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SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 16, 2019

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Grant Challenge For Wildlife On Wheels Project

The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) recently received an anonymous challenge grant to help raise support to bring the refuge’s Wildlife on Wheels (WoW) project to fabrication. The grant will match donations made by December 31, 2019, dollar for dollar up to \$50,000.

“If the challenge is met, and we raise the additional \$100,000, we will have nearly reached our goal of \$255,000 for making WoW a reality and bringing it into underserved communities in a five-county area,” said DDWS Executive Director Birgie Miller. “For children of all ages, as well as adults, this ‘traveling refuge’ will drive to distant schools, libraries, after-school programs and so many other places to teach and inspire about saving and protecting our land, water and the wildlife who need that habitat to survive. We are seeking donations and pledges of



Artist's rendering of Wildlife on Wheels

any size.”

The educational WoW project began with an anonymous \$100,000 family grant; since then, donations have brought

image provided

the total raised to \$125,000.

“Both major donor foundations believe in education as the key component to making a difference in protecting

what is left in our world for the wildlife and the people who depend on it,” said Supervisory Refuge Ranger Toni Westland. “We are always looking for new and creative ways to engage people of all ages in conservation. We are so excited about the possibilities of teaching and inspiring through the WoW in hard-to-reach communities.”

“We are currently in the research and planning stage of this exciting, innovative project, with the goal of unveiling WoW in March of 2020, if the money is raised by the end of December,” added Miller.

DDWS hopes to hire a bilingual educator, who, along with volunteers and interns, will staff the museum-quality, hands-on exhibits inside and outside of WoW to maximize their inspirational learning potential.

Donations will fund learning stations that interpret mangrove ecosystems, water quality, water conservation, pollution and plastic, animal scats and tracks, Florida’s native animals, wildlife sounds and other topics that meet the refuge’s mission.

Refuge staff, Lee County teachers and

continued on page 10



At the conclusion of the August 9 ceremony, law enforcement officers lined up to offer their condolences To Debra Neri, widow of fallen Sanibel Police Officer Anthony Neri

photos by Jeff Lysiak

Memorial Held To Honor Fallen Sanibel Officer

by Jeff Lysiak

In a brief but moving ceremony, Sanibel Police Officer Anthony Neri – who died in the line of duty on May 6, 2019 – was honored with a memorial brick placed last Friday morning at the Southwest Florida Public Service

Academy in Fort Myers. Neri’s brick was the 41st added to the academy’s Fallen Officers Memorial Garden.

Neri, who joined the Sanibel Police Department as a traffic aide in 2012, collapsed during a training drill and passed away from natural causes. After a 30-year career as a revenue officer with the U.S. Department of Treasury in New Jersey, Neri became a full-time police officer in 2015.

The 15-minute ceremony, officiated by Todd Everly, director of the Southwest

continued on page 3



The Fallen Officers Memorial Garden

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Shell Craft lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult. Shell Crafters are on site until 1 p.m. on Mondays for those who would like to view or purchase their work.

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Locally harvested honey is for sale, as well as chutneys, pickles and jellies made by Chef Jarred Harris.



Shell Craft lessons for all ages are held on Mondays at 10 a.m. photo provided

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

From page 1

Fallen Officer



Memorial brick for Sanibel Police Department Officer Anthony Neri photo by Jeff Lysick

Florida Public Service Academy, was attended by Sanibel Chief of Police William Dalton, City Manager Judie Zimomra, Councilwoman Holly Smith, Councilman Jason Maughan, several members of the Sanibel Police Department and members of Neri's family.

"We are grateful this morning to be standing here to honor Anthony and his family by placing his name among those that have given their life for the protection of others for each of our communities," said Everly following the presentation of the colors and Pledge of Allegiance led by the academy's assistant director, Gene Sims.

According to Everly, there are only three places in the world that fallen "peace makers" are honored together – the police memorial in Washington, DC; the police memorial in Tallahassee, Florida and the

Southwest Florida Public Service Academy.

"This garden was created to treasure the memories of our fallen," he added. "We tend to it with honor and respect and pray that it never grows."

Dalton, who thanked the academy for the opportunity to honor Officer Neri, escorted Neri's widow, Debra, and daughter, Allison Schulz, for the unveiling of the memorial brick.

"For a small police department, we've grown together like family," said Dalton. "This has been a tragic event for our family, so I'd like to ask everyone and encourage everyone to continue to pray for our members of the Sanibel Police Department and especially Anthony's family."

Concluding the ceremony, law enforcement instructor Jack Thomson performed *Amazing Grace* on the bagpipes.✪



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by KAY CASPERSON



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Tony and Charlie Rosse

Captiva Island Historical Society

Looking Back: Guide Boat

This week's image shows Charlie Rosse sitting in his guide boat and Charlie's son, Tony, standing at their dock. In the background are houseboats at dock at Jensen's Twin Palm Marina. Date of the photograph is circa mid-1980s.

The History Gallery, developed by the

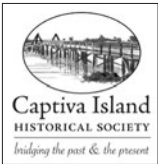


photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. Call 533-4890 for information.

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

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. www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, Fort Myers, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Barry Fulmer. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

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. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and Children's Church in Main Sanctuary; 11

a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. Sunday worship: chapel service at 10 a.m. blended or traditional service (alternate months). Sunday school and nursery care at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

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 (resumes in September). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. (excluding July & August). Prayer and Potluck first Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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Young Leader Sponsored By Island Business

by Jeff Lysiak

With the assistance of one of the island's most community-focused businesses, one local teenager is getting a head start on fulfilling her dreams of becoming a leader amongst her peers.

Stella King, a 14-year-old incoming freshman at Cape Coral High School, had been nominated by her middle school global perspectives teacher to attend this year's Young Leaders of America Conference, which was held in Clearwater, Florida over three weeks this summer.

"This conference was going to have me expressing my leadership skills in different ways," said King. "I was very interested in the fact that I could learn new things about leadership for when I go to high school."

Thanks to the support of Billy Kirkland, owner of Billy's Bikes & Rentals on Sanibel, King was able to attend this year's Young Leaders of America Conference.

"I have known Stella and her family for about three years. Her father, Mike, works for me, and Stella has attended



Stella King with her achievement award photo provided

many of our company gatherings and volunteer activities," said Kirkland. "I could see that she was interested in youth event participation and she was very interesting to have a conversation with. Even though she is young, she is very mature."

According to King, the Young Leaders of America Conference offers

different collaborative exercises to gain better leadership skills.

"There were speakers talking to us about an assortment of things," she explained. "From entrepreneurship to having the right attitude about things, it was talked about. It gave me a better sense on what leadership can do for our society."

King, who attended the conference from June 24 to 28, learned how somebody's own attitude can change the ways they express leadership. Several speakers also told their personal stories about parts of their life, and how to create a successful business.

"It feels really good to know that I have inspired a young person towards leadership and entrepreneurship," added Kirkland. "Her dad always kept me up to date on Stella's progress in school, so when we discussed sponsorship, I knew it was a good investment."

While attending the Young Leaders of America Conference, King was honored with a special achievement award.

"I was very proud of myself because not everyone was invited to this. It was such an honor," said King. "I truly appreciate the sponsorship from Billy Kirkland. Thank you so much for allowing me to attend this conference. It taught me so much on how I can express leadership, now and in the future."✧

HAPPY ANNIVERSARY



Claire and Andrew Hills photo provided

Andrew and Claire Hills were married at the Blue Dolphin on Sanibel on April 21, 2009, with Patricia Slater officiating. Ten years later, they have returned with their son, Ben, for their 10th anniversary celebration.

"Happy anniversary, Claire. I love you more than words can say."✧

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Hearings On Pool, New Restaurant Continued

by Jeff Lysiak

During a lengthy Sanibel Planning Commission meeting on Tuesday, both a variance application for a swimming pool and deck at a property located in the Lowland Wetland zone and a development permit for a fast food restaurant to be located in a vacant lot at 1219 Periwinkle Way were continued pending revisions to those applications.

However, commissioners did unanimously approve a development permit to construct a detached pool cabana building along with an in-ground swimming pool at a single-family residence located at 2029 Periwinkle Way.

In the first public hearing, city planner Josh Ooyman presented the staff report of the development permit, submitted by property owner David Alban. The cabana structure will contain two screened porches, two closets, a restroom, laundry facilities, a steam shower, sauna, dressing room and a countertop and sink in the main area – totaling approximately 921 square feet.

“The pool cabana addition is not proposed to be connected to the existing habitable areas of the residence by any means,” the staff report reads, in part. “The owner has indicated the use of the proposed pool cabana addition will be strictly for their private use.”

After some discussion, Commissioner Eric Pfeifer made a motion to approve the permit, which was passed with a 7 to 0 vote.

Next, commissioners considered a variance request made by Lisa and Nathaniel Bradley, property owners of an elevated single-family residence at 1870 Woodring Road. They were seeking permission to install a 27-foot by 51-foot at-grade swimming pool and deck, which would require a variance since the property is located in the Lowland Wetland zone.

“Impermeable coverage and developed area in the Lowland Wetland zone is limited to 15 percent and 20 percent



The vacant lot at 1219 Periwinkle Way, which may become the future home of Sanibel Custard Shack

photo by Jeff Lysiak

of the net parcel area, respectively. In this case, a total of 3,512 square feet of impervious coverage and 4,682 square feet of developed area is allowed,” the staff report reads, in part. “The property currently exceeds impervious coverage and developed area limitations by 627 square feet (18 percent vs. 15 percent allowed), and 1,855 square feet (28 percent vs. 20 percent allowed), respectively.”

During deliberations on the topic, attorney Steve Hartsell – representing the Bradleys – told commissioners that when the couple purchased their home in 2010, they hadn’t considered an onsite pool a priority. However, since Lisa had a knee replacement, her daily aquatherapy treatments require her to use a pool for rehabilitation. He also noted that swimming pools in this neighborhood are “anticipated and common.”

Both Commissioners Karen Storjohann and Pfeifer questioned whether the submitted application met the city’s variance standards, while Chairman Chuck Kettemen observed that the proposal actually increased the amount that the property would be considered out of compliance.

“The Bradleys really do want that pool,” said Hartsell, explaining that

the couple would be willing to remove the proposed wooden walkway, install pervious pavers around the pool and reduce the overall dimensions of the pool in order to bring their application closer to compliance. Following some additional discussion, commissioners agreed to continue the public hearing on the application until their September 24 meeting.

Finally, an application to establish a new 1,659-square-foot fast food restaurant in a vacant lot adjacent to Huxter’s Market & Deli, Sanibel Air & Electric and The Jac Island Bar & Grille was submitted by Charles and Lisa Whitman, property owners of 1219 Periwinkle Way. They have proposed to open Sanibel Custard Shack, a 20-seat eatery serving frozen custard. The Whitmans also own Whit’s Frozen Custard, with more than 40 franchise locations in Ohio, Alabama, Florida, North Carolina and Tennessee.

Craig Chandler, city planner, submitted the staff report on the development permit application. He noted that subsequent to the final report analysis, an agreement to share the common driveway ingress/egress with Sanibel Air & Electric had been reached. However, there were several other issues that gave

pause for the planning staff, specifically the site plan previously submitted by the applicant.

“Staff believes an alternate design would mitigate safety risk to bicyclists and pedestrians using the shared use path, by reducing the total number of driveway intersections and conflict points in an often-congested segment of the Periwinkle Way corridor,” the staff report reads, in part. “Furthermore, the proposed site plan does not mitigate impacts to emergency vehicle access to a commercial building and single-family residence and that specific threat to public health and safety – another externality that may be avoided if shared ingress/egress is implemented.”

Ketteman questioned Chandler what the definition of a chain restaurant was, while Storjohann explained that she would “appreciate seeing the entire (application and revised site plan) package before we vote.” Ahmad Kareh, project engineer, confirmed that both would be ready in time for the next planning commission meeting on September 10.

During public comment on the matter, Claudia Burns noted her objection to a business in that location encouraging more bicycle/motor vehicle interaction. Joey Almeida, who grew up on Sanibel

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and established Joey's Custard in Bailey's Center in 2016, reminded commissioners of the importance of supporting local businesses. "Be careful... think about it," said Almeida, who also noted he was open to friendly competition with a fellow frozen custard establishment. "(Sanibel) is unique for a reason... this is my island."

Following some additional discussions, commissioners voted unanimously to continue the public hearing on the Whitman's application until their next meeting.

In other business, The Dunes resident Albert Hann expressed his concern with large commercial vehicles parking along one of his subdivision's nine 90-degree turns, which creates a potential for a head-on collision for vehicles who wish to pass.

"You have to cross a double line to pass those parked vehicles," said Hann, who explained that he has contacted the Sanibel Police Department regarding the traffic hazard. He requested that commercial vehicles be required to park in the driveway of those homes they were servicing.

While the police cannot make such a request, Kettman told Hann that he should contact The Dunes Homeowners Association, who would be the authority for making such a request. Keith Williams, director of the city's community services department, also suggested that when anyone witnesses any vehicle parked illegally, they should call the Sanibel Police Department's non-emergency number (472-3111) and tell them the location of the violation as well as the name of the landscape business or contractor committing the violation.✱

Grant Helps Island Neighbors

Through a one-year grant awarded to FISH of SanCap by Community Foundation of the Islands (CFI), FISH is able to help island neighbors through its Helping Hands Program. The program provides limited financial assistance for island residents and workers when they have fallen upon hard times. "CFI is a dedicated partner that helps us provide assistance beyond what the resources of FISH can provide alone. Our partnership is a vital link between FISH and those we serve," said Maggi Feiner, FISH president and CEO. "Without the

strong, caring partnership between FISH and CFI, our island neighbors may not have been able to feed their families, may have lost their homes and may have struggled in other ways. We are very grateful to have received this grant, as it is used to bridge the gap for many families on the islands."

Partnering with CFI has made a difference in the lives of island neighbors, as described in the following case studies:

Case involved a family of four, two adults and two small children: Both adults, Michael and Amelie, work on Sanibel and participate in the FISH Food Pantry Program, Holiday Basket Program and School Supplies Program. The children attend The Sanibel School.

Amelie began experiencing dizziness, stomach aches, headaches and nausea for a period of time. After a numerous tests, it was discovered that she had a tumor on her left ovary. Ovarian cancer is common in her family, and it was recommended that both ovaries be removed to prevent future problems. Fortunately, no cancer was found during the surgery. Post-surgery, it was recommended that Amelie recuperate for approximately one month before returning to work. Her husband, Michael, was the family's sole source of income. They used their savings to pay deductibles and other portions of the \$32,000 hospital bill and were unable to pay normal, day to day expenses such as rent, utilities and grocery expenses. With CFI funding, FISH was able to assist with rent, utility and medical expenses. Both Amelie and Michael expressed their gratitude for the assistance received, which allowed Amelie to become well again and kept them on track with living expenses. Amelie is now back to work, and FISH referred them to the hospital's financial assistance program to arrange for payments on the remaining balance.

Case involved a family of four, one adult and three children: Tracy works on Sanibel in the hospitality industry and participates in the FISH Food Pantry Program. As a recent graduate of a nursing assistant program, she is hoping to work at Lee Memorial Hospital to create a more balanced life for herself and her children. Currently, however, Tracy mainly works afternoons and evenings, as her youngest son suffers from autism and needs therapeutic sessions several times a week. Her income has been reduced due to the off-season, she suffered injuries in a car accident and the unexpected death of her brother resulted in funeral

expenses that drained her small savings account. With CFI funding, FISH was able to assist with rent. Tracy also participated in the FISH School Supplies Program and continues to use the Food Pantry Program to help offset expenses.

Based on need and eligibility, financial assistance through the CFI grant may

be available as determined by FISH. Assistance is evaluated on a case-by-case basis and amounts vary depending upon financial status. Available funding is limited, and assistance may cover only a portion of expenses. To learn more and to see if you qualify, contact Kathy Y. Monroe or Nitza Lopez at 472-4775.✱

Local Historian Releases Novel

Island author and historian Betty Anholt has just published her first historical novel, *Turtle Coast*, based on the waterways of the island coast. Her five previous non-fiction histories include *Sanibel's Story: Voices and Images from Calusa to Incorporation*, and most recently, *Protecting Sanibel and Captiva Islands, the Conservation Story* with co-author Charles LeBuff, in 2018.

The novel addresses timeless aspects of family life and the unique environment of our location:

"On the isolated coast of Southwest Florida nearly one hundred years ago, homesteads and help could be many miles separated from each other. Nevertheless connections were made and friendships forged through adversity, common grounds, and basic humanity.

"The Pratt family, linked to both Florida's commercial fishing community and to Michigan's more social life, reveled in their connections to their island coast and its environment, its neighbors, on run boats and fish houses, and the love and beauty surrounding them. When tragedy

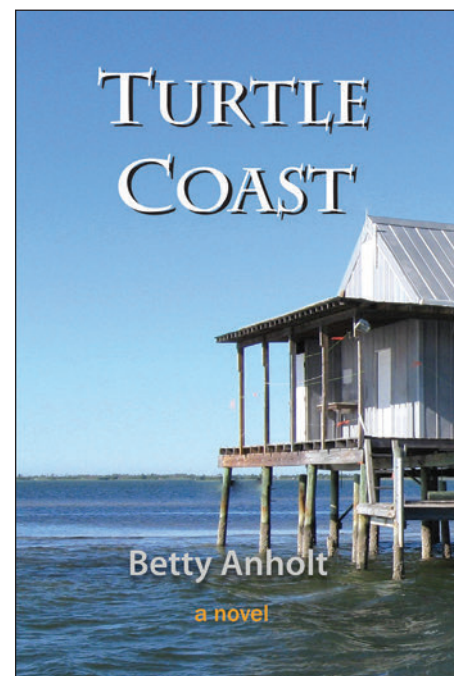


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strikes along with a natural disaster, everything changes."

The book is available locally, online at www.amazon.com and as an e-book.✱

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Plant Smart

Bandana-Of-The-Everglades



Native bandana-of-the-Everglades is a freshwater aquatic plant perfect for a water garden or moist spot. Reflexed petals give it a droopy look. photos by Gerri Reaves by Gerri Reaves

Bandana-of-the-Everglades (*Canna flaccida*) is native to the southeastern U.S. and the only member of the canna family that is native to Florida.

In the wild, this fast-growing freshwater aquatic plant grows in ditches, freshwater marshes, swamps and flooded pine flatwoods.

Its erect stems usually reaches a height of two to four feet, but in South Florida it can grow even taller.

The narrow oval or elliptical leaves are alternate, attached in a spiral on the thick stem, and sheathed at the base. Shiny and tapered to a point, they measure up to two feet long and are three to six inches wide.

Clusters of conspicuous pure yellow flowers give it another common name, golden canna.



The fruit ripens from green to brown and has a velvety texture

The flowers are three to six inches long and have three reflexed petals, meaning that they bend down and outward, making them resemble a floppy iris – thus the term flaccida in the species name.

They fuse with three sepals to form a tube at the base of the flower. What appear to be upper erect petals are actually modified flower parts.

It blooms mostly in late spring and summer. Blooms open at dusk, only to fade in the next morning's heat.

The plant has both male and female reproductive parts and therefore can self-pollinate.

The three-part fruit is a one- to two-inch rough-textured capsule that turns from green to brown. It contains round dark-brown seeds consumed by birds.

This species is perfect for a bog or water garden but will grow in moist soil too. For optimal health, it needs high organic content and full sun. It is not salt or drought tolerant.



Non-native cultivars of canna lilies are popular too

With fleshy rhizomes, or root-like underground stems, it can form large stands that protect for a variety of aquatic life. The rhizomes also make it useful in erosion control.

It is a host and nectar plant for Brazilian skippers.

Propagate it with the seeds, by clump division, or by transplanting offshoots.

The seeds have been used traditionally by the Seminoles to make jewelry, rosaries, dyes and rattling toys.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <https://edis.ifas.ufl.edu>, www.fnps.org, <http://www.efloras.org>, <https://plants.ifas.ufl.edu>, www.regionalconservation.org, and www.wildflower.org.

Plant Smart explores the diverse flora of South Florida.✽

Grant Challenge

a team of volunteers will draw on knowledge gained in the classroom to design interpretative exhibits and programs that complement Florida educational requirements.

"The refuge will continue bringing schools here by bus – nearly 5,000

students annually," said Westland. "But our WoW mobile educational outreach rig will allow refuge staff to reach thousands more kids and their families who are otherwise unable to experience the outdoors at the refuge."

Anyone interested in making a tax-deductible donation that will double the impact in support of the WoW project can contact Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.✽

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Escape The Heat At Sanibel Library

Sanibel Public Library’s annual summer reading program is coming to a close. As in previous summers, children have been reading to earn books for their home library and for patients at Golisano Children’s Hospital of Southwest Florida. The Sanibel Public Library Foundation matches each book earned with a book for the children’s hospital.

So far, 307 youth – from babies to teens – have logged more than 2,000 hours of reading and other activities this summer. Since its inception in 2012, young readers have helped to contribute more than 8,000 books to the hospital. The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children’s Fund, underwrites the annual summer reading program.

Play in the library’s Think Tank from 10 a.m. until 4 p.m. every Friday in August and September. The MagixBox projects interactive images from the ceiling to the floor. You can smash eggs, splash with fish, or swipe a trail of stars. Stay as long as you choose at this self-directed family-friendly program. Playing with MagixBox teaches children to use modern technology and to cooperate with others.

In addition to books, cooking kits and board games, the library also offers Mango, an online language learning tool. Sanibel Public Library cardholders can borrow eBooks and audiobooks via



Ken Burgener reads a birding eBook photos provided

the Hoopla or OverDrive Libby apps. Downloadable magazines – including *National Geographic*, *Star* and *Vanity Fair* – are available through the RB digital app. Library cardholders can also use the popular on-demand video streaming service Kanopy. The newest library service allows users to download or stream millions of songs with the Freegal music app. If you need help borrowing from the eShelf, call 472-2483 to schedule an appointment with library staff.

Come in to Sanibel Public Library to access www.Ancestry.com for genealogy research, or to use Fold 3 (military



Children can have unlimited fun with MagixBox on Fridays

records of people who served in the Armed Forces).

Library patrons interested in games can check out board games and puzzles to take home – including Bananagrams, Clue, Monopoly and Apples to Apples. The library also invites patrons to work on puzzles and play chess or other board games. There are hundreds of new travel guides at the library, including *Frommer’s*, *Fodor’s*, *Rick Steves* and *Lonely Planet*. Borrow a guide book and plan your dream vacation.

On Thursday, August 22 at 10 a.m., licensed insurance professional Anthony Idaspe of Informed Choice will present a program about Medicare choices. Whether you’re turning 64 or still working at age 65, the session will review your options. Presenter is not connected with the federal Medicare program. No registration is required.

The full event schedule is online at www.sanlib.org. During the summer, the library is open from 9 a.m. to 1 p.m. on Saturdays.

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





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Trout Fishing Is Back



by Capt.
Matt Mitchell

While dodging morning coastal showers most of this week, we bounced around between mangrove fishing for snook and reds then getting out on the

flats and wearing out the trout. Slow-moving rain was often hard to avoid, though most days cloudy and overcast weather was a nice break from the heat of summer. Along with nonstop trout action out on the flats, we were catching mackerel, jacks, ladyfish and mangrove snapper.

Big early-morning high tides have been the perfect set-up to fish mangrove islands in the southern sound. Seems like the islands in the southern sound to the mouth of the river that have tannin-stained water have been the most productive for both snook and redfish. As the tide gets lower, the bite has switched over to the many of the mangrove creeks in these same areas that have super fast water flow.

The amount of life that has returned to the sound since the massive red tide of last summer, which was less than a year ago, has to be seen to be believed.

In what has been just a few weeks, we went from catching very few trout to trips of catching 50-plus trout. Many of these trout are well over the 15-inch minimum along with several each trip going over 20 inches. The question we are all asking each other is where are these trout pouring in from after what was a catastrophic event for them. For basically 10 months, we just didn't see them let alone catch them. Now, we are specifically targeting them for great catch-and-release action.

Catching trout in the sound has been as easy as finding birds feeding on the massive schools of fry bait. Small live shiners free lined and slowly worked back towards the boat caught fish after fish. Anglers are also catching them on a wide variety of artificials including soft plastics and top waters. I have been fishing on shallow flats in two to four feet of water anywhere from the south end of Matlacha Pass all the way around St. James City up to red light shoal.

One possible theory to the reappearance of these trout is that they have followed the huge schools of baitfish into the sound. We can only speculate what has brought all these trout back into our waters. But one thing is for sure, it's amazing to see Mother Nature come back so strong.

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



Paul from Jacksonville caught this 32-inch redfish while out with Capt. Matt Mitchell this week photo provided

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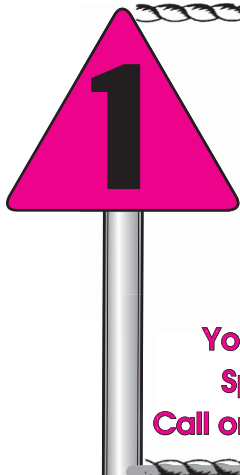
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Dave Doane

CROW Case Of The Week:

Red-Tailed Hawk

by Bob Petcher



A red-tailed hawk (*Buteo jamaicensis*) has been referred to as the most common hawk in the continent. In fact, the shrill cry of this species of hawk is reportedly the sound you'll most likely hear when you see any hawk or eagle, no matter the species, onscreen or in the background of a movie.

Red-tailed hawks are not likely to be seen at your backyard bird feeder. This type of hawk would rather go after small mammals, though it is rare for them to attack dogs or cats. You may see them pair up with another similar hawk while guarding opposite sides of a tree in pursuit of tree squirrels.

These large hawks sport red tails, rich brown heads and feathers as well as white necklines and rounded wings. The open country bird usually hunts from high perches and swoops down to capture prey in its talons. Red-tailed hawks also nest in tall trees, often the tallest in a cluster, where both sexes will contribute to the building of the nest.

At CROW, a red-tailed hawk was admitted after being found on the ground and lying on its back. Veterinarians noted the hawk to be open-mouth breathing. A quick feel for broken bones revealed an area of concern in the hawk's right wing. The patient was also noticed to be very thin.

Finding the fracture was not difficult prior to x-rays.

"No, it was easy to feel soft tissue swelling and the crepitus, or crunch of the fracture fragments rubbing against each other, on physical exam," said Dr. Robin Bast, CROW's staff veterinarian.



Patient #19-3188, like most hawks, doesn't seem too pleased to be photographed while wearing a body wrap during rehabilitation photo by Brian Bohlman

The delicate frame of the patient was most likely related to its injury.

"That is a likely scenario, although another

possibility is the hawk was sick/thin prior and was more susceptible to sustaining a traumatic injury," said Dr. Bast.

The hawk was placed in an oxygen chamber and given time to relax. Afterwards, radiographs were taken that confirmed the hawk had a fractured humerus in its right wing. Veterinarians wrapped the wing and placed an intravenous catheter to help administer fluids and medications.

After a few days, the hawk was brighter and ready for surgery to repair the broken wing. During the surgery, an external fixation and pins were used to stabilize the fracture.

"Surgery went well and three pins were placed to realign the bone," said Dr. Bast. "Once a callus started to form, the pins were removed and the bird is now just in a body wrap to keep the wing stable as it continues to heal."

The red-tailed hawk will now call CROW its home until the bone heals.

"It will take six to eight weeks post-surgery for the bone to heal and for the patient to have done the physical therapy necessary to regain normal flight function in preparation for release," said Dr. Bast.

If all goes well during the patient's rehabilitation, the red-tailed hawk should be released back into the wild when ready.

"The hawk has finished its course of antibiotics, and is eating on its own. It is still in ICU (intensive care unit) getting physical therapy every three days," said Dr. Bast. "It is still early on in the process, but so far it is looking good."

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



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Shell Of The Week

High-Spired Vitrinella



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

Teinostoma altum Pilsbry, 1953, is another member of the microgastropod family Tornidae

with ample distribution in Florida and the Gulf of Mexico. Shell size up to 2.2 mm (about 0.09 inch) in diameter. As the scientific and common names of the species indicate, the shell has a tall spire, resembling a miniature moon snail (family Naticidae). The shell lacks any sculpture except for microscopic growth lines. The protoconch sunken within the remainder of the shell. The umbilicus is shallow. Fully grown shells show a prominent spiral flange projecting from the aperture and partially covering the umbilicus. Shell color whitish. This shell was dredged 14 miles offshore of the Sanibel Lighthouse, donated by Vivienne Smith, and identified by Harry G. Lee. Read more about local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.



The High-spired Vitrinella, *Teinostoma altum*

Shell Museum Events

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photo by James F. Kelly

inspire you. Visit 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.✧

Save Our Water Summit August 21

The Save Our Water Summit will be held at the Hyatt Regency Coconut Point on Wednesday, August 21 from 7:30 a.m. to 12:30 p.m.

The fundraiser will feature water quality issues in Southwest Florida with expert speakers, presenters and panelists from the region. It will include a buffet breakfast. Tickets are \$50.

Presenters include:
Noah Valenstein, secretary, Florida Department of Environmental Protection
The Water School at FGCU
The Conservancy of Southwest Florida
Keep Lee County Beautiful
South Florida Water Management District
U.S. Army Corps of Engineers
Sanibel-Captiva Conservation Foundation.

Topics will include:
Public Health Impact
Regional Water Policies
Major Water Projects
State Legislature Progress Report
How you can make a difference and take action.

The summit is presented by *Naples Daily News* and *The News-Press*. It is supported by:

Bonita Springs Area Chamber of Commerce, Cape Coral Chamber of Commerce, The Chamber of Southwest Florida, Fort Myers Beach Chamber of

continued on page 28

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Shells Found



From left, Julia Guether, Sophia Guether and Alaina Haury

photo provided

Julia and Sophia Guether, visiting from Germany, and Alaina Haury, visiting from Pittsburgh, Pennsylvania, found some nice horse conchs and a lightning whelk on the beaches along West Gulf Drive. They returned to the beach with the shells after cleanup to take the picture.*

Storm Safety

by Kealy McNeal

Southwest Florida is extremely hot during the summer months and afternoon thunderstorms are common. It is important for paddlers to stay aware of the sky. Storm fronts can move in quickly, leaving you in a dangerous situation if unprepared.

If you hear thunder while paddling, immediately start heading to shore. Your vessel is the tallest object on the water, making you vulnerable to lightning strikes. Once you have reached land, and depending on where the storm is, you might need to leave your gear on the beach and seek shelter. Always remember that safety comes first – your gear can get wet and will most likely be there after the storm



has passed.

If you can't safely paddle back to your vehicle or seek shelter in a building, try to exit the water anywhere you can. Do not shelter under tall, isolated objects like trees or poles. Instead, look for a dense group of trees or shrubs of a similar height. If no shelter is available, separate yourself from others that might be in your group and minimize your contact with the ground – don't lay down. Avoid objects that conduct electricity, including many paddles.

It is always a good idea to check the radar before you get on the water, so you can plan accordingly. While you are on your phone checking the weather, call or text someone about your float plan. Include information about where you are paddling and when you plan to return.

Ocean Tribe Paddlers is a branch of Sanibel Sea School that helps the local paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org, or follow on Facebook or Instagram to learn more.*

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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 the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations and Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, August 9, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 9, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Why Animals Come to CROW (daily presentation).

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Friday, August 9, 2 p.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.

Monday, August 12, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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.

Monday, August 12, 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 13, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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.

Tuesday, August 13, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Wednesday, August 14, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 14, 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.

Wednesday, August 14, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety

of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Thursday, August 15, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 15, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profiles: Sea Turtles (daily presentation).

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

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Board Approves Conservation Land Purchase

The Lee Board of County Commissioners recently voted to purchase two parcels totaling more than 60 acres for Conservation 20/20 to add to existing preserves in Alva and Bonita Springs.

The purchased land includes:

A 20.8-acre parcel near Goggin Road that is surrounded on three sides by 1,155-acre Alva Scrub Preserve. The parcel contains scrub, oak hammock, old growth pine and is located in a secondary panther habitat and Florida scrub jay habitat. The purchase price is \$186,930 plus closing costs.

About 40 acres located within the Corkscrew Regional Ecosystem Watershed (CREW), north of Bonita Beach Road SE and along the Lee/Collier county line. An existing Memorandum of Understanding between the South Florida Water Management District (SFWMD) and Lee County

continued on page 26



Remora Week campers prepared for a surfboard paddling race

photo provided

Remora Week At Sea School

submitted by Leah Biery

Remora Week at Sanibel Sea School was a celebration of one very strange fish. Remoras, also known as sucker fish, have a modified fin on the top of their head that acts as a suction cup. They use this apparatus to stick to larger fish, often sharks. They gain a free ride, feed on meal scraps from their host, and clean the larger fish as they ride along – it’s mutually beneficial!

To better understand the remora’s lifestyle, we played partner games where both participants benefited from teamwork. We pinned the remora on the shark and crafted our own plaster of Paris remoras. We also snorkeled, seined and hopped on our surfboards like remoras hop on their hosts. As usual, there was plenty of beach exploration, macramé tying and time spent with camp friends. 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.

Shell Found

Ethan Engert, 14, from Pace, Florida, found a golden olive while diving with a mask off of Lighthouse Beach on July 19. Ethan’s mother, Danielle Engert, said, “Not only does he love to collect shells, but he studies as much as he can about gastropods from books and museums. He also loves to sharing his knowledge with others; Ethan regularly takes shells into school to educate his classmates and to give lectures on gastropods. “We vacation as a family on Sanibel every summer, usually staying the entire month of July. We are a big family of six and all of us love to shell and compete with each other on who can find the best. Shelling brings us together and allows us to make great memories doing something that is real and not digital. We love Sanibel.”



Ethan Engert

photo provided

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The Community House

The Coconut



by Resident Chef Jarred Harris

The coconut is the seed of the coconut palm tree and is the most cultivated nut in the world. It's found in all tropical and sub-tropical regions around the world, and is a staple in the daily diet of millions of people. The coconut is a prehistoric nut and originated in the South Pacific near New Guinea. The coconut got its name from Portuguese explorers who called the nut "coco," and the English added nut to the end of the word.

The coconut has many uses. It's used for drinks, cooking, cosmetics and even as an insect repellant. Coconut water is the clear liquid found inside the coconut. This liquid has been called "the elixir of life." In fact, during the Pacific War of 1941-45, coconut water was used to give emergency plasma transfusions to wounded soldiers.

Coconut milk is extracted from the meat of the coconut and coconut oil is extracted from the dried meat of the coconut. Coconut oil is a healthy

alternative to other vegetable oils and is good for your heart. Coconut oil was the world's leading vegetable oil until the 1960s. Now soybean oil is the leader.

Coconut sugar or "palm sugar" comes from the sap of unopened coconut blossoms. The sap is cooked and reduced to a molasses, then dried and crystalized. Coconut sugar is a good alternative to granulated or high-fructose corn sugars. It also contains trace amounts of iron, zinc and potassium.

Here is a simple recipe to try using coconut:

Coconut Panna Cotta

Serves 6

Ingredients

1 (¼ oz.) envelope unflavored powdered gelatin

2 (13 oz.) cans coconut milk

1 tsp. vanilla extract

½ c. honey

1 tbsp. coconut oil

6 (4 oz.) ramekins

Method

Place the ramekins on a tray and use the coconut oil to lightly coat the inside of the ramekins.

Place the gelatin in a mixing bowl with 1 can of coconut milk and whisk until well blended. Set aside for 3 to 4 minutes.

Pour the other can of coconut milk, vanilla and honey in a saucepan and bring to a simmer, remove from heat and set aside.

Combine the hot and cold liquids, stir until all the gelatin is dissolved.

Pour the liquid into the ramekins and refrigerate for at least 4 hours. Overnight is best.

The panna cotta can be served in the ramekins or inverted onto a plate and left at room temperature for 2 to 3 minutes. The panna cotta will release onto the plate.

Garnish with fresh fruit or fruit relish.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

Montage Women's Club

The Montage Women's Club is a social and philanthropic club open to all women residing in Lee County. Club members meet on the fourth Thursday of each month at The Landings Yacht, Golf and Tennis Club, located off McGregor Boulevard south of College Parkway in Fort Myers. Meetings begin at 11:30 a.m. for lunch, followed by an informative program.

Within the organization are various interest groups for members' participation. Membership is open to both year-round and seasonal residents.

On September 26, columnist Stephanie Davis from Florida Weekly will be the guest speaker. Davis has had her pulse on the local scene of Southwest Florida for many years.

For more information or to make a reservation, call 481-7765.*

American Legion Post 123

American Legion Post 123 is having a fish fry this Sunday, August 18, from noon to 8 p.m. The following Sunday, August 25, barbecued ribs and chicken are on the menu from noon to 8 p.m.

A Labor Day party will be held on Sunday, September 1. All are welcome to stop by for bratwurst, hot dogs and sides from 1 to 6 p.m. Bring a friend and show your skills in the corn hole tournament.

Every third Thursday of the month is Open Mic Night from 6 to 9 p.m. All are welcome to join in.

The 9 Ball Pool Tournament begins at 5 p.m. on Monday nights.

On Tuesdays, tacos are served all day. Spaghetti and meatballs are 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, you can 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.*



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Dana Young

photos provided

Chamber Sets Priorities, Hosting First Power Hour

The Sanibel & Captiva Islands Chamber of Commerce Board of Directors adopted a list of state legislative priorities for 2020 as part of its continued advocacy of crucial issues facing the community. Two of the three points relate to water quality and one is in support of Visit Florida, an organization the chamber relies on to



Rae Ann Wessel

stretch its marketing reach.

"We feel it's important for us and our business members to speak on such serious topics with a single voice," said John Lai, chamber president. "Our board prudently reviewed the issues before our state leaders when adopting these priorities."

The sun will set in June on Visit Florida, if no action is taken. This year, the organization's funding was cut by 34 percent and state leaders are asking how much of the visitor influx can be contributed to Visit Florida. Visit Florida President and CEO Dana Young will

be a guest speaker at the chamber's first Legislative Priorities Power Hour on Thursday, August 29 at Sanibel Harbour Marriott Resort & Spa, located at 17260 Harbour Pointe Drive in Fort Myers.

"Visit Florida tells our stories better and lets guests know we are open for business after a disaster," said Lai. "They played a vital role in helping our tourism economy bounce back with a strong first quarter following last year's water quality disaster. We would have lost a lot of the market share without them."

Young will be joined by Rae Ann Wessel, natural resource policy director for Sanibel-Captiva Conservation Foundation (SCCF), who will give an update on water quality. It will be a time to learn how to become a part of the conversation for the upcoming legislative session and an opportunity to talk one-on-one with the guest speakers. Cost for chamber members is \$25 and \$30 for non-members.

Water quality remains a priority with the support of developing policy to effectively deal with stormwater and wastewater pollution sources; sustaining funding levels to accomplish the EAA projects; objectives of sending clean water south as quickly as possible; and the implementation of critical infrastructure projects north and south of Lake Okeechobee.

For more information and to register, visit www.sanibel-captiva.org or call 472-1080.✴

ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX of the Islands

The top producers at RE/MAX of the Islands for July were: Steve and Maxine Fisher, top sales associates; Kimberley and Chuck Andrews, and Julie Potts, top marketing associates.✴



Steve Fisher



Maxine Fisher



Kimberley Andrews



Chuck Andrews



Julie Potts

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Tropical Braised Short Ribs

4-5 pounds beef short ribs
2 mangoes, diced small
1 papaya, diced small
¼ cup Orange blossom honey
3 garlic cloves, minced
2 tablespoons fresh ginger, minced
1/3 cup low sodium soy sauce
1/3 cup hoisin sauce
3 tablespoons rice wine vinegar
2 tablespoons oil, for cooking
Sea salt and fresh ground pepper, to taste

Preheat oven to 325 degrees. Preheat large ovenproof sauté pan to medium-high. Season short ribs with salt and pepper, add oil to pan and sear both sides until golden brown. Push ribs to outside of pan and add garlic, ginger, and diced fruit. Sauté until fragrant, about 1-2 minutes. Add soy sauce, hoisin sauce, vinegar,



Tropical Braised Short Ribs

honey, and mix to combine. Cover with lid, place in oven and cook for 2 hours or until tender. Remove from oven and garnish with scallions and cilantro if desired. Serve over rice.

photo courtesy Fresh From Florida

Fresh tip: this recipe can be prepared in a pressure cooker. Follow same instructions, but reduce cook time to 30 minutes, and allow a natural pressure release.✱

LIVE ON THE ISLANDS

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

The Jac Sanibel Island Bar & Grille has live entertainment Tuesday through Saturday at the Back Bar, open daily 4 p.m. to midnight.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvella Marzan. Dusk Duo performs on Saturday and Wednesday. On Thursday, it's Jazz Night with Woody Brubaker.

Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandsunnews.com or 395-2299.✱

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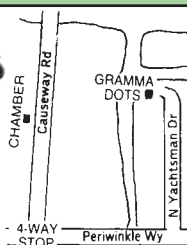
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Residents of Shell Point Retirement Community hosted their annual summer school supply distribution event to benefit the children and grandchildren of the community's employees
photo provided

Shell Point Residents Help Local Students

Residents of Shell Point Retirement Community hosted their 13th Annual summer school supply distribution event to benefit the children and grandchildren of the community's employees.

A total of 720 bags brimming with school supplies for children attending kindergarten through fifth grade were distributed to Shell Point employees. All the supplies were donated by Shell Point residents, many of whom also volunteered to hand out the bags.

Several staff members brought their children to the distribution event to thank the residents in person.

Committee chairs David and Carol Krafft said Shell Point residents enjoy coordinating this event each year for the community's employees. "We like to help ensure their children have a great start to their school year," they said, adding that the group distributed nearly 100 bags more than last year's total of 650. "It is a great way to show how much we care about them."

"We are so fortunate that our residents have continued this tradition," said Karen Anderson, Shell Point's vice president of human resources. "Our employees truly appreciate our residents' generosity."✧

Environmental Funding Award

September 1 is the deadline to apply for the Lee County Electric Cooperative (LCEC) 2019 Environmental Funding Awards. To apply for an environmental funding award from LCEC, organizations can email pr@lcec.net to receive an application.

Interested organizations must meet certain criteria to be considered for

the award. This includes being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds. Funding is awarded twice a year with deadlines happening in March and September.

Nearly \$100,000 has been awarded since the program's inception in 2013. The Environmental Funding Award Program is just one of the many ways that LCEC positively impacts and supports wildlife and the environment.✧

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Book Review

The New Girl



by Di Saggau

I always look forward to a new book by Daniel Silva, because in my opinion and that of others, he's one of the greatest novelists in the espionage genre. He delivers again in *The New Girl*,

his 19th Gabriel Allon novel. It opens in Geneva where we meet a mysterious new girl arriving via motorcade at an exclusive boarding school. Her name is Jihan. Teachers and classmates wonder who she is and find out when she is abducted from the school. She's the daughter of Khalid bin Mohammed bin Abdulaziz Al Said, the crown prince of Saudi Arabia. He is called KBM for short.

KBM was once celebrated as a social reformer who desired to modernize his country with social and religious reforms. Now he is a controversial figure, reviled for his role in the death of a dissident journalist named Omar Nawwaf. KBM turns to Allon to help find his daughter. He also seeks out former CIA officer, now art curator, Sarah Bancroft. She has helped him purchase famous paintings for a planned museum in Saudi Arabia, that KBM says will be the Louvre of the



image provided

Middle East. This includes Leonardo's *Salvator Mundi* for which he paid a cool half billion dollars.

Together KBM and Allon become allies in a secret war for control of the Middle East, the life of a child and the throne of Saudi Arabia. The book is filled with dark humor and marvelous descriptions. Silva describes one character as, "He had the pallor of roasted salmon, medium well, and a meticulous gray comb-over."

The New Girl came about as

Silva was working on a novel about a crusading young Arab Prince who wanted to modernize his religiously intolerant country. He set aside the manuscript for awhile and, after the brutal murder of Jamal Khashoggi, a Saudi dissident and columnist for the *Washington Post*, he used events surrounding Khashoggi's death to inspire some of the events in *The New Girl*.

The New Girl is a timely

right-out-of-the-headlines, fast-moving thriller that blends both art and intelligence. It features numerous twists and keeps the reader engaged right up to the end. Silva conducts meticulous research but he's quoted as saying, "I never want the research to get in the way of the imagination." He definitely lives up to that promise. The book is dedicated to the 54 journalists who were killed worldwide in 2018. In my opinion, it's a must read.✪

School Smart



by Shelley M. Greggs, NCSF

Dear Readers, Many parents are concerned about their older children moving on to middle and high school settings. Parents and

children aren't sure what to expect and may experience some anxiety. Below are some suggestions to ease and support this big step in a child's school career.

Transitioning to a new school can be an exciting but stressful time for children. Even when the change is positively anticipated, such as "graduating" to the next school level, facing the unknown can cause apprehension, particularly for older children. These higher-grade level environments tend to be larger, possibly less nurturing, more departmentalized, competitive and more demanding academically. And students are expected to be more independent academically and their social lives become more complex and intense. It is understandable that parents feel some uneasiness about these changes but there are many ways for parents to help smooth the transition and support their child's academic social/academic success in their new school environment.

It is important to understand and anticipate common concerns related to moving to a secondary school environment. Parents can help their child prepare for and become comfortable with their new school environment.

Environment – Finding lockers, finding lunchrooms and bathrooms, getting through crowded hallways, getting to class on time, getting on the right bus to go home, lack of experience in dealing with extracurricular activities

Workload – Keeping up with materials, new grading standards and procedures, more long term assignments, lack of basic academic skills

Social – More peers pressures (ie, cliques, dealing with older students and students from other schools), social immaturity

Schedule – Remembering which class to go to next, more teachers, no recess, no free time

Other – Reduced parent involvement, accepting more responsibility for their own actions, unrealistic parental expectations, coping with adolescent physical development

Emphasize positive aspects of middle/high school – With the move will come more opportunities for individuality and freedom and an increasing choice in elective courses and extracurricular activities. There will be more opportunities to find friends with common interests.

Teach study skills – Help students begin to self-regulate by breaking down large tasks into manageable pieces and provide guidelines so students can monitor their own progress. Familiarize students with using an agenda/assignment book to keep track of daily and long-term assignments.

Schedule tours of new school – During the summer prior to entering the school, students and parents should arrange for a tour of the school. If possible, parents can request the student's schedule from the school counselor or administrator so that the student can locate classes and "walk their schedule" to determine best routes. If your school offers an orientation session, make a point to attend.

Encourage participation – Whether in extracurricular activities, extra-help homework programs, or school social/sports activities, students should be encouraged to seek these out as an opportunity to meet new people. Many schools offer an open house or fair during the first week of school to introduce new students to available activities.

Continue or increase involvement – Middle and high schools continue to have numerous opportunities available for parent involvement. Parents should maintain communication with the school through meetings, e-mail/Internet, phone calls and notes. If you have concerns, don't wait for the school to contact you. Look out for regular newsletters and other forms of communication home regarding events at the school.

Transition planning and activities like these can really help a student in minimizing or eliminating adjustment problems in the new school environment.

This report was adapted from the National Center on Secondary Education and Transition.

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

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Rotary Happenings

submitted by Shirley Jewell

In past years, our Sanibel-Captiva Rotary Club presidents have championed causes they have found a connection with. Our immediate club president, John Danner advocated for the Wheelchair Foundation and was part of the core group of Sanibel-Captiva Rotarians that organized a new club fundraiser last year, Wheels for Wheels, that raised over \$25,000 for the Rotary Wheelchair Foundation. This year's club president, Eldon Bohrofen, has chosen to find a way of taking on raising funds that will be contributed to the Rotary Clubs of North America CART Trust Fund for Alzheimer's research.

Although this financial driver for Alzheimer's research is still called CART, (Coins for Alzheimer's Research Trust), now that effort has expanded its potential for accepting funding for Alzheimer's research.

Bohrofen invited Dr. Gary Goforth, medical director of Shell Point, Rotarian, and CART vice-president for research grants, to speak to the club on the topic of Alzheimer's. Before Dr. Goforth started speaking, he asked club members to raise their hand if they knew anyone who had Alzheimer's, and almost everyone raised their hand. The fact is, in 2014 there



were 5.6 million people diagnosed with Alzheimer's and by 2025, estimates are that 7.1 million people will have that same diagnosis.

What is Alzheimer's disease/AD? AD is a brain failure. A progressive brain disorder that gradually destroys brain cells and affects a person's memory, ability to learn, make judgements, communicate and carry out basic daily activities. It is a progressive, fatal disease without a cause, that has no cure.

Millions and millions of dollars are going into researching how to pinpoint the pre-dementia stages of Alzheimer's and for now, how to slow that process down. There are thousands of Alzheimer's research studies focused on epidemiology and pathology of the disease. The Rotary CART fund is specifically aimed at awarding Alzheimer's study grants to doctors across the nation that are formulating new research ideas and studies in this area alone and in 2019, CART disbursed a total of \$1,000,000 in grants for five Alzheimer's research projects. All of the donations received by Rotary CART go directly for funding Alzheimer's studies.

The old proverb, "great oaks from little acorns grow," is so true as it applies to the Rotary CART program. Who could have imagined that back in 1995, an idea of Sumter, South Carolina Rotary Club members Roger Ackerman and Dr. Jack Bevan that encouraged Rotarians to empty their pockets and purses of change at weekly meetings for the cause to cure Alzheimer's would grow and be adopted by Rotary clubs across North America, resulting in \$1,000,000 dollars of Alzheimer's research money this year.

Details on these grants can be found at www.cartfund.org.

Bohrofen said, "Our club a few years back participated by having a blue can on each table so that members could toss coins into the cans as CART donations. As your president, I initiated the fundraiser as a Happy Bucks option last year when I lost my late wife, Judy, from dementia. Through a challenge of matching donations by myself, we raised over \$3,000 last year. I have great passion for CART and have proposed, with the help of Rotarians in our club and other clubs in our district, we will have a major fundraiser later this Rotary year for CART."

Stay tuned for information on that fundraiser. Planning has just started.

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

Top 10 Books On The Island

1. *Turn of the Key* by Ruth Ware
 2. *Nickel Boys* by Colson Whitehead
 3. *Chelsea Girls* by Fiona Davis
 4. *City of Flickering Light* by Juliette Fay
 5. *Chances Are* by Richard Russo
 6. *Lady in the Lake* by Laura Lippman
 7. *Bookshop at the Shore* by Jenny Colgan
 8. *Evvie Drake Starts Over* by Linda Holmes
 9. *Southernmost* by Silas House
 10. *Educated* by Tara Westover
- Courtesy MacIntosh Books and Paper.**

ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Ted Benjamin



David Schuldenfrei

The top producers for July at VIP Realty Group were: Ted Benjamin, top sales; David Schuldenfrei, top listings; and Mary Lou Bailey, top producer.*



Mary Lou Bailey with Jackie O. and Murphy

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BEACHFRONT

6477 SANIBEL-CAPTIVA RD., SANIBEL

- Historic Mitchell Estate
 - Last Home Before Blind Pass
- \$3,990,000** **MLS 219000116**
John Stephens 239.980.6394



SIESTA ISLES

18181 OLD PELICAN BAY DR., FT. MYERS

- Deep Water Dockage, Resort Pool/Spa
 - 6 BR, 5.5 BA, Architectural Masterpiece
- \$1,850,000** **MLS 219015186**
McMurray & Nette 239.281.4435



BY THE SEA

UNDER CONTRACT

2611 W. GULF DR. #C102, SANIBEL

- Remodeled w/Designer Finishes
 - Direct Gulf, 3 BR, 2 BA, Granite Kitchen
- \$1,595,000** **MLS 218078824**
Jason Lomano, Lomano-Nicholson Team 239.470.8628



SAND POINTE

2737 W. GULF DR. #132, SANIBEL

- Remodeled Top Floor, 2 BR, 2 BA
 - Vaulted Ceilings, Large Open Kitchen
- \$714,900** **MLS 219001994**
Jason Lomano, Lomano-Nicholson Team 239.470.8628



SANIBEL HARBOUR

15051 PUNTA RASSA RD. #WS02, FT. MYERS

- Wet Slip 50' x 20'
 - 1 of Only 5 Wet Slips
- \$425,000** **MLS 217030648**
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1243 SAND CASTLE RD., SANIBEL

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EAST ROCKS

566 BOULDER DR., SANIBEL

- Updated 3 BR, 2 BA, Near Beach
 - Spectacular Pool, Lake Views
- \$699,900** **MLS 219002114**
Sharon Kottraba, Lomano-Nicholson Team 804.240.3115



SUNDIAL BEACH RESORT

1501 MIDDLE GULF DR. #D310, SANIBEL

- Close to Beach, 1 BR, 1 BA
 - Easy Walk to Pool & Resort Amenities
- \$395,000** **MLS 219013046**
Fred Newman & Vicki Panico 239.826.2704



CAPTIVA VILLAGE

15295 CAPTIVA DR., CAPTIVA

- Steps to Beach from This Great Location
 - Only Lot Available in Captiva Village
- \$899,000** **MLS 217076331**
McMurray & Nette 239.281.4435



RIVA DEL LAGO

14380 RIVA DEL LAGO DR. #2002, FT. MYERS

- Luxury Penthouse, 3,800+ Living S.F.
 - SW Exposure w/Gulf Vistas
- \$699,000** **MLS 218011332**
McMurray & Nette 239.281.4435



SUNDIAL BEACH RESORT

1501 MIDDLE GULF DR. #H210, SANIBEL

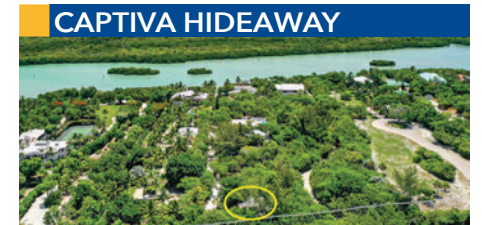
- Phenomenal Income
 - Open Floor Plan Studio
- \$379,000** **MLS 218080098**
Brian Murty 239.565.1272



CAPTIVA VILLAGE

11544 WIGHTMAN LN., CAPTIVA

- 1 Property from Beach, Gulf Views
 - Spacious 2 Story, 4 BR, 4.5 BA Home
- \$2,395,000** **MLS 219004141**
Vicki Panico & Fred Newman 239.980.0088



CAPTIVA HIDEAWAY

16525 CAPTIVA DR., CAPTIVA

- Roosevelt Channel Direct Waterfront
 - Multiple Boat Docks & Basin
- \$1,650,000** **MLS 219043326**
McMurray & Nette 239.281.4435



CLAM BAYOU

5659 SANIBEL-CAPTIVA RD., SANIBEL

- Beach House w/Sunset Vistas
 - Waterfront 2 BR, 2 BA + Loft/Den
- \$875,000** **MLS 219010968**
Bob Radigan 239.691.6240



SUNDIAL BEACH RESORT

1501 MIDDLE GULF DR. #J201, SANIBEL

- Gorgeous Direct Gulf Views
 - Exceptional Rental History
- \$550,000** **MLS 219047585**
Brian Murty 239.565.1272



THE LANDINGS

4685 S. LANDINGS DR., FT. MYERS

- Remodeled 3 BR, 2.5 BA Townhome
 - 2,700+ Living S.F., Granite Kitchen
- \$314,900** **MLS 218084665**
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RIVA DEL LAGO PENTHOUSE



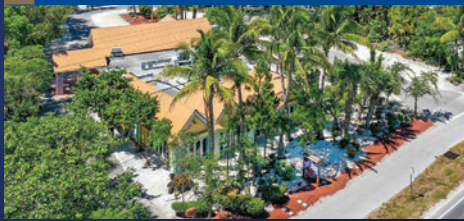
- Luxury Condo, 3,800+ Living S.F.
 - SW Exposure w/Gulf Vistas & Screened Wraparound Deck
 - Gated w/Awesome Amenities
- \$699,000**

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- Multiple Boat Docks and Basin
 - Main and Guest Residences
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- \$1,650,000**

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 FRIDAY Partly Cloudy High: 88 Low: 84	 SATURDAY Mostly Sunny High: 91 Low: 86	 SUNDAY Mostly Sunny High: 88 Low: 84	 MONDAY Mostly Cloudy High: 87 Low: 83	 TUESDAY Partly Cloudy High: 89 Low: 81	 WEDNESDAY Sunny High: 88 Low: 84	 THURSDAY Cloudy High: 89 Low: 85
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:20 am	7:23 am	2:01 pm	8:57 pm	Fri	2:25 am	7:25 am	1:06 pm	8:59 pm	Fri	3:32 am	8:49 am	2:29 pm	9:37 pm	Fri	5:30 am	10:39 am	4:11 pm	None
Sat	3:32 am	8:04 am	2:38 pm	9:22 pm	Sat	2:37 am	8:06 am	1:43 pm	9:24 pm	Sat	3:57 am	9:28 am	3:15 pm	10:07 pm	Sat	5:42 am	12:13 am	4:48 pm	11:20 am
Sun	3:47 am	8:46 am	3:17 pm	9:47 pm	Sun	2:52 am	8:48 am	2:22 pm	9:49 pm	Sun	4:22 am	10:03 am	3:59 pm	10:33 pm	Sun	5:57 am	12:38 am	5:27 pm	12:02 pm
Mon	4:07 am	9:32 am	3:59 pm	10:13 pm	Mon	3:12 am	9:34 am	3:04 pm	10:15 pm	Mon	4:47 am	10:36 am	4:41 pm	10:55 pm	Mon	6:17 am	1:03 am	6:09 pm	12:48 pm
Tue	4:31 am	10:22 am	4:47 pm	10:40 pm	Tue	3:36 am	10:24 am	3:52 pm	10:42 pm	Tue	5:09 am	11:08 am	5:19 pm	11:13 pm	Tue	6:41 am	1:29 am	6:57 pm	1:38 pm
Wed	5:01 am	11:20 am	5:45 pm	11:10 pm	Wed	4:06 am	11:22 am	4:50 pm	11:12 pm	Wed	5:27 am	11:42 am	5:57 pm	11:29 pm	Wed	7:11 am	1:56 am	7:55 pm	2:36 pm
Thu	5:37 am	12:27 pm	7:00 pm	11:42 pm	Thu	4:42 am	12:29 pm	6:05 pm	11:44 pm	Thu	5:38 am	12:21 pm	6:36 pm	11:47 pm	Thu	7:47 am	2:26 am	9:10 pm	3:43 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.



Donations Needed For Trash & Treasures Sale – Island Seniors, Inc. is looking for donations of clean, gently used items for the fall Trash & Treasures Sale. Priced items at the center are available for purchase. This annual event is organized by Island Seniors, Inc. volunteers at the Center 4 Life. Island Seniors, Inc. is an enrichment, social and resource organization for members ages 50 and older who are residents or visitors to the islands. The sale is a huge event for the Island Seniors/Center 4 Life and all the proceeds help support programs like kayaking, fitness, technology, games, potlucks and arts. Donations are tax deductible and you may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. Books, clothing, shoes, computers or old TVs are not accepted. If you have any questions, call 472-5743.

Kayaking on Tuesdays – August 20 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 required.

Gelli Printing with Bea Pappas

– Fridays, August 16, 23 and 30, 12:30 to 3:30 p.m. Cost is \$20 for members and \$25 for non-members.

Choose mono type or make papers for collage use. Beginners welcome. Supplies needed: paper towels, acrylic paints, water container, one-inch brush. The instructor will provide all other supplies.

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.

Day Trip to IKEA – Monday, September 9. Cost is \$5 for members and \$15 for non-members. Includes round trip transportation.

Travel with friends for an all-day shopping spree at IKEA in Plantation, one of the world's largest furniture stores specializing in ready-to-assemble furniture. Lunch is on your own at the IKEA Café. Advance registration is required.

Broadway Palm Dinner Theatre Performance of Once – Wednesday, September 18. Cost is \$63 for members and \$73 for non-members. Includes lunch and performance.

From the very first note, *Once* pulls you in and doesn't let you go. Featuring magical songs from the critically acclaimed film, including the Oscar-winning *Falling Slowly*, this gorgeous and uplifting show strikes an unforgettable chord. Set in Dublin, an Irish musician ready to give up on his career is drawn to a Czech immigrant that helps encourage him to keep writing and performing. Through their shared love of music, an unexpected friendship and collaboration quickly evolves into a powerful, but complicated, love story. *Once* won eight Tony Awards and the 2013 Grammy Award for Best Musical Theater Album.

Advance registration is required. Transportation is on your own.

Broadway Palm Dinner Theatre

Performance of Dames at Sea – Wednesday, October 9. Cost is \$53 for members and \$63 for non-members. Includes lunch and performance.

Dames at Sea is a tap-happy musical parody of the golden era of Hollywood. Ruby heads to New York to become the next Broadway star, but after landing a job in the chorus, her dreams are almost shattered when the theater is set for demolition. With the help of two sailors, the show is moved to their ship and when the leading lady becomes sick, Ruby has the chance to jump in and save the day.

Advance registration is required. Transportation is on your own.

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. Game begins at 12:30 p.m.

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

Hand & Foot – Thursday at noon. **Hearts** – Friday at 12:30 p.m.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$10 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.*

From page 16

Land Purchase

specifies management responsibilities of county-owned properties by the SFWMD within CREW, purchased with Conservation 20/20 program funds. The CREW Land and Water Trust is making a donation of \$2,000 at closing. The purchase price is \$276,000 plus closing costs.

The Conservation Land Acquisition and Stewardship Advisory Committee (CLASAC) unanimously recommended each purchase.

Conservation 20/20, which has preserved about 29,700 acres since its inception, is Lee County's environmental acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www.conservation2020.org.

WEEKLY RENTAL LICENSE

836 Donax Street Is Offered At \$575,000

This 3BD, 2BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with abundant natural light. Community pool and easy walking distance to beach access. Great rental opportunity with the weekly rental license!



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Beautifully Updated Ground-Level Pool Home With 90' Dock

East-end Shell Harbor home on deep-water-access canal has this patio dock in addition to long wood dock with boat lift. On Limpet Dr cul-de-sac convenient to causeway. Home fully remodeled in 2017 & professionally decorated in white bright coastal decor. Floor plan centers around great room with den & 2-story wall of windows overlooking re-landscaped yard, large pool, canal, & bay peek. Split-plan with 3 suites, plus laundry & half bath. Master suite has French doors to expansive paver pool deck. Open 2nd floor loft currently used as second general living area, could be future 4th suite. Furnishings could convey. Community beach access with parking. \$2,195,000

Great Island Alternative

Spacious 1st level luxury lakeside villa-home with garage in Coronado pool community within gated Gulf Harbour. Great room, 2 bedrooms, 2 baths, laundry room, & studio/office or 3rd bedroom. Many upgrades including lanai with electric storm shutters, gas cooking, built-ins, & lots of storage. \$499,000

Lot in The Sanctuary

Deep parcel in Augusta Greens, perfect for villa-style pool home. Overlooks 9th fairway to lake. Homes already constructed on either side. Natural land owned by conservation foundation across street. On less-traveled Baltusrol Ct cul-de-sac, yet handy to clubhouse & amenities (by membership). \$299,000



Lakeside End of Cul-de-Sac

On Begonia Ct in Gumbo Limbo, semi-raised 3-bedroom home with new roof, new HVAC, high ceilings, family room with wood floors & fireplace, & 600 sq. ft. screened deck with private views. Oversized garage plus huge dry under-home storage area with concrete floor, like an up-north basement. \$649,000

Residential Condo in Private Tier Facing Beach

Gulfside Place #222 is 2nd floor with assigned covered parking space & private unit storeroom below. Inside, gulf-view lanai is tiled & screened, with electric storm shutters. Interior features 2 luxurious bedrooms & den (1800+sq. ft. of air conditioned space). Remodel last year included raising kitchen ceiling & reconfiguring utility room & closet to provide more pantry & general storage. Both baths & kitchen new with high-end fixtures & finishes. New paint, tile, carpet. Baths have roomy walk-in showers. New cabinetry, stone countertops, & stainless steel kitchen appliances. Neutral décor complements the beach view. Ready for new owner personalization. \$1,429,000

Excellent Investment

East-end 1st level Sanibel Arms West #E2 with 2 bedrooms plus 2 screened lanais. Mini-resort with island's only screened pool, bbqs, tennis/pickleball, fishing, internet & fitness centers, on site office. Low condo & rental fees, & many years of history, grossing \$70K+/year with owner use. \$849,000 furnished with bookings



Opportunity in The Dunes

1558 Sand Castle Rd. Seller paid \$905K in 2005. On pilings, split-plan high ceilings, 3 bedrooms, & lots of living space including family room with fireplace. Home 2 doors to right in photo sold this year for \$1.075M. Great location, amazing sunset views, good bones. Roof newer (2016). Priced as fixer-upper at \$699,000

Site for Near-Beach Home

First Rabbit Rd residential parcel, off San-Cap, past church. With nearby bike path (along river behind shopping center) & gulf access path at end of street. Convenient location for nature lovers, beach enthusiasts, & those wanting also to be close to shopping, school, refuge, & rec center. ~80' x 200'. \$170,000

Renovation Just Complete - Waterlovers' Delight on Isabel Dr

Custom split-plan pool home offers unique opportunity. 3-car garage, 4-stop elevator. Easy one-level living with room for guests. Generous design also provides privacy for large or expanding family. 1st living level includes huge 2-story living room with fireplace, bayside porch overlooking pool, expansive great-room-style kitchen with 2nd fireplace & butler's pantry, new master suite, & 2nd bedroom & bath. Large mid-level media or family room with mini-kitchen & half bath. Top floor has skylights, 2nd master suite, large open deck, another bedroom with cedar closet, 2 offices (including one bayside), laundry, & more. Sale includes lot in boat basin with dock/boat lift. \$3,495,000

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Susan Andrews, David Anderson, Lisa Murty, & Elise Carnes

Will Power

Estate Planning Nesting Dolls



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

Iremember when my sister, as a young girl, would play with my grandmother's collection of matryoshka dolls. Those are the wooden dolls, commonly known as Russian nesting dolls, of decreasing size placed one inside of the other. The outer layer is usually the painting of a woman wearing a dress and a babushka with figurines inside that are either male or female characters with the smallest usually looking like an infant carved out of a single wood chip.

The matryoshka doll is a good analogy for an estate planning technique that attorneys frequently use but that many of their clients don't quite understand – the "testamentary trust."

Think of a "testamentary trust" as the inside doll of one larger than it. The "outside" or main element is usually a will or a revocable living trust. If I create the Craig Hersch Revocable Trust, then that is the biggest matryoshka doll. Inside of my main doll might be a bunch of smaller dolls, the "testamentary trusts."

When the grantor of that trust dies, the next inside trust comes out, which is a testamentary trust. "Testamentary" refers to "after death," meaning that the revocable trust may split into one or more testamentary trusts that can continue on for a period of years or the lifetime of their beneficiaries who follow the person who originally created the trust.

Let's say that Ronald creates a revocable living trust. At his death, a testamentary marital trust is created for and benefits his wife Tiffany for the rest of her life. When Tiffany dies, two more testamentary trusts are created to benefit their children, Ron Jr. and Kathleen. Like the matryoshka doll, the trusts keep dividing.

But the testamentary trusts are not new trusts that require new language. They always existed inside of their parent trust but didn't spring into life until the trust before them dies or is taken apart so that the new trust becomes the governing language.

Many people, including those who work in the financial services industry, get confused by testamentary trusts. When Ronald dies, for example, my office might call the bank and tell them to change the account to the marital trust created for Tiffany. It's easy for them to get confused. "Where is this marital trust?" they might ask. Or, "we need a copy of the marital trust" when, in fact, they always had the copy of the marital trust because it was already embedded inside of Ronald's trust, which they knew about from the beginning!

As each testamentary trust is established, the title on the accounts changes and a new taxpayer identification number is obtained. Like the matryoshka doll, it's a new trust that came out from inside of the old one but is a completely different "person" in that it might have different provisions and beneficiaries. That is why the banks and brokerage houses have to change the title to the accounts that are now divided between the testamentary trusts.

You might wonder why anyone would use a testamentary trust to begin with. Why don't you just divide all of your estate and leave everything outright to your children? Testamentary trusts are useful in that they can serve to protect the assets that you are leaving your children from the threat of a divorcing spouse, creditors and predators.

Assume the example where a son got foreclosed on and the bank obtained a deficiency judgment on the mortgage balance. If you leave an inheritance outright to him, the bank may be able to force collection on their judgment. Another example would be your daughter, the doctor, who is in the middle of a malpractice case when you die. There, the inheritance you leave her might be at risk. Testamentary trusts can be built to mitigate these problems.

In years past, testamentary trusts got a bad rap. Many named banks as trustees that didn't perform well or were loathe to distribute any of the money to the trust beneficiaries. Those days are past. A good estate planning attorney can draft a trust that gives its beneficiaries control over the investments and distributions of the trust. We can also draft provisions that allow a corporate trustee to serve alongside and be replaced by your selected trustee.

Testamentary trusts can also be drafted to accomplish income tax savings amongst its beneficiaries that cannot otherwise be achieved when an estate is distributed outright. There are all sorts of benefits to drafting testamentary trusts inside of your revocable trust or will, and many of these benefits have nothing at all to do with estate taxes.

So when your attorney starts talking about the use of a testamentary trust, think about the old wooden matryoshka dolls. They're not quite as beautiful or as much fun, but they can sure add some life and good benefits to your estate plan.

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From page 14

Water Summit

Commerce, Greater Fort Myers Chamber of Commerce, Sanibel & Captiva Islands Chamber of Commerce.

The breakfast is sponsored by

Conservancy of Southwest Florida.

Hyatt Regency Coconut Point Resort and Spa is located at 5001 Coconut Road in Bonita Springs. For tickets, visit tickets.news-press.com/orders/tickets_iframe/5cf0128e-d52c-4273-997f-64610ad12266.✧

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From left, Bank of the Islands Vice President Willy Ocasio, Ralph and Billye Curtis, and Maria Espinosa of FISH of SanCap photo provided

Bank Donation Awarded To FISH

Bank of the Islands made another nonprofit donation through its We Love Our Islands program. Billye Curtis was spotted with a We Love Our Islands decal on her vehicle, winning her the right to select which local nonprofit organization would receive a charitable contribution from the bank. Curtis chose to donate the bank's \$600 to FISH of SanCap. That donation marks \$82,400 given away to

date through the program.

"Bank of the Islands is proud to be a longstanding FISH supporter," said Willy Ocasio, Bank of the Islands vice president and Sanibel-Captiva office manager. "We're sponsoring their annual report for the first time this year, and are always grateful when we get contributions to their food pantry at our bank lobby collection site. On a personal note, it's my great honor to serve on the FISH Board of Directors."

Stop by the Sanibel or Captiva office to learn more about the We Love Our Islands program.*

Golf Tournament Supports Heights Foundation

The Heights Foundation 4th annual benefit golf tournament, Swing Fore The Kids, will take place on Friday, September 27 at Heritage Palms Golf and Country Club. Registration begins at 11:30 a.m. Presented by Five County Insurance, the event will include a boxed lunch, a shotgun start at 1 p.m., dinner, auction and awards at 6 p.m.

Proceeds support The Heights Center's programs that work to build strong, self-sufficient families in the Harlem Heights neighborhood of Fort Myers. Last year's tournament raised \$26,500.

"The poverty rate for children in Harlem Heights is more than twice the county average," said Jim Sanger, chief operating officer of The Heights Foundation. "This tournament will help support programs at The Heights Center including School Success and our enriching summer camp."

Tournament registration is now available. A foursome is \$600 and two golfers are \$300. Sponsorships that include golf packages and recognition are available. Sponsors include Entech, Baja Electric, Golisano Children's Hospital of Southwest Florida, Capital Bank Foundation, and Clinger, Sizemore and Associates.

Sponsorship deadline is September 13 and golfer registration deadline is September 20.

Realtor Joins Firm



Patty Arpin

photo provided

John Naumann & Associates has added Patty Arpin to its team of real estate professionals. Arpin has 20 years of real estate experience, holds the CRS (certified residential specialist) designation, along with being a trained accredited buyer's representative and senior real estate specialist. She is also a certified association manager.*



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

www.SanibelCaptivaRealEstateGuide.com

836 Donax Street



This 3 BR/2 BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with lush vegetation. Community pool; easy walking distance to beach access.

\$575,000

4156 West Gulf Drive



This 3BR/2BA has been updated with cathedral ceilings, an inviting kitchen and dining/living room combo. The master bedroom with en-suite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball on your private court.

\$1,329,000

4014 West Gulf Drive



678 Durion Court



Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.

\$699,900

Sandalfont #3C1



Beautiful 2 BR/2 BA unit with walk-out to the pool and beach. Updated, the kitchen features custom cabinetry, granite counter tops and stainless steel appliances, both bathrooms have been remodeled and the unit has an open floor plan.

\$674,000



Brand new custom home across from beach access. 4 BR/3BA home, large acre+ lot. Impact glass, glassed elevator, gourmet kitchen, gas cook top and stainless appliances. All rooms access screen enclosed decks, native vegetation, oversized salt water pool. Gulf view, an exceptional home!

\$3,699,000

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Frankly Speaking



by Howard Prager

Are you ready for some football? NFL preseason has started (yawn), but it's more college ball that's I'm getting excited about. And let's reflect on a no-name Dolphin and

ghostly ballplayers.

NFL preseason, I believe, is more of a display of excess talent for trade bait or release than actually playing games. A few people may play themselves onto teams but, unlike baseball, each roster is fairly certain except in weak areas that have not been addressed by the draft, or barring any unforeseen injuries. Here's to finding an exciting gem in a game of subs.

However college ball is all about playing onto the team, reloading from last year and seeing if the new season can bring any success of the past (or correct any failures). Although there is no free agency in college ball, more top quarterbacks have changed teams this year and are ready to start for their new teams than ever before. The NCAA has a new rule, and if a player only played in 4 games or less, they consider it a

redshirt season. Lots of well-regarded prospects took advantage of this, and 13 quarterbacks transferred from one Power 5 conference team to another, seven of which made a playoff in the last two seasons. Clemson lost two of these quarterbacks (and is still ranked No. 2 in the country), while Ohio State lost one to Miami and picked one up from Georgia. Let's see how this change of scenery and academic setting does for all of them.

Despite this, *Sports Illustrated* predicts that the national championship will be between Alabama and Georgia for the second time in three years. Yawn. Meanwhile, Clemson, who the magazine ranks second, will try and become the first team to repeat as national champions besides Alabama in 25 years.

Anyone remember the Dolphins of '72 with the perfect record, led by Coach Don Shula with Bob Griese, Mercury Morris and the no-name defense? A member of that team – 5-foot, 11-inch middle linebacker Nick Buoniconti, who Don Shula trusted so much that he was able to change plays at the line of scrimmage as needed – passed away recently. His post-NFL career included his passion, the Miami Project to Cure Paralysis. His son was paralyzed while playing for The Citadel. This was his way to give back and help others recover from this lifetime affliction. They say they don't

make them like they used to, and Nick Buonconti fits that moniker.

Let's conclude this week's column on a fun note, or perhaps a ghostly one, where fiction becomes reality. I'm talking about Major League Baseball building a temporary stadium to play an actual game between the Yankees and the White Sox next year on the Field of Dreams in Dyersville, Iowa. I've been to the Field of Dreams several times, bringing my scouts and families so dads and sons can play catch there, and we even played a few innings of ball as well. It is indeed a special place, and one of the greatest baseball movies. Fun to see this happening. Now will any of the baseball ghosts of the past join them?! If you had to choose, who would you have walk out of the cornfields onto the roster? Let's limit it to former Yankee and White Sox greats since those are the two teams playing. Send in your nominees and, in a later issue, I'll tell you who got the most votes.

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

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group

The top producers at Pfeifer Realty Group for July were: Cathie Lewis, top listing agent; and Lisette Hitt and Jen McSorley, top sales agents.✱



Cathie Lewis



Lisette Hitt



Jen McSorley

SPORTS QUIZ

1. Against which pitcher was Hall of Famer Hank Aaron's first major-league home run?
2. Who replaced Casey Stengel as the manager of the New York Mets in 1965?
3. Since 2009, how many times has a Stanford football player finished as the runner-up for the Heisman Trophy?
4. When was the last time before 2018 that the Minnesota Timberwolves made the playoffs?
5. Name the last NHL team to rally from a 3-0 deficit to win a playoff series.
6. Who was the last NASCAR driver before Brad Keselowski in 2019 to lead at least 446 laps at a NASCAR Cup race?
7. When was the last time before tennis' 2019 French Open that the top four men's seeds reached the semifinals of a Grand Slam event?

ANSWERS

1. St. Louis' Vic Raschi, in 1954. 2. Wes Westrum. 3. Five times (Toby Gerhart, 2009; Andrew Luck, 2010 and 2011; Christian McCaffrey, 2015; Bryce Love, 2017). 4. It was 2004. 5. The Los Angeles Kings, in 2014. 6. Kyle Petty led 484 laps in a race in 1992. 7. It was the 2013 Australian Open (Novak Djokovic, Roger Federer, Andy Murray, David Ferrer).

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dearRPharmacist

Some Generics Not Up To Snuff



by Suzy Cohen, RPh

Dear Readers: I've always been a proponent for generic medications because they are more affordable and supposedly contain the same biologically active ingredient as the brand.

But the generic industry is starting to worry me. The generic industry rakes in over \$104 billion dollars a year from sales in the United States alone, but about 90 percent of them are manufactured overseas. We should feel completely safe about the medications we take, right?

The generic version of a drug is supposed to have only slightly different things in it, for example, the flavor, the colorant or the inactive filler. But the active ingredient is supposedly the same.

The problem is that the United States Food and Drug Administration (FDA) doesn't have the time or person-power to fly over the world and inspect all these places prior to our country importing the medications, which then get sold to you without further inspection at the distribution or pharmacy level. What exactly are we importing?

This causes me to pause. The world is so different now than it was when I graduated as a pharmacist in 1989. Everyone is cutting corners, and things aren't made like they used to be. Perhaps this is also more reason to visit holistic practitioners who don't order prescriptions right off the bat.

Here are some scary facts:

1. FDA visited an overseas facility and found out that the pharmaceutical company was hiding negative results from their tests, but because we had a shortage of that drug, we still continued to import it.

2. Our investigator went to another overseas facility and had suspicions that the company was faking and manipulating their generic drug data to make it match the brand name's data. A warning letter was issued by the FDA but importation continued. (Really, that's it???)

3. One pharma company abroad diluted the main ingredient with something else, but made it just potent enough to pass lab tests. (Isn't that called counterfeiting?!)

4. Contamination is a problem. Case in point, one company was guilty of using dirty and corroded sterilizing equipment while making generic insulin and another drug commonly sold in the U.S. to treat arrhythmias!

Despite all this, I still feel that there are more good generic companies than there are bad ones. If the generic maker's facility is based in the United States then I wouldn't worry because the FDA is routinely inspecting them. If you've been taking a generic medication and feel well on it, you should continue. There is absolutely no reason to panic or even question your pharmacy. They do a good job and, when there is a recall, they are very diligent about quickly pulling drugs off the market.

Your generic medication may change from time to time. You open your pill bottle and the pill looks completely different. This is because the pharmacy is using a different generic. You will be told, or the pharmacy will apply a sticker that says, "This is the same medication you have been getting. Color, size or shape may appear different."

This is a good time for you to take note about how you feel on this new generic version that may or may not have been

imported from non-inspected facilities from China, India or other countries abroad.

I realize this is difficult to navigate, and for some of you, this is the last thing you want to hear. It's up to you to decide what to do and how much you want to pay for medication (i.e. brand vs. generic). It's unfortunate that in the drug industry, like many other industries, profit is more important than safety.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: My friend is always complaining about what is wrong with his life. How can I get him to see this and see more good?

A: In our stress-filled world, it becomes easy to begin focusing on the negative. Just turn on the news and you can see this. There is an expression coined by Ilan Shamir, that states, "One thousand things that went right today." This concept focuses on beginning to find the right things that are in your life on a daily basis. Perhaps you

could share this with your friend and he could begin with several things that went right in his life, then five things, 10 things, and so on until his daily life is full of more that is right than not.

It may be a challenge for him in the beginning, but not impossible.

With your encouragement and being a positive role model for him, it can be contagious.

Perhaps your friend could write these things down and he can see his progress as time goes on. If he can begin to believe this and use this as his inner compass, he will gradually begin to become more positive, day by day, moment by moment.

In a world of so much negativity, with willingness, your friend can change his whole mindset.

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

Overeaters Anonymous

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

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

Sanibel Community Church is located at 1740 Periwinkle Way. ✨

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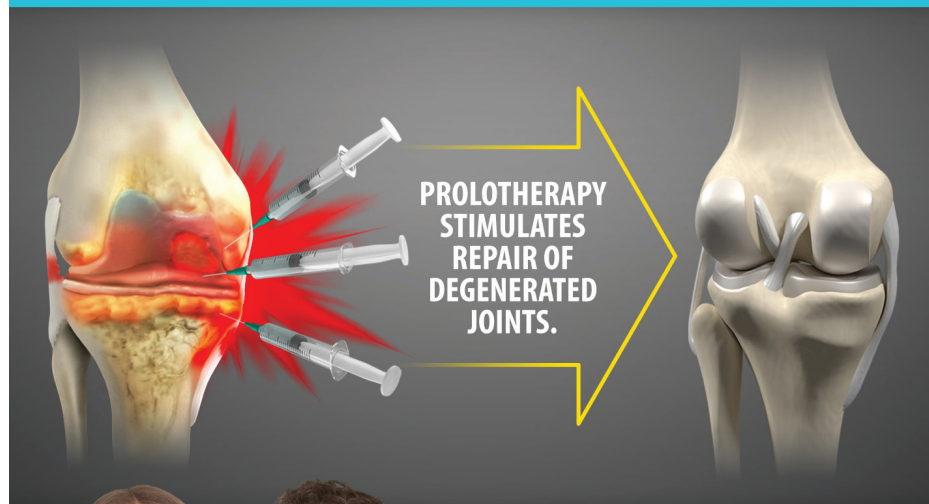


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Superior Interiors

How To Achieve Simple Elegance



by Trinette Nelson

Simple elegance in home design is all about understanding how less is more. The right mixture of clean lines, soft hues and organization make the vibe of a room feel pure and straightforward.

Without going over the top, elegant design shows serenity and sophistication while bringing joy and comfort to a living space that all can appreciate. Having a high-end looking home isn't as difficult as you'd think. A combination of simple solutions can transform your living room, foyer and any other space in your house with ease. Keeping in mind a few key points can assist you in achieving this timeless look. The right color can bring complete elegance to any room in your home and a fresh coat of paint adds instant energy to what was once a dull living space. Shades of white make the perfect choice when creating clean, fine lines. You can also accent with black to create an ideal focal point and set off a lavish feel. There's something oh-so opulent and stately about a bed that's loaded with pillows. It's reminiscent of the vibe you catch on a weekend getaway in a lofted hotel in the big city. Fill your own bedroom as well as the guest room with enough pillows to wow your loved ones. The sofa can benefit from dozens of throw pillows as well; this adds another layer of style and comfort to a high traffic

living space. Carpeting may add an extra layer of comfort to a living space, but hardwood flooring gives off an elegant vibe that you can't pass up. Choose a dark color to exude luxury from one room to the next. You don't have to ditch the look and feel of carpeting altogether. Instead, invest in soft area rugs to disperse throughout your home. This simple piece of decor can make a huge statement and control the entire vibe of a living space. Choose exhilarating fabric like faux fur to wow and comfort your guests. Standard sconces won't do your home any justice if you're trying to achieve elegant design. Modern chandeliers can add charm without going overboard. Choose table and floor lamps that compliment your main lighting fixtures to bring the rooms together in addition to adding a degree of ambiance when desired.

If you want to enjoy the beautiful scenery through your windows and privacy isn't an issue, forgo the window treatments. If, however, you want to take in the great outdoors and filter the natural light in, use sheer drapery that allows the soft, bright hues of the room to take center stage without artificial illumination. No matter what type of adjustments you want to make to your home, you can achieve subtle, simple elegance with ease by reaching out to a design professional. He or she will discuss potential changes to make based on the theme, as well as your personal style, wants and needs. There's no better time to change up the vibe in your home than summertime. This way you have an excuse to throw more parties and let guests get acquainted with the new vibe. Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindceden.com.✽

Doctor and Dietician

Eat Your Vegetables



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

Mom was right. Eat your veggies. According to the Center for Disease Control, most Americans do not eat enough vegetables. U.S. Dietary Guidelines recommend adults consume at least two to three cups of vegetables per day. We feel this should be even higher! Americans, however, fall far short, with only nine percent consuming enough vegetables. Most Americans eat one or less servings daily. A plant-based diet has been shown to reduce the risk for many chronic diseases or so-called "diseases of aging," such as type 2 diabetes, obesity, cardiovascular disease and some cancers. All vegetables contain a host of good stuff – including fiber and water, along with vitamins and minerals. Southwest Floridians need to consume veggies due to the excessive heat that leads to

mineral and fluid loss. So, what are some of the healthiest veggies to add to your daily diet? Spinach, kale and other green leafy vegetables are loaded with iron, vitamins, minerals and antioxidants. When studied, consumption of these greens is correlated with improvements in cholesterol, blood pressure and blood sugar levels. Broccoli and cauliflower, part of the cruciferous vegetable family, which also includes cabbage and kale, are high in vitamins C and K, and have been shown, along with the other cruciferous veggies, to reduce cancer risk. Cauliflower pizza crust – yes! Peas, sweet potatoes, peppers, beets, tomatoes and carrots also provide nutrient bang for your veggie buck. They are loaded with vitamins and minerals, fiber and antioxidants. Garlic and onions not only make food taste great, but also provide tremendous health benefits, including natural antibiotic properties. Fermenting or pickling veggies adds a positive probiotic effect that helps improve gut health. Research shows that people who eat more vegetables have the lowest risk of disease, including cancer and heart disease. Veggies for life! 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.✽

Insurance Tip

Thinking About Renovating?



by Angela Larson Roehl

If you are doing cosmetic updating to your home – like painting and redoing floors – there is less of a concern as to whether your homeowners policy will respond to a loss. However, if you have decided to have more extensive work done that involves the kitchen, baths or removing walls, then you need to talk to your insurance agent to make sure there are not any coverage gaps. Depending on the amount of renovations being done, you may need a builder risk insurance policy to be properly protected in case of a loss. A builder risk policy covers homes that are either new construction, or homes under renovation. One of the requirements to having a builder risk policy is that the work be done by a licensed contractor. Angela Larson Roehl is a local Sanibel-Captiva insurance agent with

over 20 years of insurance experience, who can be reached at info@rosierinsurance.com.✽

New Pet Loss Support Group

Hope Healthcare understands pets are an important part of our families, and the loss of a cherished pet can be devastating. Starting Thursday, August 15, Hope is offering a monthly Pet Loss Support Group at 4 p.m. on the third Thursday of each month at its location at 2430 Diplomat Parkway East in Cape Coral. Open to the community at no cost, the Pet Loss Support Group provides an opportunity to discuss feelings about lost beloved animal friends and learn from the experiences of others. To reserve a spot at an upcoming meeting, call Tricia Black, LCSW, ACHP-SW, at 985-2485. Walk-ins are welcome. With community support, Hope is able to offer additional counseling programs including grief support for adults, teens and children, bereaved parents and those who have experienced the suicide of a loved one. Hope also offers an LGBT group, crisis support for community schools and businesses, and a Spanish language group. Call 482-4673 to learn more or visit www.hopehcs.org/counseling.✽

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PETS OF THE WEEK

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Lee County Domestic Animal Services

Dumbo And Winston

Hello, my name is Dumbo. I am sure you can guess where I got my name. The LCDAS volunteers think I should be named Radar because those fabulous ears not only stand up, but turn in the direction of whatever I am listening to as well. I am a unique looking fellow and am very playful and energetic. I am a 2-year-old male



Dumbo ID# A788327

American Staffordshire terrier who would love to have a backyard to run around or maybe have an active owner to go running with.

My adoption fee is \$25.

Hi, I'm Winston. I am an 11-month-old male domestic medium hair who is our resident television star. I was recently on NBC-2 with Meteorologist Jason Dunning to announce our upcoming Clear the Shelter Event on August 17. This explains the name change from Burton to Winston. (Our public information officer, Karen, decided I looked more like a Winston during my interview and the new name stuck). Don't worry about fame going to my head though, I am still the same grounded, loveable guy that likes to play and snuggle.



Winston ID# A787949

My adoption fee is \$25, and you can adopt one kitty and get another at no additional charge.

Don't get that empty nest feeling when the children go back to school. Lee County Domestic Animal Services is here to help. Through August 31, adoption fees for all cats and kittens and dogs more than six months of age will be reduced to just \$25. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

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 Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.

Haven on Earth Animal League

Patches And Esther



Patches



Esther

Hi, I'm Patches. I'm about 1 1/2 years old, which is still very young in kitty years. I had a litter of kittens, and they've all found homes, so now I'm looking for a home of my own. I love attention and can't wait to snuggle with someone. My adoption fee is \$100, which includes spaying and vaccinations.

Hello, I'm Esther. I was rescued with my kittens and now I'm looking for a forever home. I'm only 1 year old and very affectionate. Look how pretty I am. I'm spayed and up-to-date on vaccinations. My adoption fee is \$100.

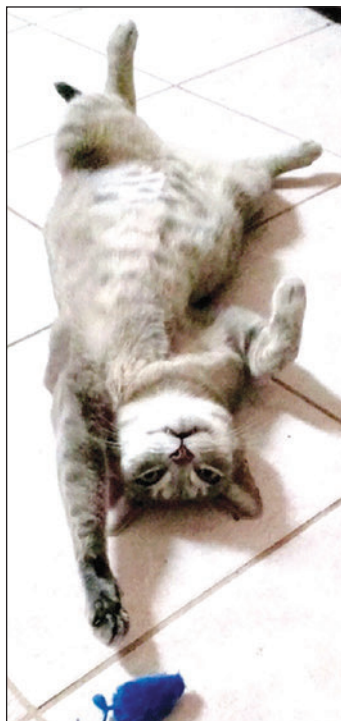
We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email haveneearthanimalleague@yahoo.com.

PAWS Of Sanibel

Sweetie Pie

PAWS has a beautiful young mother cat up for adoption. Her name is Sweetie Pie and she is approximately one year old. She has had all her shots, was combo-tested negative, wormed, treated for fleas and had spay surgery.

All of her kittens have been adopted and now she is wandering around wondering where everyone went. If you would like to meet Sweetie Pie, call Pam at PAWS, 472-4823.



Sweetie Pie



Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
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BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
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American Legion Post 123	472-9979
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Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
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CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
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FISH OF SANCAP 24-hr service	472-0404
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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	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
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

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PUZZLES

Answers on page 39

Super Crossword

POETIC
LICENSE

- ACROSS
- 1 3.26 light-years

7 Smithies' blocks

13 Mark with surface ridges

20 Wise goddess

21 Baby sock

22 Garden State capital

23 Money made by the poet who wrote "In a Station of the Metro"?

25 Lessees

26 Port on the Danube

27 "Just playin' with ya"

28 Singer DiFranco

29 Bad-mouth

30 Fuel brand in Canada

31 Tirana is its cap.

32 Hound doc

33 Switchboard worker reached by the poet who wrote "The Bridge"?

36 Grid of fine lines in an optical instrument's focus

38 Boxer Johansson

39 Aged, once

42 According to

43 Concerning

44 High-priority task

48 Holiday tree decoration hung by the poet who wrote "The Song of the Shirt"?

52 German car make

54 Cool, 1940s-style

55 Mix up

56 "No it —!"

57 450, in old Rome

58 Co. division

59 Caesar of old TV

60 Horror film lab helper

62 Puente of mambo

64 Promises

67 Business run by the poet who wrote "The Shooting of Dan McGrew"?

71 Most ventilated

72 Lovett of country rock

73 Give a title to

74 Pindar verse

76 FBI action

77 Koko, e.g.

79 Vigoda and Fortas

81 Having a bill

83 Novelist Packer

84 Soccer star

86 Caution given by the poet who wrote "The Road Not Taken"?

88 Amount of groceries, say

90 Busy as —

92 Adriatic, e.g.

93 Henri's head

94 Off the mark

96 Compound with two or more amino acids

99 Food energy used by the poet who wrote "To a Mouse"?

103 Toronto-to-D.C. dir.

104 — Cruces

107 Irish Rose's lover

108 Pats' goals

109 Drink suffix

110 Enter

111 Noah's boat

112 Tennis hitting technique

114 Marinara cooked by the poet who wrote "Aurora Leigh"?

117 Shifty

118 Fisher of fashion

119 Israel's language

120 One of the 12 apostles

121 See 115-Down

122 Tromps (on)

17 Trial blast

18 Bodily trunk

19 Painter James

24 Venetian painter

29 Carry out kind acts

33 Simoleons

34 M.D. type

35 Cuba's

36 Actor Foxx

37 Eau —

39 Resistance units

40 Mardi Gras locale

41 Moving shakily

43 Like sun visors

45 2002 baseball-themed film

46 Reliant (on)

47 Decides

49 Drab shade

50 Denver university

51 Contest form

53 Town square

57 Bamboozle

58 Hwy. felony

61 In base eight

63 1990s cardio fad

65 Conga's kin

66 Guide

68 Purge

69 Jai-alai cry

70 Shoe part

71 UAR part

75 Threshold

78 June gems

80 Twisty paths

82 Cards' cost

84 Witty bits

85 Optional course

86 Alternatives to Maseratis

87 Sherlock Holmes' pal

89 Tactfulness

91 Scarer's cry

95 Comedian Gilda

96 Runt

97 Apple computer webcam

98 More obtuse

99 Norman in "Psycho"

100 Curved fastening bar

101 Rend

102 Pop heroes

104 Singer Branigan

105 Curved

106 Distorts

110 Cotton seed removers

113 Fruit seed

114 TV's Arthur

115 With 121-Across, company's worth after liabilities

116 Japanese prime minister Shinzo

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			
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99	100	101									102			103				104	105	106
107						108							110						111	
112					113								115					116		
117										118					119					
120										121					122					

King Crossword

- ACROSS
- 1 Moment, for short

4 Nevada neighbor

8 Detergent brand

12 Savings plan acronym

13 Actor LaBeouf

14 Moby Dick's pursuer

15 Insect repellents

17 "— Lisa"

18 Harbor structure

19 Asian nation

20 Not intoxicated

22 Actor Newman

24 On in years

25 San Francisco carriage

29 Under the weather

30 Divine

31 "... and seven years —"

32 1776 crossing site

34 Porn

35 Sampras of tennis

36 Vatican heads

37 "Caribbean Queen" singer Billy

40 Sleeve end

41 Bedframe piece

42 Stump

46 Drunkard

47 On

48 Carnival city

49 Do as you're told

50 Say it isn't so

51 Tackle's teammate

8 Mexican entree

9 Breakfast chain acronym

10 Carvey or Delany

11 Abba of Israel

16 Piper's adjective

19 Seventh of a series

20 Put into words

21 Leer at

22 Chaplain

23 Competent

25 Layer

26 Marshmallow toaster

27 Chills and fever

28 Decays

30 Verdon or Stefani

33 Carelessness?

34 Couch

36 Lightweight boxer?

37 Norway's capital

38 Organization

39 Relaxation

40 "Be a sport"

42 Scoundrel

43 Corroded

44 Martini ingredient

45 Affirmative action?

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R E I L R A E I E G E C A Y W

F U I L S I Q U G I P N L J H

D E I L L A T N E I L A S F T

D E I A L E C A I I Y A X V N

U S V L N O B Q L P L N V M E

K A J A E H C T F E C A B A I

C Z N Y X B V U O T R Q O P L

O T M L K D E I L P P A I G C

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

Allied

Applied

Belief

Bullied

Cavalier

Client

Collie

Earlier

Lavalier

Liege

Lieutenant

Multiplier

Pliers

Potbellied

Salient

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

SUDOKU

answer on page 39

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.



"All right, let's _____
where we left off last week."

answer on page 39

SCRAMBLERS

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

Guarded
RECUSE _____

Retail
TARMEK _____

Certify
CLEARED _____

Creep
KANES _____

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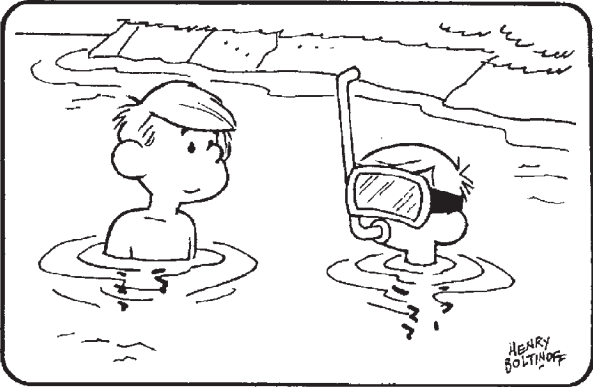
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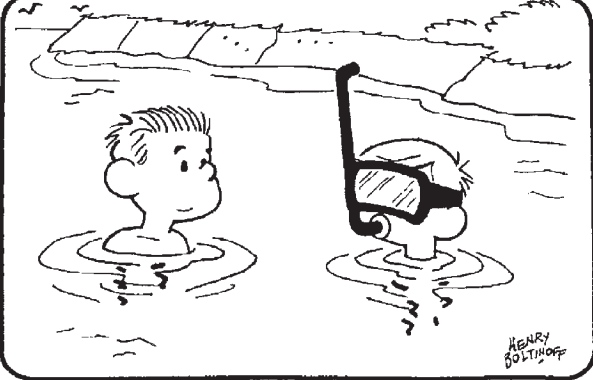
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My Stars ★★★★★

FOR WEEK OF AUGUST 19, 2019

Aries (March 21 to April 19) A chaotic atmosphere taxes the patience of the Aries Lamb, who prefers to deal with a more orderly environment. Best advice: Stay out of the situation until things settle.

Taurus (April 20 to May 20) Tension runs high in both personal and workplace relationships. This can make it difficult to get your message across. Best to wait until you have a more receptive audience.

Gemini (May 21 to June 20) This is a good time to take a break from your busy schedule to plan for some well-deserved socializing. You could get news about an important personal matter by the week's end.

Cancer (June 21 to July 22) An offer of help could come just when you seem to need it. But be careful about saying yes to anything that might have conditions attached that could cause problems down the line.

Leo (July 23 to August 22) Sometimes a workplace colleague can't be charmed into supporting the Lion's position. That's when it's time to shift tactics and overwhelm the doubter with the facts.

Virgo (August 23 to September 22) You continue to earn respect for your

efforts to help someone close to you stand up to a bully. But be careful that in pushing this matter you don't start to do some bullying yourself.

Libra (September 23 to October 22) Don't ask others if they think you're up to a new responsibility. Having faith in your own abilities is the key to dealing with a challenge. P.S.: That "private" matter needs your attention.

Scorpio (October 23 to November 21) This is a good time to use that Scorpion creativity to come up with something special that will help get your derailed career plans back on track and headed in the right direction.

Sagittarius (November 22 to December 21) While change is favored, it could be a good idea to carefully weigh the possible fallout as well as the benefits of any moves before you make them.

Capricorn (December 22 to January 19) The Goat continues to create a stir by following his or her own path. Just be sure you keep your focus straight and avoid any distractions that could cause you to make a misstep.

Aquarius (January 20 to February 18) A colleague's demands seem out of line. But before reacting one way or another, talk things out and see how you might resolve the problem and avoid future misunderstandings.

Pisces (February 19 to March 20) A personal matter appears to be making more demands on your time than you feel you're ready to give. See if some compromise can be reached before things get too dicey.

Born This Week: You're able to communicate feelings better than most people. Have you considered a career in the pulpit or in politics?

STRANGE BUT TRUE

• It was Nobel Prize-winning 20th-century American author John Steinbeck – considered by many to be "a giant of American letters" – who made the following sage observation: "We spend our time searching for security and hate it when we get it."

• It seems no one can adequately explain why women tend to strike matches away from themselves while men tend to strike them toward themselves.

• It may be hard to believe, but there is an official competition to see who can sit in a sauna the longest. The World Sauna Championships have taken place in Heinola, Finland, annually since 1999. The starting temperature is 110 F, and a liter of water is poured on the stove every 30 seconds. The winner is the last person who is able to leave the sauna without assistance. Competitors participate at their own risk, and they are required

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8/9 ★ 8/16

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8/16 ★ 9/13

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NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of Spa of the Soul, located in Lee County, FL, with an address of 14401 Bald Eagle Dr, Fort Myers, FL, 33912 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 9th of August, 2019. Renata Magalhães Ribeiro

8/16 ★ 8/16

to sign a waiver agreeing not to take legal action against the event organizers.

• Other than being celebrities, what do Woody Allen, Farrah Fawcett, Stanley Tucci, Glenn Close, Richard Attenborough and Kevin Spacey have in common? They're all pigs. In the Chinese zodiac, that is – they were born in the year of the pig.

• The small Central American country of Costa Rica has more species of mammals and birds than are found in all of the contiguous United States and Canada combined.

• The ubiquitous summertime flip-flop sandals are known in Australia as pluggers, are called slops in South Africa and slippers in Hawaii, and New Zealanders call them jandals.

• You might be surprised to learn that Jane Austen's novel *Pride and Prejudice* was originally titled *First Impressions*.

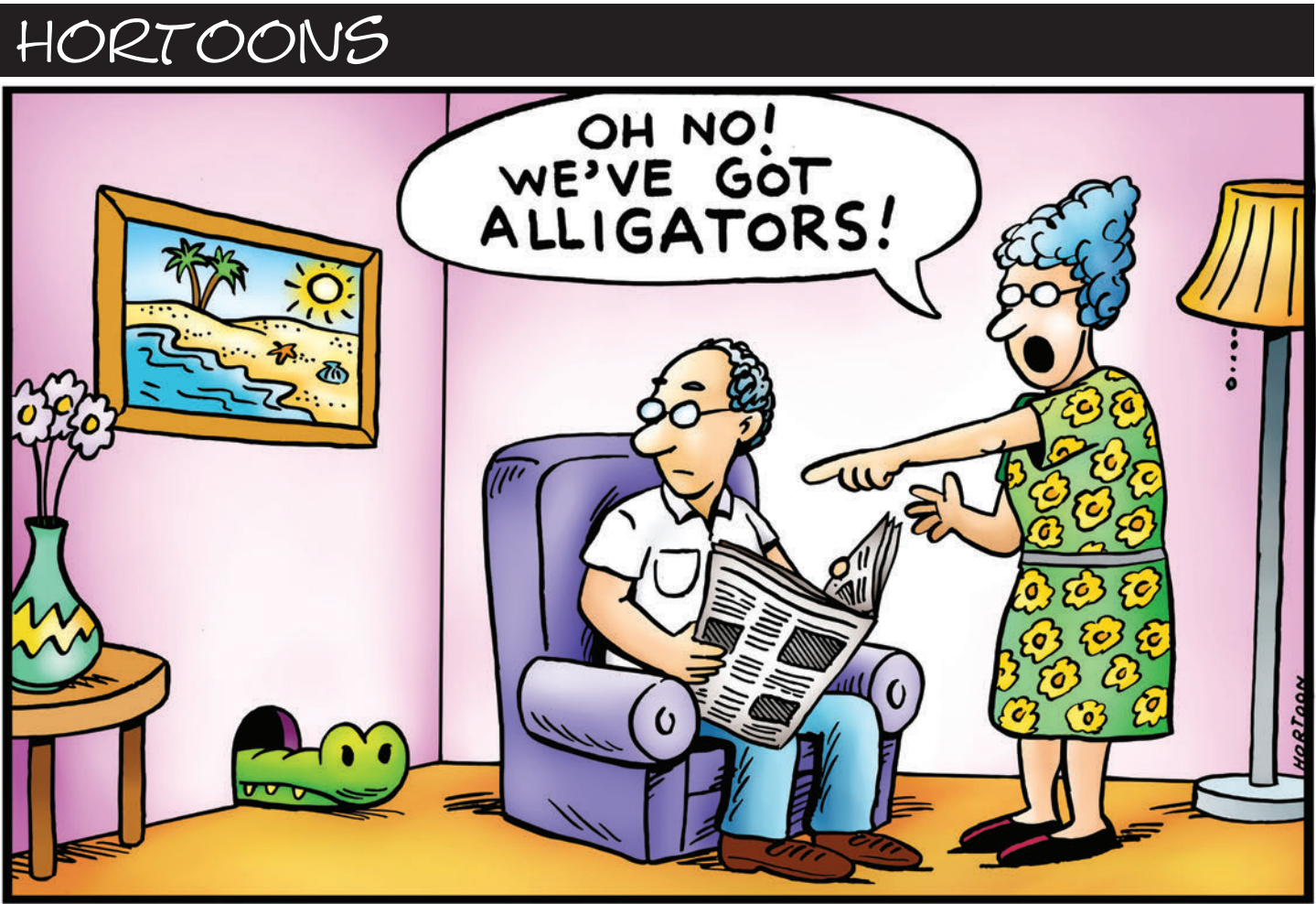
THOUGHT FOR THE DAY

"Lack of money is no obstacle. Lack of an idea is an obstacle." – Ken Hakuta

SCRAMBLERS

1. Secure; 2. Market;
3. Declare; 4. Snake

Today's Word
RESUME



PUZZLE ANSWERS

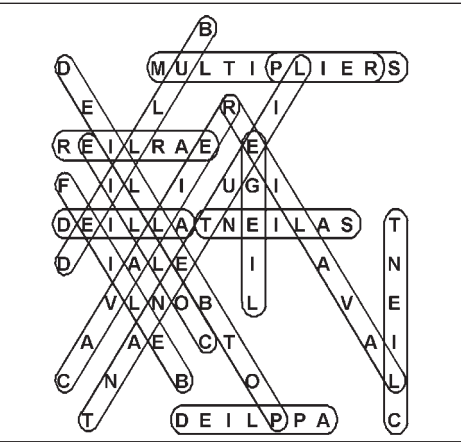
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P	A	R	S	E	C	A	N	V	I	L	S	S	T	R	I	A	T	E
A	T	H	E	N	A	B	O	O	T	E	E	T	R	E	N	T	O	N
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M	U	D	D	L	E	I	S	N	T	C	D	L	D	E	P	T		
S	I	D	I	G	O	R	T	I	T	O	A	S	S	U	R	E	S	
S	E	R	V	I	C	E	O	R	G	A	N	I	Z	A	T	I	O	N
A	I	R	I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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Island Shores	Fort Myers Beach	1999	3,679	\$2,495,000	\$1,925,000	200
Shell Harbor	Sanibel	1971	1,935	\$1,590,000	\$1,350,000	26
Laguna Shores	Fort Myers Beach	1987	2,256	\$1,299,000	\$1,200,000	179
Seminole Estates	Fort Myers	2006	4,237	\$1,299,000	\$1,290,000	202
Carolands	Bonita Springs	1991	2,340	\$1,195,000	\$1,105,000	76
Beachview Country Club Estates	Sanibel	2001	2,844	\$999,000	\$937,500	251
Jose's Hideaway	Upper Captiva	1998	2,628	\$979,000	\$865,000	108
Cape Coral	Cape Coral	2017	2,622	\$925,000	\$925,000	0
Cape Coral	Cape Coral	2008	3,810	\$899,000	\$831,250	474
Caloosa Shores	Sanibel	1974	2,657	\$899,000	\$875,000	101



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Magazine



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