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VOL. 27, NO. 9

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 30, 2019

AUGUST/SEPTEMBER SUNRISE/SUNSET: 30 7:07 • 7:51 31 7:07 • 7:50 1 7:08 • 7:49 2 7:08 • 7:48 3 7:09 • 7:47 4 7:09 • 7:46 5 7:10 • 7:45

## Water Top Priority For League Of Mayors President

by Jeff Lysiak

After Sanibel Mayor Kevin Ruane was sworn in as the new president of the Florida League of Mayors during the organization's annual business meeting in Orlando on August 15, the 12-year member of city council described the feeling as "surreal."

"To me, it was just an emotional high," Ruane said last week in his Sanibel City Hall office. "Of all the things I ever thought I would do, this was probably something that is beyond humbling that people have this much confidence in me to do this. Now, the pressure is to make sure we make an impact and leave a footprint."

Governed by a 51-member board of directors and staffed by the Florida League of Cities (FLOC), the Florida League of Mayors forges a voice that serves the cities of Florida. Since 2005, the Florida League



Sanibel Mayor Kevin Ruane is sworn in as president of the Florida League of Cities by City Clerk Pamela Smith on August 15  
photo courtesy Kevin Ruane

of Mayors has served as the official nonpartisan organization representing mayors. As a membership-driven association, its primary duty is to ensure

active advocacy and provide a platform for mayors to speak out on issues of interest to their cities and citizens.

Ruane's top priority that was approved

unanimously by the board is to address water quality and quantity, addressing the ongoing need to fund and finish projects. At the Florida League of Mayors gathering, the Sanibel representative distributed a checklist of local, state and federal priorities that are part of his water quality-focused agenda. These include:

### Local Priorities

Maintain Home Rule – Stop state preemption of local ordinances designed to protect water quality and comprehensive land use planning

Increased protection of wetlands and natural water recharge areas

Resiliency planning to address water quality and water supply issues associated with climate change and sea level rise

### State Priorities

Support Florida League of Cities (FLOC) legislative action agenda regarding water issues

Continued state funding for the Comprehensive Everglades Restoration Plan (CERP)

Florida springs protection and funding for restoration

State funding for septic-to-sewer

continued on page 12

## CROW Offering Programs Labor Day Weekend

In honor of the Labor Day weekend, the Clinic for the Rehabilitation of Wildlife (CROW) AWC Visitor Education Center will be open on Saturday, August 31 from 10 a.m. to 4 p.m.

Daily presentations will be offered at 11 a.m. and 2 p.m. for visitors to engage with a staff member or student while learning more about the patients admitted to CROW's wildlife hospital. Presentations last approximately 45 minutes, and topics will include Birds of Prey at 11 a.m. and Snakes of Southwest Florida at 2 p.m. Presentations are included with general admission: \$12 for adults; \$7 for ages 4 to 12; and no charge for those age 3 and younger.

"Labor Day weekend is a busy time for the island, and we wanted to give folks an opportunity to visit and learn about CROW," said Alison Charney Hussey, executive director for CROW. "We have even added a couple extra tours."

The Wildlife Walk guided hospital tours will be offered following both presentations. The guided tours take visitors behind the scenes for a look at



Learn about birds of prey photos provided

the CROW staff in action. Tours focus on the rehabilitation process from admission to release along with providing information about CROW's history and student programs. Due to limited space, advance registration is required. Wildlife Walk guided hospital tours are \$25 per person and include general admission to the center.

CROW's AWC Visitor Education



Snakes of Southwest Florida is the topic of the 2 p.m. presentation

Center will be closed on Monday, September 2 for the Labor Day holiday and will remain closed throughout the following week for some fall cleaning. The center will re-open on Monday, September 9 at 10 a.m.

"This will give us a chance to do a deep cleaning of the animal exhibits and keep everything in good working order," said Hussey. "Of course, our wildlife

hospital will remain open to receive any wildlife emergencies."

CROW's wildlife hospital is open 365 days a year from 8 a.m. to 5 p.m. to admit new patients. If you find an injured, sick or orphaned wild animal, call 472-3644 ext. 222. For after hours emergencies, visit [www.crowclinic.org/found-animal](http://www.crowclinic.org/found-animal) for a list of drop-off locations.\*



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# Rehabilitated Sea Turtle Released



CROW staff carrying the loggerhead sea turtle

photos provided

The Clinic for the Rehabilitation of Wildlife (CROW) recently released a sub-adult loggerhead sea turtle at South Seas Island Resort on Captiva after it was rehabilitated for buoyancy issues.

The turtle was rescued on August 9 after the Sanibel-Captiva Conservation Foundation (SCCF) received a call from a local charter boat captain who had observed it struggling to dive near Redfish Pass. The captain and his charter guests helped pull the loggerhead into their boat and then met up on the water with SCCF staff who transferred it onto the R/V *Norma Campbell*, SCCF's research vessel.

The turtle was taken to CROW, a licensed sea turtle rehabilitation hospital, to receive medical treatment. Veterinarians observed the turtle in

a rehabilitation tank and diagnosed the problem. It was having trouble submerging due to air trapped inside its body cavity, likely a result of the same incident that left the turtle missing part of its shell. Using ultrasound, the team was able to locate the air pocket and extract over four liters of air. Shortly after the procedure, the turtle was able to easily dive to the bottom of the tank. After another week of care and observation to ensure the air pocket did not return, the turtle was cleared for release.

Thanks to the charter captain's early identification of the problem, the swift action of SCCF staffers and the expertise of CROW's veterinary and rehabilitation staff, the turtle is now back in the Gulf of Mexico with a new lease on life.\*



Loggerhead sea turtle making its way to the gulf



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by KAY CASPERSON



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Captiva Island Historical Society

## Looking Back: Island Store Ad



This week's image features an early advertisement for the Island Store.

The History Gallery, developed by the Captiva Island Historical Society (CIHS), 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 more information.

Visit the website at [www.captiva-island-historical-society.org/archives/research](http://www.captiva-island-historical-society.org/archives/research) to view many more images to bring you closer to Captiva.✧



Island Store advertisement

photo courtesy CIHS Archives

## 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](http://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](http://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](http://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](http://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](http://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](mailto:ryi39@aol.com), 2050 Periwinkle Way, 433-4901.✧



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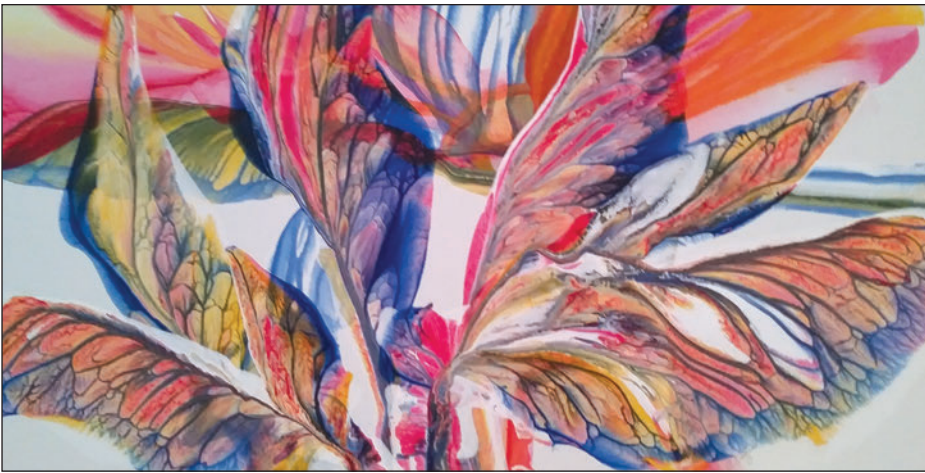
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Royal Poinciana by Alane Enyart

image provided

## Community House Hosting September Exhibit

Sanibel artist Alane Enyart is exhibiting artwork for the month of September at The Community House, located at 2173 Periwinkle Way on Sanibel. The public is invited to view her work Monday through Friday from 9 a.m. to 3 p.m.

A lifelong artist, one of Enyart's earliest memories is having a drawing published in the elementary school paper when she was in first grade. That positive experience eventually led to a bachelor of arts degree in arts and humanities with honors from Michigan

State University. Over the years, she has worked in several mediums including watercolor and pen and ink. Currently, Enyart is exploring color palettes, shapes and textures in acrylics. Her pieces burst with color and with fluid, organic forms.

"I call my style of painting 'paint sculpting,'" said Enyart. "I use no brushes or tools. I pour layers of paint on unstretched canvas to achieve fluid and dynamic shapes. The colors have a translucency that gives 'life' to the paintings. When finished, I stretch the canvas on stretcher bars. I coat some paintings with epoxy resin to 'pop' the colors and add a high gloss finish."

A full time, retired resident in Florida, Enyart enjoys having time for exploration of her art. She loves to

spend time at the beach fishing and swimming. "Much of my inspiration comes from the beautiful sea and skies of the Gulf of Mexico," she said.

Enyart was among 29 artists invited to have artwork showcased at Florida Southwest Regional Airport (RSW) from November 2018 to May 2019, representing to travelers the theme of My Florida. Her work has been

featured in numerous shows locally and regionally. Enyart is a member of the Sanibel Captiva Art League and the Alliance for the Arts in Fort Myers. For more information, visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or [www.sancapart.com](http://www.sancapart.com). For more information about the artist, visit [www.AlaneEnyart.com](http://www.AlaneEnyart.com).✱

## Authors Signing Books This Sunday



Betty Anholt and Charles LeBuff

photo provided

Betty Anholt and Charles LeBuff, who collaborated on the book *Protecting Sanibel and Captiva Islands: The Conservation Story* last year, will be signing copies of their books this Sunday, September 1 between noon and 2 p.m. at Sanybel's Finest, located in the Jerry's Foods Shopping Center at 1700 Periwinkle

Way, Suite 8 on Sanibel.

Anholt, the author of six books, including *The Trolley Guide to Sanibel & Captiva Islands* (1990), *Sanibel's Story: Voices & Images from Calusa to Incorporation* (1998), *Sanibel Fire & Rescue: 50 Years Of Progress* (2006) and *Sanibel-Captiva Conservation Foundation: A Natural Course* (2004)), recently released her debut novel, *Turtle Coast*.

LeBuff, who served as a refuge officer on Sanibel from 1958 to 1990, has also written more than a dozen books focused on the history of Southwest Florida, Sanibel and Captiva. Titles include *Sanybel Light: A Historical Biography* (1998), *The Calusan* (2004), *Everglades Wildlife Barons* (2013), *Sanibel and Captiva Islands: Postcard History Series* (2013), *Amphibians and Reptiles of Sanibel and Captiva Islands, Florida* (2014) and *The Sanibel Island Lighthouse: A Complete History* (2017). For more information, call 472-6776.✱

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OBITUARY



EVELYN DOROTHY SCHMIDT MINOUI

Evelyn Dorothy Schmidt Minoui, loving wife and mother, passed away at the age of 83 on August 21, 2019.

Evelyn was born on June 16, 1936 in New York City to Vera and Philip Schmidt. She worked at Bell Atlantic where she was one of the few women in the engineering department. She also held a degree in interior design.

On December 26, 1960, she married Hormoz Minoui, MD. They raised four children, Peter (Colette), Monica, Paul and Janel Monahan (Dan). She has seven grandchildren, Danielle Voyce, Alexis Morales, Erica, Emily and Claire Minoui, and Leila and Tobias Monahan, and three great grandsons, Karsen and Greyson Voyce, and Cristian Morales. She will be dearly missed.✧

Council Ponders Change In Election Cycle

by Jeff Lysiak

At the August 6 Sanibel City Council meeting, Lee County Supervisor of Elections Tommy Doyle shared some information related to the county considering a change to local election cycles.

According to Doyle, the change is being proposed in an effort to increase voter participation. Sanibel reported a 46 percent voter turnout, among more than 5,000 registered voters. In the most recent March elections, 50 percent of registered islanders cast votes.

Previously, the cities of Fort Myers, Fort Myers Beach, Estero and Bonita Springs have approved increasing council term limits.

"I'm hoping that Sanibel will get on board," Doyle told the council. "If you look at the November general election

since 2010, there's been an average of a 76 percent turnout which, I've gotta say, Sanibel does turn out because a 50 percent turnout in March is pretty damn good. But you can increase that average even more and save an average of \$20,000."

Doyle then explained that for the 2022 general election, Sanibel would have to increase their council terms by 20 months. However, during discussions with City Attorney John Agnew, Sanibel could choose to elect to reduce those terms by five months, which would take effect in 2020. The latter option would require a referendum vote in the upcoming presidential preference primary in March.

Mayor Kevin Ruane asked Agnew if extending the council terms would affect only himself, Vice Mayor Mick Denham and Councilman Jason Maughan, all of whom would be eligible for re-election next year.

"Everyone would be affected because this has to go through a cycle," said Agnew. "The council members that just took office in 2019 (Holly Smith and Richard Johnson), they would have to be extended 20 months also."

Ruane also asked if the option of shortening council terms would affect each current member; Agnew confirmed that it would.

After some additional discussions, council agreed to bring the subject back for additional consideration at a future session.✧

Top 10 Books On The Island

1. *Turn of the Key* by Ruth Ware
  2. *Art of Racing in the Rain* by Garth Stein
  3. *Next Year in Havana* by Chanel Cleeton
  4. *Sanibel Flats* by Randy Wayne White
  5. *City of Girls* by Elizabeth Gilbert
  6. *Tidelands* by Philippa Gregory
  7. *Southernmost* by Silas House
  8. *Three Women* by Lisa Taddeo
  9. *City of Flickering Light* by Juliette Fay
  10. *Keep You Close* by Karen Cleveland
- Courtesy MacIntosh Books and Paper.✧

License-Free Saltwater Fishing

Try your hand at saltwater fishing on Saturday, September 7 without needing a saltwater fishing license. License-free fishing days are a great way for Florida residents and visitors to get out on the water and find out why Florida is known as the Fishing Capital of the World.

This day is part of eight total license-free fishing days the Florida Fish and Wildlife Conservation Commission (FWC) offers each year. All bag limits, closed areas and size restrictions apply on these dates. To learn more, visit [www.myfwc.com/license](http://www.myfwc.com/license). For fishing regulations and tips, visit [www.myfwc.com/fishing](http://www.myfwc.com/fishing). To renew or purchase a fishing license, visit [www.goutdoorsflorida.com](http://www.goutdoorsflorida.com).✧



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Sophie Echevarria could give Gene Kelly a run for his money with her singing in the rain photos provided

## First Day Of Preschool Brings Rainy Day Smiles

The first day of the new school year was a wet one at the Children's Education Center of the Islands. So, staff and students put a new spin on the old nursery rhyme with, "Rain, rain stay all day, in the puddles we will play!"

Students had fun jumping in the puddles, making mud pies and cupcakes, and finding what creatures like to come out and play with them in the rain. It was a great way to start off the new year, celebrating water and all it does for us.☀



Levi Arlington enjoys a cup of tea from the new rain barrel, decorated by summer camp students



Paxton Galantino suited up for the day



Jaxson Britt and Nolan Baker hanging around in the rain



Ms. Kerra having fun in the rain with Adina Williams, Kyle Santamaria and Grace Kupper

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# Pink Out Events Planned For October

by Jeff Lysick

Throughout the month of October, recognized nationally as Breast Cancer Awareness Month, a number of special events have been planned, including several gatherings – known as Let's Pink Out! Sanibel – that have become a local tradition.

On four consecutive Saturdays, organizers and volunteers will be bagging groceries for tips at Bailey's General Store, located at 2477 Periwinkle Way. All are invited to visit the business between 9 a.m. and 5 p.m. on October 5, 12, 19 and 26. In addition, all volunteer baggers will receive Pink Out T-shirts, which are also being offered for sale by donation.

Then, on Thursday, October 24, the 8th annual Let's Pink Out! celebration and luncheon will be held at Sanibel Fire & Rescue District Station #1, located at 2351 Palm Ridge Road. From 11:30 a.m. to 1:30 p.m., a picnic-style celebration – with food and refreshments provided by Cip's Place – will take place inside the facility.

"We've been planning these events for the past six months," said Mary Bondurant, a Sanibel resident, realtor, breast cancer survivor and founder of Let's Pink Out! Sanibel. "We're very sensitive to this community, making sure



Attendees at last year's Let's Pink Out! Sanibel luncheon, held at Sanibel Fire Station #1

photo by Jeff Lysick

we're not asking too much of them. Last year, we did things very low key because of the red tide and blue-green algae. But this year, we're coming out stronger than ever!"

Breast cancer is the most common cancer among women in the United States. Approximately one in eight U.S. women will develop invasive breast cancer over the course of her lifetime. More than a quarter of a million new cases of invasive breast cancer are expected to be diagnosed in women in the U.S. this year, along with over 60,000 new cases of non-invasive breast cancer. When breast cancer is detected early, and is in the localized stage, the

five-year relative survival rate is 100 percent.

"The Pink Out luncheon is open to the entire community, whether you're a breast cancer survivor or someone whose life has been touched by cancer," added Bondurant. "If you're a survivor, your lunch is free; everyone else may make a donation."

Local businesses are asked to donate raffle items. Non-perishable food items, which are being donated to FISH of SanCap, will also be accepted. To become a sponsor or make a raffle donation, call Mary Bondurant at 839-3633. Checks can be mailed to Pink Out, 9125 Mockingbird Drive, Sanibel,

FL 33957.

Sponsors of this year's Let's Pink Out! Sanibel events include Sanibel Fire & Rescue District, Bailey's General Store, Cip's Place and Kay Casperson Lifestyle Spa & Boutique. The media sponsor is *Island Sun* newspaper.

To sign up as a grocery bagger, with one-hour or all-day shifts available, visit [www.pinkoutsanibel.com](http://www.pinkoutsanibel.com). Sponsors of reusable bags to be distributed at Bailey's General Store during the Bagging for Tips events, which can be customized with a business name or logo, are also being sought. For more information, send an email to [PinkOutSanibel@gmail.com](mailto:PinkOutSanibel@gmail.com).\*

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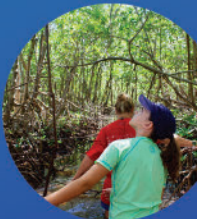
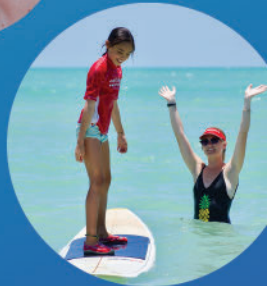


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Dana Dettmar – City of Sanibel

Great egret standing on a floating treatment wetland

photo provided

City Of Sanibel Vegetation Committee

## Improving Water Quality With Floating Wetlands

A floating treatment wetland (FTW) is a platform for plants that can float on the water's surface. A FTW can be placed in any waterbody regardless of depth. The FTW allows plant roots to grow directly into the water column of a nutrient-rich waterbody, helping to remove excess nutrients (nitrogen and phosphorus) to improve water quality.

A FTW enables wetlands to be used where it would otherwise be impossible, such as developed neighborhoods. FTWs are a best management practice that provides a passive approach to improving water quality through natural process of plant nutrient uptake.

What is the benefit of a floating treatment wetland?

Nitrogen and phosphorus are nutrients that are essential for plant growth. Fertilizers containing both are used for agriculture and ornamental landscapes. When these nutrients enter the aquatic environment through runoff, they can cause nutrient pollution problems, which can lead to algae blooms and fish kills. Installing FTWs in waterbodies will absorb the excess nutrients from the water, thereby improving water quality.

Can I make my own floating treatment wetland?

Yes. There are a number of different materials and methods for assembling a floating treatment wetland. The City of Sanibel Vegetation Committee is continuing to experiment with different materials for the platforms as well as using a variety of plants to see which

plants provide the greatest benefit for improving water quality. The materials and tools used to construct the FTWs are easily obtained. Most are available locally, while some are found more readily online.

The following application was used in a Sanibel community lake:

Foam flooring mats, 2 by 2 feet each  
Aquatic plant baskets, 10 by 10 inches

Coir (coconut fiber) sheet, preferably not latex-treated, cut to 18 by 18 inches for each basket; or pre-formed plant basket liners

Cable ties:

8-inch (for attaching baskets to mats)  
11-inch (for joining mat units)  
14-inch (for anchoring top-heavy plants, if needed)

Electric knife (for cutting foam mat and coir sheet)

Hollow punch drill bits (for creating guide holes in mats)

Power drill

Nylon rope

Anchor weight (if needed)

Cut an "X" in the center of a mat, keeping the cuts slightly smaller than the basket dimensions to ensure a snug fit (Step 1). An electric knife makes quick work of this task, but heavy shears or a slender hand saw can also be used. First drilling a pilot hole at the mat's center point is helpful; it is much easier to create holes using a power drill equipped with hollow punch bits than with a hand-operated punch.

Next, using a small hollow punch bit, drill two holes, about 1½ inches apart, in each of the flaps created by the "X" cuts (Step 2). Ease an aquatic plant basket through the "X" until the rim makes good contact with the mat surface (Step 3). Then, thread an 8-inch cable tie through the holes and basket on each side, securing firmly to hold the basket in place (Step 4).

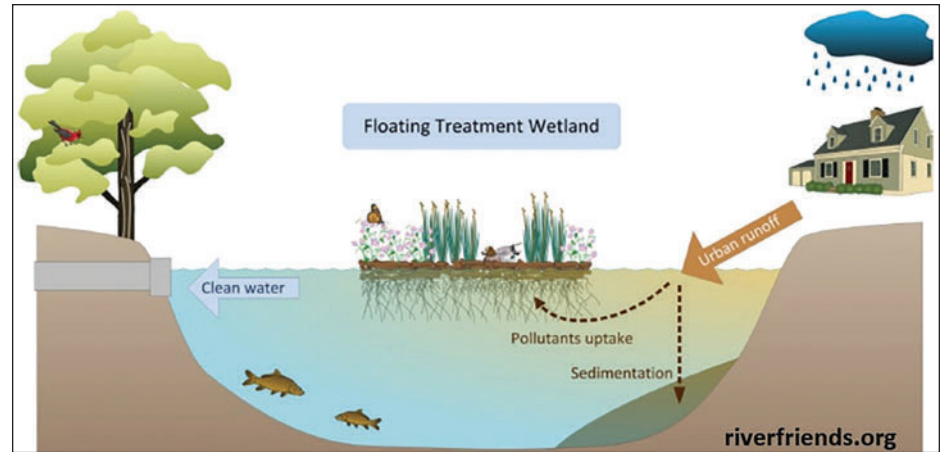


Diagram of a floating treatment wetland (FTW)

image provided

Using an electric knife or heavy shears, cut an 18- by 18-inch square of coir sheet and use it to line the interior of the aquatic plant basket (Step 5). For thick material, it may be necessary to snip it deeply and overlay the flaps so that the cut sheet lays neatly within the basket. Alternatively, a commercial coconut fiber basket liner, which is typically much thinner, can be used without the need for cutting.

A basic "mat unit" is constructed of a single foam mat and one aquatic plant basket. Units can then be joined to create a larger surface that will support multiple plants; combining four units into a 4- by 4-foot square is small enough for two people to handle once planted. To join mat units, place them in the desired configuration, connecting any interlocking edges to keep them close together. Drill three evenly spaced pairs of holes along each joining edge; thread an 11-inch cable tie through each pair of holes, securing firmly.

Now comes the fun part: planting. The choice of plants can generally be guided by light and salinity levels, but don't be afraid to experiment. Observe the native plant life growing well around the edges of waterbodies and in wet areas in your community. Those plants, or related varieties or species, are a great place to start.

Place one or more plants in each basket, using firmly-tamped soil and leaving some growing room. While most plants will not need to be secured further, taller ones may benefit from being anchored. If needed, loop long cable ties between opposing sides of the basket, passing through the plant base and forming an "X" over the soil surface of the planting; link two 14-inch cable ties, which are sufficiently slender, to create each of these two loops. Avoid plants anticipated to measure more than about 24 inches in height, as they may prove too top-heavy in significantly windy conditions. Particularly for larger FTWs, which may be heavy once completed, it is helpful to finish the planting close to the launch site.

The FTW is now ready for launch.

Any number of locations may be utilized. FTWs may be secured to a dock or other structure, or they may be placed further out within a body of water. Attach FTWs to a cinder block anchor using heavy nylon rope.

FTWs periodically need some inspection and maintenance, but the time commitment is fairly minimal. Plants which do poorly or fail should be replaced with other varieties better suited to the local environment. Once constructed and established, these islands only require annual harvesting to keep the dying material from the waterway, but are otherwise maintenance free. Harvesting and replacing the plants is one of the most important steps in maintaining your FTW. Mature plants are filled with nutrients absorbed from the waterbody, so removing the plant removes the nutrients from the waterbody. Installing new plants on the FTW resets the nutrient removal cycle.

The Sanibel community waterbody has responded, in part to the installation of FTWs, with improved water clarity and a notable increase in wildlife visitors, including waterfowl, osprey, fish and turtles. Ongoing experiments and design adjustments are aimed at incorporating additional plants species (hopefully turtle-resistant, since these creatures find many of the roots quite tasty) and providing the plant roots with protected space in which to grow. The vegetation committee is also continuing to follow water quality metrics obtained by the City of Sanibel and the Sanibel-Captiva Conservation Foundation (SCCF) in hopes of seeing measured improvements.

The water pollution solution is a team effort. For more information, contact the City of Sanibel Natural Resources Department at 472-3700.

The vegetation committee hosts free plant walks from November through April at Sanibel City Hall to view and discuss the use of native plants. Everyone and their questions are welcome.

To read other Vegetation Committee articles in this series, visit [www.mysanibel.com/Departments/Natural-Resources](http://www.mysanibel.com/Departments/Natural-Resources).

The Natural Resources Department section of the city's website, [www.mysanibel.com](http://www.mysanibel.com), offers information on native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee.\*



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Lifestyle with Lifecare followed by a narrated bus tour that will showcase the community's resort-style retirement options and amenities. **Admission to the presentation and tour is free; however, reservations are required by calling (239) 466-1131.**

Sept. 12 at 10 a.m. 

#### William Shakespeare's Life: A Brief Overview

Join Shell Point resident Ray Boyce for a special course that will focus on the life and legacy of William Shakespeare. During this presentation, you will get a brief overview to his early years as a poet and playwright, as well as the competitive issues that influenced his career. **Tickets for this session cost \$10\* and may be purchased by calling (239) 489-8472.**

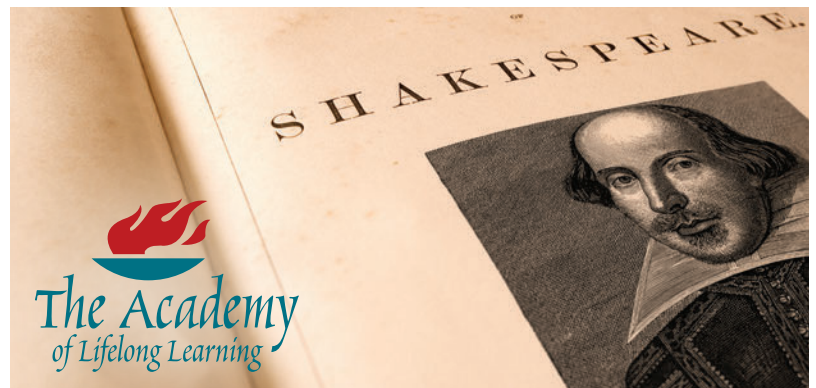
Sept. 28 at 10 a.m.  
to 11:30 a.m. 

#### South Florida Water Quality Update

Join Chairman of the Board of the South Florida Water Management District, Chauncey Goss, as he discusses the water quality issues that have recently dominated the news in Southwest Florida. Find out some of the major efforts made by governments, universities, private industry and citizen groups to assess the problems and to develop corrective responses. **Tickets for this session cost \$10\* and may be purchased by calling (239) 489-8472.**

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Sept. 17 & Sept. 18   
**Antony and Cleopatra Part 1 & Part 2**

The Academy of Lifelong Learning will welcome back Shell Point resident Ray Boyce for a two-part discussion on one of Shakespeare's most popular tragedies, *Antony and Cleopatra*. Part one will feature a film version of the theatrical presentation and part two will offer a time for discussion. **Tickets for this session cost \$10\* and may be purchased by calling (239) 489-8472.**

- Part 1 - Tuesday, September 17 from 9:30 a.m. to noon.
- Part 2 - Wednesday, September 18 from 10 a.m. to 11:30 a.m.

**Visit [www.shellpoint.org/events](http://www.shellpoint.org/events)  
for full listings of this month's events!**

Shell Point is located in Fort Myers, 2 miles before the Sanibel Causeway

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## Plant Smart

## Beachberry

by Gerri Reaves

**B**eachberry (*Scaevola plumieri*) is a native shrub of the goodenia, or inkberry, family whose habitat is beaches, dunes and coastal strands near the high-tide mark. It spreads via rooting stems that stabilize the soil.

The State of Florida lists it as a threatened species.

Other common names are inkberry and gulleweed.

This stout herbaceous evergreen grows up to about four feet high, with multiple drooping or trailing branches that provide cover for birds. It can be broader than it is tall.

The alternate spatulate leaves are dark green, thick and fleshy with smooth edges. One to three inches long, they tend to form rosettes near the tips of the succulent stems.

The five or six white-to-pinkish flowers are a distinguishing feature, for they look like only half a flower. The pistil, the collective female reproductive organs of the flower, arches over the flower.

They bloom throughout the year, peaking in summer.

Beachberry's black shiny berries measure about a half-inch across and



Beachberry's thick spatulate leaves and fan-shaped "half-flowers" with overarching pistil

photos by Gerri Reaves

contain a woody stone. They are a food source for some birds and small mammals.

In a coastal residential landscape, it can be used as a screen, groundcover, or hedge.

Give this slow-growing plant full sun and well-drained sandy soil. It has high drought and salt tolerance and is long-lived.

Propagate beachberry with seeds or cuttings.

A word of caution: Only one other local

species has that fan-shaped "half-flower" and you should avoid planting it.

The all-too-common nonnative beach naupaka (*Scaevola taccada*) is the only other member of the goodenia family found in Florida, and it is listed as a category-1 invasive pest plant.

It strongly resembles beachberry but is a woody shrub and generally larger with white berries.

Sources: *Florida Plants for Wildlife*



The fruit is a food source for wildlife

by Craig N. Huegel, *Growing Native* by Richard W. Workman, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, <https://edis.ifas.ufl.edu>, [www.fnps.org](http://www.fnps.org), [www.regionalconservation.org](http://www.regionalconservation.org), and [www.wildflower.org](http://www.wildflower.org).

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

From page 1

## League Of Mayors

conversion projects

Funding for upgrading reuse water systems to improve nutrient removal efficiency

Funding for HAB (harmful algal bloom) monitoring, response and mitigation efforts

Increased protection of wetlands and natural water recharge areas

Water quality and water supply issues associated with climate change and sea level rise

## Federal Priorities

Support FLOC federal action agenda regarding water issues

Dedicated funding for water quality and

water supply needs

Enhance and fully fund a water quality improvement block grants program

HAB research, monitoring and mitigation

Federal emergency relief for commercial fishing industry impacted by HABs

Continue moratorium on offshore drilling off the coast of Florida

"It's a bold agenda because there are a lot of items on there. The agenda – since the league is already working on this – has to be helpful not for just today but for tomorrow. If we don't have a focus – and I'm a checklist guy... check the box and make sure we've done something – then I don't know how you do that," said Ruane. "All of these programs cost money, but in a \$93 billion budget, we need to make

sure that our legislators understand that the catalyst of this place is tourism. The whole state relies on tourism... without tourism, where would we be?"

During the FLOC meeting, Ruane was joined by fellow Southwest Florida representatives – including Fort Myers Mayor Randy Henderson, Cape Coral Mayor Joe Coviello, Bonita Springs Mayor Peter Simmons and Estero Mayor Bill Ribble – to discuss water-related issues with Gov. Ron DeSantis.

"We kinda came up together," Ruane said of the local contingent who joined him in Orlando for his swearing-in ceremony. "That mayor's circle that we started 10 years ago continues to meet today. Thursday we had lunch with the newest county commissioner with the mayors.

It was a very surreal moment to have everybody that's been a part of the process with me there."

Ruane is also looking to reinforce the unified goals of local chambers, realtors and businesspersons from across the state. One of the key ingredients to accomplishing his agenda over the next 12 months of his tenure at the helm of the league is building and reinforcing relationships.

"The relationships that I have obviously have substance to them," he added. "Of all the things that I have done, this is up there on the top of the things that I will walk away and reflect on and say, 'This was really a privilege.' I mean... (I represent) little Sanibel... and I'm guiding 412 mayors."\*

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Wading birds such as roseate spoonbills and ibises can be seen frequently at the JN “Ding” Darling National Wildlife Refuge photos by Jeff Lysiak

# Wading Birds Among Lecture Topics At CROW

by Jeff Lysiak

Last week at the Clinic for the Rehabilitation of Wildlife (CROW), conservation education and marketing intern Hunter Brown delivered a 45-minute presentation of wading birds, offering a fun and informative lecture on some of the most colorful and quirky birds of this subspecies. “These are very important birds,”

Brown told an audience of 22 gathered last Monday morning at CROW’s Visitor Education Center. “Many of these birds migrate across the country and stop here in Florida for a period of time.” According to Brown, wading birds are found in every continent except for Antarctica, are extremely patient foragers and are typically less vocal than other birds. Many wading birds were aggressively hunted for their colorful or unique plumage until the early 20th century. They are also indicators of environmental health; changes in climate can affect their migration patterns. Among the wading birds detailed within Brown’s presentation were



Double crested cormorant

herons, cranes, ibises, roseate spoonbills, flamingos, egrets, rails and storks. Locally, one of the most popular avian species is the roseate spoonbill, which can be seen frequently within the JN “Ding” Darling National Wildlife Refuge, directly across the street from CROW. Their pink coloration comes from the carotenoids in their food. They are also social birds that forage, roost and nest in groups. “Spoonbills don’t rely on their vision to hunt for food,” explained Brown. “They swipe their bills back and forth in the water in order to catch their prey.” Some fascinating facts of other wading bird species:

Great Blue Herons – The largest/widespread heron in North America, they live in both fresh and saltwater. They eat just about anything within striking distance using their spear-like bills. Little Blue Herons – Gregarious breeders, they typically feed on small fish and crustaceans. In recent years, there has been a large decline in their population numbers. Black-Crowned Night Herons – Found in every continent except Australia and Antarctica, they eat primarily fish but are opportunistic on most anything. They forage during evenings and early

continued on page 18

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## Fall-like Fishing Has Arrived



by Capt.  
Matt Mitchell

As August comes to a close, what a difference a year makes. Last year, this place was a ghost town due to the worst red tide we have ever seen. This August,

the bay has not only been full of life, but there are lots of people around and business has been record-breaking. Getting out and experiencing this rebound has to be seen to be believed.

Bait has been one of the major factors in what is making our fishing so great. Anywhere in the sound you look, you see feeding birds and, when you look a little closer, there are fish breaking the surface right under them. The variety is awesome with trout, ladyfish, snapper, mackerel, jacks and bluefish all part of the mix. Watching these fish blitz is exciting. At times, throw in a few rolling tarpon and some sharks, and it's like fall. Usually all this bait does not show up in our water for another month but no one is complaining.

Redfish action keeps getting better too with the rain-stained water being the perfect set up to catch lots of them. These reds have ranged anywhere from 20 inches up into the mid-30-inch

range. I've been targeting these fish under the mangroves during the higher periods then moving to the passes during the lower water. Small silver dollar sized pinfish have been my bait of choice, either tail-hooked and free-lined under the mangroves or weighted with a split shot when in the passes.

While fishing the passes for redfish over the weekend, we lost count of how many redfish we caught. At one point we had a large bull shark come up and eat a big redfish in two right next to the boat. In the stained water, you never knew the shark was there until it was too late. Having a shark cut a big redfish in two like a warm stick of butter is impressive and scary, especially since I was reaching over the side grabbing these fish by hand.

Snook fishing for me has been best during the last few hours of the falling tide. Deeper mangrove points with good tide flow have held lots of mid-20-inch sized snook. Our big snook of the week came while targeting redfish on the high tide under the mangroves. It measured right around 30 inches. Falling tide fishing in the passes has been a little hit or miss as it seems these fish have started making there way back across the bay a little earlier this year. Though its not feeling like fall, it sure looks like fall with the way our water has come to life.

*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](mailto:captmattmitchell@aol.com).* ✱



Craig from Miami had his best-ever red taken away boat side this week while fishing with Capt. Matt Mitchell photo provided

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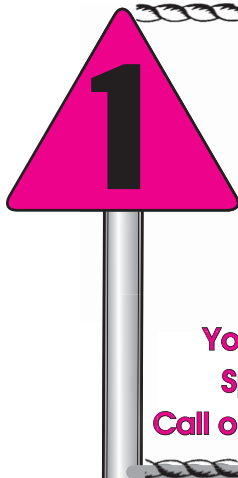
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Dave Doane



## CROW Case Of The Week:

## Rough-Winged Swallow



by Bob Petcher

The northern rough-winged swallow (*Stelgidopteryx serripennis*) is among many different species of swallows and like birds. This small bird with a square tail has brown

upper parts and off-white under parts.

While many swallows nest in colonies, northern rough-winged swallows prefer solitary burrows or unnatural crevices such as gutters, drainpipes and bridges. They are great fliers that consume insects in mid-air. Their flight wingbeats are slower than most other swallows.

Northern rough-winged swallows spend winters in Mexico or Central America. They get their name due to their tiny hooks on the edges of their primary feathers, and it reportedly takes them close to 100 days to finish growing new feathers.

At CROW, a northern rough-winged swallow was admitted last week along with three other individuals from other swallow species. The four birds were flown down from the Wildlife Rehabilitation Center of Minnesota (WRC).

"We received a northern



Patient #19-3519 is a transfer patient from a northern rehabilitation center

photo by Brian Bohlman

rough-winged swallow, a cliff swallow, a barn swallow and a purple martin as part of this transfer," said Dr. Robin Bast, CROW's staff veterinarian. "We get patient transfers from northern facilities a few times a year, usually when a bird has missed migration due to injury or illness."

The birds were receiving treatment for feather damages and, indeed, missed their species migrating out of the area. The northern rough-winged swallow came in with broken primary feathers on both of its wings.

"The swallows sustained feather damage as part of their initial injuries,

so we are waiting for them to grow their feathers back out before they are released," said Dr. Bast. "Some minor abrasions were found on the feet, pododermatitis, which have since resolved."

Once enough of the broken feathers have molted out and new ones grow in so that the patient is able to fly appropriately, it will be released to an area where other wintering northern rough-winged swallows are present.

"The swallows are currently in a soft-sided enclosure and go outdoors during the day. Many of them are already flighted, just waiting for the feather

quality to improve," said Dr. Bast.

CROW has a long relationship with WRC, though the transfer process is not a frequent one.

"Yes, we have collaborated with them for several years now, and it is fantastic that we are able to work together to help wildlife even being so far apart," said Dr. Bast. "This is not typical, we only get two to three transfers like this a year. If they missed migration due to an injury or illness that has been resolved, we can accept them as transfers and reunite them with a flock of their species down here. This gives them the best chance to make the next migration back north successfully if they are with others."

The reciprocal transfer process is a lot less frequent.

"Typically, birds are transferred to our warmer climate to avoid being wintered indoors and reunite them with their species sooner. We have not yet had to send a bird north, but thanks to a great working relationship with other centers like the Wildlife Rehabilitation Center of Minnesota, it is a possibility if necessary," said Dr. Bast. "There is a lot that goes into coordinating a transfer including minimizing stress to the patient and ensuring it is not carrying disease to a new region."

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



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Shell Of The Week

# Florida Vitrinella



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

**V**itrinella floridana Pilsbry & McGinty, 1946 is a very small species of the family

Tornidae, that barely reaches 2 mm (about 0.8 inch) in diameter. The shell is smooth, totaling only about 3.5 whorls, with an open umbilicus, and the callus is absent. The shell is compressed, with the apex projecting only slightly, the whorl profile rounded and the aperture oblique. The shell color in the Florida Vitrinella is translucent-white. The shell illustrated was collected in 2002 by Lois Dunnam at Gulf Side City Park on Sanibel. Read more about local mollusks and their shells at [www.shellmuseum.org/southwest-florida-shells](http://www.shellmuseum.org/southwest-florida-shells) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

## Shell Museum Events

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



The Florida Vitrinella, *Vitrinella floridana*

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

photo by James F. Kelly

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

# American Legion Post 123

**A**merican Legion Post 123 is having a Labor Day party this 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 sign up for the corn hole tournament.



The following Sunday, September 8, barbecued ribs and chicken are on the menu from noon to 8 p.m.

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.

Email your editorial copy to: [press@islandsunnews.com](mailto:press@islandsunnews.com)

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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](mailto: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 30, 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 30, 11 a.m.**, adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

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



as owls. One of CROW's animal ambassadors will be present.

**Saturday, August 31, 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.

**Saturday, August 31, 11 a.m.**, adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Birds of Prey (daily presentation).

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

**Saturday, August 31, 2 p.m. to 3:30 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.

**Saturday, August 31, 2 p.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.

**Monday, September 2 – Closed**  
The Visitor Education Center will be closed in observance of Labor Day.

**Tuesday, Wednesday and Thursday, September 3 to 5 – Closed**

The Visitor Education Center will be closed for fall cleaning.✱

## Snook Season Opens Sunday

The recreational harvest season for snook starts September 1 statewide, with the exception of state waters from the Pasco-Hernando county line south to Gordon Pass in Collier County. These waters remain closed to harvest due to impacts from a severe red tide in 2018.

Unique to the region, snook are one of the many reasons Florida is the Fishing Capital of the World.

The Florida Fish and Wildlife Conservation Commission (FWC) encourages anglers to use proper handling methods when releasing snook to help ensure the fish's survival and the species' abundance for anglers today and generations to come. To learn more about catch-and-release and the best way to handle a fish, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations" and "Fish Handling Tips."

A snook permit, as well as a recreational saltwater license, is required to harvest snook unless the angler is exempt from the recreational license requirements.

Researchers ask anglers who harvest the fish to save their filleted carcasses and provide them to the FWC by dropping them off at a participating bait and tackle store. For the county-by-county list, go to [www.myfwc.com/research](http://www.myfwc.com/research) and click on "Saltwater," then "Snook" and "Snook Anglers Asked to Help with Research."

These carcasses provide biological data, including the size, age, maturity and sex of the catch. This information is important to the FWC in completing stock assessments.

Anglers can also report and record their catch data by using the Angler Action Foundation's iAngler app.

If you see a fishery violation, call the

Wildlife Alert Program at 888-404-FWCC (3922).

Visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations" and "Snook" for more information including bag and size limits.✱

From page 13

## Wading Birds

mornings to avoid competition.

Yellow-Crowned Night Herons – Typically more solitary and secretive, they forage mostly on small crabs. They also swallow their prey whole, grabbing and shaking apart larger crustaceans.

Snowy Egrets – Highly social foragers and nesters, they use varying hunting strategies to spear aquatic prey. As a species, they have a large and steady population.

Great Egrets – The symbol of the National Audubon Society, they are slow but graceful for their size. Protection of this species allowed rapid population growth, with breeding gradually increasing northward.

Reddish Egrets – More tied to saltwater than any other heron or egret, their populations steadily increased after their numbers were decimated for their plumage.

White Ibis – Social birds that nest, forage and fly in groups, they can be found in urban areas. When foraging, they probe for insects and small crustaceans using their tweezer-like beaks. Oftentimes, they wash their muddy prey off before swallowing.

Brown stated that in most cases, wading birds brought to CROW for treatment have been injured due to negative human interaction. This includes becoming entangled with monofilament fishing line. Last year, 107 birds – including 17 wading birds – were treated for fishing line or tackle entanglement.

In 2018, red tide contributed to 572 birds and reptiles being treated for exposure to red tide. Other cases include stress brought on by habitat loss and various unknown trauma.

CROW's Patient Profiles: Wading Birds presentation will be offered again on Monday, September 16 starting at 11 a.m.

In addition, CROW will host presentations on Virginia opossums on Wednesdays, sea turtles on Thursdays and birds of prey on Fridays. Presentations begin at 2 p.m. and last approximately 45 minutes. Daily presentations are also offered Monday through Friday at 11 a.m. Topics cover a variety of native Southwest Florida wildlife such as gopher tortoises, owls and snakes.

CROW's Visitor Education Center, located at 3883 Sanibel-Captiva Road, is open Monday through Friday from 10 a.m. to 4 p.m. The daily presentations are included with general admission; \$12 for adults, \$7 for ages 4 to 12 and no charge for those 3 and under. CROW's popular Wildlife Walk guided hospital tours are also offered Monday through Friday at 11 a.m. for an additional cost and advance registration.

For the complete schedule of presentations, visit [www.CROWClinic.org](http://www.CROWClinic.org).✱



# 2 for 1 TUESDAYS

Shima Japanese Steakhouse at Sundial Beach Resort & Spa is kicking off the fall season with a special 2 for 1 menu on Tuesdays.

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# Exploring The Florida Keys By Paddleboard



by Kealy McNeal

**S**anibel Sea School introduced a new paddling opportunity for teens this summer, demonstrating just how much Florida has to offer for paddling enthusiasts. An

ambitious group headed south in July to explore the Florida Keys via stand up paddleboard. Starting from Sanibel, we drove the eight campers down to Key Largo, taking a detour into Big Cypress National Preserve along the way. Driving down the 26-mile gravel road into the heart of the preserve, we saw many alligators, wading birds, red-shouldered hawks and alligator gar hanging in or around the water along the road. When we arrived in the Keys, we were eager to set up camp and stretch our legs.

Key Largo welcomed us with summer weather – both the temperature and humidity level were over 90, with zero breeze. After pitching our tents, we all looked like we took a dip even though we never got

in the water. The stale heat continued into the night, and our hammocks and tents acted as saunas. It was a tough introduction to camp life, but things improved when the campers awoke to the smell of pancakes and eggs. Soon we were on the water, paddling in the Key Largo sound, gliding over clusters of upside-down jellies and sea grass beds. The heat of the sun started to take its toll on us, so we put on our snorkel masks and fins, and hopped off our boards for a look under the water. The campers explored the nooks and crannies of the mangroves surrounding the sound, spotting juvenile fish hiding in the roots and schools of grunts darting around them. After working up an appetite on the water, everyone prepared and then devoured our dinner of blackened shrimp and mahi mahi tacos that night.

The following days were filled with night paddles lit by glow sticks, volunteering at the Florida Keys Wild Bird Rehabilitation Center, and snorkeling with reef fish. Ask any of the campers and they will tell you this trip challenged our paddling skills, perfected our camping skills, and created memories that will last forever.

*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](http://www.oceantribepaddlers.org), or follow on Facebook or Instagram to learn more.\**



Participants bobbed for apples during last year's Flip Flop Family Scavenger Hunt

photo provided

## Sea School Scavenger Hunt Returns This Fall

**T**ickets are available for Sanibel Sea School's 2nd annual Flip Flop Family Scavenger Hunt, to be held on Saturday, October 5 at 10:30 a.m. The island-wide scavenger hunt will be full of laughs and fun challenges for

participants of all ages. All proceeds from the event will support the organization's scholarship fund to provide meaningful ocean experiences to those in need.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. Event tickets are \$25 per participant, and individual and business sponsorship opportunities are still available. To learn more and sign up, visit [www.sanibelseaschool.org/flipflopfundraiser](http://www.sanibelseaschool.org/flipflopfundraiser) or call 472-8585.\*

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The Community House

## Star Anise



by Resident Chef Jarred Harris

Star anise is the dried fruit of a certain type of evergreen tree. This fruit is a star-shaped seedpod filled with golden-brown seeds. The tree is native to Vietnam and southwest China, and has been used in Chinese medicine for thousands of years. Star anise is an important part of Asian cuisine and is an essential ingredient in spice mixes such as Chinese five-spice powder and Indian garam masala.

Star anise can be used whole or ground and has a licorice-like flavor. Whole star anise is often used as an ingredient in dishes made with duck, pork and beans. Ground star anise is used in the preparation of cakes, cookies and desserts made of fruit. Ground star anise can also be used to make tea.

Star anise and anise are not to be confused with each other. They are not genetically related, however, both plants contain "anethole," the substance that gives the licorice characteristic to both plants. Star anise is slightly bitter and

stronger in flavor compared to anise, and star anise is much cheaper.

Star anise contains essential oils used in flavoring spirits such as absinthe, anisette, sambuca and ouzo. The essential oils are also used to make soaps, perfumes and toothpaste. The oil can be used to treat coughs and digestive disorders. Star anise is one of the ingredients of Tamiflu, which is the drug widely used to treat the flu.

Here is a simple recipe to try using star anise:

### Cranberry Orange and Cherry Sauce

#### Ingredients

- 1 (12 ounce) bag frozen cranberries
- 1 cup dried cherries
- 1 cup sugar
- Zest and juice of 2 oranges
- ½ cup orange juice
- 1 whole star anise
- 1 cinnamon stick
- 3 whole cloves

#### Method

Combine all the ingredients together in a medium sized saucepan.

Bring to a boil. Reduce heat to low and simmer, stirring occasionally until the cranberries are all popped (about 15 minutes). Remove from heat and let cool to room temperature. Discard star anise, cinnamon stick and whole cloves, and refrigerate.

This sauce is excellent with pork, chicken and duck.

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



Members of the Sanibel Captiva Lions Club at Rosie's Cafe and Grill

photo provided

## Lions Club Meets For Barbecue At Rosie's Café

On August 21, the Sanibel Captiva Lions Club and their guests sat down to a barbecue dinner at Rosie's Café and Grill. Praise was given to the staff at Rosie's for the excellent food and service.

In addition to social outings like this, the Sanibel Captiva Lions Club holds regular dinner meetings on the first and third Wednesday of the month during the year. Visiting Lions or other interested parties are welcome to attend.

For more information on the Sanibel Captiva Lions Club, contact Membership Chair Steven Schulz by mail at P.O. Box 391, Sanibel, FL 33957, call 233-6261 or visit [www.sanibelcaptivalionsclub.org](http://www.sanibelcaptivalionsclub.org).\*

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Students can practice fishing after school at Sanibel Sea School

photo provided

## After School Fishing Lessons

submitted by Leah Biery

On Tuesday afternoons in September, Sanibel Sea School will offer a series of fishing themed lessons for elementary and middle school students. This after school program is designed to help participants develop the basic skills necessary to enjoy fishing on their own,

or to develop their existing skills. Session topics will include cast netting and seining, fly tying, knot tying and spin casting. Fly tying expert and author Drew Chicone will guest teach the September 10 session. Students ages 8 to 13 may sign up for individual classes, or for the entire four-week series. Sessions are \$20 each and will be offered on September 3, 10, 17 and 24.

Scholarships are available upon request. To learn more or register, visit [www.sanibelseaschool.org](http://www.sanibelseaschool.org) or call 472-8585.✱

## The Community House

### Yoga With Susan Pataky

On Tuesdays, Vinyasa yoga with begins at 10 a.m.

Sanibel Yoga for all levels is held at 10 a.m. on Thursdays.

Sanibel Yoga Chi (gentle) is held at 11:15 a.m. on Tuesdays and Thursdays.

### Shell Crafting

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.

### Honey, Pickles and Jellies

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

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



Shell Craft classes are held on Mondays

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### Grilled Chicken Sandwich

2 chicken breasts, grilled and sliced thin  
 1 tomato, sliced thin  
 2 cups arugula  
 3 garlic cloves  
 1 lemon, zested and juiced  
 ½ cup olive oil  
 Crusty sandwich bread (your favorite)  
 2 tablespoons unsalted butter, softened to room temperature  
 Sea salt and fresh ground pepper, to taste

In a blender or food processor combine arugula, garlic cloves, lemon zest, lemon juice and pulse until combined. Turn on and slowly drizzle in olive oil until a loose paste forms. Pour into a small bowl and set aside. Heat grill to high. Season the chicken with salt and pepper and grill for 4 minutes on both



### Grilled Chicken Sandwich

sides. Brush arugula pesto onto chicken and cook until internal temperature reaches 165 degrees. Set aside to rest. Spread butter on inner portion of

sandwich buns and place directly over heat for 1-2 minutes or until warm and golden in color. Remove from grill and assemble sandwich. Serves four.✪

photo courtesy Fresh From Florida

## LIVE ON THE ISLANDS

**Island Cow** 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 on Friday with David Christian. Neon Summer performs on Saturday. The Flying Hasselhoffs play on Monday and Tuesday. Sol Rydah performs on Wednesday. On Thursday, it's James Prather.

**Traders Coastal Cuisine** has live entertainment Tuesday and Thursday with Danny Morgan and Friends. Chris Workman plays on Wednesday.

**Traditions on the Beach at Island Inn** has live entertainment on Friday with Woody Brubaker and Marvilla Marzan. Dusk Duo performs on Saturday.

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

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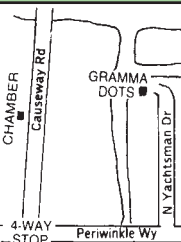
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From left, Geoffrey and Robbie Roepstorff from Bank of the Islands with Alison Charney Hussey, executive director of CROW, and Debi Neri, chair of Taste of the Islands

photo provided

## Presenting Sponsor Named For Taste Of The Islands

Bank of the Islands/Edison National Bank returns as presenting sponsor for the 38th Taste of the Islands to benefit Clinic for the Rehabilitation of Wildlife (CROW). This marks the banks' 10th year as the presenting sponsor of CROW's signature fundraiser.

"We are extremely appreciative of Bank of the Islands/Edison National Bank's continuing support of CROW and our work saving local wildlife," said CROW's Executive Director Alison Charney Hussey. "A decade of support as the presenting sponsor for our event exemplifies their commitment to help the community and the environment."

Taste of the Islands will be held on Sunday, November 10 at Sanibel Community Park. Gates open at noon and close at 5 p.m. The event features live music and showcases the

islands' diverse restaurant community. Again this year, attendees can get a "taste" of CROW and meet the animal ambassadors inside The Community House.

Admission to Taste of the Islands is \$7, with children under 12 years of age admitted at no charge. Guests purchase CROW Bucks to get their "tastes" from participating restaurants. Both are available for purchase at the event and in advance through CROW's website to be picked up at the will call booth. Item prices range from one to six CROW Bucks.

Proceeds from Taste of the Islands ensure CROW's continued success providing the highest quality care and treatment of injured, ill and orphaned wildlife through state-of-the-art veterinary care. Funds also support public educational exhibits at the Visitor Education Center.

For more information, sponsorships or to become a participating restaurant, contact Mary Schoeffel, development director, at 472-3644 ext. 232 or [mschoeffel@crowclinic.org](mailto:mschoeffel@crowclinic.org).

## 'Ding' Day Photo Contest Deadline Approaching

The deadline for this year's "Ding" Darling Day Amateur Nature Photography Contest, which raises cash award prizes to celebrate the refuge's 75th anniversary, is Sunday, September 15. All entries must be submitted electronically to be eligible for the \$300 first place prize, \$225 second place prize, and \$175 third place prize. Honorable mentions receive the return of their \$25 entry fee.

The 27th annual contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Day, October 20 ([www.dingdarlingdays.com](http://www.dingdarlingdays.com)) at the JN "Ding" Darling National Wildlife Refuge on Sanibel.

For an entry form and other contest information, visit [www.dingdarlingsociety.org/articles/photo-contests](http://www.dingdarlingsociety.org/articles/photo-contests). DDWS will announce winners and award prizes at "Ding" Darling Day.

In an effort to maintain its commitment to the environment, DDWS will not accept photo contest entries by mail. Entries must be delivered by email to [ddamateurphotocontest@gmail.com](mailto:ddamateurphotocontest@gmail.com) by September 15. For assistance, call 472-1100 ext. 4 or email [shois@dingdarlingsociety.org](mailto:shois@dingdarlingsociety.org). Entrants can pay by sending a check made out to the "Ding" Darling Wildlife Society (P.O. Box 565, Sanibel FL 33957) with a memo "for photo contest" or online at [www.dingdarlingsociety.org/](http://www.dingdarlingsociety.org/) with a donation with a note in "gift comments"

designating the donation as photo contest fees.

There is a \$25 per person entry fee that provides you with a membership to the society and is used to defray the cost of the contest. One fee covers two entries per person but each person is eligible to win only one award.

Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

Photos must be taken at JN "Ding" Darling National Wildlife Refuge and have been taken within two years of entry date.

Each photo must be a JPEG file of at least 3,000 by 2,400 or four megabytes (MB). Panoramic photos are not allowed.

Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

Judging will be anonymous. Do not put your name or anything that will

identify you on your photograph.

Judging criteria:

- 1) Technical excellence (sharpness, lighting, composition, exposure)
- 2) Originality/creativity
- 3) Interest
- 4) Ability to be reproduced for publication

Only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be accepted. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines. All photo files will become the property of DDWS. Photos may be used by DDWS in any way with appropriate credit to the photographer.

There are three judges: a refuge staff person, a professional photographer and a member of the Sanibel community.✧

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# Highlights From CHR Give Back Wednesday At The Great White Grill



Babs and Jason Maughan  
photos provided



Sherri Prange



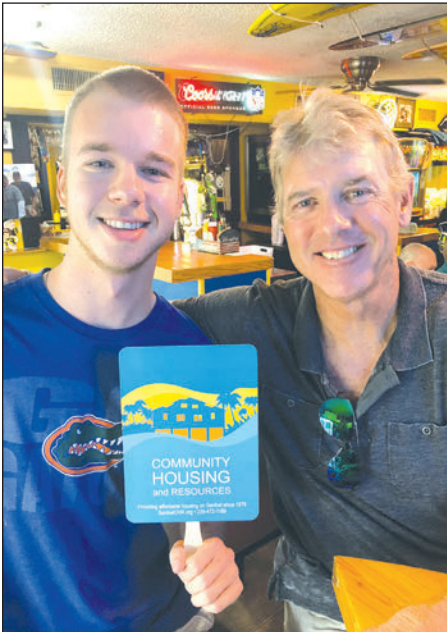
From left, Richard McCurry, Tyler Lloyd and Tom McCurry



Birgit Peck and Melissa Rice



Cheryl and Gary Biltgen



Mitchell Rice and Neil Peck



Lynn and George Campean



From left, Lori Shuster, John Nader and Kelly Greten



From left, Ralph, Billye and Patty Curtis with Michelle and Jesse Velasco





Diane Weir and Kip Buntrock



Paul Primeaux and Jayne Lumley



Neil Erickson and Rodd Bell



Steve Greenstein and Rob Lisenbee



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Book Review

The Summer Of '69



by Di Saggau  
**T**he Summer of '69 is Elin Hilderbrand's first historical novel, and it's a fascinating tale about four siblings who experience all the details of an era that shaped our nation. It takes

us back 50 years to Woodstock, the moon landing, Chappaquiddick and the tumultuous summer spent by the Levin family at their grandmother's historic home in downtown Nantucket. This is an entertaining novel about a family who weathers some very tough times before finding redemption.

Blair, Kirby and Tiger are all biological siblings, children of Kate and her first husband Lieutenant Wilder Foley. Jessie, the youngest, is the child of Kate and her second husband David Levin. Blair is married to Angus Whalen, a professor of astrophysics at MIT, who is involved with the Apollo 11 landing. She met him while dating his younger brother Joey, and is pregnant with twins. Kirby is caught up in the civil rights protests and falls for an African American guy much to his parents disapproval. Tiger has

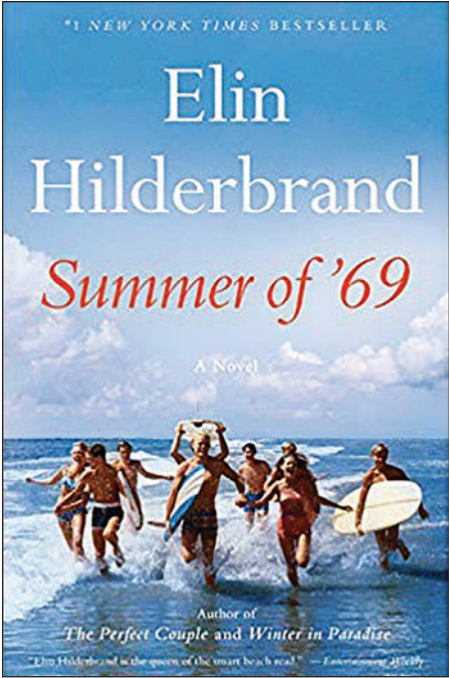


image provided

been recently deployed to Vietnam, and Jessie feels marooned in a house with a grandmother to whom she cannot relate. Grandmother Exalta, Kate's mother, is a marvelous piece of work. She adored Kate's first husband but doesn't care for her second, even though he is obviously the better man. Kate feels certain that the reason her beloved son Tiger is in Vietnam is payback for something she did 16 years ago. With his departure, she slips into an alcoholic haze. Along

with her mother, she is hiding a secret. Hilderbrand's descriptions of her characters make them stand out individually. Her narrative couldn't be better, and those adoring letters throughout the book between Tiger, from the central highlands of Vietnam, and young Jessie provide a warm emotional experience.

The Summer of '69 is being hailed as a great beach read and while that is true, I feel the book deserves better praise. The book is breezy and also gritty with characters you can relate to as they come to grips with their personal challenges during one of the most tumultuous summers of the 20th century.✱

School Smart



by Shelley M. Greggs, NCSP

**D**ear Readers,  
School lunch time is not relaxing. Cafeterias are noisy, crowded, sometimes dirty and filled with obstacles for kids.

There may be physical obstacles such as maneuvering through the lunch line and finding a place to sit. There are certainly social obstacles that can become more significant as kids get older with blatant bullying and social exclusionary behaviors. Kids have a very limited amount of time to eat their lunch, go to the restroom and get back to class on time. Some schools have implemented creative ways to work through lunchroom issues, but most have not. Below are a couple of ideas to help with some of the concerns that kids face in the lunchroom.

With younger kids, practice eating a "school lunch." Make sure they can open everything you send with them. Talk about not eating off of the table in the lunchroom. Set a timer for 20 minutes or whatever amount of time is allowed and talk about how they may not finish eating and that's ok. Practice packing everything back up and talk about what is trash and what should come back home in their lunch box. Be specific about which lunch items they can share with friends. If your school has a donation table for unwanted items, make sure to explain that to your child as well.

Make sure your child has a nutritious lunch. They cannot be expected to learn if they have eaten lots of over-processed foods and sugary items. Here are some expert ideas from dietitians for preparing a healthy sandwich and lunch for school (or work).

Kathryn Riner, a pediatric dietitian, says that, "ideally a sandwich offers some nutritional benefit and physical satiety so that kids are not distracted by hunger while also meeting their nutritional needs with food they enjoy. I like to recommend including a source of dietary fiber as well as protein, which can help kids feel satisfied while fueling their learning, activity and growth."

Rebecca Ditzkoff, NYC-based registered dietitian, says that a balanced lunch includes three macronutrients: protein, carbohydrates and fat. "Ideally, proteins will be lean options such as chicken, turkey, eggs or tuna; carbohydrates will come from whole grains like whole wheat bread or pasta,

brown rice, quinoa or starchy veggies potatoes; and fats will come from mainly unsaturated sources such as avocado, nuts."

Lunch is an important time to incorporate vegetables into a kid's diet. Meredith Price, a registered dietitian nutritionist said to include one or two vegetables in a sandwich to get kids more exposed to them.

"That can even just be lettuce and tomato — it doesn't have to be fancy," Price said. "This way you'll use less of another filling, like a processed meat or cheese, which will reduce sodium and fat content [of a sandwich]." She also recommended using hummus or smashed avocado instead of other condiments and experimenting with plant-based versions of foods so that your child will raise their veggie consumption.

These three nutritionists have suggested some sandwiches that are healthy and meet most of the requirements that they consider important for a healthy lunch. The sandwiches below are ranked according to the three nutritionists' input and are based on the sandwich fillings but include personal selections of bread or condiments. Here are their top six suggestions.

Wrap with hummus and vegetables (spinach-and-herb tortilla, classic hummus, sliced vegetables)

1. Tuna salad sandwich (tuna, mayonnaise)
2. Deli chicken breast and cheddar sandwich (deli-sliced rotisserie chicken breast, thin-sliced mild cheddar)
3. Turkey and Swiss sandwich (deli-sliced oven-roasted turkey, thin-sliced Swiss cheese)
4. Peanut butter and jelly sandwich (creamy peanut butter, grape jelly)
5. Ham and American cheese sandwich (deli-smoked ham, American cheese slices)
6. Cheese quesadilla (Mexican-style shredded four-cheese blend, flour tortillas)

These ideas may seem insignificant but a healthy lunch and feeling secure in the lunchroom can be powerful for your child. If they are more comfortable in the lunch room and eat a healthy lunch, their day will be better.

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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Crafts follow Storytime on Wednesdays and Thursdays photos provided

# Sanibel Library Has All Your Back To School Needs

If you're looking for back to school resources, in addition to books, the Sanibel Public Library also offers Mango, an online language learning tool. More than 70 languages are offered on the app, which can be used offline if you're not on WiFi. Library card holders can borrow eBooks and audiobooks via the Hoopla app. Hoopla offers an extensive STEAM collection for children and adults.

The library not only offers print copies of newspapers, but also the NewsBank service, available to all cardholders. With NewsBank, you can search a single newspaper, a select group of sources from home. Online access to local and world news is available 24/7.

"This comprehensive resource offers hundreds of millions of current and archived full-text articles from thousands of news sources, including *Naples Daily News* and *Miami Herald*, or magazines like *Newsweek* or *National Review*," said Candace Heise, reference librarian.

If you need help using NewsBank, or other reference services, like Morningstar or Consumer Reports, call the library at 472-2483 to set up an appointment.

Downloadable magazines, including *Discover*, *Popular Science*, *National Geographic*, *Newsweek*, *Smithsonian*, and *Popular Mechanics*, are available through the RB digital app.

# Rauschenberg Works On Exhibit At FSW Gallery

Florida SouthWestern State College (FSW) is celebrating the 40th anniversary of the Bob Rauschenberg Gallery with a solo exhibition of the late, world renowned artist, longtime Lee County resident and gallery namesake, Bob Rauschenberg. The exhibit opened August 26 and runs through December 14.

Four decades since the founding of the gallery in 1979, this celebratory show, titled RAUSCHENBERG 40, is drawn from several prominent local collections and includes a number of never previously exhibited original paintings from the Gluts, Urban Bourbon, Anagrams (A Pun)



Families enjoying Fun Floor Fridays

Library cardholders can also use the on-demand video streaming service Kanopy, which includes The Great Courses collection. If you need help borrowing from the eShelf, call the library at 472-2483 to schedule an appointment.

Storytime for preschoolers and their caregivers will be held on Wednesdays and Thursdays at 11 a.m. Family Storytime helps develop pre-reading skills through songs and stories.

The After-School Crew, for kindergarten through fifth graders, will meet at 3 p.m. on most Thursdays. Discover new books, solve puzzles play games, make crafts and have a snack. Refer to the calendar online.

Families are invited to play in the library's Think Tank from 10 a.m. to 4 p.m. on Fridays. The MagiBox projects interactive images from the ceiling to the floor. You can swat mosquitoes, splash with fish, or herd virtual chickens. Stay as long as you choose at this self-directed program.

The public is invited to these library programs. There is no registration required and no additional cost to participate. The full event schedule is online at [www.sanlib.org](http://www.sanlib.org).

Sanibel Public Library will be closed Monday, September 2 in observance of Labor Day. The library will resume regular "season" hours on Tuesday, September 3.

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.\*

and Waterworks series.

Beginning chronologically with the portfolio edition of XXXIV Drawings for Dante's Inferno (1965) that was illustrated on his first extended visit to the Sunshine State's gulf coast, Rauschenberg often joked that he had "gone through Hell to move to Florida." Widely acknowledged as one of the most important artists of the 20th century, Rauschenberg is credited with pioneering the transition from European modernism to American pop art and has been the subject of recent retrospectives at the Tate Modern in London, Museum of Modern Art in New York and the San Francisco MoMA. However, this is the first exhibition to exclusively survey works produced by the artist while living and working in Southwest Florida and to feature seldom or never-before-seen works that have

continued on page 30

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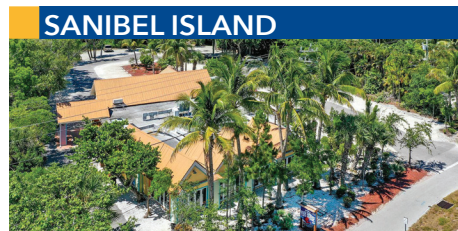
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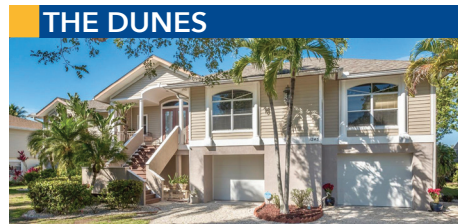
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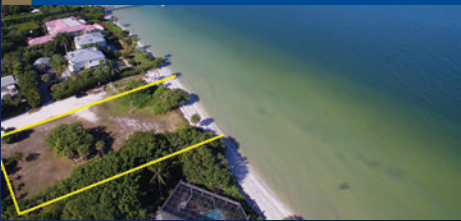
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# Rotary Happenings

submitted by Shirley Jewell

The off-season months allow our club the opportunity to invite non-profit entities both on and off island, who have applied for Sanibel-Captiva Rotary Trust Grants, to present an overview of their organization and the type of programming they do to service our community. These presentations provide insight to the Sanibel-Captiva Rotary Trust Board for evaluating grant application requests.

On August 23, our guest speaker was Jessica Goodall, founder and executive director of Eva's Closet and Foundation (ECF) of Fort Myers. ECF provides clothing, shoes, household goods, food, school uniforms and baby necessities at no cost to children and families in need in Southwest Florida. ECF is a multifaceted, social services agency that works to address and empower at-risk populations toward maintaining a healthy and somewhat normal life at a vulnerable time in their life. This nonprofit services on average 1,000 individuals every month who are experiencing poverty in Lee and Collier counties.

ECF provides services to impoverished individuals who are



at the highest risk of instability, unemployment, sexual exploitation, domestic violence, criminal activity and mental health.

The staff at Eva's Closet includes one full-time person, Jessica, and two to three interns from FGCU, plus volunteers. They do it all... from answering the phones, greeting the clients, stocking the closets and shelves, organizing fundraisers and finding resources such as housing, transportation, referral and supportive assistance. Eva's Closet is similar in many ways to FISH of SanCap and actually, Goodall reminds me of FISH President and CEO Maggi Feiner. They both have the determination, drive, compassion and work ethic to succeed at helping others with just a little help up, and inspiring others to join them in doing so.

Goodall was somewhat destined to be involved in social work and the mission of helping others in need by her great aunt Eva Engel, who ran Abby's House in Worcester, Massachusetts, a shelter for abused women and children. Goodall would help her there and discovered she had an affinity to help good people in bad situations. Goodall graduated college with a degree in sociology from Framingham State College in Massachusetts. She worked in the field in Massachusetts and here in Collier County for 11 years prior to beginning graduate school at FGCU. While at graduate school, Goodall saw the need for a more direct approach to helping people with a broad range

of needs. She had her dream, and out of that was born Eva's Closet – named for her great aunt. A family member donated space in an industrial park in Fort Myers and Eva's Closet was opened first as a resource for clothing and children's items. Goodall found that other community nonprofits, government agencies, charitable organizations, churches, individual partners and FGCU were willing to join her by providing help beyond what is physically presented when you walk into Eva's Closet. The growth of Eva's Closet has been amazing and the organization has earned the respect of the community. Goodall has received the Alumni of Distinction Award from FGCU and was selected as a 40 Under 40 honoree by *Gulfshore Life Magazine*.

In 2018, Goodall applied for and received a \$2,500 grant from the Sanibel-Captiva Rotary Club. The grant money was designated for the purchase of diapers and wipes, socks, undergarments and sleepwear. Food

stamps and the special supplemental nutrition program for women, infants and children (WIC) benefits can't be used for diapers, which get grouped with pet food, cigarettes and alcohol. Mothers who are faced with the inability to buy diapers have few good options. Eva's Closet is currently the only organization in Lee County proving diapers for at-risk children at no cost.

Sanibel-Captiva Rotarians now have a clear understanding of the work being done by Eva's Closet and Foundation here in Southwest, Florida. We also have a better grasp on the needs in our community and how nonprofit organizations like ECF can help.

Our Rotary club is just beginning a new grant cycle and hopefully will receive another grant request application from Eva's Closet and Foundation.

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

From page 27

## Rauschenberg

remained in the community that he so proudly called home.

As Rauschenberg often repeated and as this exhibition makes evident, "Fort Myers is as small as your mind is. It can be just as large as the world is."

Related lectures, performances and celebratory events will be announced throughout the duration of the show.

The exhibition is sponsored by Stanton Storer Embrace the Arts

Foundation, The Beaches of Fort Myers & Sanibel, UBS and Nancy "Carol" Powell, financial advisor/first vice president – investments.

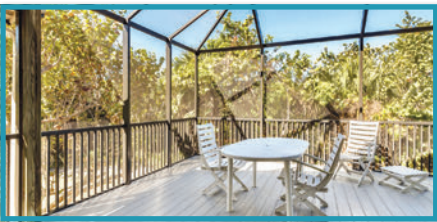
The exhibition and related events are open to the public, free of charge. Gallery hours are Monday through Friday from 10 a.m. to 4 p.m. and Saturday from 11 a.m. to 3 p.m.

Bob Rauschenberg Gallery is located at 8099 College Parkway SW in Fort Myers. For more information, call 489-9313 or visit [www.rauschenberggallery.com](http://www.rauschenberggallery.com).\*

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## Economist Discusses Growth In Lee County

John Talmage, director of Lee County Economic Council, was the guest speaker at the Sanibel & Captiva Islands Chamber of Commerce August business luncheon hosted at the Captiva Island Yacht Club.

Talmage spoke about the challenges of the growth in Lee County, which has the fifth largest economic council in the state and the eighth largest in the south. Its population is expected to swell to one million residents in nine years and two million in 15 years. "That is 250,000 new people for the county to absorb," he said.

Some of the growth challenges facing the county and the region include infrastructure and the workforce. On average, Talmage reported island workers travel 45 miles each way daily to their jobs. "What is the quality of life when you have to spend two hours of your day traveling to work," he said. The national average spent on vehicle maintenance is seven percent, but in Lee County, it's 25 percent.

As an economist, Talmage said economics works in a triangle: It's where you work, where you live, where your kids go to school and what you do on the weekends. The average age of the workforce is going down and the average wage is going up. "Those two



John Talmage

photo provided

things bode well for Sanibel," he said.

In 2000, half of the homes on Sanibel were owner occupied. However, that number dropped to 36 percent a decade later. The average age on Sanibel was 62 to 63 in 2000 and 10 years later it was 68 to 69 with 80 percent of island residents between the ages of 58 to 85. "We need to make sure we have the services to support them," he said.

Talmage also spoke about the importance of water quality. It is not just an environmental issue, but an economic development issue. Every

business that has relocated or expanded to Lee County had a home here, which meant there was an emotional investment first.

"I need to make sure our existing businesses are growing and we have the opportunity to amplify their success," he said. "We are now the fifth most economically diverse county in the state."

Additionally, Talmage discussed the importance of other economic assets to the county, such as education, workforce housing and healthcare. He has spent his career working in economic development for both municipal governments and research organizations, which includes working for New York City, Miami, Fort Myers and New Orleans. Locally, he has served on the boards of Sanibel Community Association, FISH of SanCap and Clinic for the Rehabilitation of Wildlife (CROW).

The sponsor of the luncheon was Southwest Florida SCORE, an organization that provides free mentoring, low cost and free workshops and other resources to establish and manage a successful business. To learn more, visit [www.southwestflorida.score.org](http://www.southwestflorida.score.org).

The next business luncheon will be held on Tuesday, September 10 at Sundial Beach Resort & Spa with South Florida Water Management District Chair Chauncey Goss as the guest speaker. Registration is required and can be made online at [www.sanibel-captiva.org](http://www.sanibel-captiva.org) or by calling 472-1966.✪

## Broker Attends Convention

Susan Andrews, broker/owner of Sanibel Susan Realty Associates, attended the 103rd annual Florida Realtors Convention & Trade Expo, held on August 21 and 22 at Rosen Shingle Creek Resort in Orlando.



Susan Andrews

Before the convention on August 20, Andrews served as a member of the audition panel for Florida Realtors instructors. During the convention, she was as an education ambassador when members had a choice of more than 40 education sessions on topics like new trends in real estate, disaster recovering planning, video marketing and best practices for brokers.

Following the convention, from August 23 to 25, the Florida Realtors leadership team held their governance meetings. Andrews participated for the 22nd year, this year in the Resort & Second Home Specialist breakout group (legislative think tank), curriculum subcommittee and professional development committee. She also attended the Capital Club luncheon, where Florida Gov. Ron DeSantis provided an update on issues affecting real estate, including recent water quality initiatives.✪



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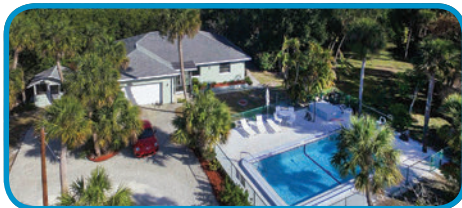
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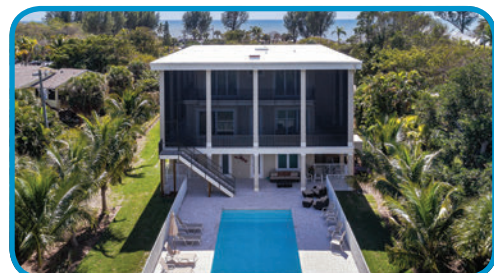
**Sandalfort #3C1**



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**

**4014 West Gulf Drive**



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**



Will Power

## What Is Probate?



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

Every so often, I find it important to emphasize the importance of a topic. Most of the readers of this column know I've discussed the Florida probate process before, but I find that, without some reminding, I often forget things outside my normal scope of daily operation.

With that in mind, many people who visit with me in my office are under the misimpression that all wills avoid probate. False. Some people believe that if their estate is less than whatever the federal estate tax exemption is (currently the exemption is \$11.4 million), then there won't be a probate. That's false too.

Almost any asset that is subject to disposition by your loved one's will is actually distributed by the probate process. Understanding what probate means, then, is crucial to understanding these issues.

Probate is a legal process under which the deceased's assets are transferred to their beneficiaries. The last will is filed with the probate court in the state and county in which the decedent resided at the time of his or her passing. This is known as the domiciliary estate. The personal representative (executor) in the will petitions the court for letters of administration, which gives the personal representative the authority to transact business on the estate's individually held accounts.

It does not matter whether bank and brokerage accounts are held in the same state in which the probate is opened. A bank account in New York, for example, is governed by the probate court in Florida.

If, however, the decedent owned real property in his or her individual name in another state, then an ancillary probate administration must usually be opened in that state. If the real estate is held in a trust, corporation, partnership, LLC, or in joint name, then the ancillary administration is usually not necessary.

Why is probate necessary? It's not just for attorneys to make fees, as many might expect. The probate process actually protects both the beneficiaries of your estate, as well as any potential creditors and, of course, the taxing authorities.

Imagine that there was no probate process. Suppose in a codicil to her will, your Aunt Wilhelmina left you her entire estate. But what if Aunt Wilhelmina dies and your cousin brings a copy of her old will into the bank naming cousin as the beneficiary, and cousin demands that Aunt's accounts be distributed to him pursuant to the will? How does the bank know that this is really Aunt Wilhelmina's last will? What if your cousin beat you to the bank and you didn't realize it? What recourse would you have once the bank distributed to your cousin? The probate process protects against just this scenario and

many others.

If you submit a will as the last will of Aunt Wilhelmina to the court, and someone else submits a codicil to the will to the same court, now we have a centralized system that can ensure Aunt Wilhelmina's wishes are carried out. The personal representative marshals all of the assets of the deceased and files an inventory with the court so all interested parties can determine in full light what the estate is worth. They can also question if the inventory is complete or may be missing assets.

Florida law provides that creditors have three months from the date of notice of publication of the probate administration to file a valid claim against the estate. There are laws that deal with creditors, how they are to make claims, and how the personal representative may object to any such claim. The personal representative actually has a duty to notify reasonably known creditors of the administration.

Once all of the creditor claims have either been dealt with and all tax clearances have been obtained, the personal representative submits an accounting of the estate to the court. All of the income and expenses are listed, as are items of capital gains and loss. The personal representative presents a schedule of proposed distributions pursuant to the terms of the will.

The distributions may be to beneficiaries, to trustees of testamentary (after death or continuing) trusts established under the terms of the will or, in the case of a pour-over will (a will that distributes all assets into a revocable living trust), distribute the probate assets to the decedent's trust.

All of the beneficiaries have the chance to object to any item listed in these petitions, and can appear before the court. A judge decides if any objection has merit.

Once all of the distributions have been made, the personal representative petitions to close the estate and be discharged from further obligations as a fiduciary for the estate. Receipts of distributions are filed with the court at this time.

So, as you can see, probate is actually a strictly supervised court (public) process. It is very hard for any foolery to get by a judge. In a future column, I'll compare this process to a trust administration, which is necessary when all assets are owned by a revocable living trust.

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## Captiva Community Panel Report

The U.S. Army Corps of Engineers Jacksonville District has extended the comment period for a draft Environmental Assessment (EA) and proposed Finding of No Significant Impact (FONSI) for a proposed deviation to the Lake Okeechobee Regulation Schedule (LORS) 2008.

The new deadline for comments is September 5, providing the public an additional 15 days to review and comment on the proposed deviation that will provide the agency additional water management flexibility at Lake Okeechobee to help address harmful algae blooms (HABs).

Due to the urgency of the potential operational changes, an expedited draft EA and proposed FONSI was prepared to assess environmental impacts associated with the proposed deviation. During the first week of the comment period, the corps received a few requests for an extension of the initial 15-day comment period.

The draft EA and proposed FONSI are available at [www.saj.usace.army.mil/Deviations](http://www.saj.usace.army.mil/Deviations).

Comments will be accepted by mail at: Jacksonville District Corps of Engineers, 701 San Marco Boulevard, Jacksonville, FL 32207-8175, and by email at [Melissa.a.nasuti@usace.army.mil](mailto:Melissa.a.nasuti@usace.army.mil).

The next meeting of the Captiva Community Panel is tentatively set for Tuesday, September 10 beginning at 9 a.m. in the Cone Rooms at South Seas Island Resort. This meeting is open to all interested islanders and the public. Information and background documents are available online at [www.captivacommunitypanel.com](http://www.captivacommunitypanel.com). The next meeting is set for October 8.

Upcoming meetings of the Captiva Erosion Prevention district (CEPD) include:

Thursday, September 12, 5:01 p.m. – First budget hearing

Thursday, September 26, 3 p.m. – Regular board meeting

Thursday, September 26, 5:01 p.m. – Second budget hearing

All meetings will be held in the Cone Rooms at South Seas Island Resort. Information is online at [www.mycepd.com](http://www.mycepd.com)

continued on page 39

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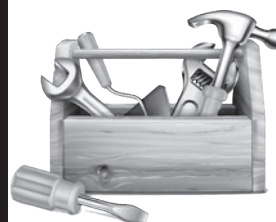
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# Happy Labor Day!



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### Sanibel Arms West #E2

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### 11245 Bienvenida Ct #102, Gulf Harbour

Great island alternative. Stunning immaculate spacious lake-view coach home w/garage in Coronado. Easy access 1st floor, ~2,134 sq. ft. under air w/2 bedrooms & studio (or 3rd bedroom). Many amenities offered. \$499,000



### Sanibel Harbours

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### Shell Harbor

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### The Dunes

Custom split-plan 3 bedroom w/pool overlooks lake & golf course to preserved land & sunsets. High ceilings, family room w/fireplace, wood floors, expansive glassed lanai, & open deck. Community beach access path. \$699,000



### Gumbo Limbo

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### Augusta Greens in The Sanctuary

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### Near-beach Lot in Windrow

Residential parcel w/beach path at opposite end of street. Easy access to both islands, Sanibel School, rec & fitness centers, wildlife refuge, ball fields, & more. Currently under contract with contingencies. \$170,000

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SUNDAY  
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High: 91 Low: 86



MONDAY  
Partly Cloudy  
High: 94 Low: 88



TUESDAY  
Partly Cloudy  
High: 92 Low: 87



WEDNESDAY  
Mostly Cloudy  
High: 90 Low: 85



THURSDAY  
Mostly Cloudy  
High: 92 Low: 83

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	2:36 am	6:45 am	1:32 pm	8:27 pm	Fri	1:41 am	6:47 am	12:37 pm	8:29 pm	Fri	2:12 am	7:47 am	1:57 pm	8:51 pm	Fri	4:46 am	10:01 am	3:42 pm	11:43 pm
Sat	2:57 am	7:39 am	2:26 pm	9:02 pm	Sat	2:02 am	7:41 am	1:31 pm	9:04 pm	Sat	2:52 am	8:45 am	2:58 pm	9:34 pm	Sat	5:07 am	10:55 am	4:36 pm	None
Sun	3:20 am	8:34 am	3:20 pm	9:35 pm	Sun	2:25 am	8:36 am	2:25 pm	9:37 pm	Sun	3:32 am	9:37 am	3:58 pm	10:11 pm	Sun	5:30 am	12:18 am	5:30 pm	11:50 am
Mon	3:45 am	9:32 am	4:18 pm	10:05 pm	Mon	2:50 am	9:34 am	3:23 pm	10:07 pm	Mon	4:09 am	10:24 am	4:51 pm	10:46 pm	Mon	5:55 am	12:51 am	6:28 pm	12:48 pm
Tue	4:14 am	10:34 am	5:23 pm	10:34 pm	Tue	3:19 am	10:36 am	4:28 pm	10:36 pm	Tue	4:45 am	11:09 am	5:38 pm	11:18 pm	Tue	6:24 am	1:21 am	7:33 pm	1:50 pm
Wed	4:47 am	11:43 am	6:44 pm	11:02 pm	Wed	3:52 am	11:45 am	5:49 pm	11:04 pm	Wed	5:19 am	11:54 am	6:24 pm	11:51 pm	Wed	6:57 am	1:50 am	8:54 pm	2:59 pm
Thu	5:28 am	1:02 pm	8:38 pm	11:31 pm	Thu	4:33 am	1:04 pm	7:43 pm	11:33 pm	Thu	5:54 am	12:46 pm	7:10 pm	None	Thu	7:38 am	2:18 am	10:48 pm	4:18 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.



The Center 4 Life will be closed on Monday, September 2 in observance of Labor Day.

Donations Needed For Trash & Treasures Sale – Saturday, November 9, 9 a.m. to 2 p.m.

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 – September 10 and 24 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 30, September 6, 13 and 27, 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.

The featured book for Wednesday, September 11 is *It Can't Happen Here* by Sinclair Lewis. Bring your lunch and watch the movie at 12:30 p.m. A discussion will follow.

*It Can't Happen Here* is a semi-satirical 1935 novel published during the rise of fascism in Europe. The novel describes the rise of Berzelius "Buzz" Windrip, a politician who defeats Franklin Delano Roosevelt (FDR) and is elected President of the United States, after fomenting fear and promising drastic economic and social reforms while promoting a return to patriotism and "traditional" values. After his election, Windrip takes complete control of the government and imposes a plutocratic/totalitarian rule with the help of a ruthless paramilitary force, in the manner of Adolf Hitler and the SS. The novel's plot centers on journalist Doremus Jessup's opposition to the

new regime and his subsequent struggle against it as part of a liberal rebellion."

– Goodreads

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. BBQ Blast at Rosie's – Friday, September 27.

Rosie's Café & Grill, the award-winning Sanibel restaurant is back, and offers a large selection of breakfast, lunch and dinner favorites. Menu will include your choice of ribs or chicken

with coleslaw and corn muffin. Advance registration is required due to limited seating. Separate checks will be provided and 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

continued on page 38



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# PTA Welcome Back Party At Sanibel School

submitted by Gloria Garrett

Excitement was in the air at The Sanibel School PTA Welcome Back Party as students celebrated the end of the first week and parents reveled over top performance scores. “Our Florida State Assessment test scores are number one in the Lee County School District in almost every category,” said Jamie Reid assistant principal. “Both elementary and middle school rank in the top five percent of the state,” she said. “School total points earned exceeded our goal and we are top in the district.”

“I am very proud of the faculty, staff and students for all they accomplished last year,” said Principal Chuck Vilardi. “We couldn’t do what we do without the community support, our PTA and the Sanibel School Fund. We are excited to have so many business partners who contribute to elevating student success.”

“Involvement from parents and the community is critical,” said PTA President Alicia Clark. “Academic programming benefits from events like the welcome back party, provide an opportunity to get parents together and engage local sponsors.”

“An innovative STEM program has been put in place this year,” said Kelly Johnson, new STEM teacher for first through eighth grades. “We plan to build and launch a remote control under water submersible at Sanibel Rec, along with many other exciting projects.”

“Pinocchio’s Original Italian Ice Cream is continuing as a year-long sponsor,” said Clark. “Pinocchio’s team is serving sundaes at welcome back, supporting the Box Tops for Education program and will participate in our popular annual Dueling Piano Night at The Community House on November 2.”

“The PTA also extends their gratitude to the generous Fort Myers food donors supporting our back to school event lineup,” added Clark. “Thanks to Sonny’s Barbeque on Winkler, Pollo Tropical and Buffalo Wings & Rings on 41, Jersey



From left, PTA President Alicia Clark with Laurie Verme and Alice Verme of Pinocchio’s Original Italian Ice Cream photos provided



Ally Flynt, Box Tops for Education super star collector, gives Snoopy a hug



Kelly Johnson, new STEM teacher, with Laurie Verme  
Mike’s at the Shoppes at Plantation, Fuzzy’s Tacos on Gladiolus, Perkins on San Carlos, Costco on Cypress Lake, Moe’s Southwest Grill, and Tropical Smoothie Cafe and Publix on Summerlin. Carrabba’s on 41, donated our car tags with attached kids free meal coupons.”



Students gathered with friends and family to celebrate the new school year  
Phil Hilton joined in the fun at the Welcome Back Party playing the oldies on accordion to an appreciative crowd. “We are looking forward to a great year ahead,” said Reid. “We achieved all of our 2018-19 school improvement goals and school enrollment has increased dramatically this year.” “Last but not least,” said Vilardi, “We offer a huge thank you to the parents who share their children with the school each today. I strongly believe it takes a village, and that is what makes The Sanibel School so very special.”\*\*



Pinocchio’s Original Italian Ice Cream provided sundaes for all



School pals hamming it up



# Frankly Speaking



by Howard Prager

**L**ots of Florida (and nearby) sports news this week. First off, the NCAA football kickoff classic between the University of Florida Gators and University of Miami Hurricanes

last Saturday. A great matchup? How about a sloppy mess with poor play by both teams, leading to Florida dropping out of the USA Today Top 25 before the rest of the NCAA even kicks off?! Miami was not expected to play well – new coach, young offensive line, new freshman QB Jarren Williams who beat out two other strong QBs on Miami and on this night beat out Florida’s Feleipe Franks as well. And Williams shined despite suffering 10 sacks by Florida, showing the numerous holes in the Miami offensive line. But there wasn’t much to celebrate. Too many turnovers, too many penalties, the latter which you might expect in an early season game. Yet turnovers almost cost Florida the game, as well as dumb plays. You get the ball back after you score a go-ahead TD in the fourth quarter, wouldn’t you think that a ball control offense was in order? Nope, Franks threw a pass that was intercepted by Miami. Fortunately

for the Gators, Miami couldn’t move the ball and this time, after they turned it over on downs, Florida wisely held onto the ball and ran out the clock. Ugly.

Sad. Vince Naimoli who brought Major League Baseball (MLB) to Tampa passed away at only 81. As far back as the 1960s, Tampa Bay tried to get an MLB franchise, and several teams from the north flirted with the idea of moving to the Suncoast Dome. The Tampa Bay Devil Rays were an expansion team that started playing in 1998. Although they didn’t win during Naimoli’s time of ownership, without him MLB would not be in the Tampa area.

Big numbers. Rory McIlroy won the largest check in golf history – \$15 million – to push his haul to more than \$23 million this season and win the Tour championship in nearby Atlanta. McIlroy and Tiger Woods are the only players to win the FedEx Cup twice. McIlroy won the FedEx Cup in 2016, and now he did it again this year.

I have yet to write about the Fort Myers Miracle, but they certainly look strong as they head towards the playoffs against the red-hot Charlotte Stone Crabs and perhaps a championship two years in a row. What the Miracle can feel good about is their 38-26 road record this season. That .593 winning percentage would be the best in franchise history (since 1992). That said, they have lost the last eight of 13 on the road, so they need to still win some for that record to stand. They have five road games left against

Dunedin which they will have played by the time you’re reading this, a grueling two doubleheaders in a row followed by a single game, weather permitting.

Finally, ready to dance? My fun item of the week is about the World Tango Championship, in Buenos Aires, Argentina of course. At age 99 (one month before he turns 100), James McManus flew from Ireland to Argentina to compete. He discovered the tango less than 20 years ago, took dance lessons and could not stop dancing. So when his family gave him a birthday gift of a trip to Argentina at the same time as the championships, he said why not? No fairy tale ending here, except his comment when he and his partner lost in the qualifying stages of the tournament. “Maybe next year I will make a better effort.”

*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](mailto:press@islandsunnews.com).*✴

## Republican Women Meeting With Local Mayors

**L**ee Republican Women Federated will hold its monthly luncheon meeting at Pinchers – The Marina at Edison Ford on Monday, September 9. A social will begin at 11:15 a.m. followed by lunch and the program.

All mayors from Lee County will participate to discuss important issues facing Lee County. Participants will be Fort Myers Beach Mayor Anita Cereceda, Estero Mayor Bill Ribble, Bonita Mayor Peter Simmons, Fort Myers Mayor Randy Henderson, Cape Coral Mayor Joe Coviello and Sanibel Mayor Kevin Ruane.

Pinchers – The Marina at Edison Ford is located at 2360 West First Street in Fort Myers. To RSVP, visit [www.leerepublicanwomen.com](http://www.leerepublicanwomen.com) or contact Wren Morefield at 270-210-1284 or [wrenspet@hotmail.com](mailto:wrenspet@hotmail.com) before Thursday, September 5 at noon.✴

### SPORTS QUIZ

1. Entering 2019, who were the only two pitchers in the past 100 years to allow one hit and no walks with at least nine strikeouts in their major-league debut?
2. Who of these onetime Los Angeles Dodgers teammates pitched more major-league innings for their career: Tommy John or Don Sutton?
3. When was the last time before the 2017 season that New Mexico State’s football team won a bowl game?
4. Name the last season before 2018-19 in which the Milwaukee Bucks advanced to at least the second round of the NBA playoffs.
5. How many consecutive years has the U.S. team won the IIHF Ice Hockey Women’s World Championship?
6. In 2019, skier Mikaela Shiffrin became the third woman to win four discipline titles in a single year. Name either of the other two to do it.
7. Who was the last golfer before Brooks Koepka in 2019 (PGA Championship) to have at least a seven-shot lead at the halfway point of a men’s golf major?

### ANSWERS

1. Cincinnati’s Johnny Cueto (2008) and Pittsburgh’s Nick Kingham (2018). 2. Don Sutton tallied 5,282 innings over 23 seasons, while Tommy John pitched 4,710 innings over 26 seasons. 3. It was 1960. 4. It was 2000-01, when the Bucks reached the Eastern Conference Finals. 5. Five consecutive years. 6. Lindsey Vonn (2010, 2012) and Tina Maze (2013). 7. Henry Cotton had a nine-stroke lead after 36 holes of the 1934 British Open.

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Linda Estep is sworn in to the board of commissioners for the Sanibel Public Library District photo provided

## Sanibel Library Appoints New Board Member

On August 15, Sanibel Public Library District Board of Commissioners appointed Linda Estep to fill Seat Two. She is completing the term of Linda Kramer, who moved off island. Estep's term runs through to the next general election on November 2, 2020.

Estep is a longtime library volunteer.

She has helped in a wide range of duties, from reshelving books to volunteering as a committee member of Sanibel Public Library Foundation's annual Lunch with the Author. She has been both a board member and treasurer for the Sanibel Public Library Foundation.

Estep has a background in teaching and school administration in Pennsylvania. She retired to Sanibel and has been active in many community organizations, including a "temporary" sixth-month stint as interim director of CROW wildlife hospital, which turned into a four-year job.✱

## Seriously?

by Bryan Hayes



The Department of Energy and the EPA just came out with new recommendations on how to run your a/c. What they are suggesting is to set your thermostat at 78 degrees when you are home, 82

when you are asleep and 85 degrees when you are away. Wow, I don't know about you, but if I did this at my home, there would be a full-on mutiny.

The new recommendations are a little far fetched, in my opinion. When it's hot and humid, we will do whatever is needed to find relief, but this can lead to some pretty scary electric bills. And if we adhere to these recommendations, poor Fido and Ms. Kitty are going to get a little toasty at 85 degrees when you're out for the day. You could always forgo some meals and skip some of those prepaid college payments. But there is a more common sense way to lower those bills and not be miserable.

Start off by making sure your a/c is in top working condition. I know this seems like a self-serving statement considering I am an a/c contractor, but it is true. The next step is to help reduce the heat load in your home. This can be done by strategically planting trees and bushes to

intercept the sun's powerful rays, and installing curtains on the sunny side of your home. You can also have an energy audit done; normally, the local power company will do this free of charge. They will come into your home and look at different factors that contribute to heat gain and energy usage. Some of the things include looking at the insulation in the attic, checking energy efficiency of windows and doors, appliance power usage and the overall energy efficiency of your home.

Changes in habits can also reduce energy usage while still staying comfortable. You should run your ceiling fans all year long. By moving air across your skin, heat is more readily evaporated. This can enable you to raise your thermostat a degree or two. Schedule heat generating activities in the evening such as showers, running your dishwasher and clothes dryer, and cooking. Cooking contributes a great deal of heat to our homes. Some ways to reduce heat when cooking is to take it outside. If you are going to cook inside, make sure your stove top exhaust is on even when running your oven.

Some common sense goes a long way in saving energy and resources. Drink lots of water, apply some of the tips posted above and be patient. It won't be long until the 90-plus degrees from dusk to dawn subsides.

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

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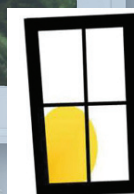
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## Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** I have an adolescent daughter who is constantly stressed. She is a perfectionist and stresses about everything. What can I do to help her?

**A:** We are seeing an increase in stress-related issues among adolescents. A certain amount of stress is normal. It's a common emotional, psychological and physical reaction to the ups and downs of daily life. Teenagers often feel stress due to the myriad of changes. These are both internal and external that come with growing up. And today's fast-paced, 24/7 world of technology doesn't help.

For positive starters, small doses of stress can help us get things done. However, if stress continues to mount with no let-up, it can lead to mental, physical and emotional health conditions that require professional treatment. It is important for your daughter to learn how to manage her stress.

The numbers prove that there is truly a stress epidemic in 21st century America. The following statistics come from surveys held by the American Psychological Association. Teens report that their stress level during the school year exceeds what they believe to be healthy: 5.8 on a 10-point scale. More than a quarter of teens experience extreme stress during the school year. Between August 2016 and January 2017, an adults' average stress level rose from 4.8 to 5.1 on the 10-point scale.

Twenty percent of Americans rate their stress level as 8 or more on a 10-point scale. Younger Americans (Millennials and Gen Xers) report higher average stress levels. Teen stress results in feeling overwhelmed (31 percent of teenagers surveyed). They also report feeling depressed or sad (30 percent); getting headaches (32 percent); feeling tired (36 percent); snapping at classmates (26 percent); and skipping meals (23 percent). Teens are more likely than adults to believe that their stress level has a slight or no impact on their physical health (54 percent of teens vs. 39 percent of adults) or their mental health (52 percent of teens vs. 43 percent of adults). Nearly half of teens (42 percent) report they are not doing enough or are not sure if they are doing enough to manage their stress. (Source: Newport Academy, 2019)

It will be most helpful for your daughter to learn some coping techniques to reduce her stress. Below are some to get started.

1. Breathe – Take relaxing deep breaths in and exhale with a mantra or phrase such as, “I am calm and peaceful.” Her breath will center her in the present moment.

2. Relax – Take a yoga class or learn some beginning meditation to get into

a mindset of setting her intention to be calm and relaxed.

3. Get good sleep – Adolescents need more rest, so it would be helpful if he or she can get at least eight to nine hours a night.

4. Eat good nutrition – Adolescents are prone to eating foods that are not as nutritious as they could eat. If she can get into a routine of eating whole fresh foods as much as possible, it will improve her overall health.

5. Exercise – Whatever movement your daughter chooses, it will help with releasing endorphins. These are the brain's feel good chemicals. When she exercises her way, it won't seem like a chore.

6. Create a support network – Hopefully your daughter has peers whom she feels comfortable to be around. This can provide a sense of safety including self-confidence, and someone her age whom can relate to her.

7. Take control – Anxiety develops when one feels out of control. If she can feel a sense of being in control, then she has a significant chance to reduce her stress.

8. Let some things go – With her perfectionism, she can learn to cut corners. I use the analogy you don't have to bake the cake from scratch.

9. Reframe your thoughts – When you have a negative thought, say “stop.” Then switch the negative thought by replacing it with a positive thought.

If these coping techniques are not effective for her, please seek some professional counseling to help her reduce her stress before it manifests into a physical ailment.

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

## Nutrition Program For Chronic Conditions

Lee Health Solutions is expanding its functional nutrition program to help people make changes that lead them to a healthier life. When someone is suffering from multiple chronic conditions, it is a sign their body might not be functioning as it should be.

Functional nutrition goes beyond basic nutrition and promotes foods that both provide the everyday fuel our bodies need and also help reduce the risk of certain chronic conditions. It aims to return the body to a high-functioning state by addressing the root cause of certain health problems, and can help provide relief through dietary and lifestyle changes for those suffering from fatigue, digestive discomfort and other common chronic symptoms.

“Functional nutrition is rapidly growing in popularity among registered dietitians, and it provides another opportunity to help patients improve

their health and wellness through nutrition,” said Rowe Hudson, director of Lee Health Solutions. “Simple lifestyle changes can make a drastic improvement in the way someone feels throughout the day, and we are here to help people live their lives to the fullest.”

Functional nutrition is offered at Lee Health Coconut Point. The program starts with a 90-minute consultation with Julie Hill, RD, who is a certified practitioner of functional nutrition through the Institute for Functional Medicine. A thorough review of the patient's health history will take place to create an action plan aimed at improving symptoms through dietary and lifestyle changes. If necessary, patients will also participate in lab testing and be given supplement recommendations to create the most comprehensive plan for them.

Patients will be scheduled for follow-up visits, as needed, to monitor the progress and make adjustments to their plans when necessary. For more information and to schedule an appointment, call Lee Health Solutions at 468-0051.

## Lee Health Launches New Digital Hub

Local residents and visitors now have a new way to stay healthy and safe. Lee Health has launched a new health hub and free newsletter on its website to keep you up to date with the latest news in health care.

Content will help readers live their healthiest life possible, get answers to some of their most common and pressing health care questions, and learn more about topics ranging from tips for living with chronic pain to how to safely weather a storm. Readers can also sign up to receive a monthly newsletter filled with articles on healthy living and hear from experts on how health care is evolving in Southwest Florida to improve the health of the community.

“The Internet has become the first source when searching for health information, but that information may come from anywhere in the world. With the launch of the Healthy News digital hub, we've created a source of information that is full of local resources,” said Chris Simoneau, Lee Health chief foundation and development officer. “This website connects the community with health care experts in their own backyard, and allows doctors, nurses and other health care professionals to share their expertise and insights on medical conditions and national health care trends.”

In addition to articles on medical topics, Lee Health experts are using the website to provide guidance to the community on current help topics like vaccines, and the health impact of algae blooms and summer safety. Healthy News aims to be Southwest Florida's premiere source for any and all health care areas of interest.

To sign up to receive the newsletter and read all of the articles posted on

the website, visit [www.leehealth.org/healthy-news](http://www.leehealth.org/healthy-news). Community members may also contribute content to the website by emailing [social@leehealth.org](mailto:social@leehealth.org).

## Donations Sought For Blessings In A Backpack

Blessings in a Backpack SWFL, the organization that feeds hungry children on the weekends, is proclaiming food as the most essential school supply.

“Children can't do much in the classroom without food to fuel them,” said Cecilia St. Arnold, executive director of Blessings in a Backpack SWFL. “We're getting the whole community behind us to give kids the nutrition they need to learn.”

Each Friday afternoon, Blessings in a Backpack gives children packages of nutritious, ready-to-eat food that's enough to last until they return to school on Monday morning.

A record 4,500 Southwest Florida children will benefit from Blessings in a Backpack SWFL this school year. The expansion is thanks to widespread community support, but St. Arnold points out the need still far outpaces the organization's ability to address it.

“More than 60,000 elementary school students in Lee and Collier counties receive free- and reduced-price breakfasts and lunches during the week, so we still have a long way to go,” she said.

A donation of \$100 is enough to feed a child for the entire school year. To find out how you can help, visit [www.blessingsinswfl.org](http://www.blessingsinswfl.org).

From page 34

## Center 4 Life

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.



dearRPharmacist

## Nine Fantastic Reasons To Eat Pumpkin Seeds



by Suzy Cohen, RPh

**D**ear Readers: Pumpkins can be white, yellow or green. They're not all orange. Did you know Antartica is the only country that can't grow a pumpkin? One average-sized

pumpkin can impart about a cup of seeds, about 500 seeds. I like to roast mine and sprinkle them with a little dried lime powder and sea salt. These are also excellent when roasted with olive oil and garlic/onion powder.

These seeds are not only delicious but also nutrient dense. Here are many health benefits from eating pumpkin seeds.

**Diabetes** – Thanks to their high fiber content, pumpkin seeds help regulate blood sugar and improve satiety. One study showed that animals who received a combination of ground flax and pumpkin seed powder exhibited better lab values and fewer problems as they pertain to diabetes. Thanks to their alpha-linolenic acid (ALA) content, the seeds can help with heart attack risk. Other foods with ALA content include flaxseed, walnuts, chia and hemp.

**Blood Pressure** – Magnesium (and potassium) is absolutely essential for healthy blood pressure and cardiac rhythm. Pumpkin seeds are particularly high in magnesium.

**Immunity and Prostate Health** – Zinc will help with both immunity and prostate health. An ounce of pumpkin seeds contain enough zinc to help you with immune function, prostate health and even testosterone production.

**Sleep** – A handful of pumpkin seeds at dinnertime might improve your ability to relax and sleep. The reason is because of the magnesium that helps create more serotonin, which quickly breaks down to melatonin, a sleep hormone.

**Bladder Infections** – Pumpkin seeds contain zinc and other compounds that support bladder and kidney health. There

isn't enough data to say whether it helps UTIs but I would guess that it probably helps reduce incidence.

**Libido** – Pumpkin seeds contain leucine, and also minerals which help you make testosterone. This is great because it improves energy, endurance, libido and strength. Testosterone is needed for both men and women's health.

**Bone Health** – Zinc, magnesium and selenium deficiencies are harmful to bones. Without these minerals, your risk for osteoporosis goes up. Eating pumpkin seeds can help you if you have osteoporosis.

**Vision** – Pumpkin seeds are very high in carotenoids and zinc which protect your vision. Pumpkin seeds contain squalene which protects your skin from UV light damage and other forms of potentially dangerous radiation.

Like any food, there is the risk for allergy. If you're sensitive to pumpkin seeds, you might experience stomach pain after eating them, swelling or itching of the throat or skin rashes, hives or eczema-like irritations. You can buy pumpkin seeds at any health food store or supermarket. Store bought pumpkin seeds can be stored in a container for about three or four months. Pumpkin seed oil is great for salads and soups, and it is usually sold online or at health food stores.

*This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit [www.SuzyCohen.com](http://www.SuzyCohen.com).✱*

From page 32

## Panel Report

or call 472-2472.

The iguana infestation and efforts to eliminate same have been put on hold while the Captiva Community Panel pursues funding mechanisms for the project. Since hatching season has waned, the hope is this gap in coverage won't allow previously cleared areas to be reinfested. Trapper Alfredo Fermin reported the removal of 342 iguanas over 14 weeks.

The Galloway Captiva Tri returns to Captiva the weekend of September 7 and 8. With the change in races, the sprint tri will be held on Saturday, September 7, which means Captiva Drive will be closed to all but emergency vehicles starting at 6:45 a.m. that morning.✱



Kathy Y. Monroe

photos provided

## Seminar On Financial Health

**F**ISH of SanCap, along with Fifth Third Bank, is offering a community presentation, Taking Charge of Your Financial Health, on Thursday, September 12 from 5:30 to 7 p.m. at Saint Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way on Sanibel. The workshop will help individuals and families learn basic budgeting, how to slash debt and boost credit scores.

"Taking Charge of Your Financial



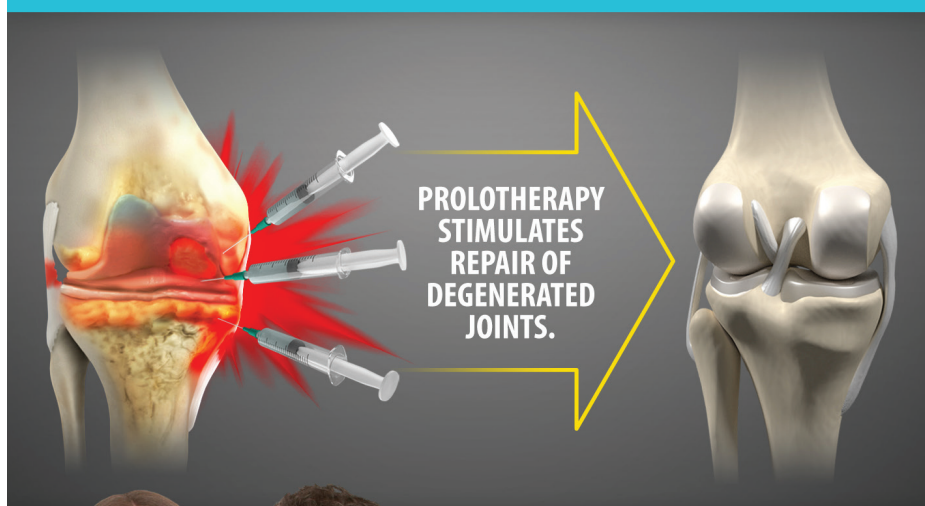
Ruben Perales

Health details how to develop a plan for budgeting and saving which can lead to boosting credit scores and eliminating debt," said Kathy Y. Monroe, program director for FISH. "Financial health is just as important as physical health, because lacking the first can have an impact on the latter. The presenter, Ruben Perales, financial relationship manager from Fifth Third Bank, will introduce this information in a very interesting and interactive manner."

The seminar is open to the community and snacks will be provided. To RSVP, call 472-4775.✱

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Doctor and Dietician

# Health Benefits Of Owning A Pet



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

We were recently walk/running (I'm working my way back!) on the Sanibel path early one morning when we started chatting with two ladies and their furry friend, Anna. They noted they all have a few aches and pains, but having Anna ensures getting outside and walking. We all know that movement is life and sitting is the new smoking. Get up and walk – with your pet.

Health benefits of owning a pet are numerous and are especially impressive as we age. Studies show that having a pet may lower blood pressure, especially in hypertensive patients, particularly related to their ability to provide unconditional love.

Pets can reduce pain. I experience the healing and pain-relieving effects from our cat, Marmalade, as I recover from a bike accident. One study from Loyola University found that people who use pet therapy while recovering from surgery require significantly less pain medication than those who do not use it. I know it worked for me – I took

no pain pills even with a broken bone. Never underestimate the power of the pets.

Another study showed that pets can lower cholesterol, triglyceride and glucose levels in diabetics, and improve immunity. One study showed that cat ownership meant a 30 percent less likely chance of having a heart attack and 40 percent less likely to have a stroke.

Pets improve mood, alleviate depression and make you smile. We love being greeted at the door by our cats, Marmalade and Flupi. Having someone to care about who cares for you also helps those suffering from PTSD or suicidal thoughts. Pets help you socialize more too.

If you would like to improve your life with a pet, consider checking out your local rescue such as PAWS right here on Sanibel. You will not regret it!

*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.\**

## 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](http://www.southwestfloa.org).

Sanibel Community Church is located at 1740 Periwinkle Way.\*

Superior Interiors

# Summer Colors: Cool Tones For Warm Weather



by Jeanie Tinch

Color is a powerful thing that tells a story. Each hue and tone can inspire a thought or feeling that can change the atmosphere effortlessly. In the summer, for example, the

sunshine and hot temperatures make you eager for something cold and refreshing. So instead of surrounding yourself in a warm color palette, you can revitalize with cool tones that spark a sense of tranquility.

It's helpful to understand the difference between warm and cool colors, especially if you plan on redecorating your home for a new season. For those who want to reshape a room or change the entire color scheme in your house, let's look at how certain colors are perceived and different ways to spread them throughout your design this summer.

Warm colors vs. cool tones – Warm colors are stimulating. Hues of red, orange, yellow and bright white each have a quality of warmth that makes you crave them when you feel exhilarated or, in its simplest form, warm. These hues are often used in advertisements, and they also tend to color the walls of restaurants and bars, all in an effort to stimulate you to buy something.

On the other end of the spectrum – literally – cool colors are calmer and more tranquil. Shades of browns, grays, purples, greens and blues as well as toned-down off-whites inspire us to focus and stay peaceful and comfortable. The uniforms

of police officers and flight attendants are often shades of blue. Additionally, rooms like the nursery, office and bedroom can benefit from cool tones to initiative calmness and focus.

Consider using cool colors in summer home design – Hot summer days can be exhausting. Throw in too many warm colors in your home design and you might find yourself feeling claustrophobic. If you're interested in redecorating while it's hot outside, consider the following tips for incorporating cool tones.

Invest in new patio furniture covers in shades of blue or violet. You can also cover the foundation in fresh greenery to create a serene outdoor oasis on a warm, busy day.

In the living room, create a space for your guests to escape to when it's just too hot to hang out in the sunshine. You can invest in gorgeous nature-inspired wall art and accessories like bamboo flower vases and wooden plant tables.

Cooking in a space that sparks inspiration can make your meals better than ever. Consider growing your own herbs and hanging them in a planter that lines your kitchen wall. You can also decorate with shades of green and purple – a large area rug can keep the floor tidy and stylish.

Whether you're redecorating your own bedroom or getting ready to design the nursery for a soon-to-be baby, cool tones of blue and gray make the perfect color palette, encouraging a calm, tranquil area for sleep.

The art of color in design can be a complicated matter. If you're still not sure how to use cool tones in your home this summer, contact a design professional to evaluate your space and offer insight based on the colors you're considering. From there, he or she will provide suggestions for hues and how to use them in decor, furniture and more.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindcedden.com](mailto:jeanie@coindcedden.com).\**

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## Brain Aneurysm Chapter Serves Local Community

submitted by Betty Henderson

When life throws us curveballs, it's time to find a really good catcher's mitt. Catching curveballs seems to have become a specialty of mine over these past three years. For example, I never thought that I'd be "catching" the ball thrown at me when I was asked to lead the local brain aneurysm support group for the Lisa Foundation, but now I'm leading the group.

In 2015, my 33-year-old daughter suffered a massive brain aneurysm. She survived against all odds and is doing exceptionally well. If that wasn't enough of a curve ball, I also suffered a brain aneurysm in 2016. So, having firsthand knowledge from the perspective of a parent and a patient, I am uniquely qualified to run the brain aneurysm support group. I didn't ask for this job, but it is helping me break in my catcher's mitt!

Here's the truth about brain aneurysms: They strike more often than people

think, and they are not just an "old people's condition."

Sadly, people often dismiss the warning signs which can be a fatal mistake. The most prevalent warning sign is a severe headache – often described as the worst headache of your life. Other symptoms include sudden onset of: sensitivity to light; stiffness of neck; sharp pain in one eye; blurred or double vision; numbness or tingling in the facial area; loss of consciousness; confusion or change of mental status; seizure; perceived "gunshot" noise or loud boom; drooping eyelids; and nausea and vomiting.

These serious symptoms should be brought to the attention of a medical professional immediately. Both my daughter and I are very lucky to have survived our brain aneurysms.

Lisa Colagrossi, a wife and mother and well-known television journalist for ABC News, wasn't so lucky. Her husband founded the [www.lisafoundation.org](http://www.lisafoundation.org) in her honor, and I run the local chapter to offer support and resources to survivors. Everyone is welcome to attend our meetings. We meet the second Thursday of every month at 6 p.m. at the Entrada Clubhouse, Village of Entrada Street, in Cape Coral. For more information, call 747-8686.\*



# PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

## Spaz And Diego



Spaz ID# A633214

Hello, my name is Spaz, I am an 8-year-old male pit bull mix who is a 'Super Senior' that needs a special person to find me and give me the life I need and deserve. This includes a healthy diet and some much needed exercise – something I appear to have been lacking for quite some time. This big guy is an absolute sweetheart. I have a lot of love to give someone that will give it back to me.

My adoption fee is \$25.

Hi, I'm Diego. I am a 1-year-old male chihuahua who is the ultimate lap dog that will go where you go. I am a curious little guy who does the funny head tilt when I am checking something



Diego ID# A790464

out. I am the perfect addition to someone living in an apartment or condo as I can pretty much fit anywhere.

My adoption fee is \$25.

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.

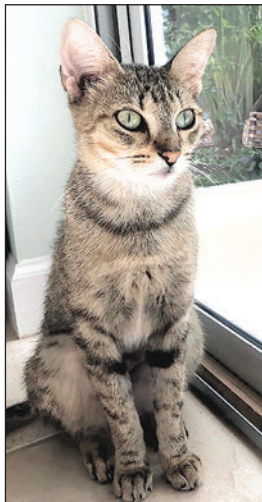
The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at [www.leegov.com/animalservices](http://www.leegov.com/animalservices) or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

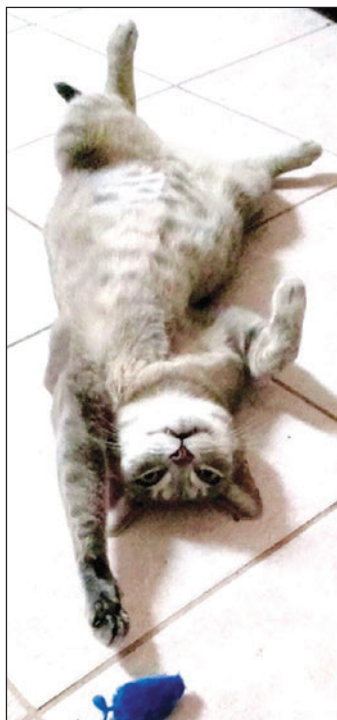
We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email [haveneonearthanimalleague@yahoo.com](mailto:haveneonearthanimalleague@yahoo.com).\*

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

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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
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BIG ARTS - Barrier Island Group for the Arts .....	395-0900
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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 .....	<a href="http://sancapart.com">sancapart.com</a>
SW Florida Symphony .....	418-0996
Symphonic Chorale of SW Florida .....	560-5695
<b>CLUBS &amp; ORGANIZATIONS</b>	
ABWA - American Business Women's Assoc ..	<a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a>
American Legion Post 123 .....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
Audubon Society .....	472-3744
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	274-5900
COTI Committee of the Islands .....	<a href="mailto:coti@coti.org">coti@coti.org</a>
CROW - Clinic For The Rehabilitation of Wildlife .....	472-3644
Democratic Club of the Islands .....	<a href="mailto:Demclubislands@gmail.com">Demclubislands@gmail.com</a>
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211 .....	984-5920
FISH OF SANCAP Neighbors Helping Neighbors .....	472-4775
FISH. OF SANCAP 24-hr service .....	472-0404
Sanibel Island Fishing Club .....	472-8994
Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
Kiwanis Club .....	677-7299
League of Women Voters .....	<a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>
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 .....	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Sanibel Beautification Inc. .....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
Sanibel-Captiva Republican Caucus .....	395-0819
Sanibel-Captiva Shell Club .....	<a href="https://facebook.com/sancapshellclub">facebook.com/sancapshellclub</a> 267-7291
Sanibel Youth Soccer .....	<a href="http://www.sanibelsoccer.org">www.sanibelsoccer.org</a> 395-2040
United Way of Lee County .....	433-2000
United Way 211 Helpline 24 hour .....	211 or 433-3900
Zonta Club .....	728-1971
<b>ISLAND ATTRACTIONS</b>	
Bailey-Matthews National Shell Museum .....	395-2233
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Sanibel Historical Museum & Village .....	472-4648
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329

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PUZZLES

Answers on page 47

Super Crossword

TRACK  
STARS

- ACROSS**

1 1995-96 CIA director John  
7 Seat of Johnson County, Kansas  
13 Dah's counterpart in Morse code  
16 Ungar of poker  
19 African antelope  
20 Mink's relative  
21 Actress Jennifer  
23 Nebraska-based insurance company [1935]  
25 Panther  
26 "I've Got a Crush —"  
27 Bean high in protein  
28 "Wide — Sea" (Jean Rhys novel)  
29 Desires  
31 Summons for speeding, say [1948]  
35 Foofaraw  
36 Like granola  
37 Up to the time when  
38 Chicago-to-Tampa dir.
- 39 Sharp items with eyes [1956]  
43 Bond part  
47 Day, in Chile  
48 "Seats sold out" sign  
49 Mood of an environment  
53 Cloud layer  
57 Being attacked [1946]  
61 Funny Margaret  
62 Water, in Chile  
64 "— you one"  
65 Ventriloquist Bergen  
66 Egg layers in coops  
68 Refittings of cars' motors [1955]  
73 Fluids with antibodies  
74 Writer Asimov  
76 Comical Idle  
77 Water pit  
79 Racer Jarrett  
80 Having recognized the value of one's own conscious being [1978]  
84 Artist's mixing board  
86 Amber wines  
87 "You betcha"
- 90 "Angie" actor Stephen  
91 Ollie's buddy  
92 Executive arm headed by António Guterres, for short [1973]  
99 Acer or Asus products  
102 Touch base on a fly  
104 Easy throws  
105 Gp. backing arms  
106 "Just Shoot Me!" actress [2005]  
111 Protest type  
113 Tree expert  
114 Christmas party quaff  
115 Chicago air hub  
117 Machine on a skating rink  
118 Event won by the horses at the ends of eight answers in this puzzle  
123 Up for debate  
124 Lipton drink, informally  
125 Actress Driver  
126 Booming jet of old, briefly
- 127 Suffix with 25-Across  
128 Quagmire  
129 Actor Liam
- DOWN**

1 Lose luster  
2 Tall bird  
3 Thus far  
4 Razz  
5 Potters' materials  
6 Saintly glow  
7 A bit amiss  
8 "When I Need You" singer  
9 Long — the law  
10 Cookie batch, often  
11 Snarky laugh  
12 Socrates' H  
13 Buddhist leader  
14 Like neon  
15 New York county  
16 Equilibrium  
17 Trunks  
18 Not finished  
22 Petty fight  
24 Eke — existence  
28 Phys., e.g.  
29 Existed  
30 Sweet drink  
32 Map nos.  
33 Opal ending  
34 Dol. divisions  
36 Model railroad size
- 40 Lupino of old Hollywood  
41 Naldi of old Hollywood  
42 "How — Want It" (#1 hit for 2Pac)  
44 "The Detour" channel  
45 French river  
46 Honey drinks  
49 Realms  
50 Guitarist Ted  
51 Table wine  
52 Big online investing site  
53 Deep divide  
54 "La Mer," translated  
55 President after Jimmy  
56 Part of SPF  
58 Sibling of a nephew  
59 Two, in Chile  
60 "That's icky!"  
63 "— just a number"  
67 Bank boxes  
69 Like the verb "lie": Abbr.  
70 Game with matchsticks  
71 Baby wolf  
72 Stings  
75 "I Am —" (Jenner's reality show)  
78 Supplication  
81 Clerical title  
82 Dreams  
83 Tincture
- 85 Incus' organ  
88 Pastoral poems  
89 Grads' event  
92 Sheepskin boot brand  
93 "Rapa —" (1994 film)  
94 Wrench, to a Brit  
95 Kindle download  
96 ER trainees  
97 Moviedom's Meyers  
98 Bronzy  
99 Some statue sites  
100 Gem measures  
101 Yield (to)  
103 Home pest  
107 Rips off  
108 Sprang forth  
109 Congested cavity, often  
110 Terra — (tile material)  
111 The Beatles' "Sexy —"  
112 "Fame" star Cara  
116 Choir melody  
118 Basinger of "Batman"  
119 — -friendly  
120 — in "crossword"  
121 Yearbook bit  
122 Deep longing

1	2	3	4	5	6		7	8	9	10	11	12		13	14	15		16	17	18	
19							20							21			22				
23							24							25							
		26						27					28								
29	30						31	32				33	34								
35						36					37							38			
39				40	41					42					43	44	45	46			
			47				48						49					50	51	52	
53	54	55					56			57	58	59	60								
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74				75			76						77				78		79		
80						81	82					83			84			85			
86												87	88	89		90					
			91							92	93	94			95				96	97	98
99	100	101					102	103					104					105			
106				107	108	109						110						111	112		
113											114				115	116					
117																					
123																					
126																					

King Crossword

- ACROSS**

1 Bygone Peruvian  
5 Decibel increaser, for short  
8 Jewels  
12 Greenhouse structures  
14 On  
15 Caviar provider  
16 Volcanic outflow  
17 "Eureka!"  
18 Not as short  
20 Dishes  
23 Ratio phrase  
24 Little one in the litter  
25 Tough puzzle  
28 Affirmative  
29 Diarist Nin  
30 — Beta Kappa  
32 Learner  
34 Adolescent  
35 Prod  
36 Cause, as havoc  
37 Expose, in a way  
40 Hawaiian garland  
41 Any minute now  
42 Obdurate  
47 "Zounds!"  
48 Cook on a grill  
49 Novelist Jaffe
- 9 And others (Abbr.)  
10 Relocate  
11 Practice boxing  
13 Turkish title  
19 \$ dispensers  
20 Weep  
21 Colors  
22 "Meet Me — Louis"  
23 "Try — see"  
25 Passes furtively  
26 Duel tool  
27 Actress Perlman  
29 Commotions
- 31 Pen filler  
33 Kampala's country  
34 "Survivor" squads  
36 "MacArthur Park" composer Jimmy  
37 Addict  
38 Nixed, at NASA  
39 Complain  
40 Hide in the bushes  
43 Greek cross  
44 Autumn mo.  
45 Regret  
46 Fresh
- DOWN**

1 "Monty Python" opener  
2 Seine  
3 French vineyard  
4 Immoderate  
5 Neighborhood  
6 "O Sole —"  
7 Woman's two-piece?  
8 Fast gait

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

MAGIC MAZE ● WORDS HAVING A BALL

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

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

- Ballad  
Ballgame  
Ballpoint  
Ballroom
- Bean ball  
Cornball  
Dead ball  
Highball
- Mothball  
Oddball  
Paintball  
Pinball
- Puffball  
Snowball  
Sourball



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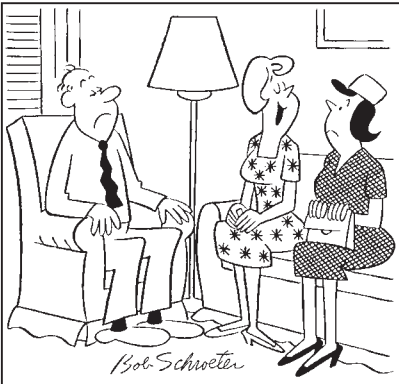
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1					3	8		
	9			8			6	
		2	9		4			5
		5		2			7	1
2			3			4		
	4				6			8
	7				2		1	
4			7					3
	8	6		3		2		

**SUDOKU** answer on page 47  
**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.



"Wanna hear a good one? Herbert here left his— ha-ha — \_\_\_\_\_ to science."  
 answer on page 46

### 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!

Flatten

DINERO

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fight

TABLET

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Just

GIRTH

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Acclaim

DORMATS

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TODAY'S WORD

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\_\_\_\_\_

\_\_\_\_\_

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HOCUS-FOCUS

BY  
HENRY BOLTINOFF

FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS

Differences: 1. Banner letters are black. 2. Balloon has been added. 3. Boy's pants are dark. 4. Socks have ruffles. 5. One present is missing. 6. Bow has been added to snake.

# My Stars ★★★★★ FOR WEEK OF SEPTEMBER 2, 2019

**Aries** (March 21 to April 19) Be careful not to allow the backers of a new financial “deal” to pull the wool over the Lamb’s eyes. It could hold fewer plusses and more negatives than you were first led to believe.

**Taurus** (April 20 to May 20) It’s a good idea to finish all incomplete tasks so that you can devote your attention to next week’s projects. The weekend could hold surprises for romantic Fernandas and Ferdinands.

**Gemini** (May 21 to June 20) A workplace suggestion you made a while ago that you might have forgotten could come back with a request to turn it from idea to reality. Your social life picks up considerably this weekend.

**Cancer** (June 21 to July 22) Someone from the past could return with an intriguing opportunity for a future project. Check into it, by all means. But don’t neglect your current responsibilities in the meantime.

**Leo** (July 23 to August 22) Keeping your claws sheathed and using good humor instead to counter someone who’s bad-mouthing the Big Cat isn’t easy. But it’s the best way to avoid more problems down the line.

**Virgo** (August 23 to September 22) A workplace situation could improve if you’re less critical and more supportive of those who are, after all, trying to do their best. Let them know you’re there to help when necessary.

**Libra** (September 23 to October 22) A new job offer might not carry all the benefits you’re seeking. Make sure you know what you’re entitled to, what is off the table and what is negotiable before you make a decision.

**Scorpio** (October 23 to November 21) A social obligation you would rather get out of could hold some surprisingly positive aspects. Why not go and see for yourself? A family member makes a curious request.

**Sagittarius** (November 22 to December 21) Before tackling that new project awaiting you at home or on the job, take time out for some much-deserved pampering to help lift your spirits and restore your energy levels.

**Capricorn** (December 22 to January 19) Your social calendar begins to fill up more quickly than you expected. And that’s great. You deserve to enjoy some good fun after so much time spent on serious matters.

**Aquarius** (January 20 to

February 18) A domestic situation continues to improve, thanks to all the tender, loving concern you’ve shown. A colleague makes a questionable move that you might want to check out sooner rather than later.

**Pisces** (February 19 to March 20) A sudden turn in a romantic relationship calls for both a rational and passionate response. Keep the love level high, but also find out why the problem arose in the first place.

**Born This Week:** You often set high standards for others. But to your credit, you set the same expectations for yourself.

## STRANGE BUT TRUE

• It was American poet and playwright Edna St. Vincent Millay – the first woman to win the Pulitzer Prize for poetry, by the way – who made the following sage observation: “A person who publishes a book appears willfully in public with his pants down.”

• It’s often been said that necessity is the mother of invention – and for good reason. Here’s an example: The idea for the original pull-top can originated when the inventor was at a picnic; he had forgotten to bring a can opener, so

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## SCRAMBLERS

1. Ironed; 2. Battle;  
3. Right; 4. Stardom

Today’s Word  
BRAIN

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p/t position is approximately 25 hrs/wk, and  
40-50 wks/yr. The main responsibility is  
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preparation for 10-20 people. The chef can  
provide on-site training and education.  
Qualifications include high school  
diploma or GED or commensurate work  
experience; interest in food preparation  
and enthusiasm for learning new methods/  
procedures; self-motivation, initiative and  
ability to positively contribute to a team  
environment. Cleanliness and attention to  
detail are a must. Enthusiasm and hustle  
are more important than previous kitchen  
experience. Candidates must be able to lift  
50# and have reliable transportation.  
Generous compensation. Send a brief  
letter outlining interest and related  
experience or resumé, to Ann Brady,  
abrady@rauschenbergfoundation.org.  
8/16 ★ 8/30

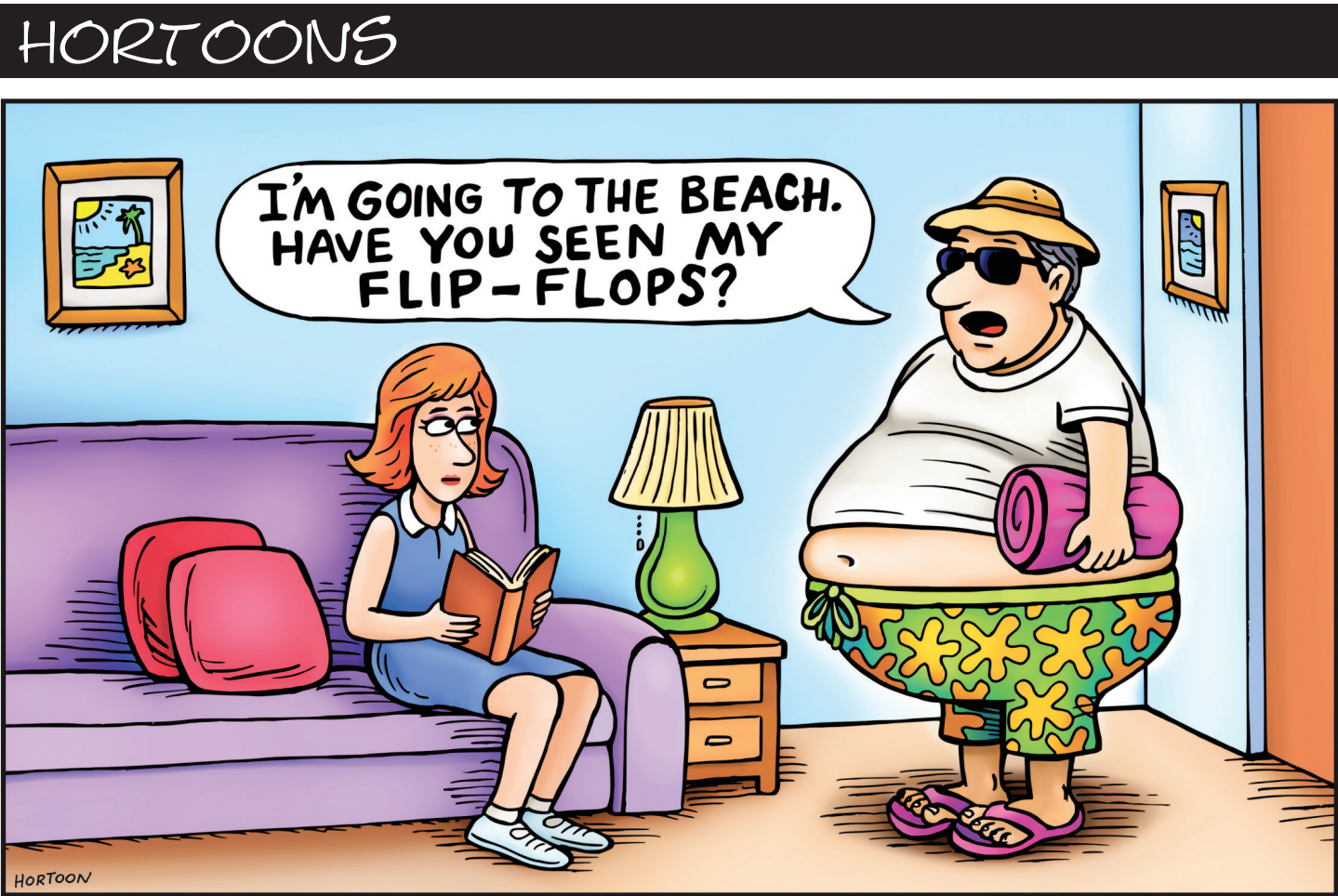


he had to use a car bumper.

- If you live in Georgia, you need to watch that wagging tongue: In that state it's illegal to spread a false rumor.
- According to cetologists, an adult right whale requires 400,000 calories a day to survive. These scientists who specialize in whales also note that the mainstay of these mammals' diet is a flea-sized crustacean called a copepod.
- If you're right-handed, studies show that you tend to wash your left hand more thoroughly than your right hand. Reverse that if you're a leftie.
- A study of 28 women found that screaming has a therapeutic effect on the physiology of the body. After bouts of screaming, the test subjects showed slower heart rates, lower blood pressure and lower body temperature.
- Those who study such things – and who, evidently, have way too much time on their hands – claim that there are 108 stitches in a baseball.
- If you take into account all the sales in the world, there are approximately 50 Bibles sold every minute.

THOUGHT FOR THE DAY

“For disappearing acts, it’s hard to beat what happens to the eight hours supposedly left after eight of sleep and eight of work.” – Doug Larson



PUZZLE ANSWERS

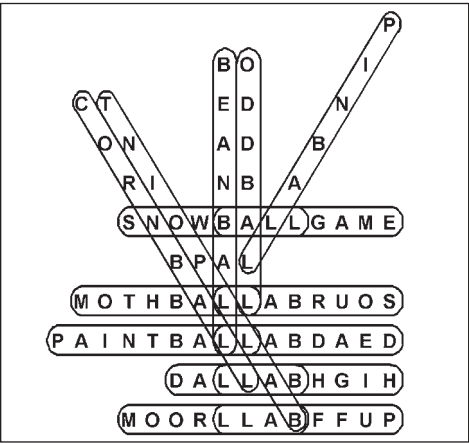
SUPER CROSSWORD

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

I	N	C	A	A	M	P	G	E	M	S
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E	G	A	D	B	A	R	B	E	C	U
R	O	N	A	Y	U	K	S	T	E	W

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Fort Myers	Fort Myers	1942	4,728	\$1,795,000	\$1,643,750	712
Overiver Shores	North Fort Myers	2015	3,845	\$1,695,000	\$1,525,000	8
Cape Coral	Cape Coral	2003	3,849	\$1,495,000	\$1,375,000	99
Metes And Bounds	Sanibel	2000	3,372	\$1,199,000	\$1,045,000	289
Savona Bay	Fort Myers	2016	3,499	\$1,100,000	\$1,015,000	343
Bonita National Golf And Country Club	Bonita Springs	2018	3,143	\$765,000	\$755,000	72
Cape Coral	Cape Coral	1994	2,741	\$700,000	\$655,000	323
Cape Coral	Cape Coral	2006	2,437	\$699,000	\$660,000	197
Laguna Shores	Fort Myers Beach	1966	1,298	\$650,000	\$620,000	5
Cape Coral	Cape Coral	2018	2,480	\$649,900	\$665,900	204



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