels Episcopal Church moments before the doors of the Noah's Ark Thrift Shop opened last Friday morning for the annual Bag Day Sale  
photos by Jeff Lysiak



Jeanette McCall found several pairs of shoes



Jeannine Smith purchased a couple of table lamps



Gwen Mick found a stuffed panda



Tom Garrett shopped with daughter Sheridan



Jim Correll found a pair of hand weights



Bob Armacost and Jason Smith checking the selections in the Barnes & Noah book section



Noah's Ark volunteer Shirla Cuscaden gathering empty hangers

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# Red Tide Is Gradually Pushing Out



by Capt.  
Matt Mitchell

What a difference a week has made for Pine Island Sound and our surrounding waters. Prevailing southeast winds helped push the stench and floating dead fish out

into the Gulf. Although there are still areas of small dead fish floating on lines in the sound, the water has generally cleaned up. Fishing is far from back to normal and will take at least a few weeks to hopefully fully recover.

I was out on the water for only three charters this week, and it was strange to see almost zero other boats out. Running north at the beginning of the week, we had no problem finding some nonstop mangrove snapper action while targeting deeper structure in the sound. Along with the mangrove snapper, we have also been catching some small gag grouper in these

same locations. Water in the northern sound is really clear in places with the bottom being visible in many of locations in up to seven to even eight feet of water.

Unfortunately, I still have been unable to locate any shiners so all of my fishing has been with live shrimp which is something totally new for me during this time of year. Luckily, for some reason, the live shrimp over the past week have been larger than our usual summer time bait shrimp. Light gear and terminal tackle has been key to catching fish.

As the week progressed, I gradually started working my way back to the south and trying places I had success prior to this red tide. Certain places were really good, while other areas were simply void of any life. Southern Matlacha Pass proved a great area to catch fish while other locations in the southern end of Pine Island Sound remained a dead zone.

Running the whole gulf side of Sanibel and coming back in through Blind Pass one day mid-week, I noticed there were very few floating fish out along the beaches though also no bird or bait activity. Once inside Blind Pass as I moved back into the sound, I did spot several large rafts of threadfin herring, which is a great sign that our water quality in this area is getting a whole lot better. It should only be a matter of time before we are back to the daily shiner fishing we are used to.



Gag grouper caught while fishing with Capt. Matt Mitchell this week

photo provided

## Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.

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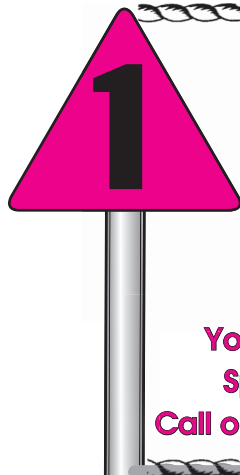


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Shell Of The Week

# Bay Scallop



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

To celebrate the upcoming 2018 Pine Island Sound Scallop Search (August 18, 2018), organized by

the University of Florida’s Institute of Food and Agricultural Sciences in conjunction with the Sanibel-Captiva Conservation Foundation, I present the Bay Scallop, *Argopecten irradians* (Lamarck, 1891), one of the most common species of the family Pectinidae in Southwest Florida. Its shell can reach 75 mm (about 3 inches) in size, and the valves show almost the same degree of convexity, with the lower valve (the light-colored one), slightly more convex than the upper one. The upper valve can be light- or dark-gray, or brownish. The species lives in seagrass beds, mostly in protected bays. The Bay Scallop was the subject of an important fishery along the East Coast of the United States, but nowadays populations of the species have dwindled, probably due to the decline of seagrass beds, which challenged the viability and caused the collapse of the Bay Scallop fishery. Do not confuse with the Calico Scallop, *Argopecten gibbus*, which is a smaller, more colorful species. Learn more about the species at [www.shellmuseum.org/southwest-florida-shells](http://www.shellmuseum.org/southwest-florida-shells)



The Bay Scallop, *Argopecten irradians*, from Sanibel

photo by José H. Leal

[shellmuseum.org/southwest-florida-shells](http://www.shellmuseum.org/southwest-florida-shells) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

## Shell Museum Events

See truly giant shells. Watch a live Tank Talk. Take a daily beach walk. Check out our family programs. We are the only natural history museum in North America

devoted entirely to shells. Drop by and let us inform and inspire you. Visit [www.shellmuseum.org](http://www.shellmuseum.org) or call 395-2233.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit [www.shellmuseum.org](http://www.shellmuseum.org).

# City Issues Reminder To Sanibel Businesses

In September 2017, Congress passed House Bill 3823 which provides Hurricane Irma tax relief including employee retention tax credits for businesses in federally designated Hurricane Irma disaster zones. Businesses located on Sanibel Island during Hurricane Irma may be eligible for this tax credit.

For more information, access the following link to “Instructions for Form 5884-A” on the Internal Revenue Service website: [www.irs.gov/pub/irs-pdf/i5884a.pdf](http://www.irs.gov/pub/irs-pdf/i5884a.pdf). This document details the application process and eligibility requirements. The City of Sanibel is providing this information as a public service. The City of Sanibel does not render tax advice to individuals or businesses.

*The information in this release is not intended to be “written advice concerning one or more federal tax matters” subject to the requirements of section 10.37(a)(2) of Treasury Department Circular 230 because the content of this release is issued for general information purposes only. The information contained in this release is of a general nature and is based on authorities that are subject to change. Applicability of the information to specific situations should be determined through consultation with a licensed tax advisor.\**

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## CROW Case Of The Week:

## Eastern Screech Owl



by Bob Petcher

The eastern screech owl (*Megascops asio*) can be called a master of disguise. The short, stocky bird is more often heard than seen due to its ability to hide well. Many bird watchers know this species of owl from its trilling or whinnying sounds.

Eastern screech owls are either mostly gray or reddish-brown. These colors, coupled with the patterns

of complex bands and spots, provide the owl great camouflage against tree bark, usually when napping at the entrance to its home in a tree cavity.

At CROW, an adult eastern screech owl was admitted to the hospital from Captiva after it was noted to be hopping around and falling on its face. During the intake exam, veterinarians found the owl to have a complete, open fracture of its left humerus with displacement, but no other injuries.

"When describing fractures, there are several components used to assess the severity and determine a prognosis. In this screech owl's case, there was a complete fracture, meaning that the bone was completely broken. This fracture was also a 'simple fracture' in the sense that there are only two pieces, however, the fracture itself was shaped like a spiral which complicated the fixation," said Dr. Kyle Abbott, CROW veterinary intern. "Fractures with multiple pieces are called compound fractures and can be much harder to repair. The other significant thing about this fracture is that it was an 'open fracture,' meaning there were wounds through the skin that led to contamination of the bones. These can be more prone to continued infection, so antibiotics are essential for treatment."



Patient #18-3068 reacts to the photographer's presence

photo by Brian Bohlman

Two days after admittance, CROW medical staff performed surgery to place pins to stabilize the fracture. Before the pins could be placed, the displaced ends of the bones were aligned. Once aligned, an intramedullary (IM) was placed with a single cross pin in each piece of the fractured bone. The proper placement of the pins was confirmed using x-rays. They were held in place with a small tube filled with orthodontic resin. A topical antibiotic cream was applied before non-adherent dressing and bandages were placed around the fixations.

"This surgery was challenging due to the spiral shape of the fracture and because the bones of this screech owl are so small. The surgery went well despite these challenges. A metal pin was placed down the internal shaft of the bone, called an intramedullary pin. This

intramedullary pin aligns the pieces of the bone. After this, more pins were placed in each piece of the bone, called cross pins. These cross pins run perpendicular to the intramedullary pin and prevent rotation of the bone pieces," said Dr. Abbott. "Once these components are placed, they are connected in a rigid fashion outside of the body. There are many materials that can be used for this. In this patient, we used a rubber tube filled with orthodontic cement to connect the cross pins. This is a type of fracture stabilization called an external fixator, which is commonly used in avian patients."

Dr. Abbott said x-rays were also used "after pin placement to confirm the pins are located where they need to be prior to stabilizing everything in place." Yet another set of x-rays was taken to ensure the pieces were aligned for healing. The owl was then fitted with a body wrap to secure its wing against its body.

"The patient is placed in a body wrap for a few days to hold the wing against the body and prevent motion," said Dr. Abbott. "This allows for the soft tissue swelling to reduce and for the wounds in the skin to be kept still while healing. After a few days, the body wrap is removed."

Nearly two weeks after surgery, the patient is undergoing rehabilitation.

Dr. Abbott said, "We will continue to assess this screech owl every few days and perform physical therapy on the wing. Right now, physical therapy is going well. Every other week, x-rays will be taken to ensure healing is appropriate. After a few weeks, the fracture should be stable enough to allow for increased activity. Typically, within a couple months, the fracture has stabilized and the patient has regained the strength necessary to be released."

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](http://www.crowclinic.org).

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# CROW Calendar Of Events

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

For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or [dwaszmer@crowclinic.org](mailto:dwaszmer@crowclinic.org). Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations are offered at 11 a.m. only. Wildlife Walk hospital tours are offered on Wednesdays, Thursdays and Fridays at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

**Friday, August 17, 11 a.m. to 12:30 p.m.,** \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Friday, August 17, 11 a.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five



species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

**Monday, August 20, 11 a.m.,** adults \$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

**Tuesday, August 21, 11 a.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Wildlife Rescue 101 (daily presentation).

Have you ever come across wildlife in "distress" but did not know the appropriate steps to help? Florida is home to more than 700 terrestrial animals and other invertebrates, and they all depend on our sustainable recreational practices to

survive. From posturing to vocalizations, animals communicate in a variety of ways and, at times, indicate their need for human assistance. Whether it is deterring visitors from feeding birds on the beach or detaching a pelican from fishing line in the mangroves, this program will cover wildlife rescue assessment as well as handling techniques!

**Wednesday, August 22, 11 a.m. to 12:30 p.m.,** \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Wednesday, August 22, 11 a.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and are excited to share their favorite patient stories with you all. One of CROW's animal ambassadors will be present.

**Thursday, August 23, 11 a.m. to 12:30 p.m.,** \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

**Thursday, August 23, 11 a.m.,** adults: \$12, ages 4 to 12: \$7, age 3 and under no charge – Patient Profiles: Birds of Prey (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.✧

## From page 1 Sanibel School



**Baby alligator that attended the first day of school** photo courtesy Chuck Vilardi

children in his classes.

"It's incredible when you see their personalities come through," he said. "Especially when you see them start to take more pride in their work and leadership in the school."

After only one day of classes, Computaro said that he was very impressed with the National Blue Ribbon Award-winning school. "This place has such a warm sense of community and camaraderie," he added.

Principal Chuck Vilardi and Assistant Principal Jamie Reid shared equal enthusiasm about the coming year for The Sanibel School and the 290 students currently enrolled there. After dismissal on August 10, Vilardi noted the only "bump in the road" that occurred on the first day was a small baby alligator that had scurried underneath a fence near the rear of the school property. It was captured and released off grounds.

"Today was an amazing day," said Vilardi. "One of the smoothest days in my three years here."

"We've got a really great team in place... very positive and cohesive," added Reid. "Everybody is very supportive of what we're trying to do with excellence in the classroom."✧

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# The Shape Of Your SUP

by Ocean Tribe Paddlers



Stand up paddleboards are produced in many shapes and sizes, and making the right choice depends largely on your paddling habits and goals. If you're just starting out, an all-around board could be the best choice, but more advanced paddlers might want to purchase a vessel designed with a specific purpose in mind. There are a few basics to learn before you visit your local board shop.

When it comes to hull shape, a wider, flatter hull will be more stable than a v-shaped displacement hull. Displacement hulls are modeled after a boat bottom, and can slice through the water for greater speed and glide. However, they are less stable.

Narrow boards are generally faster, while wider boards provide stability. Standard board lengths range from about nine to 12 feet and are closely related to a paddler's size. A larger, taller paddler will usually need a longer board.

A rounded nose is great for relaxed paddling on flat water, while a pointed nose is best for racing or touring long distances through choppy waves – both situations where efficiency is key. Similarly, a square tail is stable, while a pointed tail is more maneuverable.

There are many variations of the all-around board, but in general they are the most versatile option. They can be used for paddle surfing, calm water paddling, or SUP yoga. They are stable and can often carry a pet or a child in addition to the paddler.

Racing and touring models will be thinner and pointier, and will offer more distance per paddle stroke to paddlers who value speed.

When choosing a board, also consider weight. Heavy models can be durable but hard to transport, while lighter boards can sometimes be more susceptible to damage.

When you are ready to shop, we recommend talking to an expert at your local board shop about your paddling plans. Ask them to suggest a few options, then request a trial session before you buy. Happy paddling!

*Ocean Tribe Paddlers is a club that helps the Southwest Florida paddling community better explore, enjoy and understand the ocean. Visit [www.oceantribepaddlers.org](http://www.oceantribepaddlers.org) or follow on Facebook to learn more.\**

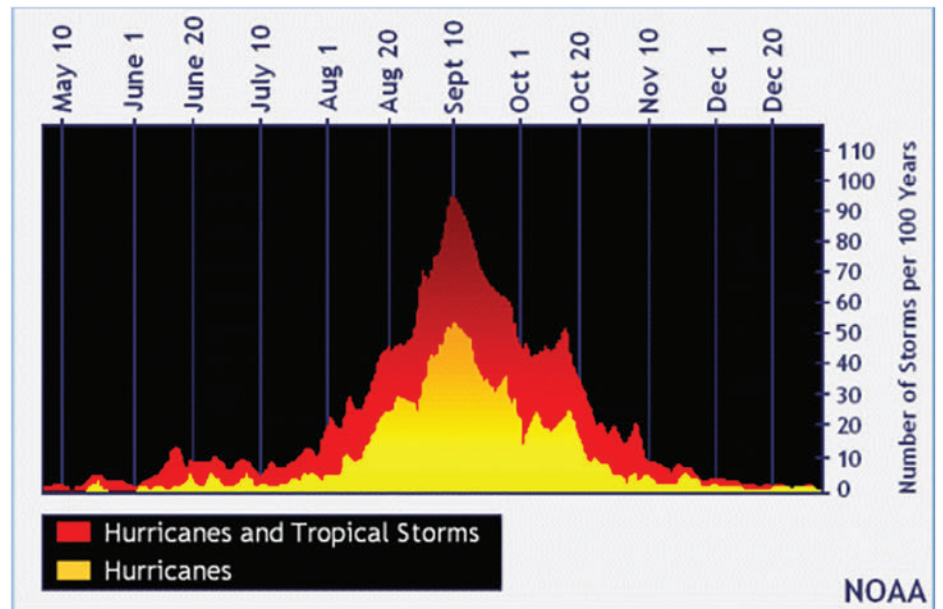


image provided

## Active Part Of Hurricane Season Approaches

The City of Sanibel reminds residents that hurricane season in the Atlantic Basin (Atlantic Ocean, Caribbean Sea and Gulf of Mexico) is June 1 to November 30. As shown in this NOAA graph, a storm can occur any time, however the busiest period is mid-August to mid-October.

**Hurricane Reentry Pass:** The City of Sanibel reentry pass easily identifies who and when persons are authorized to return after an evacuation. The reentry pass program is all about safety and security, therefore getting a pass requires a short application and specific documentation. The passes are issued all year long; do not wait until a storm threatens to get one.

The purple (residential) and tan (commercial) 2016 passes are still valid for 2018. People already issued those passes do not need to apply.

**Family Emergency Plan:** Completing this pre-formatted plan makes it your family's emergency plan. An essential part of surviving a hurricane, it can also improve your quality of life during the event. The plan is on the county website at [www.leeecoc.com](http://www.leeecoc.com).

**CodeRED:** Both the city and county use this tool to send targeted emergency alerts. You can receive alerts on multiple phones such as your home and/or cell. Sign up for this free service on the city website at [www.mysanibel.com](http://www.mysanibel.com) (in the Quick Links on the right side).

**Special Needs Program:** The program provides shelter from a tropical storm or hurricane for those who live in a home and/or area that isn't safe from storm surge or wind, and who have no other safe place to go. It also provides transportation to a shelter for those who do not have a way to get there. The program is available to Lee County residents at no cost, but you must pre-register every year. Application processing stops when the county enters the five-day forecast cone of a storm. Sanibel and Captiva residents should contact FISH of SanCap at 472-4775 or you can register directly with the county at [www.leeecoc.com](http://www.leeecoc.com).

A great resource on a variety of topics like preparations, shelters and contacts is the All Hazards Guide on the county website [www.leeecoc.com](http://www.leeecoc.com).

The Federal Emergency Management Agency (FEMA) lists the entire City of Sanibel as a Special Flood Hazard Area. Floods kill almost 200 people a year in the U.S. and 50 percent of those are vehicle related.

For more information, visit [www.mysanibel.com/emergency-management](http://www.mysanibel.com/emergency-management).\*



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## Input Sought For Shore-Based Shark Fishing

The Florida Fish and Wildlife Conservation Commission (FWC) is gathering public input on shore-based shark fishing. Share your thoughts on the future management of this fishery by attending an upcoming public workshop.

Workshops, which begin at 6 p.m., will be held at the following times and locations:

August 20: South Daytona, Piggotte Community Center, Reception Hall Room, 504 Big Tree Road

August 21: Jacksonville, Jacksonville University, J. Henry Gooding Building – Gooding Auditorium, 2800 University

Boulevard North

August 27: Melbourne, Hilton Melbourne Rialto Place, 200 Rialto Place

August 28: West Palm Beach, Palm Beach County, Department of Planning, Zoning & Building – The Vista Center, 2300 North Jog Road

August 29: Miami, Miami City Hall – Commission Main Chambers, 3500 Pan American Drive

August 30: Key Colony Beach, City Hall, 600 West Ocean Drive.

If you cannot attend an in-person meeting, submit comments online or view an advance copy of the presentation by visiting [www.myfwc.com/saltwatercomments](http://www.myfwc.com/saltwatercomments). FWC staff is working on a virtual workshop that should be available online in the near future. For more details and updates, visit [www.myfwc.com/fishing](http://www.myfwc.com/fishing) (click on Saltwater Fishing, Rulemaking and Workshops).\*





Campers visited JN "Ding" Darling National Wildlife Refuge during Crocs and Gators Week at Sanibel Sea School photo provided

## All About Gators, Needlefish And Algal Blooms

submitted by Leah Biery

The harmful algal blooms we are currently experiencing in our area required camp counselors at Sanibel Sea School to improvise daily during Crocs and Gators Week, and Needlefish Week. Campers were unable to engage in most water-based activities, so camp staff organized many inland games and experiences, often with help from fellow nonprofits and businesses on Sanibel.

"Thanks to our community, camp participants were able to enjoy a great week of camp despite the poor water conditions," said counselor Sam Lucas. Activities included art and games at Sanibel Sea School's Flagship Campus

and Sundial Beach Resort & Spa location, as well as field trips to the JN "Ding" Darling National Wildlife Refuge visitor center and Wildlife Drive, Sanibel-Captiva Conservation Foundation (SCCF) and Periwinkle Park campground. "We're so grateful to everyone who invited us to visit and offered to help in other ways," Lucas added.

Counselors also organized lessons to help campers better understand harmful algal blooms and why they occur. Each group collected a water sample using a plankton net, then used a microscope to look for *Karenia brevis* (red tide) cells. A sample collected at the Buttonwood Lane bayside beach access contained a high concentration of cells.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. To learn more, visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org).✱

## SCCF Sea Turtle Nesting Statistics

The Sanibel-Captiva Conservation Foundation (SCCF) reported the total for strandings since red tide started at the end of last year is now up to 136. Of those, 97 have been reported since June 1, and 14 in the past seven days.

According to the Florida Fish and Wildlife Conservation Commission (FWC), who has been monitoring sea turtle mortality associated with red tide since the 1990s, hatchlings are not impacted by red tide. Sea turtles are usually affected through ingestion by eating poisoned prey. Since hatchlings migrate quickly offshore and don't eat for three to seven days after hatching, the opportunity for bioaccumulation of the toxin is minimal.

A total of 705 nests have been laid on the islands this year, 243 of which have hatched to date, producing 16,830 hatchlings already this season.

### As of August 12, 2017

Sanibel East: 156 loggerhead nests, 3 green nests, 238 loggerhead false crawls\*, 0 green false crawls

Sanibel West: 523 loggerhead nests, 30 green nests, 609 loggerhead false crawls\*, 23 green false crawls

Captiva: 188 loggerhead nests, 0 green nests, 203 loggerhead false crawls\*, 1 green false crawls

### As of August 12, 2018

Sanibel East: 101 loggerhead nests, 0 green nests, 233 loggerhead false crawls\*, 0 green false crawls

Sanibel West: 233 loggerhead nests, 2 green nests, 792 loggerhead false crawls\*, 0 green false crawls

Captiva: 163 loggerhead nests, 0 green nesst, 25 loggerhead false crawls\*, 0 green false crawls

\*false crawl – a failed nesting attempt

If you have questions or would like to know more about nesting statistics on Sanibel and Captiva, contact [seaturtle@sccf.org](mailto:seaturtle@sccf.org) or call SCCF at 472-2329.✱

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The Community House

## Pineapples



by Resident Chef Jarred Harris

Pineapples are used in many cuisines throughout the world. The fruit is typically juiced or eaten raw, but is often used in sauces, grilled or used as a topping on pizza. The skin and core of the pineapple are often used to make alcohol, vinegar and pet food. Raw pineapple is a great source of manganese and vitamins A, E and C. Pineapple also contains bromelain, which is an enzyme that breaks down protein and aids in digestion.

The pineapple plant is native to South America and dates back to the early 1300s. The fruit was given its name because of its resemblance to a pine cone, not because it's a "pine" or an "apple."

Christopher Columbus was credited with discovering the pineapple on the island of Guadeloupe in 1493. He took the fruit back to Europe and cultivation quickly spread. Pineapples began to

be cultivated in Western Europe, but because of the high cost of building and maintaining hothouses, pineapples became a symbol of wealth. The fruit was rarely eaten, but displayed at dinner parties, repeatedly, until the fruit was rotten.

By the early 1700s, pineapples became a food source and cultivation throughout Western Europe quickly grew. In fact, pineapple production on some British estates caused rivalries between aristocratic families.

Pineapples were introduced to the Hawaiian Islands by Capt. James Cook around the late 1700s; however, the fruit wasn't cultivated commercially there until the mid-1800s by James Dole (founder of Dole Pineapple). Pineapples were cultivated in Florida around the early 1700s, but the fruit was rare to most Americans.

Here is an interesting recipe to try:

**Pineapple Mango Salsa**

1½ cups pineapple (small dice)  
1½ cups mango (diced)  
¼ cup red pepper (fine diced)  
¼ cup red onion (fine diced)  
¼ cup scallion (fine diced)  
1 jalapeno pepper (seeded and fine diced)

½ bunch cilantro (chopped)

2 limes (juiced)

¼ cup honey

1 tsp. cider vinegar

Method

In a large bowl, add all the ingredients and mix thoroughly.

Store in an airtight container for up to three days.

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](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.\*

## American Legion Post 123

Chicken parmesan is on the menu this Sunday, August 19 from 1 to 8 p.m. at American Legion Post 123.



The following Sunday, August 26, barbecued ribs and chicken will be served from 1 to 8 p.m.

On Tuesdays, tacos are served all day. Country fried steak is served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.\*

## LIVE ON THE ISLANDS

**Il Cielo** has live entertainment with Scott McDonald on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday.

**Island Cow** on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

**Sea Breeze Café at Sundial Beach Resort & Spa** has live island style entertainment on Mondays.

**Traders Gulf Coast Grill & Gifts** has live entertainment on Tuesday and Thursday with the Danny Morgan Band. Chris Workman plays on Wednesday.

**Traditions on the Beach at Island Inn** has live entertainment on Friday with Woody Brubaker. Dusk performs on Saturday. Dean Winkelmann plays on Wednesday. Woody Brubaker returns on Thursday.

Restaurant owners/managers, please email or fax any changes to your entertainment schedule to [press@islandsunnews.com](mailto:press@islandsunnews.com) or 395-2299.\*

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## Teacher Conservation Grants Available

The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), with JN “Ding” Darling National Wildlife Refuge, has announced its 13th annual round of teacher conservation grants. Up to \$10,000 in grant awards are available to districts, schools and individual teachers in Lee, Charlotte and Collier counties this school year for conservation education-related projects.

Teachers in the three-county area may apply for grants up to \$1,000 each to fund new classroom science projects, promote stewardship, purchase teaching aids, acquire classroom materials, and conduct work projects in their community or beyond. This year, two grants up to \$3,000 are also available to school- and district-wide projects.

All applicants are invited to submit conservation-related proposals by Friday, October 26. The approved proposals will be awarded this December for projects to be



Refuge ranger Monica Scroggin, left, leading a tour with Immokalee Middle School for its 2018 grant-funded All Creatures Great & Small project photo provided

completed by May 2019.

“Our conservation grants are an important part of the society’s mission to educate and create future conservation stewards from our young students of today,” said Wendy Kindig, DDWS Environmental Education Committee chair. “This year, we are offering two new \$3,000 grants to encourage larger creative projects that will touch more students. Plus, we still offer \$1,000 grants for teachers with single-class projects or smaller needs.”

In the past 12 years, DDWS has granted more than \$80,300 to local schools for environmental projects. The teacher grants are funded by monies received from the DDWS Conservation Education Endowment Fund established by Jay “Ding” Darling’s grandson, the late Kip Koss. To make a tax-deductible donation in support of the fund, contact DDWS Executive Director Birgie Miller at 472-1100 ext. 4 or [director@dingdarlingsociety.com](mailto:director@dingdarlingsociety.com).

For more grant information and an application, visit [www.tinyurl.com/dinggrants](http://www.tinyurl.com/dinggrants) or contact Sierra Hoisington at 472-1100 ext. 4 or [shois@dingdarlingsociety.org](mailto:shois@dingdarlingsociety.org).\*



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\*Winner Best Seafood 2010-2017





### Mushrooms Stuffed With Feta And Spinach

8 ounces bacon slices  
1 cup chopped onion  
1 10-ounce package chopped frozen spinach, thawed, squeezed dry  
4 ounces feta cheese, crumbled (about 3/4 cup)  
4 ounces cream cheese, room temperature  
1/4 teaspoon dried crushed red pepper  
2 3/4 pounds button mushrooms stemmed, (about 48; each about 1 1/2 inches diameter)

Preheat oven to 375 degrees F. Cook bacon in heavy, large skillet until crisp, about 8 minutes. Transfer bacon to paper towels to drain. Coarsely crumble bacon. Discard all but 1/4 cup plus 2 teaspoons

bacon fat (adding olive oil if necessary to equal that amount).

Heat 2 teaspoons reserved bacon fat in heavy medium skillet over medium heat. Add chopped onion and sauté until tender, about 5 minutes. Transfer to medium bowl and cool; mix in bacon, spinach, feta, cream cheese, and crushed red pepper. Season filling to taste with salt and pepper.

Line 2 large rimmed baking sheets with foil. Toss mushrooms and reserved 1/4 cup bacon fat in large bowl to coat. Sprinkle mushrooms with salt and pepper. Place mushrooms, rounded side down, in single layer on prepared baking sheets. Bake mushrooms until centers fill with liquid, about 25 minutes. Turn mushrooms over. Bake mushrooms until brown and liquid evaporates, about 20 minutes longer. Turn mushrooms over again. Spoon 1 heaping teaspoon filling into each mushroom cavity. (Filled mushrooms can be prepared 1 day ahead. Cover and refrigerate.)

Preheat oven to 375 degrees F. Bake mushrooms until heated through, about 10 minutes. Transfer mushrooms to platter and serve warm.

Yield About 48.\*



Mushrooms Stuffed With Feta And Spinach

photo courtesy Fresh From Florida

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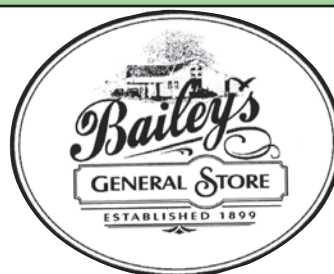
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# The Jac Reopens Under New Ownership

by Jeff Lysiak

**R**eopened in late May following several months of renovations, The Jac Sanibel Island Grille & Rum Bar has welcomed back customers of the former establishment – along with new curious culinary aficionados – with arms wide open, along with a revamped menu that's sure to please even the most discerning diners.

"We had been looking for a property to open a new restaurant for a while," said owner Eve Alves, who purchased the old Jacaranda restaurant last December with her husband, Alex. "Although I had never eaten there before, we both loved the location."

Alves, who moved to Southwest Florida from Miami back in 2003, also owns Luna Rossa Italian Grille at Miromar Outlets in Estero. After purchasing the popular Sanibel restaurant, the couple needed to do an extensive remodel of the main building, installing a brand new, state of the art kitchen along with a refurbished dining area.

"We're still working on the back bar area," said Alves, who noted that the business hopes to reopen the popular island watering hole before the end of October.

Inside the newly-remodeled restaurant, customers will notice a simple, rustic



**Chef Phillippe Schroeder and owner Eve Alves**

photo by Jeff Lysiak

décor. Farm doors, a neutral color scheme on the walls and wooden floors reflect the owners' desire to create a simple, fresh look equal to the "fresh first" quality of The Jac's revised menu.

"I wasn't familiar with the old menu or concept, so when we found our new chef, we gave him full reign to create our menu," said Alves, who hired Chef Phillippe Schroeder to lead the kitchen team. Schroeder received his culinary training in San Francisco and has cooked in kitchens in California, Hawaii, Texas and Florida.

"I was tired of doing someone else's menu or making dishes that seem to be on menus everywhere," said Schroeder. "I've created a few unique items, but everything we do here is fresh. Fresh ingredients, and everything we serve is made in-house. Baked goods, pastas, salads, smoked meats, desserts... it's all made here."

Among the appetizer selections are the signature House Smoked Chicken Wings (served with choice of homemade barbecue, buffalo or sweet chili sauce), Harriette's Conch Fritters, Fresh Snapper Ceviche and Jac's Spiced Pork Belly. Their

clam chowder is made fresh every day.

Salad offerings include the Burrata Salad (served with mixed greens, roasted heirloom tomato, apricot gastrique and grilled foccacia), Thai Crunch Salad and Watermelon Caprese. Schroeder noted that all salads are prepared fresh, clipped in the kitchen with produce bought from local purveyors.

The Jac also offers a selection of sandwiches, burgers and tacos including The Captain's Burger (created with a house-blended brisket, short rib and top sirloin, with bacon, The Jac's Spiced Pork Belly, smoked paprika aioli and cheese), Quinoa and Black Bean Burger and Mandarin Rum Chicken Sandwich.

Among the myriad of entrees offered is the Seafood Risotto, Citrus Fettuccini and Shrimp, Pan Seared Mahi-Mahi, Drunken Short Ribs, Pan Roasted Cauliflower Steak, Grilled Skirt Steak and Club-Cut New York Strip Steak.

During the daily happy hour, patrons can choose from a selection of appetizer-sized entrees, allowing them to sample several dishes.

Those who save room for dessert can enjoy homemade Key lime tarts and The Jac's own brioche bread pudding topped with ice cream and caramel sauce.

The menu includes many gluten free, dairy free and vegan options. If a customer asks for a dish catered to their special dietary needs, the chef promises to accommodate that request.

"We always use fresh ingredients, so I'll be able to create something that's good for everyone," Schroeder explained.

continued on page 26





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Book Review

Love And Ruin



by Di Saggau  
Paula McLain, the bestselling author of *The Paris Wife* returns to the subject of Ernest Hemingway in *Love and Ruin*. This novel is about his passionate, stormy marriage to Martha Gellhorn, a fiercely

independent, ambitious young woman who would become one of the greatest war correspondents of the 20th century, reporting on virtually every major conflict for 60 years. Even covering the invasion of Panama at the age of 81. Meeting Hemingway was both the best and worst thing that ever happened to Gellhorn.

In 1937, 28-year-old Martha Gellhorn travels alone to Madrid to report on the atrocities of the Spanish Civil War and becomes drawn to the stories of ordinary people caught in the devastating conflict. It's the adventure she's been looking for to prove herself a worthy journalist in a field dominated by men. But she also finds herself, unexpectedly falling in love with Hemingway, a man on his way to becoming a legend. On November 21, 1940 in Cheyenne, Wyoming, she becomes the third Mrs. Hemingway.

Martha is independent and ambitious and her career comes first. She is



image provided

determined not to be an appendage to her famous partner, and her goal is "to live my own life, and not anyone else's." However, it's hard not to be distracted by the presence of a handsome writer at the top of his game. In the shadow of the impending Second World War, and set against the turbulent backdrops of Madrid and Cuba, Martha and Ernest's relationship and their professional careers ignite. I loved reading about Martha's friendship with Eleanor Roosevelt.

When Ernest publishes *For Whom the Bell Tolls*, they are no longer equals and Martha must make a choice: surrender to the confining demands of being a famous man's wife or risk losing Ernest by forging a path as her own woman and writer. It is a dilemma that

could force her to break his heart, and hers. *Love and Ruin* captures Gellhorn as a heroine for the ages: a woman who will risk absolutely everything to find her own voice. I consider this is a great book club read. Mine will discuss it soon.\*

School Smart



by Shelley M. Gregg, NCSP

**Dear Readers,**  
Getting a new school year off to a good start can influence children's attitude, confidence and performance both socially and academically.

The transition from summer to school can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure and, for some, pressures associated with school life. The degree of adjustment depends on the child, but parents can help their children (and the rest of the family) manage the increased pace of life by planning ahead, being realistic and maintaining a positive attitude. Here are a few suggestions, from the National Association of School Psychologists, to help ease the transition and promote a successful school experience.

The First Weeks:

Clear your own schedule – To the extent possible, postpone business trips, volunteer meetings and extra projects. You want to be free to help your children acclimate to the school routine and overcome the confusion or anxiety that many children experience at the start of a new school year.

Make lunches the night before school – Older children should help or make their own. Give them the option to buy lunch in school if they prefer and finances permit.

Set alarm clocks – Have school-age children set their own alarm clocks to get up in the morning. Praise them for prompt response to morning schedules and bus pickups.

Leave plenty of extra time – Make sure your children have plenty of time to get up, eat breakfast and get to school. For very young children taking the bus, pin to their shirt or backpack an index card with pertinent information, including their teacher's name and bus number, as well as daytime contact information.

Prepare for after school – Review with your children what to do if they get home after school and you are not there. Be very specific, particularly with young children. Put a note card in their backpack with the name(s) and number(s) of a neighbor who is home during the day as well as a number where you can be reached. If you have not already done so, have your children meet neighbor contacts to reaffirm the backup support personally.

Review your child's schoolbooks – Talk about what your children will be learning during the year. Share your enthusiasm for the subjects and your confidence in your children's ability to master the content. Reinforce the natural progression of the learning process that occurs over the school year. Learning skills take time and repetition. Encourage your children to be patient, attentive and positive.

Send a brief note to your child's teacher – Let the teachers know that you are interested in getting regular feedback on how and what your children are doing in school. Be sure to attend back-to-school night and introduce yourself to the teachers. Find out how they like to communicate with parents (e.g., through notes, e-mail, or phone calls). Convey a sincere desire to be a partner with your children's teachers to enhance their learning experience.

Familiarize yourself with the other school professionals – Make an effort to find out who in the school or district can be a resource for you and your children. Learn their roles and how best to access their help if you need them. This can include the principal and front office personnel; school psychologist, counselor, and social worker; the reading specialist, speech therapist, and school nurse; and the after-school activities coordinator.

Shelley Gregg 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](mailto:smgreggs@gmail.com). Not all questions submitted can be addressed through this publication.\*

Top Ten Books On The Island

1. *Next Year in Havana* by Chanel Cleeton
  2. *Woman in Cabin 10* by Ruth Ware
  3. *Shell of a Problem* by Jennifer Schiff
  4. *Lilac Girls* by Martha Hall Kelly
  5. *Camino Island* by John Grisham
  6. *Leopard at the Door* by Jennifer McVeigh
  7. *President is Missing* by James Patterson and Bill Clinton
  8. *Summer Wives* by Beatriz Williams
  9. *By Invitation Only* by Dorothea Benton Frank
  10. *My Husband's Wife* by Jane Corry
- Courtesy of MacIntosh Books and Paper.\*



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Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to Islandsunpoetry@gmail.com. Each week, an individual poem will be showcased.

The Song Of The Oceanside Grackle

by River Shields, 12 years old

Grackle.  
She is the cool black night against the  
red striped sand and summer sun.  
Now she sings her overlooked song,  
her invisible caw.  
that tells the story of this beach,

what the sand has seen, and the  
ocean saw.  
Of the time to be  
and was.  
On a beach where no pesky seagulls  
fly,  
where the noisy waves compete,  
and the sand is a canvas for  
passersby,  
like the grackle with her stick-like  
print.  
A beach where one lone grackle  
hops away from the  
water.  
I shall leave her to her breakfast.  
But even when I turn away  
I can hear  
her song.

Hannah Star Rogers holds an  
MFA from Columbia University and  
a PhD from Cornell University. Her  
writing has appeared in the Kenyon  
Review, LA Review of Books, Carolina  
Quarterly and Southern Women's  
Review.✧



DL Havlin photos provided

Author Earns President's Award

On August 4, the Florida Authors & Publishers Association (FAPA) awarded its prestigious annual President's Book Award to DL Havlin and Taylor and Seale Publishing for the novel *The Bait Man*. At the event, which took place at the Hilton Orlando Buena Vista Palace, authors were recognized with gold, silver or bronze medals for outstanding books. Forty-five book categories ranging from children's books to adult fiction, memoirs to self-help, and business books to e-books were evaluated. FAPA recognizes both independent and traditionally-published books. All medals



are awarded based on a points system in the judging of books. The judges for the program are librarians, educators and publishing professionals. "The 2018 President's Book Award winners exemplify excellence in the publishing world. This year, we had the largest number of books ever submitted. FAPA is proud to recognize and celebrate these dedicated and talented authors," said Angelina Assanti, FAPA president. Havlin grew up in Florida and many of his novels are Florida-based. He has been a featured guest at the Sanibel Shell Festival Authors Table.✧

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From page 23  
The Jac Reopens



One of The Jac's signature desserts, a brioche bread pudding topped with ice cream and caramel sauce photo by Jeff Lysiak

"We also change our menu with the seasons. In the fall, we're adding dishes featuring pumpkin, squash and some root vegetables." Since reopening under the new name, both Alves and Schroeder report a very positive response from the community, estimating "over 70 percent of the people

have great reactions" to the new menu. "We'd like to invite people to stop in, enjoy some drinks and appetizers, hang out with a few friends and have a great dinner," said Alves. "Then after dinner, relax at the bar and enjoy some live music. Our goal isn't to be the same old Sanibel restaurant. We want people to come here and try a few new things." One of the new offerings next month at The Jac will be a bourbon dinner, where guests will sample a variety of specially selected bourbons paired with appetizers prepared for the one night only event. The evening will also include educational lectures by bourbon experts, raffles and other activities. Reservations for the 6 p.m. event on Wednesday, September 26 can be made by calling the restaurant. "Both Eve and I grew up in families that would sit down and have a meal together," said Schroeder. "That's why I like to see people come here with family and friends, enjoy a meal and talk with each other. It's a real dining experience." "Try us out and I guarantee you'll leave with a smile on your face," added Alves. "Everything (Schroeder) creates is phenomenal!" The Jac Sanibel Island Grille & Rum Bar is located at 1223 Periwinkle Way. Hours are from 11 a.m. to 10 p.m. seven days a week, with happy hour served from 3 to 6 p.m. daily. For more information, call 472-1771 or visit [www.thejacsanibel.com](http://www.thejacsanibel.com).✧



## Free Gift Offered For Two Days Only

Lily & Co. Jewelers is celebrating summer, a time to relax and enjoy the long days of sunshine, with a free sterling silver sand dollar pendant for every purchase of \$150 or more during two days of Awesome August – Thursday, August 23 and Friday, August 24.

“Our stunning sea life pieces are masterfully created from the finest materials for timeless beauty,” said Dan Schuyler, co-owner of Lily & Co. with Karen Bell. “Each piece reflects the natural beauty of our Sanibel and Captiva islands.”

Designs are inspired by the shapes of the islands; starfish, clam shells, sea turtles, the gentle Gulf of Mexico waves and even the famous summer footwear, flip flops. The use of exotic gemstones or precious diamonds brings soul to the sea life and beach lines of bracelets, earrings, pendants and necklaces in gold or sterling silver.

“Take a moment of your summer break to collect a lasting memory of it,” added Schuyler. “These gorgeous pieces will always be a reminder of your relaxing, summer island days.”

Lily & Co. Jewelers is located at 520 Tarpon Bay Road on Sanibel. For more information, call 472-2888.✪



Island-themed pendants

photo provided



Gus and Loretta Oliver in the new Think Tank

photo provided

## End Of Summer Party At Library

Children participating in the Summer Reading program can turn in their reading logs and claim “earned” books until August 25. The Donut Drop-in end of summer party will be held on Saturday, August 25 from 10 a.m. to noon. Youth Services Librarian Deanna Evans said, “If you haven’t picked up the books you’ve earned from Summer Reading, this is your last chance. If you didn’t participate, ‘do drop in’ anyway and check out a book, and check out the new space.” No registration required and no additional cost to attend the party.

Children from babies to teen participated the reading program. As in years past, they read to earn books for themselves and for patients at Golisano Children’s Hospital of Southwest Florida. Children who participated in the program

can choose books to keep for their own library. The Sanibel Public Library Foundation matches each book earned with a book for the hospital. Since its inception in 2012, young readers have helped to contribute more than 6,000 books to the hospital.

“Summer reading helps prevent the summer slide, the loss of gains the kids have made during the previous school year,” said Evans. “Local readers as well as visitors from all over the world participated.” Locals and visitors logged reading time and activities via paper or online with Beanstack, which is now offered as a smartphone app. Beanstack is for adults and children. It not only logs reading time, but also delivers personalized book recommendations.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. For more information, call 472-2483 or visit [www.sanilib.org](http://www.sanilib.org).✪

ROBIN COOK & STEVE GREENSTEIN  
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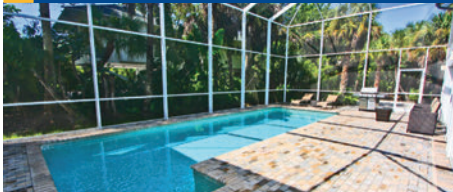
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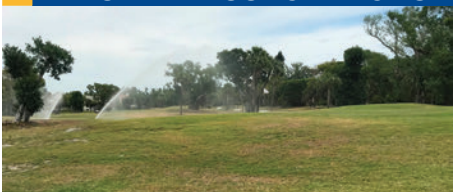
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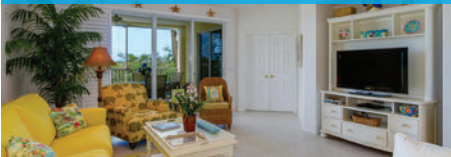
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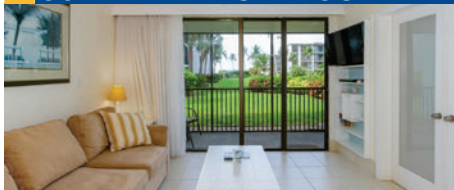
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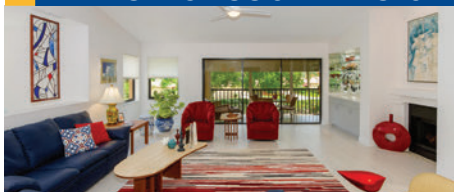
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- 5BR, 5.5BA. Pool & Spa
- Main and Guest House. Great for Entertaining
- Awesome rentals or 2nd home luxury
- **Price \$2,499,000**



#### SANCTUARY STUNNER

- Newly remodeled 6BR/6BA premier golf course residence
- Ultimate location situated on multi parcels
- Expansive lake and golf course views
- Gorgeous pool and spa area. Beautifully designed
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#### CAPTIVA VILLAGE

- Beautiful Florida Style within Heart of Village
- 3/ 4 Bedrooms, 3,500 Living S.F.
- Original Owner, Well Maintained w/No Rentals
- Great Curb Appeal, Steps to Beach & Village Lifestyle
- **Price \$1,799,000**



#### VACANT LOT IN CAPTIVA VILLAGE

- Steps to Beach from this Great Location
- Only Lot Available in Captiva Village
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#### ST. CHARLES HARBOUR

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 <b>FRIDAY</b> Sunny High: 89 Low: 79	 <b>SATURDAY</b> Mostly Cloudy High: 92 Low: 81	 <b>SUNDAY</b> Mostly Cloudy High: 88 Low: 78	 <b>MONDAY</b> Sunny High: 89 Low: 79	 <b>TUESDAY</b> Mostly Cloudy High: 91 Low: 77	 <b>WEDNESDAY</b> Few Showers High: 88 Low: 78	 <b>THURSDAY</b> Mostly Sunny High: 89 Low: 79
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	5:58 am	12:47 pm	7:28 pm	None
Sat	6:43 am	12:03 am	9:20 pm	2:09 pm
Sun	7:38 am	12:45 am	11:12 pm	3:28 pm
Mon	8:42 am	1:42 am	None	4:35 pm
Tue	12:26 am	2:56 am	9:49 am	5:30 pm
Wed	1:11 am	4:06 am	10:49 am	6:16 pm
Thu	1:43 am	5:02 am	11:39 am	6:54 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	5:03 am	12:49 pm	6:33 pm	None
Sat	5:48 am	12:05 am	8:25 pm	2:11 pm
Sun	6:43 am	12:47 am	10:17 pm	3:30 pm
Mon	7:47 am	1:44 am	11:31 pm	4:37 pm
Tue	8:54 am	2:58 am	None	5:32 pm
Wed	12:16 am	4:08 am	9:54 am	6:18 pm
Thu	12:48 am	5:04 am	10:44 am	6:56 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	6:14 am	12:02 am	6:59 pm	12:44 pm
Sat	6:48 am	12:38 am	7:45 pm	1:41 pm
Sun	7:22 am	1:19 am	8:33 pm	2:39 pm
Mon	7:57 am	2:08 am	9:29 pm	3:36 pm
Tue	8:35 am	2:57 am	10:51 pm	4:38 pm
Wed	9:40 am	3:50 am	None	5:48 pm
Thu	12:49 am	5:15 am	11:28 am	6:50 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	8:08 am	2:44 am	9:38 pm	4:03 pm
Sat	8:53 am	3:19 am	11:30 pm	5:25 pm
Sun	9:48 am	4:01 am	None	6:44 pm
Mon	1:22 am	4:58 am	10:52 am	7:51 pm
Tue	2:36 am	6:12 am	11:59 am	8:46 pm
Wed	3:21 am	7:22 am	12:59 pm	9:32 pm
Thu	3:53 am	8:18 am	1:49 pm	10:10 pm

Island Seniors  
At Center 4 Life

Meet your friends and make some new ones at the Center 4 Life. Browse through the following activities, then stop by to sign up.

**Center 4 Life activities will be canceled on Tuesday, August 28 due to Primary Elections. Normal operating hours resume on Wednesday, August 29.**

**Donations Needed for Trash & Treasures Sale** – Clean, gently used items are needed for the annual Trash & Treasures Sale. You may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. A tax deductible receipt will be provided for your donation. Books, clothing, shoes, computers or old TVs cannot be accepted. If you have any questions, call 472-5743.

**Page Turners with Louise Fitzgerald & Ann Hartman** – If you are not on the Page Turners list, and wish to be, email oceann@comcast.net or contact the center.

The featured book for Wednesday, September 12 is *Killers of the Flower Moon* by David Grann. There will be a book discussion only at 2:30 p.m.

**Leisure Lunchers at The Jac Island Grille & Rum Bar** – Wednesday, August 22.

Experience the newly renovated restaurant, under new ownership. The menu focuses on farm to table fresh food. There will be a brief discussion with Chef Phillip Schroeder. Separate checks will be provided. Limited seating available. Advance registration is required.

**Trip to IKEA** – Monday, September 10. Cost is \$5 for members and \$10 for non-members.

Trip includes round trip transportation. Lunch is on your own at the IKEA Café. This will be an all-day shopping spree at IKEA in Plantation. Advance registration is required by Friday, September 7.

**Seven-Day Christmas Trip to New Orleans** – Sunday to Saturday, December 2 to 8. Cost is \$1,364 for members (per person, double occupancy) or \$1,774 (single occupancy). Non-members are \$1,389 (per person, double occupancy) or \$1,799 (single occupancy). Includes round trip bus transportation, six-night accommodations including four nights in the heart of New Orleans, Oak Alley Plantation, New Orleans Cooking School, Mardi Gras Museum, World War II Museum and Mississippi Jazz Brunch Cruise. Advance registration required, while spots last.

**A Southern Christmas: Savannah & St. Simon's Island** – Tuesday to Friday, December 11 to 14. Cost for members is \$574 (per person, double occupancy) or \$774 (single occupancy). Non-member are \$599 (per person, double occupancy) or \$799 (single occupancy). Includes round trip bus transportation, three-night accommodations (one in St. Simon's Island and two at the Holiday Inn Express in Savannah), five meals (three breakfasts, two dinners), the live Savannah Theater Christmas Show, tours and other attractions. Advance registration required, while spots last.

**The Magic of the Keys** – Tuesday through Thursday, January 22 to 24. Cost is \$574 for members (per person, double occupancy); \$844 single. Non-members are \$599 (per person, double

occupancy); \$869 single.

Includes round trip transportation, two nights at the Hyatt Place in Marathon, five meals (two breakfasts, two lunches and one dinner), Schnebly Winery tour and tasting, and lunch, full day in Key West with private tram tour and all-day hop-on/hop-off privileges, and tour of Dolphin Research Center. Advance registration required on a first come basis.

**Gelli Printing with Bea Pappas** – Fridays, August 17, 24 and 31. Cost is \$20 for members and \$25 for non-members. Beginners welcome.

You can do monotype or make papers for collage use. Supplies needed: paper towels, acrylic paints, water container and one-inch brush. The instructor will provide all other supplies.

**Games**

Cost for all games is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

**Bridge** – Monday and Wednesday. Registration begins at noon; the game begins at 12:30 p.m.

**Mahjongg** – Monday and Thursday at 12:30 p.m.

**New: Rummikub** – Tuesday at 1 p.m.

**Hand & Foot** – Thursday at 12:00 p.m.

**New: Canasta** – Thursday at 12:30 p.m.

**Hearts** – Friday at 12:30 p.m.

**Kayaking on Tuesdays** – August 21 and September 11 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5

for members and \$20 for non-members. Advance registration is required.

**Fitness Classes** – Island Seniors, Inc. members pay \$4 per class, visitors pay \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

**Happy Hour Fitness** – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong. Hand weights, stretch cords and your body weight will be used. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is required. Connie DeCicco is the instructor

**Essential Total Fitness** – Monday, Wednesday and Friday at 9:30 a.m.

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

**Power Hour Fitness** – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

**Gentle Yoga** – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Bring a towel. Kim Kouril is the instructor.

**Chair Yoga** – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

For more information, call 472-5743 or stop by the Center 4 Life, located at 2401 Library Way on Sanibel.✧



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# Buy Now... And Benefit This Winter!



### Captains Walk #B2

East-end ground-level 1 bedroom with carport. New HVAC system, plus updated bath & appliances. Pet-friendly community with many year-'round residents, or could be an investment rental (monthly minimum). Nicely furnished too. \$239,000



### Moonshadows #2C

Direct beach-front 3-bedroom 3-bath half-duplex in residential community managed like a condo. Spacious floor plan with over 3,000 sq. ft. under air. Covered parking for 3+ cars & patio. Only 12 owners share amenities. \$1,695,000



### Belle Meade

One of the last vacant parcels on Kincaid Court with conservation land across the street. Handy to wildlife refuge, school, recreation center, bike path, & shopping, yet private. Great spot for year-'round living, vacations or 2nd home. \$149,000



### Spanish Cay #A7

Income-producer on 2nd floor. 950 sq. ft. with screened balcony that views Sanibel River. Community pool & docks. Deeded beach access across street between Gulfside Place/Chelsea Place. New paver parking area. \$274,000 furnished



### Gumbo Limbo

Facing west over conservation land, this oversized parcel (~170' x 155') at 9441 Peaceful Drive is just that. Ready for a single-family home & located along back circle of community, yet handy to shopping, bay, gulf, & the causeway. \$249,000



### Sanibel Estates

Easy-living remodeled ground-level split-plan 3 bedroom with this dock. Near end of Anchor Dr cul-de-sac. Beautiful woodwork with custom cabinetry, granite countertops, & limestone floors. Large screened lanai & two decks. \$899,000



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Licensed Assistant  
Notary



# Rotary Happenings

submitted by Shirley Jewell

With our new Rotary year now under way and with the announcement of our Rotary International president's motto for the year, Be the Inspiration, Sanibel-Captiva Rotary Club President John Danner deemed that our club will be the inspiration in a number of ways. Rotary programs will be specifically designed to inspire young people, giving them an opportunity to unlock their potential, develop their skills and broaden their horizons.

Programs this year will include sponsorship of inbound and outbound Rotary Youth Exchange students. For secondary school students, there will be a new Interact Club at The Sanibel School for middle school youth to discover the power of volunteering and social action. A Rotaract Club at Florida SouthWestern State College will be reestablished to help young people contribute to the community and learn about professional development. Sanibel-Captiva Rotary also is awarding four college scholarships this academic year. These awards will be announced soon.

Just last week, the Rotary Youth Exchange student from Taiwan arrived in the U.S. It was a long complex journey with delayed flights, canceled flights and



Lesli Haynes photo provided

redirected flights. But finally, 15-year-old Li-sen (Lee-Sin) Chou (Chow) arrived not in Fort Myers as planned, but in Miami. The club thanks his amazing host family – Liz and John Van de Velde and son Ian – for driving over to Miami and picking him up. Ian is our outgoing exchange student and left for Taiwan this week. More news on these two students will be coming in the next few months.

Now on to another topic for Rotary last Friday. The week was laden with bad news about the water quality and beach conditions surrounding our islands; the green algae, red tide, dead fish and sea animals, and toxic air have certainly stained our islands' reputation of an environmentally clean and beautiful place to live and visit. Hopefully, Mother Nature will provide relief and our politicians will heed the warning and finally get the green

message in a bottle that there has been a serious assault on our environment, and start working together toward a solution before it is too late.

With that being said, our guest speaker last Friday morning, Lesli Haynes, Lee County senior environmental specialist, Lee County Division of Natural Resources-Marine Services, had some positive news regarding our waterways and the artificial reef program for Lee County. Haynes' responsibilities do not involve the handling of the current crisis in our waterways. Her office deals with abandoned and derelict vessels, aids to navigation and the artificial reefs program.

The county spent \$100,000 in 2017 to legally remove abandoned and derelict vessels from our county's waterways. The cost is extremely high, and removal can not take place until ownership of the vessel is researched and either established or proven to be abandoned. This takes months, and sometimes years to complete. There are approximately 50 boat removals per year for our waterways.

Anyone who is a boater knows the importance of using navigational charts to cruise any waterways. Aids to navigation, commonly called channel markers, and uniform waterway markers are in place throughout the waters of Lee County for boating safety purposes. Boaters need to keep a sharp lookout at all times and learn to recognize waterway markers and understand what they mean. Shifts of waterway markers and damage happen

regularly and Haynes' department is responsible for the maintenance of all navigational signage and equipment. The department regularly inspects the signs but does count on boaters to report any trouble with the navigational markers. This is for the safety of everyone on and below the surface of our water.

Now on to the good news I promised you earlier in the column; Lee County's Artificial Reefs Program. Haynes told us that Lee County manages a network of artificial reef sites from Charlotte Harbor to 30 miles offshore. Currently in place are 20 artificial reefs made from concrete culverts, sunken ships, railroad hopper cars, barges, bridge rubble, tires and cement mixer drums, and the outstanding placement of the USS Mohawk artificial reef in 2012. The health and well being of these reefs are outstanding. Quoting from the Lee County Artificial Reefs booklet, "Residents and visitors can explore all the splendor of the area's thriving reef community through safe and responsible boating, diving, fishing and snorkeling."

A question was brought up regarding the effect red tide and green algae are having on the artificial reefs. Hayne's answer was extremely welcomed: "No real damage indicated at this time. Surface pollution does not seem to be affecting the reefs."

*The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.\**

## Captiva Panel Unveils New Website

The Captiva Community Panel announced a newly re-designed and recently updated website, online at [www.captivacommunitypanel.com](http://www.captivacommunitypanel.com). This website was made possible by a generous donation from the Charitable Foundation of the Islands.

The Captiva Community Panel has been recognized by the Lee County Board of County Commissioners as the organization tasked with coordinating and overseeing the Captiva community's planning efforts while proposing goals, objectives, policies and land development regulations specifically applicable to Captiva.

This new website has been designed to broadly communicate with all Captiva

constituents and stakeholders, including property owners, residents, businesses and visitors.

The Captiva Community Panel website is intended to offer relevant and timely information of importance to the island community on an ongoing basis. The panel welcomes community input and appreciates having feedback concerning corrections, improvements and ideas for better communications. If you find any inaccuracies, or wish to comment or subscribe to future panel information releases, send emails to [captivacommunitypanel@gmail.com](mailto:captivacommunitypanel@gmail.com).

Generally, the Captiva Community Panel meets on the second Tuesday of every month beginning at 9 a.m. at South Seas Island Resort. Meeting agendas are available online at least a week in advance of the meeting. The panel operates under the state Sunshine and Open Records laws and the public is invited to attend and participate in all the meetings.\*

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- Systems analyst for Uniroyal Chemical for 24 years
- Tenured Real Estate professional since 2005
- Past presidency for Zonta in 2014
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Superior Interiors

## Complete A Room: Window Treatments



by Marcia Feeney

Using blinds in windows may offer a sense of privacy from the neighborhood, but window treatments can provide extra comfort and bring style and sophistication into a home. Not only

a functional factor, window treatments are an accessory that can completely transform a room, giving it more depth, character and coziness. Window treatments offer the perfect opportunity to express personal style and make a room feel more complete.

Choosing the right option for windows takes time, thought and effort. You can't just throw sheers into any room, and you certainly shouldn't opt for honeycomb shades as your only option around the house. To complete each room with a set of window treatments, one needs to consider each room's theme, purpose, style and level of required privacy. Before dressing windows in any standard option, consider the following in choosing the perfect treatments.

Rushing to the store and purchasing a set of window treatments solely for the way they look is strongly discouraged.

Assess all windows in your house and make treatment decisions based on the purpose of each room. All the spaces in a home are meant for something different, and that means you'll need to explore different types of window treatments as well.

For instance, you likely want the bedroom to be dark and dimly lit since it's made for resting, so a set of room-darkening curtains make most sense. A room that thrives off natural light, such as the home office or living room, can use a beautiful set of sheers. In the bathroom, where you need privacy and solitude, honeycomb shades, which block little light but offer total privacy, are a viable option.

The style and color of treatments should complement the room's existing theme. If you're a fan of pattern and texture, this is an opportunity to go wild and make a statement. On the opposite side of the spectrum, choose a neutrally toned set of window treatments to balance the room out.

Keep in mind that you also need to purchase curtain rods and should be mindful of style there, as well. This is a simple task that can make or break your desired outcome.

Choosing a set of window treatments based on the purpose and character of each room in your home seems like a simple task, but it can be difficult to complement your space correctly. Have no fear, you don't have to take care of this statement-making task on your own. A design professional can lend a helping hand.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at [marcia@coinedcaden.com](mailto:marcia@coinedcaden.com).\*



From left, Dawn Sanchez, Randy Carlson, Bonnie McCurry, Stan Howard, Melissa Rice, Tom Louwers, Richard McCurry and Dan Alton photo provided

## Community Pitches In For School Supplies

Three organizations and their members – Sanibel-Captiva Optimist Club, Friends Who

Care and Sanibel Community Church – teamed up to provide assistance for residents of Community Housing and Resources (CHR) for children's school supplies. The Optimist Club provided Walmart gift cards. Friends Who Care provided Target gift cards and Sanibel Community Church provided a backpack for each child.\*

## Buying, Selling or Just Want to Chat... Talk to Chuck!

### 3941 Coquina Dr.



New! New! New! 3 BR/2 BA, great room, fire place, impact glass and enclosed salt water pool.  
**\$899,000**

### Loggerhead Cay # 434



Exceptional remodeled top floor end unit, 2BD/2BA. Great rental income, nicely furnished, only steps to the beach and pool. Great sunset views.  
**\$629,000**

### 3790 West Gulf Dr.



Across From Beach! Fabulous renovation of this 3 BD, 2-1/2BA plus office elevated home. Great room with gas fireplace. Kitchen, dining and master all access the screen enclosed deck overlooking the oversized salt water pool.  
**\$1,699,000**

### Seashells of Sanibel #36



Easy walk to beach from this 2BD/2BA second floor condo. Great rental income  
**\$380,000**



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### 836 Donax St.



Sanibel Shores opportunity. 3 BR/2BA single family with WEEKLY RENTALS. Community pool and easy walk to beach  
**\$599,000**

### 9248 Kincaid Court



Perfect investment opportunity. 2 BR/1BA; Close to school and Rec Center; Move in ready!  
**\$429,000**

### 3832 Coquina Dr.



West Rocks w/deeded beach access, 3-BD en-suites, open great room. Private elevator, large studio/workout area. Enclosed lanai overlooks pool with beautiful lake views.  
**\$1,100,000**

### Seashells of Sanibel #43



2BR/2BA with 3-day minimum rentals. Quiet location, deeded beach access close by. A great investment opportunity.  
**\$379,000**

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Will Power

It's All In A Name



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

Names are important. A little boy named Wilfred today, compared to in the past, may have to quickly learn how to defend himself on the school playground. Companies spend millions of dollars coming up with just the right name for their new products. We've all heard of how Chevrolet had a hard time selling its Nova automobile in Latin America. GM executives puzzled over the difficulty until they realized what "no va" means in Spanish – "it doesn't go!"

Names are also important in estate planning. How an account is titled can mean the difference between whether a probate administration is going to be required on the account owner's death or not.

Assume that John Smith has his estate planning attorney prepare a revocable living trust. The attorney doesn't ask John about his specific accounts, but gives John a sheet describing how his accounts should be titled. John notices at the end of his revocable living trust is a sheet of paper entitled "Schedule A – Trust Assets."

So John gets to work. He starts by typing all his account information on that Schedule A. He lists his bank accounts and his brokerage accounts. Someone tells him that he should put all his real property into his trust, so he takes his Schedule A and adds to it the addresses of all real estate he owns.

Do you think that John has properly aligned his assets with his trust? By "aligning assets," I mean transferring title to all of the assets that would have been subject to probate at his death if they are not titled into his trust?

If you said "No – he has not properly transferred the title to his assets," then you would be correct. To properly transfer title to your accounts into your trust – the account title – its name must change. Instead of the bank statement titled in the name of John Smith, it should be titled in the name of John Smith, Trustee for the John Smith Trust dated August 1, 2018.

The same holds true with John's brokerage accounts and his deeds. He needs to work with his brokerage firms to make sure that he renames his account into the name of his trust. This usually means that he must fill out some paperwork with the financial institution. John continues to use his social security number as his tax identification number for the accounts since his revocable living trust is deemed a "grantor trust" under the IRS tax code. In other words, the trust is invisible to the IRS during John's lifetime. He continues to file his tax returns as if he does not have a trust.

How about the deeds to his real property? Those need to be changed too. Here, John would be well advised to ask his attorney to make the transfer. The attorney may create a deed that John signs, transferring the real estate from himself to himself as trustee for his trust. In Florida, it is important that the deed contain special powers that are enumerated under a state statute so that when John (or his heirs) sell the property one day, they don't have to record the trust or any special affidavits.

In other states, like Massachusetts, the attorney may create a special type of trust that acts as a shell-like entity to hold title so that one does not have to record the entire trust in the public records to transfer title to the property. Not only could recording the trust be very expensive, it also subjects it to public review. Anyone who wants to see the contents of the trust may do so. Usually you want to keep the contents of your trust private.

When you are married and there is Florida homestead involved, titling the property into the trust without considering the effects of Florida's descent and devise laws could result in unintended and adverse consequence. I don't have time to review that here, but I have done so in past columns. If you are interested, go to [www.estateprograms.com](http://www.estateprograms.com). We briefly mention some of the issues there.

I hope that you can now see that a name is very important if you have a trust. You should always make sure that all your accounts and properties are named properly. Even if your first name is Wilfred.

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Guest Speaker Announced For ABWA Luncheon

Calli Johnson will speak at the American Business Women's Association (ABWA) luncheon on Tuesday, August 28 beginning at noon. Johnson's topic will be Family, Philosophy and Wisdom from a Multi-Generational Workforce. Johnson is the kick-off speaker of the year-long Women in Leadership Speaker Series presented by ABWA.

"The Sanibel Packing Company, founded in 1899 by Frank P. Bailey, launched an enduring philosophy that is still at the center of our business," said Johnson. "As a family and an organization, we continue to strive for outstanding customer experiences through quality, service and value every day."

Johnson is wine manager of Bailey's General Store and participates actively in the community on the board of directors of the Sanibel and Captiva Islands Chamber of Commerce.

"Bailey's General Store is at the heart of the community," said Gloria Garrett of HMG, president of the Sanibel Captiva Charter Chapter of ABWA. "This meeting kicks off our 40th year celebration in the most appropriate way – showcasing a legacy business on Sanibel committed to



Calli Johnson photo provided

developing women in leadership."

ABWA invites the business community – women and men – to attend the luncheon at Sundial Beach Resort and Spa, located at 1451 Middle Gulf Drive. Networking starts at 11:30 a.m. with lunch and speaker from noon to 1 p.m. Cost is \$20. RSVP at [info@abwasanibelcaptiva.org](mailto:info@abwasanibelcaptiva.org) or register on Eventbrite at <https://abwasanibelcaptiva.eventbrite.com>.

The Sanibel Captiva Charter Chapter of ABWA meets on the fourth Tuesday of the month. For more information, visit [www.abwasanibelcaptiva.org](http://www.abwasanibelcaptiva.org).✱



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From left, Tarpon Bay Explorers employees Capt. Jason Dunwoody, general manager and part-owner Wendy Schnapp, Charlie Frese and Capt. Brie Coffman photo provided

## Business Receives Certificate Of Excellence

Tarpon Bay Explorers was recognized with Trip Advisor's Certificate of Excellence for the eighth year in a row. Certificates of Excellence can only be earned by consistently receiving positive reviews on the world's largest travel site. "Our employees enjoy what they do and who they work with so providing our visitors with a great experience and phenomenal service comes as second nature," said part-owner and general manager Wendy Schnapp.

"We have a great staff here at Tarpon Bay," added Schnapp, who noted that their employees strive to provide excellent customer service. "Just within the past couple weeks alone, our staff has gone above and beyond. We had a captain 'rescue' a child's fallen stuffed animal from a cruise boat to retrieving kayakers during unexpected weather events. These acts reflect what kind of organization we are and how we try to be as compassionate as we can to our visitors." Tarpon Bay Explorers is the official concession to the JN "Ding" Darling National Wildlife Refuge and provides a myriad of water-based rentals and tours daily. The company is also in charge of operating the tram tour through Wildlife Drive.\*

## Bank Has A Milestone Winner



From left, Sanibel Community Church Pastor Darryl Donovan, winner Lori Fanning and Susan Schulte of Bank of the Islands photo provided

Bank of the Islands recently made a nonprofit donation through its We Love Our Islands program. The winner, bank customer Lori Fanning, was spotted with a We Love Our Islands decal on her vehicle, winning her the right to select which local nonprofit group would receive a charitable contribution from the bank. Fanning chose to donate \$400 to the Sanibel Community Church. That donation marks a milestone of \$77,000 given away to date through the bank's

program. "Bank of the Islands is proud to be a longstanding supporter of our island community through this program, volunteering and other sponsorships," said Willy Ocasio, Bank of the Islands vice president and Sanibel-Captiva office manager. "Lori's choice of our neighbor, the Sanibel Community Church, to receive this latest donation is a great way to show how much we appreciate being your island bank."\*



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# Two Thrilling Events For The Ages During The Past Weekend



by Ed Frank

From the Mississippi River to the Land of the Ozarks, and from the shores of Chicago's Lake Michigan to the plains of the Midwest, they are still reverberating from last Sunday's thunderous screaming over two thrilling sports events. If you missed the national telecasts of the 100th PGA Golf Tournament and Sunday night's Chicago Cubs-Washington Nationals baseball game, you missed two long-remembered contests for the ages. Chicago's ancient Wrigley Field – 104 years old – has seen many historic games; Babe Ruth's called home run shot in Game Three of the 1932 World Series, and Gabby Hartnett's "Homer in the Gloamin" in 1938 to mention just a couple.

But rookie David Bote's pinch hit two-out, two-strike grand slam homer in the bottom of the ninth inning to lift the Cubs to a 4-3 win over the Nationals certainly earns him a page in the Chicago Cubs-Wrigley Field history books. Old Wrigley still must be shaking from the sell-out crowd of more than 41,000 that witnessed the historic home run. To find a walk-off grand slam with two outs and two strikes you have to go all the way back to 1988 when Baltimore Catcher Chris Holles did the same thing. But remember, Bote did it as a rookie and a pinch hitter. It's the kind of thing little boys dream of when playing sandlot baseball. Now let's switch 300 miles south of Chicago to the Bellerive Country Club in St Louis, site of last week's 100th PGA Golf Championship. Huge crowds in sweltering heat packed every fairway, and while the muscular, 28-year-old Brooks Koepka dazzled the galleries with his booming drives in winning his third Major title, it was clearly the Tiger Woods show as the fans hooted and hollered his every shot. When Woods drained a long birdie putt on the final hole Sunday to secure a second-place finish, the roar from the tens of thousands lining the fairway and 18th green must have echoed into the hills and valleys far beyond Bellerive. That's not to say that Koepka's march to the title, two strokes better than Tiger, wasn't appreciated by the galleries.

But in many ways he appeared to play "second fiddle" to the Tiger show just as it was in June when he won his second U.S. Open title that was headlined by Phil Mickelson's amateurish antics in stopping a runaway putt from rolling off the 13th green at Shinnecock Golf Club in South Hampton, New York. Koepka became only the fifth player to win the U. S. Open and the PGA in the same year. His 264 total also set a new PGA scoring record. And Tiger's blistering 64 was his lowest final round in any of his majors. As the media has been reporting all week, Tiger is clearly back despite falling just short last Sunday. His five top-10 finishes this year says it all. We should mention that his second-place finish in the PGA earned him a \$1,188,000 paycheck. Koepka pocketed \$1,980,000. There was another important note of history to last week's PGA at Bellerive. It was the site of the WGC American Express Championship in 2001. On the morning of September 11, 2001, many of the pros, including Woods, were playing practice rounds when word spread of the terrorist attacks. The tournament was cancelled and most had to scramble to find transportation home due to the disruption of airline schedules. Many who played this past weekend at Bellerive have lingering memories of that day.\*

## SPORTS QUIZ

1. Ichiro Suzuki became the oldest player since 1900 to start a game in center field (43 years, 246 days) when he did so for the Marlins in 2017. Who had held the post-1900 record?
2. In 1996, two players on the same National League team each hit 40 or more home runs, and each had more homers than walks. Name either player.
3. How many years was it before 2016 that the University of Colorado football team played in a bowl game?
4. Name the first African-American to be inducted into the Basketball Hall of Fame as a player.
5. Since the Presidents' Trophy was created in 1985-86 to recognize the NHL's best regular-season team each year, how many times has the winner gone on to win the Stanley Cup?
6. Which female athlete has won the most medals in the Winter Olympics Games?
7. In 2018, Moriya and Ariya Jutanugarn became the second set of siblings to each win on the LPGA Tour. Who was the first set?

## ANSWERS

1. Boston's Rickie Henderson (43 years, 211 days) in 2002. 2. Andres Galarraga and Vinny Castilla of the Colorado Rockies. 3. Nine years (2007). 4. Boston Celtics great Bill Russell, in 1975. 5. Eight times (out of 32). 6. Marit Bjorger of Norway, with 15 medals. 7. Annika and Charlotte Sorenstam, in 2000.



From left, Lee Health Chief Foundation Officer Skip Leonard, race committee co-chair Ed Riddlehoover, Jeff Muddell of Lee Health Foundation, FISH of SanCap board chair Nicole McHale, Dr. Steve Brown and race committee member Pete Bender photo provided

## Premier Sponsor Of 10K Race

Lee Health Foundation returns as the sole premier sponsor of the 10th annual 10K Race 4 FISH, set for Saturday, October 27 beginning at The Community House. The race supports FISH of SanCap, which helps provide important services to those in need who live, work or visit the islands. "FISH is a wonderful organization and serves a critical role on the island," said Lee Health Chief Foundation Officer Skip Leonard. "It helps to enrich the lives of so many on Sanibel and Captiva. Neighbors helping neighbors is a beautiful thing."

Lee Health Foundation raises crucial funds to sustain and enhance patient care and health and wellness programs of Lee Health. Because so many individuals who call Sanibel or Captiva home have been so generous to Lee Health through the years, Leonard said giving back to the islands through FISH is a small way to say thanks for your continued support. "We are grateful to Lee Health Foundation for returning as the race's sole premier sponsor and for their support of the 10K race's cause," said Ed Riddlehoover, co-chair of the race committee. Sponsorships, from Friend to Gold, are available. Contact Diane Cortese at drcortese@embarqmail.com or Pete Bender at benderlaw@juno.com.\*



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## About That Time



by Bryan Hayes

**A**lthough we are more than 60 days into hurricane season, historically, this is the time of year when the tropics start to heat up. Every storm season, I talk about storm prep and

how to make sure your air conditioning (a/c) system is ready for the big blow.

There are some precautions that you can take to be sure your cooling system is ready. You should continue to have your a/c system maintained on a regular basis; every six months is about right. During this maintenance, make sure your a/c contractor checks for hurricane straps and that they are up to the task of holding your unit in place. From a storm perspective, this is the most important precaution you can take to protect property and ensure safety. Hurricane straps also prevent damage from your unit banging around. Even a strong storm that doesn't reach hurricane strength

could cause a poorly secured system to topple.

All industries have their own little catch phrases and one of ours is "a hanger." A hanger is the outdoor section of your a/c that has blown off its stand. Back during the big blow of 2004, aka Hurricane Charley, we saw more hangers than you can imagine. One thing for sure is that no one wants a 200- to 300-pound piece of equipment dangling by mere threads high off the ground.

In addition, if a storm is approaching, make sure to turn your a/c off with the breakers. After the storm threat has passed, visually inspect your outdoor unit: does it appear to look like it did prior to the storm? Is there any debris sticking out of the top or the sides, and is it in the same place it was pre-storm?

If you're not sure whether your system is properly secured, make sure to give your HVAC contractor a call. I know how much new systems can cost, and it's essential that you do everything you can to prepare for potential hazards and protect your investment.

*Bryan Hayes is a Sanibel air conditioning contractor. He also owns, with his brother Todd, an electrical business on Sanibel. He can be reached at [Bryan@Sanibelair.com](mailto:Bryan@Sanibelair.com).✴*

### The Sanibel Captiva Trust Company

## The Wisdom Of Warren



by Timothy P. Vick,  
Executive Vice  
President, Director  
of Research

**A**t a time when the average Fortune 500 CEO is 57 years old and vulnerable to incessant challenges by shareholders and activists, Berkshire

Hathaway Chairman Warren Buffett remains the sage beyond reproach. At 87, his stature, stamina and performance have eclipsed even the triumphs of the elderly Rockefeller, Carnegie and Ford, as Buffett's wealth of knowledge – for running a corporation, for allocating capital, for mentoring future business leaders – keeps compounding on itself like Berkshire's share price.

As he presided over his 52nd annual meeting in Omaha, Nebraska in May, one wondered if we were seeing Warren for the last time. So shareholders these days naturally try to prod Buffett into death-bed "tell-all" indictments of America's and Washington's wrongdoings. Instead, Buffett's messages to shareholders remain timeless, agnostic and crisp. America has endured far worse social conditions and political divisiveness than today, he believes, and businesses and investors would do well to ignore the daily media and political sideshows that capture ratings. Rather, rivet your resources to your core strengths and rivet your attention to your long-term plans. During uncertain times, he said, "Never forget two things: First, widespread fear is your friend as an investor, because it serves up bargain purchases. Second, personal fear is your

enemy. It will also be unwarranted."

Buffett sits atop the investing world with a net worth of \$84 billion precisely because of this ability to keep passion and emotion outside the sterile proverbs of finance and mathematics. Following the 2016 election, for example, Buffett saw an economy ripe for rebound, took advantage of other investors' uncertainty, and made key investments that earned his shareholders tens of billions of dollars. Alas, he is not finished.

Patience and optimism were the central themes at Berkshire's annual meeting – optimism that Berkshire will thrive long after Buffett; optimism in the U.S. economy; in America's political system and leaders; and that future generations of Americans and businesses will continue to thrive as no other nations' generations. "Venturesome pioneers crafted a system that will deliver increasing wealth to our progeny far into the future," he wrote to shareholders. "Yes, the build-up of wealth will be interrupted for short periods from time to time. It will not, however, be stopped... Babies born in America today are the luckiest crop in history."

No anecdote summed up Buffett's exemplary life more than his first investment, made during the darkest days of World War II. Going against the "doom and gloom" pundits of the day who touted owning gold, Buffett bought a preferred stock for \$38 and sold it four months later for a meager profit. After the war, the same stock traded for \$200. That experience caused Buffett to embrace patience.

"If you had put \$10,000 into a basket of stocks in 1942, you'd have \$51 million today, and you wouldn't have had to do anything," Buffett told us. "All you had to do was figure that America was going to do well over time, overcome difficulties, and that if America did well, American businesses would do well... You just had to make one investment decision in

continued on page 39

### Doctor and Dietician

## Strengthen Your Glutes



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

**D**id you know your gluteus minimus, medius and maximus are the largest and strongest muscles in your body? They are very important muscles that help with everyday movements, such as sitting, standing, walking, balancing and climbing stairs. Since they are pretty much involved in just about everything we do, keeping them strong is essential.

Strong glutes can decrease your risk of injury to the low back, knee, groin, and hamstrings. Does your low back ache occasionally? The source just may be weak butt muscles causing back strain. Weak glutes can also cause an imbalance in the hip, leading to the abnormal tracking of the kneecap and knee pain.

Additionally, weak glutes contribute to pulled groin and hamstring muscles, as well as poor balance.

Do your glutes need some work? Squats are a wonderful exercise to add to your workout for glute strengthening. A few other good glute strengthening exercises include standing or quadruped hip extensions, clamshells, bridges, step ups, hip thrusts, and single-leg stands on a flat surface or a Bosu ball. Demonstrations of these exercises are easily found online or ask a trainer to show you. Pick a few favorites and try two sets of 10 repetitions three to four times a week. Including aerobic exercise in your weekly routine for 30 minutes five days per week helps to strengthen the glutes while burning fat too. Try adding an incline to treadmill workouts for an even greater butt strengthening boost.

For athletes, strengthening the glutes helps improve sports performance. But for those who aren't athletes, strong glutes are still very important because they simply make life easier. Want better posture or be able to climb stairs more easily? Try strengthening your glutes. Having strong glute muscles is fundamental for proper execution of so many daily tasks and mobility.

*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](mailto:info@caringmedical.com).✴*

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ISLAND SUN BUSINESS NEWSMAKERS



McMurray and Nette

Royal Shell Real Estate

The top producers and sales teams for the month of July at the Royal Shell Real Estate Sanibel/Captiva office were: McMurray and Nette, top listings producers team; Andre Arensman, top listings producer individual/partners; McMurray and Nette, top sales producers team; and Sally Davies, top sales producer individual/partners.✱



Andre Arensman



Sally Davies

VIP Realty Group



Lori Pierot and GG Robideau

The top agents and sales teams at VIP Realty Group for the month of July were: GG Robideau and Lori Pierot, top sales; Charles Sobczak, top listings; and Mary Lou Bailey, top producer.✱



Charles Sobczak



Mary Lou Bailey with Murphy and Jackie O



LeAne Taylor Suarez

John Naumann & Associates

The top producers at John Naumann & Associates for the month of July were: LeAne Taylor Suarez, top listing agent; Harrell, Tolp and Albright, top listing team; Kimberly Powers, top sales agent; and Larry and Debbie Hahn, top sales team.✱



Harrell, Tolp and Albright



Kimberly Powers



Larry Hahn



Debbie Hahn

Hidden Effects Of Red Tide

submitted by FISH of SanCap

Red tide and toxic green algae are the topic of conversation locally and nationally. The environmental disaster in the water is making people sick. It's killing the fish, sea turtles, manatees and other wildlife that call the local waters home. It's hurting the economy and the local businesses that rely on the tourists and visitors who visit the area.

Red tide has been a problem off Florida's coasts for a long time. With this area being heavily reliant on the tourism industry, it is not only an environmental disaster, it is an economic and human problem. Restaurants and other businesses are closing early or closing until it clears. Small, independent water sports and water excursion businesses who heavily rely on island tourists are receiving cancellations in droves and are returning deposits. Hours are cut and jobs are lost.

"What I haven't heard much of in the news is the additional stresses the red tide/green algae is placing on nonprofits," said Maggi Feiner, FISH of SanCap president and CEO. "FISH, as the islands' only human social services agency, has already seen an influx of individuals seeking assistance due to job loss, cut hours and medical conditions. We've had folks come in requesting financial assistance for medical emergencies, such as skin irritation and respiratory problems related to the environmental situation. Because of the fish kill and odor, tourists are leaving, or not coming here at all, and spending their money elsewhere, causing a reduction in hours or job loss for our workers. Our neighbors, those that live and work here, need help. There's no telling how long this

will last; it's a dire situation."

"Funding for our emergency financial assistance program is made available through grants and private donors, but with it being so late in the year, most of those funds have been allocated," said Nitza Lopez, FISH case manager. "In the last few days, I've talked with island workers requesting a temporary hand up until they get more work hours. Some work in resorts, others are servers; all rely heavily on tourism and tips to get by. With predictions that red tide/green algae may last for some time, coupled with cancellations for the 2019 season, it's going to be tough for island employees for a number of months."

FISH is closely watching for funding opportunities to help offset additional requests for its emergency financial assistance program. Private donations are appreciated and may be designated toward: Financial Assistance Red Tide Relief.

Emergency financial assistance is evaluated on a case by case basis. FISH determines eligibility for need-based financial assistance through an extensive review of income and expense documentation. Amounts vary depending upon financial status and type of assistance requested. For more information about the emergency financial assistance, contact Nitza Lopez at 472-4775.

FISH relies on community support to fund all programs and accepts unopened, unexpired food items which are delivered directly to island families in need. FISH donors are changing lives every day. Without the tax-deductible donations, FISH would not be able to provide the services that they do. Every donation makes a difference and 92.4 percent of all donations go directly to FISH programming. FISH of SanCap is a United Way House and an equal opportunity provider. Visit [www.fishofsanacap.org](http://www.fishofsanacap.org).✱

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dearRPharmacist

## Unless You Are Allergic, Mangoes Are Magnificent



by Suzy Cohen, RPh

**D**ear Readers: Mangoes are one of the most popular fruits around the world. The first thing I want you to know is that the peel of the fruit is a common cause for dermatitis for some of you. It contains

the same compound found in poison ivy, oak and sumac which is called urushiol, which the plant uses as its own defense mechanism.

Mango fruit contain many different antioxidants, some of which you might recognize like Vitamin A, Vitamin C, copper, potassium and magnesium. Eating it regularly could provide some protection against a wide range of physiological disorders, infection and pain. Here are some things that mangoes can do to improve your health:

1. Reduce Blood Sugar – Researchers fed mice some freeze-dried mango meal, then gave the other half of the mice a medication for diabetes called Rosiglitazone (Avandia). Mangoes worked as well at reducing blood sugar as prescription drugs.

2. Reduce Pain and Inflammation – Like most other fruits, mango contains a class of compounds called polyphenols. These are known to be hugely beneficial, particularly for their anti-inflammatory properties. When you reduce inflammation, you naturally reduce pain too.

3. Relieve Constipation – Eating more fiber can make a big difference, and mangoes (like all fruits and vegetables) gives you a jump start on that by providing a lot of natural fiber. But it stands apart from other fruits due to the way mangiferin and other compounds that reduce intestinal inflammation.

A recent study showed that eating one mango each day improved constipation symptoms much more than taking an equivalent amount of dietary fiber.

4. Protect Your GI Tract – Tons of research has focused on the gut microbiome (the mix of bacteria in the

gut) in the past few years. We know that probiotics can have a positive influence, but who thinks of mangoes?!

The research I read shows that mice fed a diet rich in mango showed dramatic alterations in their gut bacteria. It helps to normalize your gut flora.

5. Protects Your Brain – Mango leaf extract has even been shown to protect the brain. In mice exposed to cadmium, a toxic heavy metal that causes serious brain damage, mango leaf extract was shown to protect the brain.

If you're not allergic to mangoes, add them to your salads and smoothies. Please be 100 percent sure you are not allergic to this delicious fruit, because again, the skin/peel, stem and leaves impart urushiol, which is also found in poison ivy. It doesn't impact everyone. In fact, I'm not allergic at all to mangoes, but for some, the reaction can cause your lips and tongue, or the skin around your lips and chin, to itch and burn. It can cause full-on anaphylaxis. So I just want you to be warned that mangoes, like many tropical fruits, can cause a problem, and sometimes it's a new onset allergy. If you're not sensitive, enjoy them as often as you can.

*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](http://www.SuzyCohen.com).* ✨

From page 37

## Warren

your life (to stay invested).” A \$10,000 investment in gold, in contrast, would today be worth just \$400,000, Buffett noted.

“We have operated in this country with the greatest tailwind at our back that you can imagine,” Buffett said. “You can't really fail (at investing) unless you buy the wrong stock, or just get excited at the wrong time... You do not have to know much about accounting or stock market terminology or what the Fed is going to do next time, and whether it's going to raise rates two times or three times. None of that counts at all in a lifetime of investing,” he said. “What counts is having a philosophy to stick with, to understand why you're in it, and that you forget about doing things you don't know how to do.”

Indeed, part of the secret of Buffett, I've learned, is that when there is nothing that needs to be done, Warren is probably the best at it. ✨

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** My son is 35 years old and his girlfriend of two years broke up with him. He seems so stuck and depressed. I try to talk to him but he doesn't want to talk to me. What

can I do?

**A:** While I don't know the circumstance of the breakup of your son and his girlfriend, ending a relationship is never easy. It's very common for your son to feel depressed, especially if he did not expect this to occur. Usually there are signs, and perhaps your son is full of regret and wishes he could turn the clock back. Through his loss and grief, he will experience the various stages which include: denial, anger, depression, bargaining and finally he will come to acceptance that next time he will have learned from his last relationship.

Perhaps your son could talk with a professional to help him get through this pain. He needs to go through it and then, at some point, he will be ready to move on and make peace with his past.

Continue to let him know that you love and care for him and suggest he seeks someone to talk with. I have spent time working with men your son's age, and they do heal once they are able to reach an acceptance that healing can occur. It does take time, and it's what your son decides to do with his time that will indicate how he works through the healing process.

I do believe he will come around and talk with you. Be supportive and let him know you are there for him and, once he comes to acceptance, he will be ready to move on.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at [drconstanceclancy@gmail.com](mailto:drconstanceclancy@gmail.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com). ✨

## Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 9 a.m.

For more meeting information, visit [www.southwestfla.org](http://www.southwestfla.org).

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Sanibel Island Fishing Club .....	472-8994
Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
Kiwanis Club .....	677-7299
League of Women Voters .....	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie . . .	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club .....	472-0836
PAWS .....	472-4823
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 .....	<a href="http://www.usps.org/localusps/sancap">www.usps.org/localusps/sancap</a>
Sanibel-Captiva Republican Caucus .....	395-1202
Sanibel-Captiva Shell Club . . .	<a href="https://www.facebook.com/sancapshellclub">facebook.com/sancapshellclub</a>
Sanibel Youth Soccer .....	<a href="http://www.sanibelsoccer.org">www.sanibelsoccer.org</a>
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
<b>ISLAND ATTRACTIONS</b>	
Bailey-Matthews National Shell Museum .....	395-2233
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329

To be listed in calling card email your information to:  
[press@islandsunnews.com](mailto:press@islandsunnews.com)

## PETS OF THE WEEK

photos provided

### PAWS Of Sanibel

## Matilda And Capie

**H**i, my name is Matilda. My foster mom calls me Tilly for short. I'm about 11 months old and was lost in the area of East Lake Road, off Casa Ybel late last Friday night, August 3. Some kind people took me in for the remainder of the night. On Saturday morning, the lady from PAWS took me over to Coral Veterinary Clinic in Fort Myers to have them look me over. I have been combo tested (negative), had FVRCP and Rabies immunizations and was treated for fleas. I did not have a microchip. If PAWS can't find my people, I will be available for adoption in about two weeks. If I am your kitty, or you know who my people are, please call Pam at PAWS at



Matilda

472-4823. You can also call if you're interested in meeting me and perhaps giving me a new forever home if my people can't be located.

Hello, I'm Capie. I was just born on June 2, so I'm only 9 weeks old. Some great kids on vacation at South Seas Island Resort on Captiva found me on the side of the road on July 9 and took me to PAWS. I was very tiny back then. I've been going to the vet for checkups and immunizations, etc. I'm now up to 2 pounds, 7 ounces. I'm told that I'm a pretty handsome guy. My fur is kind of blue/gray, and I have interesting eyes and eyebrows. I love to run and chase golf balls and climb on cat trees. I would be very happy if someone would adopt me and take me to my forever home. Call Pam at PAWS at 472-4823 and come meet me.✱



Capie

### Haven on Earth Animal League

## Charlie Brown And Paige

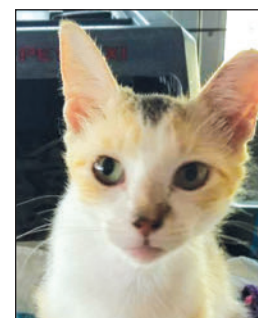
**H**i! I'm Charlie Brown. I am a handsome, 4-year-old male tabby with a very sweet personality. I am looking for a quiet home with someone who wants to give me lots of affection. I'm currently living with a foster family. I have been fully vetted and brought up to date on all vaccines. My adoption fee is \$75.



Charlie Brown

Hello, I'm Paige. I am a beautiful, calico

female kitty, not even 2 years old. I am very affectionate, and I even get along with friendly dogs. I have been fully vetted and brought up to date on all vaccines. I tested positive for FIV, but I'm told that I can still live a long, happy life once I find my forever home. I am currently staying with a foster mom and am not real crazy about the other cats in the house, so I would like to be an only cat. My adoption fee is \$75.



Paige

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email [haveneearthanimalleague@yahoo.com](mailto:haveneearthanimalleague@yahoo.com).✱

### Lee County Domestic Animal Services

## Yara And Mr. Robinson

**H**ello, my name is Yara. I am a 5-year-old female hound mix with a beautiful brindle color and the sweetest eyes that you can look into and see a forever friend. I have a delightful attitude which makes me a wonderful companion. I did well in playgroup and would love to have another canine friend at home. Once you meet me, you are sure to fall instantly in love. My adoption fee is \$75.

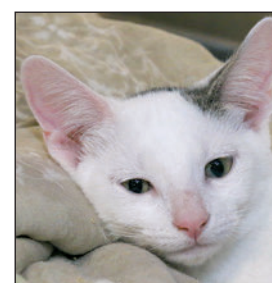


Yara ID# A747898

Hi, I'm Mr. Robinson. I am a 3-month-old male domestic shorthair kitten. I have an alluring white color with an adorable pink nose. Kittens love to play so having plenty of toys will keep me entertained. With the two-for-one special, you can take home a feline friend for me to always have a friend to play with.

My adoption fee is \$10.  
Adoption fees will be reduced for the entire

month to just \$10 each day for a different "cat-egory." Manly Mondays – all male cats; Tabby Tuesdays – all tabby cats; Woman Wednesdays – all female cats; Tuxedo Thursdays – all black and white cats; Flashy Fridays – highlighting long-term residents; and Stately Saturdays – all senior cats. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. That package is valued at \$500. The team of volunteers and staff are waiting to introduce a new family member to their forever home. Stop by the adoption center 10:30 a.m. to 3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers. Visit [www.leelostpets.com](http://www.leelostpets.com) to see pets available for adoption. Make sure you check the website to be sure pets are still available.



Mr. Robinson ID# A744625

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit [www.leegov.com/animalservices](http://www.leegov.com/animalservices) or call 533-7387.✱



PUZZLES

Answers on page 45

Super Crossword

SEEING THINGS

- ACROSS**

1 Brand of taco shells

7 Serapes, e.g.

13 Holders of strike signs

20 Film critic Richard

21 Social outcast

22 Be given via will

23 "Get Smart" device for a secret conversation

25 All excited

26 One using a plus sign

27 Rose Bowl sch.

28 Mario Lanza, for one

30 Hands over

32 Classmate

38 People swearing

42 Actress Reid and skater Lipinski

43 Barrett of gossip columns

44 1990s IBM computer
- 45 Give out, as a task

47 Helps out

50 Withholding corporal punishment, biblically

52 Baja naps

53 Holiday in Hanoi

54 Oven output

55 Imitated

56 Top pitcher

57 Mag revenue source

61 Get bloated

65 Leaps over

67 PBS series featuring documentary films

70 — tank

73 Keyboard instruments

74 Avers

78 Gardner of the screen

79 Biblical king before David

81 Join closely

83 Historic time

84 Like some snakelike fish

86 High-definition iPad feature
- DOWN**

1 Sea menace

2 Big crucifix

3 Take care of

4 Sword sort

5 1936-52 British king

6 "Woof!" kin

7 Mace, e.g.

8 Recital sites

9 Locale

10 Finish at #1

11 Body of eau

12 Kind of pony or sheepdog

13 Keyboard instrument

14 Being pulled

15 Bird's sound

16 Actor Wahl

17 Unit of work

18 "Shop — you drop"

19 — Jeanne d'Arc: Abbr.

24 RAV4s, e.g.

29 Golf's Ernie

31 Persia, now

32 See 123-Across

33 As a result

34 "Mila 18" author Leon

35 USPS part

36 Unbroken

37 Damsels

38 — pall over
- 39 Elevated

40 Sports data

41 Knightly title

42 Mao of China

45 Had food

46 One forming something

47 Cleo's cobra

48 Kitchen tools

49 Car types

51 Indian butter

55 Liable

58 Indy area

59 Licoricelike flavorers

60 Music box?

62 Agcy. OK'ing medicines

63 "Dudley Do-Right" damsel Nell

64 Not mailed, say

66 Exercise

68 D.C. figure

69 Alan of film

70 African hunt

71 More sinful

72 Some Italian sandwiches

75 Kindled again

76 Vocation

77 Singer Leo

80 Sub inits.

82 — Cruces
- 85 Its capital is Vientiane

86 Puts on a new course

87 Actor Close

88 Cal —

89 Big star, say

90 Picture of an ocean view

91 Mac rivals

96 String after B

97 Track beams

99 — Polo

100 Cow's milk source

101 Gets higher

102 Wage recipient

103 At the ready

105 Unit of heredity

107 State boldly

108 Old Briton

109 Hawaii

County seat

110 Rival school of Harrow

111 Not fore

112 "Bah!"

113 Groupie, e.g.

114 Come- — (shills)

116 Sombrero, for example

117 Be wrong

118 Sci-fi's Solo

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	108	109	110
111	112	113	114						115	116	117					118							
119									120							121							
122									123							124							

King Crossword

- ACROSS**

1 Pooch's tormentor

5 Listener

8 Stocking feature

12 Fat

13 "Born in the —"

14 Big brass instrument

15 Surrounded by

16 Place to get a slice

18 Exile

20 Round numbers

21 LummoX

23 Type measures

24 Germs

28 Pierce

31 Lubricant

32 Old phones have them

34 "I — Camera" (Abbr.)

35 Fall heavily

37 Standards

39 Caribbean, e.g.

41 Calendar quota

42 From what place

45 Naiads and dryads

49 Panic

51 Pelvis bones
- 52 Thought

53 Understood

54 Bird's home

55 Sent back (Abbr.)

56 Individual

57 Relaxation
- 7 Bronx cheer

8 Backs of boats

9 Chunnel

10 Irish Rose's beau

11 "Serpico" author Peter

17 Last letter

19 Coaster

22 Journal with a lock

24 Jazz style

25 Have a bug

26 Not widely spaced
- 27 Estrange

29 French friend

30 Sheep's call

33 Remain

36 Group of five

38 Winter weasel

40 High card

42 Sound of spinning

43 Jekyll's bad side

44 Therefore

46 Entreaty

47 Snake's sound

48 Fully fill

50 Charged bit

MAGIC MAZE ● CARD GAMES

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

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

- Blackjack

Canasta

Euchre

Faro
- Fish

Gin

Hearts

Old Maid
- Pinochle

Poker

Rook

Rummy
- Solitaire

Spades

Whist





**FROZEN FOODS**

Bob Schmitt

"Go easy on that stuff, Dad — last time I almost got \_\_\_\_\_."

answer on page 47

### SCRAMBLERS

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

Blob  
**GLUEB**

Notable  
**TELAINS**

Bloom  
**LOFTER**

Shy  
**TOMEDS**

TODAY'S WORD

\_\_\_\_\_

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

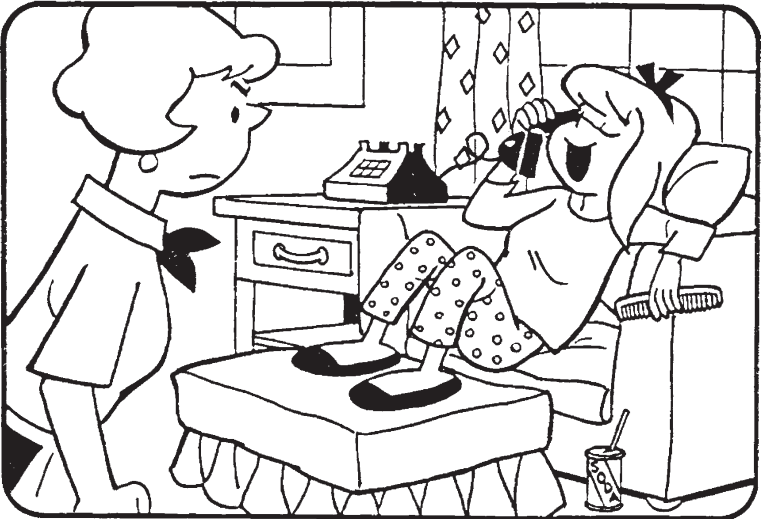
### SUDOKU

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


answer on page 45

### HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Hair is different. 2. Sleeve is shorter. 3. Handle is missing. 4. Curtain is different. 5. Comb is missing. 6. Soda can is missing.

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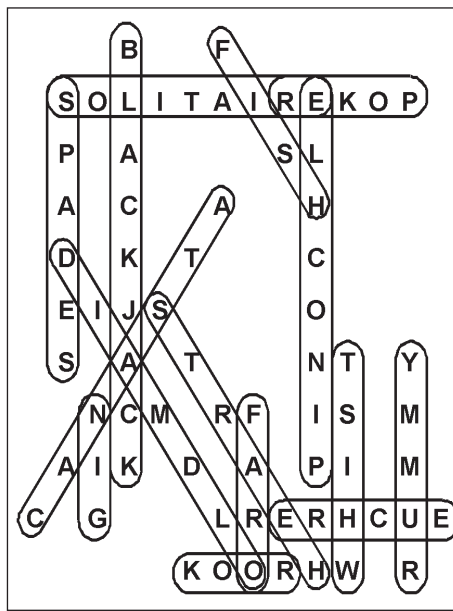
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INDEPEND	ENTLENS	
SEPTIC	ORGANS	ASSERTS
AVA	SAUL	WELD
ERA		
FINLESS	RETINA	DISPLAY
ALIASES	ERECTS	DECIDE
RENO	CRICK	TOASTER
IRISMURDOCH	PAILS	
ADIEU	GALE	CACHE
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FIANCEE	EARNER	APOLLO
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AMID	PIZZERIA	
BANISH	ZEROES	
CLOD	ENS	
BACTERIA	STAB	
OIL	DIALS	AMA
PLOP	CRITERIA	
SEA	YEAR	
WHENCE	NYMPHS	
HYSTERIA	ILIA	
IDEA	GOT	NEST
RETD	ONE	EASE

## MAGIC MAZE



## SUDOKU

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

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- Mailed to every home and business on Sanibel and Captiva each month
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**For More Information**  
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6/29 ★ 9/14

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### ANNUAL RENTAL SANIBEL

2B/1BA

\$900 plus utilities.

Call 603-801-1994.

8/3 ★ 8/24

### SANIBEL ANNUAL RENTAL

Canal front home 3 bedrooms, 2 bath pool home in Shell Harbor – close access to the beach and causeway on the East End of Sanibel.

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### ANNUAL RENTAL

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BAY FRONT – 2/2 den F. condo.

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8/17 ★ 8/24

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2 bdrm / 1 bath, East End. 1/2 of Duplex, piling home. Walk to beach. Washer & Dryer in unit, Private sundeck. Includes yard service & pest control. No Smoking / no pets. \$1,800. Call Bob 410-913-2234.

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3/2 ★ TFN

### Shore Fishing:



### Don't Harm The Fish

by Capt. Matt Mitchell

Landings a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.



# My Stars ★★★★★

## FOR WEEK OF AUGUST 20, 2018

**Aries** (March 21 to April 19) Impatience with those who don't keep up with you can cause resistance, which, in turn, can lead to more delays. Best to be helpful and supportive if you want results.

**Taurus** (April 20 to May 20) A surprise announcement from a colleague could put you on the defensive. Gather your facts and respond. You'll soon find the situation shifting in your favor.

**Gemini** (May 21 to June 20) Time spent away from a project pays off with a new awareness of options you hadn't considered before. Weigh them carefully before deciding which to choose.

**Cancer** (June 21 to July 22) Consider confronting that personal conflict while there's still time to work things out. A delay can cause more problems. A longtime colleague might offer to mediate.

**Leo** (July 23 to August 22) Some emerging matters could impede the Lion's progress in completing an important project. Best advice: Deal with them now, before they can create costly delays.

**Virgo** (August 23 to September 22) Your aspect continues to favor an expanding vista. This could be a good time to make a career move, and taking an out-of-town job could be a good way to do it.

**Libra** (September 23 to October 22) Disruptive family disputes need to be settled so that everyone can move on. Avoid assuming this burden alone, though. Ask for -- no, demand -- help with this problem.

**Scorpio** (October 23 to November 21) Patience is called for as you await word on an important workplace situation. A personal circumstance, however, could benefit by your taking immediate action.

**Sagittarius** (November 22 to December 21) Don't lose confidence in yourself. Those doubters are likely to back off if you demand they show solid proof why they think your ideas won't work.

**Capricorn** (December 22 to January 19) A temporary setback might cause the usually sure-footed Goat some unsettling moments. But keep going. The path ahead gets easier as you move forward.

**Aquarius** (January 20 to February 18) There's welcome news from the workplace. There also could be good news involving a relationship that has long held a special meaning for you.

**Pisces** (February 19 to March 20) You might still need to cut some lingering ties to a situation that no longer has the appeal it once held. In the meantime, you can start to explore other opportunities.

**Born This Week:** Your sense of what's right can inspire others if you remember not to push too hard to make your case. Moderation works best for you.

### STRANGE BUT TRUE

- It was 18th-century French writer Sebastien Nicolas de Chamfort who made the following sage observation: "Conscience is a dog that does not stop us from passing but that we cannot prevent from barking."
- You might be surprised to learn that famed British author Aldous Huxley, best-known for his dystopian novel *Brave New World*, was a consultant on Disney's 1951 animated film version of *Alice in Wonderland*.

• If you bring to mind an image of John Lennon, more likely than not you'll see him in your mind's eye wearing a pair of round spectacles. In July 2007, a single pair of those iconic glasses was sold at auction for a whopping \$2 million.

• The tongue of the alligator is fastened to the jaw all the way around. That's why you'll never see a gator stick out its tongue.

• You might be surprised to learn that the kilt originated not in Scotland, but in France.

• You probably know that certain species of snakes can grow to enormous size, with the longest specimens reaching upward of 30 feet in length and the heaviest weighing more than 400 pounds. Kind of makes you wonder what these monstrous serpents eat -- and you might be surprised. According to reports, a pet python named Houdini swallowed a queen-size electric blanket. Even more amazingly, after a two-hour operation, the snake lived!

• Those who track radio statistics say Led Zeppelin's *Stairway to Heaven* is the most-requested song in the United States -- and this despite the fact that it was never released as a single on this side of the Atlantic.

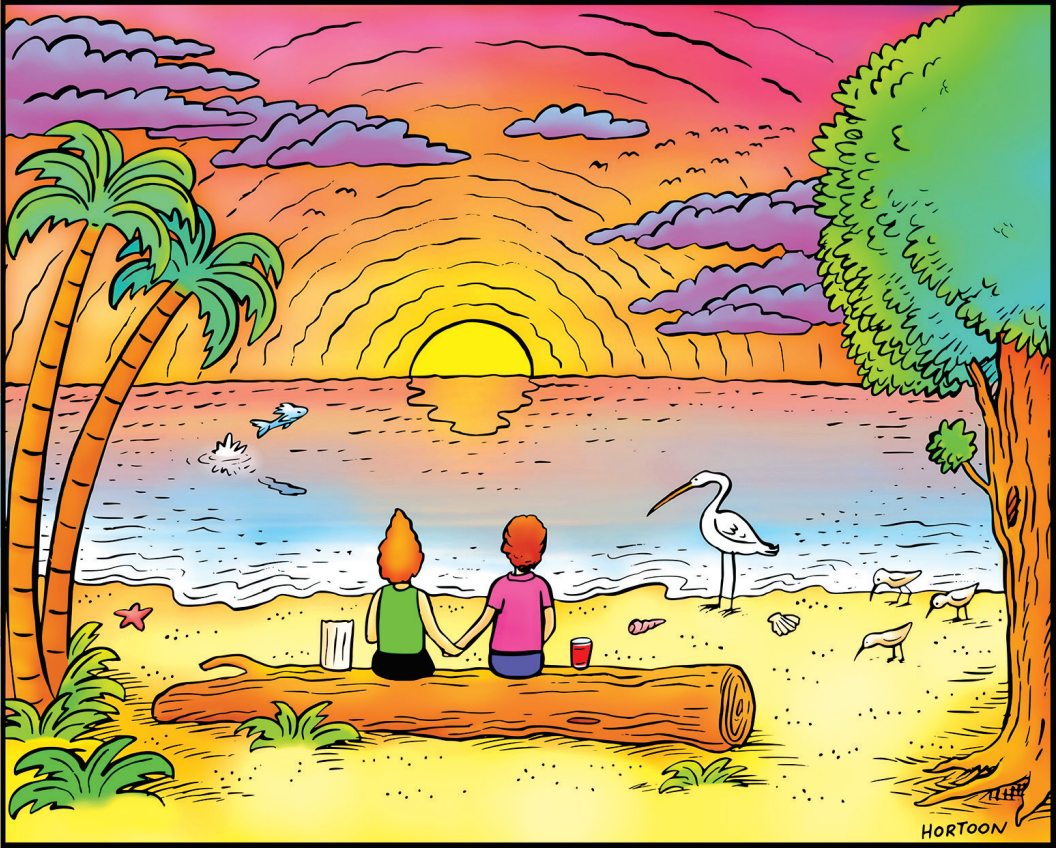
### THOUGHT FOR THE DAY

"There's no secret about success. Did you ever know a successful man who didn't tell you about it?" -- Kin Hubbard

### SCRAMBLERS

1. Bulge; 2. Salient;  
3. Floret; 4. Modest
- Today's Word  
**FROSTBITE**

## HORTOONS



## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Edgewater	Fort Myers	1997	4,677	\$1,799,000	\$1,680,000	175
Costa Amalfi	Miromar Lakes	2013	3,986	\$1,799,000	\$1,750,000	96
Cape Coral	Cape Coral	2014	3,285	\$1,199,000	\$1,165,000	43
Cape Coral	Cape Coral	2006	3,728	\$1,150,000	\$1,100,000	15
Sunset Captiva	Captiva	1980	1,440	\$989,000	\$925,000	124
Cape Coral	Cape Coral	1999	3,361	\$800,000	\$775,000	3
York Manor	Fort Myers	1996	3,600	\$799,000	\$770,800	172
Cape Coral	Cape Coral	1991	2,395	\$749,900	\$737,500	14
The Dunes	Sanibel	1978	2,000	\$749,900	\$740,000	2
Ginger Pointe	Estero	2001	2,635	\$679,000	\$660,000	140





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