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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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Be A Champion For Shark Conservation

by Ryan Orgera, SCCF CEO

Before I became the CEO of SCCF (Sanibel-Captiva Conservation Foundation) in early 2019, I took my childhood love of sharks to a global platform, working for The Pew Charitable Trusts, urging countries around the world to support meaningful shark conservation measures. I've also studied sharks in American culture extensively. Sharks have been a lifelong passion and I feel strongly that both globally and here on our islands, we need to advocate for them now more than ever.

Sharks are not all big and scary. They are not mindless killing machines. They are not ruthless serial killers like the *Jaws* films taught us. They are in fact surprisingly vulnerable and in need of our help. Objectively, sharks can be scary; some of the 500-plus species of sharks are indeed large with toothy mouths capable of serious damage. But you are more likely



Ryan Orgera on a great white shark dive in South Australia photos provided

to win the Florida Lottery jackpot than be killed by a shark – you are considerably more likely to die of lightning or by simply crossing the road. Dying by shark attack is one of the rarest deaths in the world



The great hammerhead, a species of shark common to Sanibel's coastal waters, is among the most likely to die in catch-and-release situations

– there were only two confirmed shark fatalities globally in 2019. Two. Our fear of sharks is statistically unfounded, but numbers don't always play a role in our

cultural perceptions.

Here on Sanibel and Captiva, there has never been a documented fatality from a

continued on page 16



Dr. Melanie Peel holding the hook that was removed from the corner of the loggerhead sea turtle's mouth photos provided

Hooked Sea Turtle Released

An adult female loggerhead sea turtle, the largest of the hard-shelled turtles and frequent nester on Southwest Florida beaches, was released from the Clinic for the Rehabilitation of Wildlife (CROW) after it was accidentally caught

by an angler.

Loggerhead sea turtles have very powerful jaws used for crushing their prey items such as crabs, mussels, clams and other mollusks. After the 220 pound turtle inadvertently swallowed a baited line on Captiva on August 1, the fisherman immediately contacted authorities. Staff from Sanibel-Captiva Conservation Foundation (SCCF) soon arrived and the



From left, Katie Mueller, Corrie Presland-Byrne, Missy Fox and Yvette Carrasco carrying the loggerhead to the release site at Tarpon Bay Beach

turtle was transported to CROW so that the hook could be removed safely without causing additional damage or loss of fingers.

When it arrived at the wildlife hospital, veterinarians sedated the turtle. They were then able to remove the hook, which had embedded in the corner of its mouth. After recovering from the sedation and a brief period for observation, the turtle

was cleared for release. It was tagged with flipper tags and a microchip before it was taken to Tarpon Bay Beach and released back into the Gulf of Mexico.

If you accidentally hook a sea turtle, do not cut the line and release the turtle. Reel it in slowly and immediately contact the Florida Fish and Wildlife Conservation Commission (FWC) at 888-404-FWCC

continued on page 6

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Give Your Fertilizer Routine A Summer Break

All Sanibel residents as well as landscape and fertilizer applicators are reminded to give your fertilizer routine a summer vacation and abide by the City of Sanibel's fertilizer ordinance this rainy season, July 1 through September 30. By following the fertilizer ordinance, you can be part of the city's ongoing effort to minimize local and regional nutrient pollution in local waterways.

It is a violation of City of Sanibel Ordinance 07-003 to apply fertilizers containing nitrogen and phosphorus during the rainy season.

Fertilizers cannot be applied within 25 feet of a body of water including lakes, ponds, canals, wetlands and the Sanibel Slough.

Fertilizers cannot be applied to impervious surfaces such as roadways, driveways and sidewalks. Any spills should be cleaned up immediately.

Fertilizers cannot be applied to stormwater conveyance systems or catch basins, which include roadside swales.

Algae blooms are stimulated by excess nutrients (nitrogen and phosphorus). Stormwater runoff containing nutrients from fertilizer applications can feed algae, resulting in a bloom. By following Sanibel's fertilizer ordinance, you can help reduce the amount of "food" available to algae and the likelihood of an algae bloom occurring.

To learn more about Sanibel's fertilizer ordinance, visit the city's website at: <http://www.mysanibel.com/Departments/Natural-Resources/Protecting-Our-Water-Quality/Sanibel-H2O-Matters/Sanibel-s-Fertilizer-Information>.

To learn more about how you can help protect local waters, visit the Sanibel Communities for Clean Water Program: www.sanibelcleanwater.org.

For additional water quality information, visit Sanibel H2O Matters at <http://www.mysanibel.com/Departments/Natural-Resources/Protecting-Our-Water-Quality/Sanibel-H2O-Matters>.

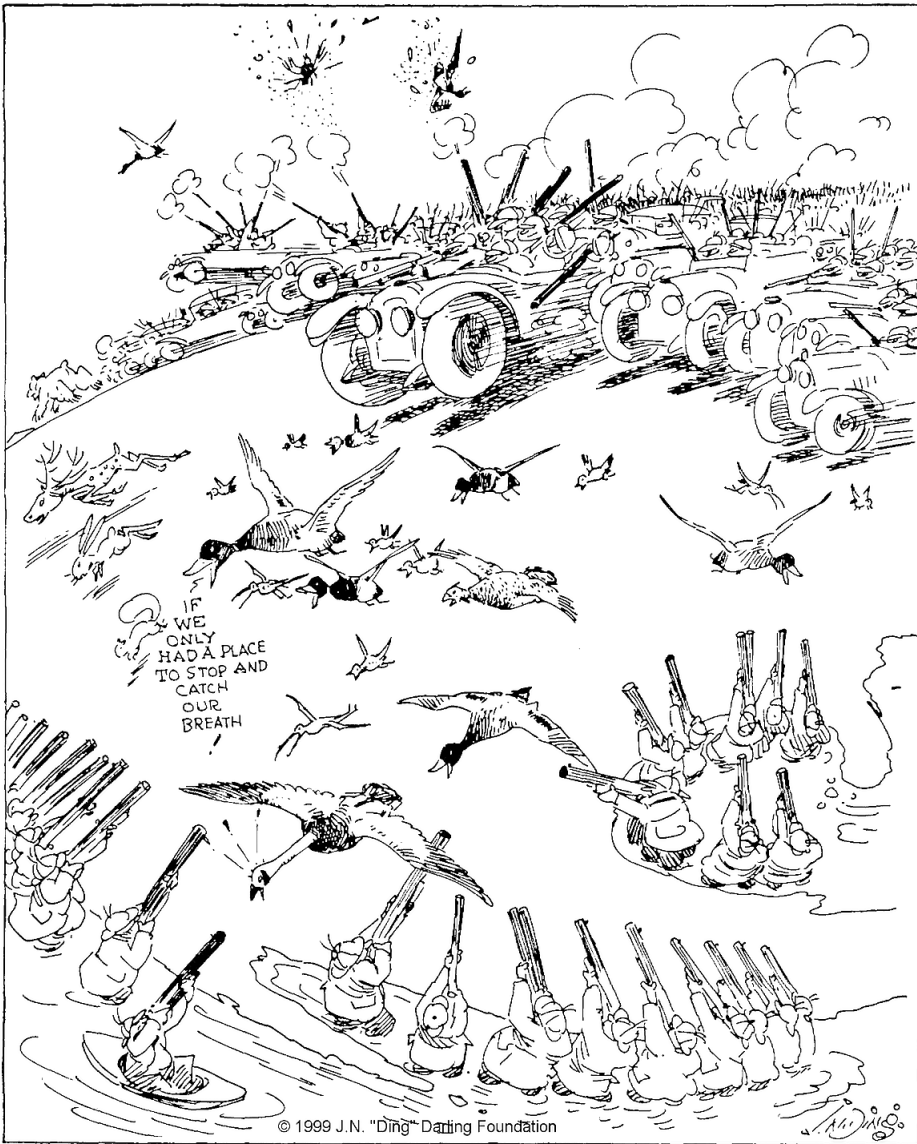
You can also learn more about Lee County and the City of Sanibel's Fertilize Smart initiative at: www.fertilizesmart.com.

For additional information, contact the City of Sanibel Department of Natural Resources at 472-3700.*

Correction

On page 30 of our July 31 issue, a work of art, titled *Twilight Blind Pass*, was incorrectly credited to artist Joel Caulfield. The artist who created the work is Brad Goldman. We apologize to both artists for the error.*

Read us online at
www.IslandSunNews.com



© 1999 J.N. "Ding" Darling Foundation

Image provided

From The Pen Of 'Ding' Darling

This editorial cartoon penned by Jay Norwood "Ding" Darling in 1948, titled *Wanted – more and better game refuges*, foreshadowed his great accomplishments toward establishing the National Wildlife Refuge System, now more than 560 refuges strong across the U.S. and its territories. "If we only had a place to stop and catch our breath," squawks one of the ducks being mowed down by hunters. Darling sparked additional measures to protect ducks and their habitat with the creation of the Federal Duck Stamp Program in 1934 to purchase conservation land.

This year, the JN "Ding" Darling National Wildlife Refuge celebrates the 75th anniversary of its creation, thanks to Darling, who wintered on Sanibel and Captiva in the 1940s and petitioned for their preservation.

In partnership with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the *Island Sun* is celebrating the 75th anniversary of the JN "Ding" Darling National Wildlife Refuge by publishing some of Darling's editorial cartoons.

Through December 1, 2020, the refuge's official anniversary, this newspaper is running a monthly historical editorial cartoon penned by Darling, who twice won the Pulitzer Prize for his thousands of

cartoons that appeared in *The Des Moines Register* in the early 1900s, syndicated in 150 dailies across the country.

To learn more about Darling, his work and his legacy, watch future *Island Sun* issues for this monthly feature. For more information about the refuge's 75th anniversary celebration, visit www.ding75.org.✱

American Legion Post 123 Closed Temporarily

American Legion Post 123 is closed until further notice due to state mandates pertaining to the coronavirus.

American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome. Contact Tim or Randy at 472-9979.

Post 123 is a non-smoking facility, with an outside area available for smokers. Regular operating hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m.

Post 123 is located at mile marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.✱



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Sanibel Historical Museum And Village

Landmark:
B-Hive Store

This "good luck tiki" graced the front of the B-Hive store at 2407 Periwinkle Way for many years. The B-Hive opened in 1960 as the Suva Trader. It was a smaller competitor to Bailey's General Store, selling groceries, shelling and fishing supplies, film and gifts. It sold to Bette Parke and Betty Puff about two years later, who gave the store its sweet new name. After several years, they were bought out by Arthur and Molly Orloff. Some might remember the next owners, George and Trudie Kohlbrenner, and who could forget their Toby Turkey and seafood sub deli sandwiches! The complex is now home to The Clam Shack.

The Sanibel Historical Museum and Village, located at 950 Dunlop Road, next to BIG ARTS, is closed for the off-season and will reopen on October 20.

Regular hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.✱



Suva Trader

photos courtesy Sanibel Historical Museum and Village



Tiki at B-Hive

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

(Reform Jewish Congregation) Friday night Torah commentaries with Rabbi Stephen Fuchs at 7 p.m. at either www.batyam.org or Stephen Fuchs' Facebook page. Rabbi's coffee morning on Zoom Wednesdays, July 15 and August 12 at 11 a.m. Food and paper drive drop-offs Thursdays from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ.

Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

CAPTIVA CHAPEL BY THE SEA

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

CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL COMMUNITY CHURCH

Offering a Blended Service at 9 and 11 a.m. through the end of June. Starting Sunday, July 5, Contemporary Service at 9 a.m. and Traditional Service at 11 a.m. in the Main Sanctuary. Now offering a "Masks Only" service via live stream at 9 and 11

a.m. in Fellowship Hall. View the Sunday Service online at sanibelchurch.com, 1740 Periwinkle Way, 472-2684.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

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EPISCOPAL CHURCH

The Rev. Alan Kelmereit, Priest-in-Charge Saturday Eucharist at 5 p.m., Sunday Eucharist at 8 and 10:30 a.m., Sunday School at 10:30 a.m., Tuesday Morning Prayer at 9 a.m., Wednesday Healing Eucharist at 9 a.m., Prayer and Potluck first Wednesday at 6 p.m., Taizé Service third Wednesday at 6 p.m.

www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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



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Vintage photo of the Sanibel Post Office
photos provided

Old Post Office Stands Proud At Historical Village

Prior to 1926, the postal system on Sanibel was run out of the postmasters' homes, which were located on the eastern end of the island. Will Reed served as postmaster for 40 years.

Reed operated out of his home until it was destroyed in the 1926 hurricane – the same storm that destroyed Bailey's store on the wharf. Reed and island children gathered the floating wood, scraps from the buildings destroyed by the storm, and built the post office that resides in the Sanibel Historical Village today. It is easy to tell when looking at the ceiling that the



Mail carriers' working area

building is made out of odds and ends pieced together.

There have been several post offices on Sanibel. The first one appears to have been the Nutt home, Gray Gables, where Laetitia Nutt handled mail as post mistress from 1889 until 1895. She picked up the mail at the lighthouse pier. George Cooper also collected mail at St. James City on Pine Island. From 1891 to 1895, he dropped it off on his wife's sewing machine at their home.

The third post office was the front porch of the bayfront, two-story Reed home, and Will Reed became postmaster, a job he held until 1940. Rural delivery was established in 1900 and the mail was delivered each day to Reed's Landing, dropped off in a sack. His daughter, Hazel Reed Goddard, succeeded her father as post mistress.

Reed was a member of the 1910



Sanibel Post Office at the historical village

Caloosahatchee Valley championship baseball team, the Sanibel Tomato Pickers.

The fifth post office was built on Ferry Road, run by Scotia Bryant; it soon proved too small.

The sixth, used until 1964, became a private home on Ferry Road.

The seventh is now a restaurant near the Cooper Home in Olde Sanibel Shoppes (Over Easy Cafe).

Number eight is the present post office on Tarpon Bay Road.



You can tell by the ceiling that the building was constructed of odds and ends

There was also a post office in the Wulfert Road area operated by post mistress Jennie Doane in the early 1900s.

Located at 950 Dunlop Road on Sanibel, next to BIG ARTS, the historical village is closed for the off-season and will reopen October 20. Regular operating hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Admission is \$10 for adults over age 18, no charge for members and children. There is handicap access.✱

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Brad Thompson helping out in the food pantry photos provided

Islanders Assist Neighbors Throughout Crisis

Island neighbors continue to help each other during the COVID-19 crisis. The health pandemic has created distance between family and friends but many have used this opportunity to connect with their neighbors through philanthropy and volunteerism, helping those in need.

“Since the beginning of the pandemic, the generosity of islanders



Jack and Inky Meng delivering food to neighbors

has been almost overwhelming,” said FISH of SanCap Executive Director Alicia Tighe. “Our phones were ringing off the hook with offers to help, and donations to assist in our relief efforts. People have even been donating their stimulus check money to help their neighbors who they feel need it more at this time. I would like to say I’m surprised, but the spirit of community and giving is a hallmark of Sanibel and Captiva – our neighbors are unmatched in their determination to make these islands better each day.”

Throughout the crisis, Sanibel and Captiva residents, service organizations,

businesses and professional groups have been finding ways to give back to their community – through food and supply drives, stocking pantry shelves, or making monetary donations.

“We’ve heard from volunteers that helping their neighbors has been a bright spot in a dark period; it makes them feel more connected to people and their community when that’s not physically possible,” said Tighe. “The response from our community to COVID has been incredibly moving and humbling for us at FISH, but also for those receiving assistance – grateful is an understatement.”

The assistance from neighbors is helping FISH meet the demands that COVID has placed on social service agencies. The pandemic has increased the need for FISH emergency financial assistance, hot meal delivery for residents staying in their homes, and children’s food backpacks by double or more.

FISH provides services to residents, workers and visitors of the islands as the only social service agency provider. For more information on FISH programs and services, contact Alicia Tighe at 472-4775 or visit www.fishofsanacap.org.*

Sea Turtle

From page 1

(3922) or CROW at 472-3644 ext. 222.

To learn more about what to do if you accidentally hook a bird, visit www.mindyourline.org.

As a 501(c)3 nonprofit, CROW relies on grants, donations from the public and funds raised through its AWC Visitor Education Center to provide the best care to its patients. CROW’s Visitor Education Center recently reopened to visitors and its wildlife hospital remains open every day to receive and treat injured and orphaned animals in Southwest Florida. By visiting CROW or making a donation, you can help provide medical treatment, food and care for the thousands of patients admitted to the wildlife hospital each year. Donations can be made online by visiting www.crowclinic.org or on the CROW Facebook page.*

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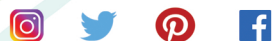
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Rare Chance To Interact With Ocean Wonders

The ocean holds numerous mysteries, and many are unraveling at the Bailey-Matthews National Shell Museum. Starting Saturday, August 15, guests can get even closer to one of these amazing animals.

The museum will offer guests an up-close experience to touch the giant Pacific octopus that is in the new exhibit, Beyond Shells: The Mysterious World of Mollusks. During the encounter, staff members offer a presentation on their habitat, natural history and conservation. Guests can strengthen their bond with these treasured animals and learn about their environment to further the museum's mission to connect people to the natural world. The encounters will be stimulating for the octopus as well, which is necessary for the welfare of this animal. Little is known about the fascinating animals in the museum's newest exhibit, making the chance to meet a giant Pacific octopus a remarkable visit. Guests can also purchase a painting made by the octopus at the gift store. This experience will be offered twice a week at an additional cost to admission prices.

At the museum, feeding time for the rest of the animals is an especially captivating task for staff and guests. Staff members care for each one of the nearly 500 animals in this new exhibit, which sharpens the focus on mollusks, the animals that create shells. Now, the public can witness firsthand how these shell-builders hunt and feed.

In addition to the giant Pacific octopus, the museum is home to a common octopus. The two animals are in different habitats, but both are presented food via a variety of methods for enrichment, including puzzles, jars, toys and mega blocks. This encourages natural behaviors and increases physical and mental stimulation, as well as curiosity. The giant Pacific octopus weighs eight pounds and the common octopus weighs about one pound.

"Our giant Pacific octopus' favorite meal is soft shell crabs," said Carly Hulse, senior aquarist. "We make sure



Giant Pacific octopus photos provided

our animals eat sustainable foods. In particular, the octopuses eat food that is generously donated from local restaurants, and in addition to soft shell crab, they eat salmon, grouper, shrimp, clams and mussels."

Guests have five opportunities each week to watch the octopuses feed: Sunday, Monday, Tuesday, Friday and Saturday afternoons. At this time, there isn't a set feeding time to ensure social distancing in the museum, but while the octopuses are fed, staff members give a presentation to share what is occurring step-by-step.

The museum's colorful stumpy cuttles are also fed three times a day. When staff members feed these unique cephalopods, they narrate to guests to share what they're doing and what the cuttles do as they eat.

Guests also love to see snack time for the many animals in the museum's interactive touch pools. Although these animals eat at different times, guests are likely to encounter one feeding during a visit, as some, like the mysterious swimming scallops, are fed three times a day. Some of the touch pools' shell-builders are filter feeders, and others have a rasping tongue to tear their food apart, giving guests a fascinating experience as they watch some of the most mysterious marine animals feed.



Cuttlefish



Close-up of a scallop

Sanibel's prized junonias are also at the museum. It's incredibly rare to encounter a live junonia, let alone watch it hunt for food. Little is known about how junonias eat, but museum researchers discovered that they love lettered olives, a snail found in Southwest Florida. The junonias' habitat is always stocked with lettered olives to allow them to free-feed.

The museum welcomes visitors of all ages to witness these ocean wonders in person, and meet the giant Pacific octopus. Review all the new safety measures and plan your visit by visiting www.shellmuseum.org.

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily, located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.*

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Bryan Hayes	Di Saggau
	Janie Tinch



A marked Florida box turtle on Sanibel enjoys the morning sun near a wetland. The obvious holes in the edges of the carapace represent a unique number. photo provided

SCCF Expands Efforts To Protect Native Box Turtle

The Sanibel-Captiva Conservation Foundation (SCCF) Florida Box Turtle Project has expanded its efforts on Sanibel and Captiva by taking on a limited number of volunteers to help survey for box turtles.

"These volunteers, mostly alternates from the SCCF Sea Turtle Program, are dedicated to sustaining populations of all turtles on Sanibel and Captiva," said SCCF Wildlife and Habitat Management Director Chris Lechowicz. "With their help, we will be able to locate, take measurements and permanently mark more box turtles so we can better understand the population dynamics of these small, long-lived turtles that are in dire need of conservation efforts due to turtle trafficking."

The mark features holes in the edges of the carapace that represent a unique number. This "notching" of the shell is the most popular method of marking research turtles today. It was first described in 1939 by Fred Cagle.

SCCF is also contributing genetic samples from Sanibel box turtles to

Tangled Bank Conservation in conjunction with the Turtle Survival Alliance (TSA) to help create a range-wide genetic map of all box turtles in the U.S. This will enable turtle biologists to release more turtles from confiscations back into the wild in their proper ranges instead of ending up permanently in captivity.

Last fall, state wildlife officials freed nearly 300 turtles on Sanibel as the result of the largest seizure of trafficked turtles in recent history. The Florida Fish and Wildlife Conservation Commission (FWC) charged two suspects for poaching thousands of Florida's native turtles from the wild and selling them illegally in Florida, with final destinations in international markets.

All turtles on Sanibel are protected by law by Sanibel Code Section 10:6(d).

"This means that wild turtles from Sanibel cannot be taken, captured, possessed or harassed without permission from the city," said Lechowicz. "The State of Florida also has laws protecting them from commercial harvest."

Public and private landowners such as JN "Ding" Darling National Wildlife Refuge, the City of Sanibel and SCCF also have rules protecting wildlife on their lands. SCCF has permits from FWC and permission from the city and refuge to conduct research on box turtles on their

lands, as well as other species.

"One of the parameters that we record during our radio telemetry effort is called 'form,' or the shallow depression that they make to spend the night and the hot part of the day," said Lechowicz. "This can be complete or incomplete depending on how much of the shell is left exposed. The substrate they choose is also recorded."

The Sanibel Police Department and the city are aware of these efforts and supportive of these volunteers and the program. Volunteers can be easily recognized by a program badge, each with

a unique identification number.

If you see a Florida box turtle and want to report its location, you can call, text or email SCCF at 470-3313 (cell), 472-3984 (office) or clechowicz@scsf.org. Send a picture and location if you can for verification. Turtles are marked with microchips and scute (shell) notching.

If you see a marked turtle, you can also report it as well. This provides more home range data and longevity information. If you witness or suspect poaching of wild turtles on Sanibel, call the Sanibel Police Department at 472-3111.✪

Flash Sale At Sea School Retail Store

Sanibel Sea School will hold a flash sale in the Ocean Tribe Outfitters retail store, located at 455 Periwinkle Way. The sale will run Monday through Friday, August 10 to 14 from 9 a.m. to 4 p.m., and will feature Sanibel Sea School-branded apparel and beach gear; some exclusions apply.

"It is a great opportunity to stock up on essential items for back to school and support a local nonprofit," said Christina Gould, office manager.

Featured items will be listed at 20 percent off including Sanibel Sea School T-shirts, tanks and sweatshirts. Other items marked down will include 4Ocean and Puravida bracelets, All Good sunscreen, rash guards, towels, hats and buff-style face coverings.



Sale items will include All Good Sunscreen, a mineral-based sunscreen that is reef-safe, organic and cruelty-free photo provided

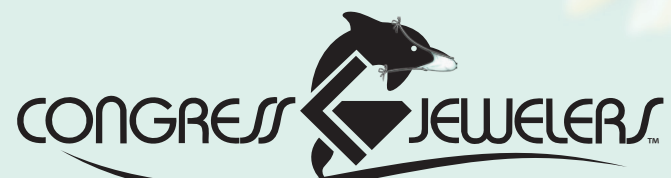
Some of last season's merchandise will be on clearance, including select colors of HydroFlask water bottles.

All proceeds from Ocean Tribe Outfitters will directly support Sanibel Sea School's mission and programs.✪



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Butterfly-attracting Walter's viburnum produces masses of tiny white flowers in spring
photos by Gerri Reaves

Plant Smart
Walter's Viburnum

by Gerri Reaves

Native Walter's viburnum (*Viburnum obovatum*) develops as a shrub or a small tree with a spreading crown that can grow up to 20 feet or more.

Multibranched with dense foliage, it

provides cover and nesting sites for small birds.

In the wild, this member of the honeysuckle family grows in hammocks and moist woods, at the edges of swamps and along streambanks.

The small dark green leaves inspire two other common names, small-leaf viburnum and small-leaf arrowwood.

Oval or obovate, the opposite leaves measure one to two inches long and are minutely serrated and fragrant when crushed.

Leathery and tapered at the base, they are glossy on the upper side, and paler underneath.

In South Florida, it is evergreen.

Numerous flat-topped clusters of white flowers bloom in spring and are a nectar source for butterflies.

The profusion of five-petaled flowers makes it a good accent plant, but it can also be used as a hedge or screen if left unpruned.

The tiny drupe fruit ripens from



Birds and other small wildlife consume the fruit of this native shrub or small tree

green to red to purple-black by fall and is consumed by birds and other small wildlife.

The rough bark is reddish brown. It spreads by underground suckers and can form thickets. It can also be propagated with seeds or cuttings.

It has a moderate growth rate and is adaptable and storm resistant. It is not prone to any significant diseases or pest problems.

Once established, it tolerates short periods of drought but prefers moist soil in sunny to shady conditions.

It is not salt tolerant.

A dwarf form is also available.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *National*

Audubon Society Field Guide to Florida by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, www.edis.ifas.ufl.edu, www.fnps.org, www.regionalconservation.org, and www.wildflower.org.

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

Fishing Pier Project To Begin At Matlacha Park

Work to replace the fishing pier at Matlacha Park has begun and is expected to be completed in Spring 2021.

Lee County Parks and Recreation will work to ensure construction does not impact other activities in the park, however, a dozen parking spaces have been blocked off for equipment staging.

In April, the Lee Board of County Commissioners awarded a contract to replace the Matlacha Fishing Pier, to Kelly Brothers, Inc. for the removal and replacement of the fishing pier.

The \$833,805 cost of the replacement is being funded largely through tourist development taxes collected on short-term lodging rentals.

The new pier will replace the existing pier, which is more than 50 years old and is closed because it has deteriorated from the elements. The project will include new benches, garbage cans, lighting, fish cleaning stations and ADA accessibility features.

The Matlacha Fishing Pier is part of a nine-acre park at the Matlacha Community Park, located along Matlacha Pass. This body of water is famous for catching snook, redfish as well as other local varieties of fish.

Matlacha Park is located at 4577 Pine Island Road in Matlacha.*



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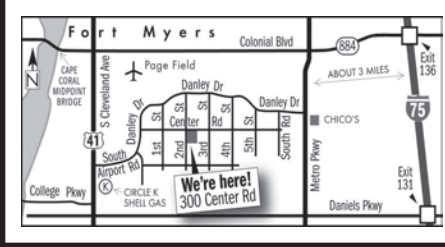


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The Closure Has Been A Win For Everyone



by Capt.
Matt Mitchell

One of the most frequently asked questions when we get a call from out-of-town clients looking to book a charter is "what can we eat?" Explaining that our main target species of snook, redfish and trout are closed to harvest due to a red tide in 2017-18 sometimes does not go over well. Letting them know that the rebound our fishery has seen since this closure is simply amazing often sells the trip. Although some people just cannot fathom going fishing without killing fish and bringing fillets home.

In retrospect, now that we are more than two years past the worst red tide we have ever seen, the vast improvement in our water quality is heart warming. The Florida Fish and Wildlife Conservation Commission executive order to close harvest to our main target species has saved our fishery for generations to come. Seeing the vast rebound of life along with a recovery in our fishery faster than anyone could have predicted is amazing. While fishing out on the now healthy grass flats, we have been losing count of how many big sea trout we catch and release. This is evidence that this closure has been so important for the long-term recovery of our estuary. It is much more critical than going home with a bag of fillets at the end of a trip.

Some trips we just have to get creative when looking to take fish home. During our colder winter months, sheepshead were our target species. Now mangrove snapper is our go-to food fish. Blacktip sharks are also plentiful and a good fish to eat. Being so focused on catching dinner can really take away from your chance to enjoy some of the most exciting catch-and-release fishing for snook, redfish and trout we have seen in years.

Catch-and-release measures on snook, redfish and trout since our red tide nightmare of 2017-18 have done wonders for our fisheries. Now, every fisherman gets to reap the benefits. Take time to enjoy releasing lots of healthy fish while immersing yourself in the nature around you. Don't rate your trip by the fillets in your ziplock bag, rate it by the experience!

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



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CAPT. MATT MITCHELL



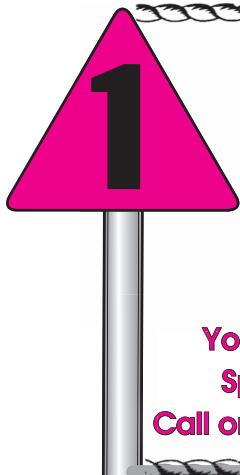
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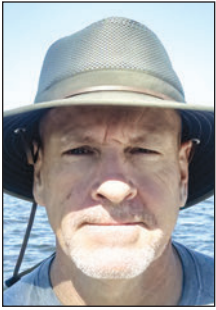
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Dave Doane

CROW Case Of The Week:

Baby Eastern Gray Squirrels



by Bob Petcher

Baby eastern gray squirrels (*Sciurus carolinensis*) are among the many newborn animals to grace the space called the baby room at CROW this time of year – a change from several baby bird species taking

up residence during the spring months.

Most of these baby squirrels have reportedly fallen from their nests or been dislodged during strong storms. Two of these patients were the first of their species to be moved outside this season. One was presented as an infant – with its eyes closed and furless – after being found on a rock pile, likely after falling from the nest. It had several abrasions, but was otherwise healthy. It has been in care for about a month and a half.

“Due to the abrasions found on the intake exam, it was put on a seven-day course of antibiotics to prevent infection. Since it was such a small baby, we had to wean it onto an infant squirrel milk formula that is specially designed to fit their nutritional needs. It required six feeds a day, which were spread out every three hours to allow enough time for digestion,” said CROW Rehabilitation Manager



The two patients are being raised together

Breanna Frankel. “Infant mammals require extra time and patience since they need to be stimulated to go to the bathroom – birds can go on their own from the moment they hatch. Before each feed, it had to be stimulated to go to the bathroom, then the bladder, GI and stomach would be examined to determine if it was ready for the next feed. Once its eyes opened, we started to offer a soft diet that included soft fruit pieces and a soaked chow to start the weaning process.”

The second squirrel was admitted as a late infant/early juvenile with a puncture wound on its abdomen, however, it was unclear what caused the injury. It has been in care for a couple weeks.

“Since we did not know what caused the puncture wound – fall from nest versus predator attack – she was put on a five-day course of antibiotics to prevent infection,” said Frankel. “The puncture wound had scabbed over so there was no need for a bandage. She was big enough



photos by Breanna Frankel

that she should have been weaned off milk feeds, but she struggled to start eating the captive diet offered so she was started on milk for support. After a couple days, she started to eat the soft chow with nuts and, from there, she started to eat more of the variety of fruits and vegetables offered.”

Both patients are treated like kindred spirits. “They grew up together and transitioned to weaning diets together, so at this point they have been raised as siblings,” said Frankel. “Due to their development and both being ready to move outside, we transitioned them outside together so they had a friend to socialize with.”

Oftentimes, these babies are brought to CROW unnecessarily. Squirrel moms are said to be very devoted parents and will usually retrieve their young after they have been misplaced from the nest. Unless a baby squirrel is injured and needs medical attention, like these two squirrels, it is best to be left alone to be reunited

with its parents.

“There are occasions when infant squirrels have fallen from their nest and people have attempted to re-nest them but mom never came back. If they were left alone to wait for mom but she didn’t come back, then they truly would be orphaned,” said Frankel. “However, if there was no attempt at waiting for mom, no injuries and (they were) immediately brought to the clinic, then they would be deemed abducted.”

“The (If You Care Leave It There) program stresses that humans are not a young animal’s best hope for survival – they are its last hope. Any young animal should only be removed from the wild after all avenues to reunite it with the parent(s) have been exhausted. We, as humans, can’t teach young birds their native songs. We can’t teach young squirrels or raccoons appropriate body language to communicate with their species. We can’t teach a young osprey how to dive into the ocean to catch a fish. If young animals grow up only in the company of humans, they may not be successful for their species in the long run. The best possible thing for a young animal is to be raised by their wild parents.”

Frankel noted that squirrel patients at the clinic have totaled well over 1,000. “Based on my experience from the past several years, we have been getting less and less abducted animals, in general. The more we educate people and the more we encourage them to call first, the more abductions we have been able to avoid. Of the 29 we have gotten so far this year, only 10 were abducted and two of those

continued on page 22



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Shell Of The Week

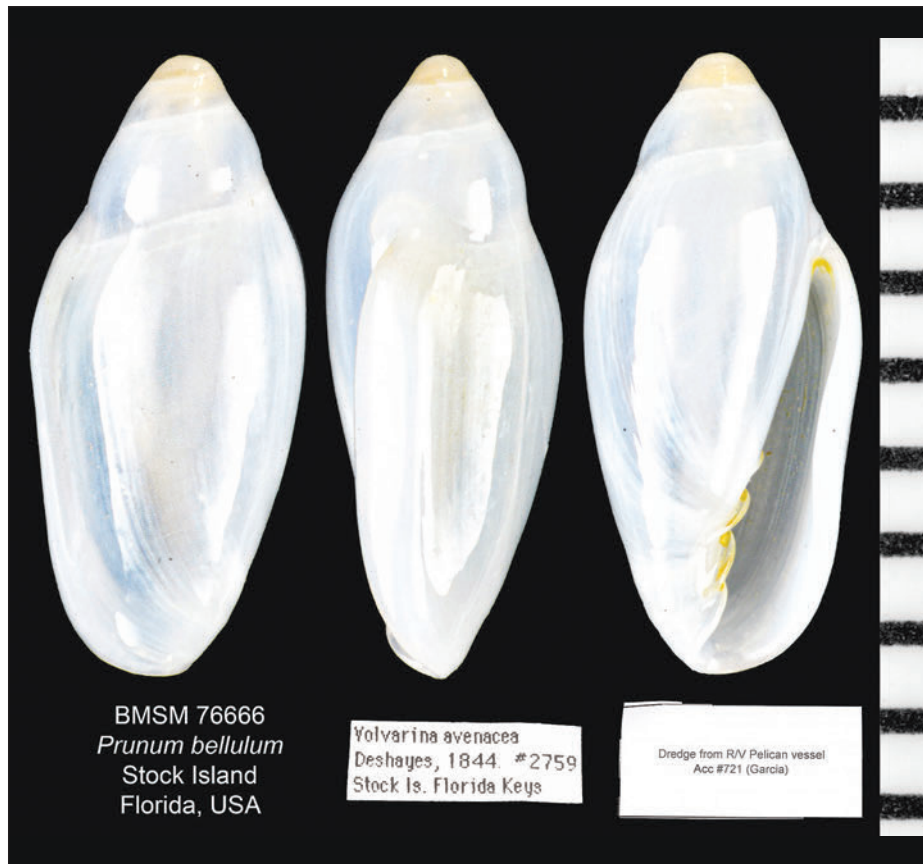
Little Oat
Marginella

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

Measuring up
to 9 mm
(about 0.35
inch), the Little
Oat Marginella,
Prunum bellulum

(Dall, 1890) is a relatively common shallow-water species in the Caribbean and the tropical western Atlantic. The species has a relatively elongate shell, with the spire comprising about 1/7 of shell length. The aperture arrows posteriorly ("up" in the images), and the *columella* bears four folds, or plicae. The color is grayish- to blueish-white, and the shell surface in fresh or living specimens is smooth, glossy. This is a rare find on Sanibel, with at least one specimen found locally by Ken Piech, in 2014. The illustration shows a shell from Stock Island, near Key West. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily. Holiday hours are noon to 4 p.m. Safety measures have been put in



The Little Oat Marginella, *Prunum bellulum*, from Stock Island, Lower Florida Keys

photo by James F. Kelly

place, and staff and visitors are required to wear face masks.

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www.shellmuseum.org.

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

Results From Lee
County Schools
Model Selections

Over the last two weeks, 77,012 students from the School District of Lee County completed the form to choose their instructional model for the start of the 2020-21 school year on August 31. The results are as follows:

41 percent – Face to Face Learning (31,522 students)
39 percent – Lee Home Connect (29,702 students)
19 percent – Lee Virtual School (14,724 students)
1percent – Homeschool (1,064 students)

Approximately 8,000 students did not select an instructional model and will be assigned to Face to Face Learning. School staff will contact those families next week to confirm placement.

Families who wish to amend their choice may only do so with the approval of their student's principal. The number of students in each model is expected to change before the first day of school on Monday, August 31.

The results will be used to help determine the number of teachers needed for each model.✱

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Jivan Khakee

photos provided

Students Studying Decomposition Of Seagrass

The Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab is hosting two students this summer who are gaining field and lab research experience as they study how seagrass responds to low oxygen conditions in an experiment that began on July 15.

Jivan Khakee is a junior at University of California Santa Barbara. He is carrying out the research in the field and



As part of the study, mesh bags with shoots of seagrass were deployed in the field

lab on Sanibel after a 14-day self-quarantine. Willow Vince is participating virtually from New York through weekly video conferences. Vince is helping remotely to design the project through the review and study of existing research. She has written an annotated bibliography and is keeping all files and notes together in a shared drive in the cloud.

Led by the scientists at the lab to design and carry out a research project, these two students are working together on a project to study seagrass decomposition rates under low and high oxygen conditions.

"Low oxygen conditions in estuaries

and coastal areas can lead to fish kills and loss of habitat," said SCCF Marine Lab Director Eric Milbrandt, PhD. "Low oxygen conditions can occur because of an algae bloom or stratification of the water column."

The warm water temperatures typical in the summer further reduce the carrying capacity for oxygen in water.

"Low dissolved oxygen events have been increasing in coastal areas and estuaries worldwide and the effects of this on ecosystems are not well understood," said Milbrandt. "The goal of this project is to better understand the energy transfer from seagrass shoots to the food web by measuring the decomposition rates of seagrass in low and high oxygen conditions."

For the experiment, mesh bags were sewn together with fishing line and a shoot of seagrass (10 to 14g) was placed in each bag. The three treatments are low oxygen conditions, high oxygen conditions and a lab control.

The experiment will run for eight weeks and each week, three decomposition bags will be randomly removed from each treatment and the seagrass weighed, dried and re-weighed. The hypothesis is that low oxygen conditions decrease the decomposition rate and therefore slow the transfer of energy from seagrass to the food web.

Mesh bags were deployed in the field on July 15. At the end of the summer, the research will be summarized into a short 15-minute talk that the students can share with their peers when they return to classes.✱

Protect Children From Outdoor Electrical Hazards

COVID-19 has forced the world to limit outings and stay at home. Many people are embracing the outdoors as a means of getting sunshine, exercise and shaking off cabin fever. No one loves the outdoors and summertime like children. As they explore the outdoors, it is imperative for parents to remind children of the following outdoor electric safety rules:

Keep an eye out for overhead power lines and electrical equipment, and never climb on or play near either.

Avoid climbing trees near power lines. Even if a tree doesn't seem to be touching a power line but is near one, that branch could make contact if more weight is added to a branch.

Only fly kites and remote-controlled airplanes in large open areas far away from power lines. If your kite gets stuck in a tree near power lines, call your electric utility for help. If you are an Lee County Electric Cooperative (LCEC) customer, call 656-2300. And never fly a kite when a thunderstorm is looming.

Never climb a utility pole or tower. Electricity is carried through utility poles and towers, and has the potential to kill. Steer clear of electric substations which house dangerous, high-voltage equipment. If a pet or toy makes it inside of a substation, call your utility provider immediately.✱

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Call To Artists For Fall Juried Show At BIG ARTS

BIG ARTS invites artists to submit their work for its first-ever juried exhibition in the new Dunham Family Gallery. The show, entitled Create, Inspire, Connect, mirrors the BIG ARTS 2021 season theme to celebrate the vital role the arts play in reflecting shared humanity and the healing power of community and creativity.

The juried show, scheduled for October, is an open-theme exhibition for artists working in painting, photography, drawing, sculpture, fiber, printmaking and other mediums. Artwork in this exhibition will be judged according to presentation, artistic merit, originality and its interpretation of the theme of the BIG ARTS season and exhibit. Works submitted will be juried and awarded by members of the BIG ARTS Visual Arts Committee: Diane Olsson, Deborah Butler, Bunny Ospa, Bea Pappas, Kathy Taylor, Annie Wainwright, Peter Zell; and BIG ARTS Programs and Gallery Manager Lauren Huff.

Artwork for the show can be submitted digitally by September 6 through the BIG ARTS website at www.bigarts.org. The fee to submit is \$25 for members, \$30 for non-members and \$15 for students. All artists will be



Mystique by Nancy Cockerham

image provided

notified by email by September 11. To view the full prospectus, visit the Fine Arts section of the website

BIG ARTS was established in 1979 as a nonprofit organization devoted to providing quality artistic, cultural and educational experiences to Sanibel and Captiva residents and visitors. For more information on the upcoming season, visit www.bigarts.org or follow on Facebook.

The newly renovated BIG ARTS campus is located at 900 Dunlop Road on Sanibel. It is currently closed due to health and safety issues.*

From page 1

Shark Conservation

shark. With records going back to the late 1800s, only eight incidents with sharks have ever been recorded on Sanibel and only five of those required medical attention. Rather than preying upon humans, the sharks were typically stepped upon or bumped into accidentally. And, no incidents with sharks have been documented on Captiva.

While growing up, Shark Week was my favorite time of the year. I was able to see my favorite animals up close, leaping from the water or from the vantage point of an explorer in a submersible. For a kid who loved sharks, there really was nothing better. But, as I became a conservationist, as my lens began to change, I started to notice problems with Shark Week. I am a realist and acknowledge that the viewership would bottom out if the program's entire messaging were geared toward conservation; I do think, however, that it is important to recognize that Shark Week can be as dangerous as it is useful.

During Shark Week, even children in landlocked Oklahoma get to see a Caribbean reef shark, to think about a whale shark, and to develop a sense of wonder about our oceans. This kind of close-up exposure is undoubtedly useful for protecting these vulnerable animals. But Shark Week also perpetuates the myth that sharks are only mindless destroyers: shredding seals, exploding violently out of the water, and attacking foam boards just to test their bite strength. The list of incredible superlatives includes: biggest, meanest, most dangerous and highest levels of testosterone.

In reality, sharks are among the wild animals being destroyed the fastest by humans – many species are being quickly driven towards extinction. And so, the promotion of the idea that we should marvel at their toughness and prowess at the top of the food web only feeds into the idea that sharks radiate masculinity, and we then attain even greater bravado when we conquer these “beasts.”

So, when Shark Week launches this Sunday, August 9, I urge you to watch with a critical eye this year. Do not just accept Mike Tyson's contrived competition with a shark, or how sharks are killing machines, conquests, or anything other than integral components in the complex webs of life in the oceans. Please don't buy into the myth that sharks are invincibly strong and not at all in need of our help.

To honor the need to compassionately advocate for sharks, we've launched a Shark Conservation campaign at www.sccf.org to coincide with Shark Week. There, you can learn about our local species of sharks and read actual documentation of the rarity of shark incidents on our islands to dispel your fear. Most importantly, you can learn how our local sharks, most of which are apex predators, are critical to keeping our coastal ecosystem in balance. A decline in shark populations can cause cascading effects down through the food web, and can greatly destabilize other local fish populations.

Increasingly, our islands are becoming known as prime shark fishing destinations. Yet, we must be cautious with how we fish

for these fragile animals that are critical to the health of our oceans. The type of performance shark fishing and tagging through wrangling that is celebrated on Shark Week perpetuates the belief that sharks are beasts to conquer and encourages a type of bluewash, suggesting that there is nobility in the mishandling of endangered species. The goal of science is not to justify recreation. Science is not catching 10 sharks in one evening with viewers looking on in fascination. Another goal of our Shark Conservation campaign is to encourage best fishing practices, both from shore and from a vessel.

Most fishermen and women do practice more humane versions of shark fishing, those who follow regulations and handle and release sharks appropriately. But, some species of sharks are incredibly susceptible to death after even the most “ethical” catch-and-release. The globally critically endangered great hammerhead, which we have in Florida, is among the most likely to die in catch-and-release situations (52 percent mortality rate in a commercial harvest study). Some species are more resilient than others, but no matter how you cut it, sharks are dying in this process.

One thing's for certain: sharks should never be on the beach. Any angler doing this is willingly endangering sharks. In order to increase the chances of survival, sharks must always remain in the water – don't forget that sharks lack supportive ribcages, so when they are on the beach they're resting on their vital organs. The State of Florida prohibits the delay in the release of a protected species of shark, even stopping to take a picture is a violation as it increases the time it takes to release the animal. Chumming from shore is prohibited in Florida, and should you wish to responsibly shark fish from a beach or pier, you must have a license to do so. Please visit our Shark Conservation campaign at www.sccf.org for a full list of Florida's shark fishing requirements, including a mandatory course you must take before you can legally fish for sharks.

Today, sharks need our help to survive. We need sharks to maintain healthy oceans – oceans that sustain vast ecosystems that ultimately feed billions of humans. I encourage you to be a shark champion by advocating for shark conservation on our beaches, docks, boats, or in Tallahassee or Washington. Florida has robust shark conservation regulations that cannot be policed by the FWC (Florida Fish and Wildlife Conservation Commission) alone – we all are responsible to ensure that anglers, divers and anyone interacting with sharks abide by these regulations. Sharks are really just going about their lives in an ocean full of terrors for them: pollution, longlines, habitat loss, and on top of that, our apathy. Humans kill between 63 million to 273 million sharks per year. Largely for their fins, and yes, Florida sharks are part of that global commercial market.

Sharks are worthy of our wonder, respect, and now more than ever, our mercy. Real sportsmen and women understand that respecting the ocean is a way to ensure continued resources for the future. In a time of deafening discord, I think most of us agree that healthy oceans, with healthy sharks, are good for all of us. Be a shark champion.*



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Red Ember F1 cayenne pepper is an All-America Selections (AAS) winner. Judges described this early maturing pepper as spicy, but tastier than traditional cayenne pepper varieties. photo courtesy All-America Selections

Debunking Hot Pepper Myths

by Melinda Myers

Enjoy the spicy heat hot peppers add to your meals without concern for the many myths surrounding these garden vegetables. Here are a few you may have heard but are not true.

Growing both hot and sweet peppers in the garden will not add spicy heat to the sweet varieties. Peppers are normally self-pollinated. If an insect happens to move the pollen from a hot to sweet pepper, it will not affect the flavor or heat of this year's harvest. If you save the seeds from a cross-pollinated pepper for next year's garden, there is no guarantee on the results. The offspring from this cross may be hot or sweet, only time will tell.

Label hot peppers when growing, harvesting and storing to avoid any mix-ups. The sweet banana pepper, for example, can easily be confused with hot banana. This makes for an unwelcome surprise when preparing, serving and eating.

Consider wearing rubber gloves and avoid touching your face and eyes when working with hot peppers as they can burn. Wash your hands, utensils and cutting boards when finished to avoid any future issues.

Never assume all green peppers are sweet or you will be in for a surprise. Jalapenos are typically harvested when green and others like habanero and Anaheim are hot, whether harvested when green or red. You will also find that hot peppers can be yellow, orange, brown and, of course, red.

You can turn down the heat when preparing your favorite recipes. Contrary to popular belief, all the heat in hot peppers does not come from the seeds. While partially true, the majority of the capsaicin that gives hot peppers their heat is in the white membrane that houses the seeds. When the seeds are growing, they may also be coated with extra capsaicin. Remove the white membrane and the seeds, just to be safe, if you want to turn down the heat.

The spicy heat of hot peppers is measured in Scoville Heat Units. The ratings are based on the amount of sugar water needed to neutralize the spicy heat in the extracted capsaicin that has been diluted in alcohol. A panel of five taste testers decides when the spicy heat has been neutralized and then assigns the rating. Today, many companies use a chemical process (liquid chromatography) but translate their results into the popular Scoville Heat Units.

The Scoville Heat Unit rankings vary from one type of hot pepper to another with Poblano-Ancho rating between 1,000 to 2,000, jalapenos 2,500 to 6,000, habaneros at 100,000 to 300,000 and one of the hottest, the ghost pepper, at 1,000,000 to 2,200,000 Scoville Heat Units. Ratings may also vary from individual plants within a specific type based on individual plant differences and the growing conditions.

Finally, do not worry if you had a bad day when planting your hot peppers. Contrary to some old adages, planting hot peppers when angry will not make the peppers hotter, but unknowingly taking a bite of a hot pepper may very well change your mood.

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

Local Named To Dean's List

Matthew C. Kirchner of Sanibel has been named the Dean's List for the spring semester at Baylor University. Kirchner is studying at the Hankamer School of Business at Baylor University. Students honored on the Dean's List are Baylor undergraduates with a minimum semester grade-point average of 3.7.✽

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1 avocado, diced
1 papaya (ripe), diced
2 Key limes, juiced
2 tablespoons Orange blossom honey

Combine all fruit in a large bowl. Mix the Key lime juice, orange juice from membrane, and honey together until smooth, the pour over the fruit. Gently fold all the ingredients together. Store in refrigerator until ready to serve.✱



Tropical Fruit Salad

photo courtesy Fresh From Florida

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Clyde and Niki Butcher will talk about the Everglades following the 2020 publication of Clyde's latest photographic release and as a sneak peek to Niki's refuge exhibition starting in November photo provided

Refuge Lecture Series Moving To New Venue

The upcoming season's "Ding" Darling Friday Lecture Series will evolve with the times and persisting distance protocols by moving to the larger venue of The Community House, located at 2173 Periwinkle Way on Sanibel. The free lectures will occur on five select days throughout the season with one 10 a.m. lecture per day.

The 17th annual "Ding" Darling Friday Lecture Series, which runs January 29 through March 19, features photographers Clyde and Niki Butcher, *Feather Thief* author Kirk W. Johnson, and eminent authorities on water conservation, eagles, owls and woodpeckers.

"The uncertainties of COVID-19 challenged us to experiment with a new lecture series format so we could accommodate high-quality lecturers but still abide by new distancing guidelines," said Ann-Marie Wildman, "Ding" Darling's Nature Store manager and lecture series organizer. "We would be very limited on how many we could seat at our usual venue in the "Ding" Darling Visitor & Education Center auditorium, but The Community House gives us more latitude. So we've decided on fewer lectures with topnotch speakers."

The season's complete schedule follows. Book signings follow all starred (*) lectures; books will be available for purchase that day. Visit www.dingdarlingsociety.org/articles/lecture-and-film-series for more information on lecturers.

Seating is limited and available on a first-come basis. About 200 seats will be available. Face masks will be required. DDWS will be filming most lectures and broadcasting them on Facebook Live at www.facebook.com/dingdarling.

DDWS is seeking sponsors for four of the following lectures. Contact April Boehnen at 472-1100 ext. 4 or Birgie Miller at 472-1100 ext. 232 for more information.

Note: Opinions expressed in guest lectures do not necessarily reflect the views of refuge and DDWS management, staff and board of directors.

Friday, January 29 – Ocean Doctor David E. Guggenheim, Water Conservation, sponsor needed

*Thursday, February 4 – Photographers Clyde and Niki Butcher, *The Everglades*, sponsored by Wayne and Linda Boyd

*Friday, February 19 – Author Jack Davis, *Eagles*, sponsor needed

*Friday, March 12 – Author Paul Bannick, *Owls and Woodpeckers*, sponsor needed

*Friday, March 19 – Author Kirk W. Johnson, *Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century*, sponsor needed.✱

Top 10 Books On The Island

1. *Trouble in Paradise* by Jennifer Schiff
 2. *The High Tide Club* by Mary Alice Monroe
 3. *Too Much and Never Enough* by Mary L. Trump
 4. *Lady Clementine* by Marie Benedict
 5. *Florence Adler Swims Forever* by Rachel Beanland
 6. *A Burning* by Megha Majumdar
 7. *The Turn of the Key* by Ruth Ware
 8. *The Book of Lost Names* by Kristin Harmel
 9. *Auntie Poldi and the Handsome Antonio* by Mario Giordano
 10. *Begin Again* by Eddie S. Glaude, Jr.
- Courtesy MacIntosh Books and Paper.✱



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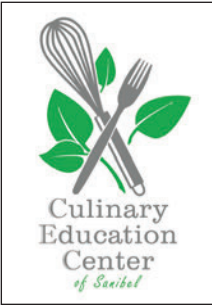


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The Community House

The Cocoplum



by Resident Chef Jarred Harris

The cocoplum, aka the paradise plum or Icaco, is one of the most commonly used shrubs in the Florida landscaping world. The shrub is native to South Florida, Mexico, The West Indies and West Africa. It grows wild throughout the state and produces an edible fruit with smooth skin, creamy white flesh and a large seed. These shrubs produce fruit in three colors, white, red and purple, which is the most common.

Most people that have this shrub in their yard or have seen it in parking lots or along the roadside do not know that the fruit is edible. Not only is the fruit edible and good for you, but the shrub itself is an important part of “edible landscaping.”

Edible landscaping is the practical integration of food plants with ornamental plants in a garden setting. Most edible plants are beautiful and

can provide you with delicious, organic produce.

The cocoplum has been used as medicine for many years. The leaves and bark of the cocoplum shrub can be made into tea, used to treat kidney infections, upset stomach and even diabetes. Cocoplums contain calcium, iron, fiber and vitamins A, C and K. The seed pod contains a kernel that when dried, taste like granola. The kernel contains powerful antioxidants, phytonutrients and chlorogenic acids.

I use this fruit for many different applications. Cooking the plums and making a fruit glaze is my favorite application because the glaze can be canned, used in desserts as well as a beautiful sauce for fish and wild game.

Here is a simple recipe to try:

Cocoplum Glaze
Ingredients
1 qt. whole ripe cocoplums (rinsed)
16 ozs. orange juice
Zest of 1 lemon
½ cup honey
¼ tsp. cinnamon
Method

Place the cocoplums and orange juice in a medium saucepan and simmer for 25 minutes.

Strain the cocoplums into separate saucepan. Use a rubber spatula to separate the seeds from the skins, while squeezing as much pulp as possible from the skins.

Discard the plum skins and place the seeds on a paper towel to dry.

Add the remaining ingredients to the cocoplum mixture and simmer over

low heat, stirring constantly to prevent burning.

Simmer until the liquid is reduced by half (about 5 minutes).

Remove from heat and glaze is ready to use.

The seeds are ready to be cracked open to reveal a delicious kernel.

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

Fish Caught



Jacob Velge assists his grandfather, Steve Rigby, with one of the tarpon photo provided

Steve Rigby from Plant City, Florida caught and released three tarpon from the beach while staying at Junonia of Sanibel on West Gulf Drive. He said, “It’s a feat to even hook a tarpon on the beach, let alone land one.” Rigby vacations here every July.✪

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Blake and Emily Walsh choose books for their home library with help from Deanna Evans
photos provided

Library Has Craft Kits To Go, Book Sale Continues

Sanibel Public Library's Fill-A-Bag for A Dollar book sale will continue until inventory is depleted. The books will be restocked daily, and can be found in the puzzle area as well as main entrance areas.

Sanibel Public Youth Services Librarian Deanna Evans invites families with children to stop by to pick up a craft-to-go kit (quantities limited). Look for the white bags on "Miss Deanna's" desk. Children who participated in the summer reading program are asked to come in and choose all "earned" books by Saturday, August 8.

Stop by the Sanibel Public Library's main entrance lobby for voter registration forms and applications for mail-in ballots in English and in Spanish.



From left, Loretta, Leona and Lucia Oliver with their craft kits

Use the Selfie Station in the lobby to take a photo posing with your family. You can email the photos to yourself or to friends up north.

Patrons can use a library computer to complete the 2020 census. No library card required to use computers. If you need help, ask staff for assistance.

Patrons have access to the full collection of books, DVDs and newspapers, as well as high speed WiFi and public use computers. The popular

contactless curbside service continues, with 40 to 50 bags going out to patrons each weekday. A handout with staff book reviews can be found in the bag. Call or go online to place a hold and you will be notified when your items are ready for pickup. At this time, there will be no overdue fines assessed.

Precautions are in place to help protect staff and patrons from COVID-19. Safety and sanitation procedures consistent with
continued on page 30

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Book Review

Fair Warning



by Di Saggau
Michael Connelly's latest book, *Fair Warning*, deals with Jack McEvoy, the veteran crime reporter who was in earlier books, *The Scarecrow* and *The Poet*. Now he's working for

a watchdog website called FairWarning where he uncovers scam artists and consumer fraud. Often their stories are picked up by newspapers such as the *Washington Post* and the *LA Times* and even NBC News. The police show up one day to question him about a woman whose neck was broken in what's called atlanto occipital dislocation. The death appears suspicious and McEvoy is considered a suspect because he had a one-night stand with her awhile back.

McEvoy gets involved with solving the case, realizing that he might be facing a criminal mind unlike any he's ever encountered. The police and his editor try to warn him off the case, but when he makes a shocking discovery that involves the crime with other mysterious deaths across the country, McEvoy digs deeper into finding the killer. All the deaths are staged to look like accidents and what links the women together is that they had all signed up for a DNA site, GT23. The firm only charges users a \$23 fee but

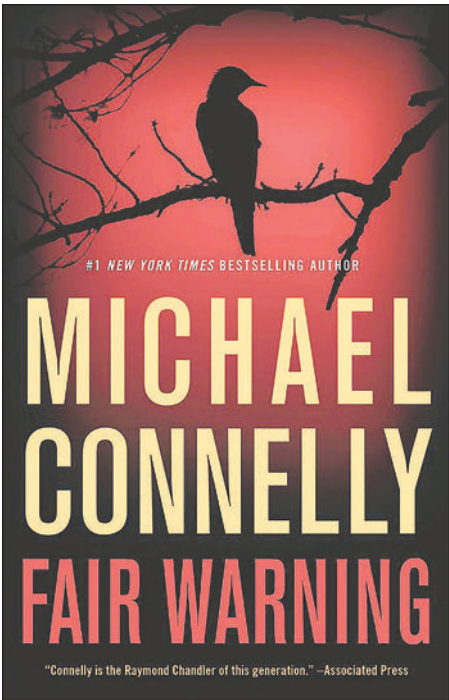


image provided

they sometimes resell the information. It's supposed to be anonymous but it isn't.

A vicious killer called the Shrike has been hunting women, using genetic data to select and stalk his victims. The Shrike takes his online name from a bird that silently stalks its prey and attacks from behind, gripping its victim in its beak and viciously breaking its neck.

McEvoy's special friend, former FBI agent Rachel Walling, joins the hunt. She was fired shortly before being vested for leaking confidential information

to McEvoy and now runs her own background investigation company. The two make a great team as they investigate the billion-dollar world of DNA testing, and involvement of the Federal Trade Commission and the Federal Drug

Administration. When McEvoy finds out that genetic testing was a self-regulating industry with very few government eyes on it, he has a big news story. It all makes for another unputdownable mystery by one of the great crime fiction writers.*

School Smart



by Shelley M. Gregg, NCSP
Dear Readers,
As summer vacation time extends further this year, it's even more important to help your child retain what they have learned in their

previous school year. For most children it is important to practice their math skills, and helping your child become a mathematical thinker is an important way to support your child's classroom learning. Here are some quick and easy ways to work math into your summer routine and help your child develop number sense from the digital site, GreatSchools Staff, at www.greatschools.org/gk/articles/build-math-skills.

Increase your child's awareness of numbers by looking around the house to find examples: the kitchen clock, the calendar, a cereal box, a TV dial, a stamp or inside her shoe. Have her write down the numbers she sees, or give her a number and ask her to look around the house for examples of the number. Boost your older child's awareness of how numbers are used by pointing out the movie times, weather forecasts and sports statistics in your daily newspaper.

Estimation is one way to increase a child's number sense. Before you put a stack of folded towels on a shelf or fill a bowl with peaches, ask your child to estimate how many will fit. Then count afterward to compare the actual number to the estimate. Helping your child learn to make appropriate predictions will help her see how numbers are used in everyday life. Learning to ask, "Is my answer reasonable?" will help her as she tackles math problems in the classroom.

Understanding the concept of 100 is difficult for young children, even if they can count that far. Suggest that your child start making collections of 100 things – rubber bands, watermelon seeds, pebbles or buttons. You can divide the objects in groups of 10 or 2 or 5 to see how these smaller groups add up to 100 in different ways. Seeing 100 will help her conceptualize it.

Help your child recognize numbers and think critically by appealing to his love of mystery. Write out all the letters in the alphabet on a sheet of paper, leaving room underneath each letter for a number. Under each letter, write the numbers from 1 to 26. In other words, a=1, b=2, etc. Practice writing coded messages using numbers rather than letters. You can use the code to leave simple messages from one another.

Many families record the height of their child on a door or wall chart. If you do the same for everyone in the family, your child can join in the measuring and see

how the heights compare. Measurement and understanding relationships between numbers are crucial to the development of mathematical thinking.

The supermarket is an ideal place to use math skills, particularly for older children. Point out that yogurt is \$2.59 a six-pack. Ask how much it would cost to buy 3? Your child can round up to \$2.60 or \$3.00 and figure this out. Talk about how he arrived at that number and point out how the estimate differs from the true cost. Or get the latest advertisement announcing sales from the grocery store. Have her look at the specials on fruit and determine how to spend \$10. Supply her with paper and pencil, and maybe a calculator, as well, so she can practice using calculators the way adults use them every day.

The kitchen is a great place to practice math, as long as there's an adult home to supervise. How many tomatoes will you need to double the recipe for sauce? If you put 10 slices of mushroom on the pizza, ask your child to put twice as many olive slices. How many is that? If there are three people in your family and 15 strawberries to divide equally among them, how many strawberries will each person get?

You don't have to leave home for this game, although it's ideal for vacations. Get out a map that indicates the distance in miles between cities. Measure the distance between Los Angeles and San Francisco, and between Phoenix and San Francisco. Which is greater? How does that compare to the distance between New York City and Chicago?

Give your child an assortment of quarters, dimes, nickels and pennies. Put a piece of fruit on the table and tell him it costs 45 cents. Tell him he needs to find five coin combinations that equal 45 cents. Change the item, raise the price and find five more. Keep a tally of all the ways to pay for each item.

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

From page 13

CROW Case

were able to be re-nested."

Meanwhile, the outdoor buddies continue to bond.

"They are acclimating very well to our outdoor enclosures," said Frankel. "They will likely be in care for another week or two before we consider them for release."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.*



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Girl Scouts is offering a Make New Friends virtual event series

photos provided

New Badges, Virtual Programs For Girl Scouts

Girl Scouts of Gulfcoast Florida and Girl Scouts of the USA have announced 24 new badges designed to help girls practice leadership in the areas of automotive engineering, STEM career exploration, entrepreneurship and civics.

The new Girl Scout badges include automotive engineering (kindergarten through fifth grade), in which girls

learn about designing, engineering and manufacturing vehicles, as well as the future of mobility; civics (kindergarten through 12th grade), which offers an in-depth understanding of how local, state and federal government works while preparing girls to be voters, activists and political leaders; entrepreneurship (kindergarten through 12th grade), in which girls develop an entrepreneurial mindset as they engage in age-appropriate exercises that help them create and pitch a product or service that solves a problem; and STEM career exploration (second through eighth grades), where girls explore their career



Girl Scouts have 24 new badges for leadership

interests and connect with STEM fields – particularly computer science, nature/environmental science, engineering, design, health and agriculture.

With these new badge experiences in STEM, entrepreneurship and civics, the organization is working to build the transformational female leaders of today and the future, showing girls the power they have to change the world.

"In a year of unprecedented global change, our country's need for strong, broad-minded and decisive leadership has never been greater," said Girl Scouts of Gulfcoast Florida CEO Mary Anne Servian. "Through our new and existing

programming, Girl Scouts equips the next generation of female change-makers with the breadth of knowledge, skills and experiences they need to take charge and do good for the world, both now and in the future."

To celebrate the new program offerings, Girl Scouts of Gulfcoast Florida is offering a free virtual Mystery Badge Program on Thursday, August 13 at 6 p.m. The program is open to all girls who will be entering second through fifth grade in the fall. During the online event, participants will complete all of the requirements to earn one of the new

continued on page 24

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Python Removals In Everglades Reach 5,000

The Florida Fish and Wildlife Conservation Commission (FWC) and the South Florida Water Management District (SFWMD), working together under the direction of Gov. Ron DeSantis, removed 5,000 invasive Burmese pythons from South Florida's Everglades ecosystem.

"We've learned through the Python Challenge that experience counts when finding and removing Burmese pythons," said FWC Commissioner Rodney Barreto. "We can't win the battle alone. It's one team, one mission. We need the support of these experienced python hunters as well as the partnership with the South Florida Water Management District and the ongoing support of Governor Ron DeSantis."

"Another win for the Everglades. This is what agencies like the South Florida Water Management District and the FWC, focused and working together, can accomplish," said SFWMD Governing Board Member "Alligator Ron" Bergeron. "Every snake counts. Each invasive python eliminated represents hundreds of native Florida wildlife saved. With Governor DeSantis' continued leadership, Florida is doing more than it ever has to remove pythons from the Everglades and protect this ecosystem for generations to come."



Another large Burmese python removed

photo provided

The public can help control nonnative invasive wildlife by reporting sightings to the FWC's Exotic Species Hotline at 888-483-4681, online at www.IveGot1.org or by using the free smartphone app IVEGOT1. If possible, take a picture and note the exact location of the sighting. Python Action Team and Python Elimination Program members respond to reports of large constrictors and other priority species to remove these harmful invaders from the wild.

Burmese pythons became established

in Florida as a result of escaped or released pets. It is illegal to release nonnative species into the wild that can negatively impact Florida's native wildlife and habitat. The FWC's Exotic Pet Amnesty Program allows pet owners to surrender nonnative or exotic pets without penalty. Visit www.myfwc.com/petamnesty for more information.

To learn more about the FWC's Python Action Team and the SFWMD's Python Elimination Program, visit www.myfwc.com/python and www.sfwmd.gov/python.

Girl Scouts

badges, to be announced at the start of the program. Registration information is available at www.gsgcf.org.

A free Make New Friends virtual event series will help ensure that all girls are prepared to start kindergarten with confidence. The sessions will be held Tuesday through Thursday, August 11 to 14 from noon to 12:30 p.m., and August 25 to 28 from 4 to 4:30 p.m.

The free, four-part virtual series provides opportunities for girls to strengthen four competencies as they enter kindergarten. Girls will connect with the same new friends each day, as well as Girl Scouts staff and volunteers who lead fun, interactive sessions focused on language and literacy, cognition, approaches to learning, and social and emotional learning.

Girl Scouts has made free self-guided activities from select new and existing programming available digitally to the public through Girl Scouts at Home, keeping families engaged and connected to their communities. Girls can further engage with the badges and topics through online videos, activities or live virtual events. In addition, the local council continues to offer virtual programming throughout the COVID-19 pandemic.

Program scholarships are available based on financial need. For more information, visit www.gsgcf.org or call 1-800-232-4475.

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Summer II by Kristin Herzog photos provided

New Art In Flight Exhibit On Display At Airport

For the last 15 years, the Alliance for the Arts and the Lee County Port Authority have partnered on a project called Art In Flight, which brings art to the public spaces and the millions of travelers at Southwest Florida International Airport.

The current exhibit, Pop of Color, features a diverse collection of 29 works or art that use line, shape, texture and color to amaze the senses. With a varied collection of styles and media, artists on display demonstrate the wide possibilities of abstract art from clean and crisp edges to wild and energetic strokes of paint. Various materials and textures are



Pop of Color exhibit at Southwest Florida International Airport

explored as well with everything from found objects to sculptural, low relief mixed media. Pop of Color will exhibit now until May 2021.

"We are thankful for this continued partnership with the Southwest Florida International Airport to present the Art in Flight exhibit," said Alliance Gallery Director Ehren Gerhard. "Each year, millions of travelers are welcomed to Southwest Florida. The Alliance for the Arts is honored to share the beautiful work of our local artists and celebrate the unique creativity of our region."

Artists on display in Concourse B: Stacey Brown, Deborah Butler, Betsy

Djamoos, Anne Friedman, Janet George, Julie Griffin, Marilyn Hedlund, Karri Leamon, Bruce MacKechnie, Leila Mesdaghi, Roy Rodriguez, Caitlin Rosolen-DeJesus, Alyssa Stoff and Ronnie Walter.

Artists on display in Concourse D: Brooke Anderson, Katherine Boren,



Brenda's Here by Ronnie Walter

Annette Brown, Maria Collier, Paula Eckerty, Cheryl Fausel, Kate Ferriter, Kristin Herzog, Carol Imes-Luscombe, Nick Masiello, Caren Pearson, Alicia Schmidt, Grayson Stoff, Jennifer Unwin and Barbara Yeomans.

For more information, visit www.artinlee.org or call 939-2787.*



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Superior Interiors

How To Style Open Shelving



by Jeanie Tinch

Shelves can be a very tricky aspect when it comes to home design and decor. Using them strictly for storage can be convenient, but it can also be unappealing when they're out in the open for guests to

see. Incorporating the right amount of accessories and personal style into the bookcases, floating shelves, etagere and other shelving systems in your home can help you accentuate the space and make your rooms feel more comfortable and put together.

As with any other redecorating task, it's always important to start with a fresh, clean slate, free of clutter. Dedicate time to donating items that you don't use anymore and throw away the mess that's merely taking up space. Once you have empty shelves, you can get serious about how you want them to look and what accessories will look best.

Instead of throwing random objects and accessories on your shelves, designate a theme around the rest of the room. For instance, if your bedroom emphasizes white, you may choose black objects to place on the shelves for a monochromatic

look. Once you choose a theme, you can have fun with colors and accessories like vases and artwork. You may even consider completely redecorating a room based on the theme you want to use for your shelves – don't be afraid to let this piece of decor transform your living space.

Most people use shelves for books, and with good reason. But styling your shelves doesn't mean you have to eliminate them from the space. Instead, take advantage of them. Stack novels, magazines, cookbooks and other reading material horizontally or vertically to add dimension to the shelves. You can even place objects on top of stacked books to give them additional purpose.

Once the books are in place, have fun with the accessories. Plants and candles make gorgeous traditional options for most shelves, but you can also place vases, artwork, photos, paperweights and other trinkets that flow with the overall theme of the room. Don't be afraid to branch out and place a variety of accessories among the shelving that you normally wouldn't think to put on display, such as your own personal photography or vintage trinkets you've held on to for years.

When it comes to decorating shelves, less is more. Just because you have the room to place objects, doesn't necessarily mean you have to. Empty space on shelves is just as important as the used area. In this scenario, it's all about balance. Use a variety of sizes when it comes to picking accessories, but always make sure there's space for these objects to breathe.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindecaden.com.✴

The Sanibel Captiva Trust Company

Maximize Estate Benefits As Asset Values Fluctuate



by James McArthur, Family Office Services, Tampa

While it is always a good idea to periodically review one's estate plans, the passage of the Tax Cut and Jobs Act of

2017 (the "Act") provided increased opportunities for estate planning. Certain provisions in the Act, along with the reduced asset values in today's COVID-19 environment, may provide incentives for additional lifetime gifting.

The Act contains some of the most sweeping changes to the IRS Code in decades. It doubled the unified lifetime exemption for estate and gift taxes, raising the current amount to \$11.58 million per individual, \$23.16 million if married. The lifetime exemption is the amount that can be sheltered from federal estate and gift tax. Gifts that exceed these exemptions are taxed at a flat 40 percent rate. A critical part of this provision is that it sunsets, or reverts back, to the previous limits of \$5.49 million per individual (indexed for inflation) for any gifts made after December 31, 2025.

Timely transfers or gifts of stock before the exemption recedes are viable strategies to preserve wealth for successive generations. When stock or securities are gifted, the value is based on their current value. Given that current values are relatively low in today's market, more shares can be transferred tax free to your children. In addition, future appreciation will be protected from exposure to estate taxes.

Stock or interest in closely held entities may qualify for additional discounts for "lack of marketability" and "lack of control" if minority interests are gifted or transferred to children or grandchildren. These discounts can

typically create a 25 to 35 percent reduction from the sale value of a privately held company.

Whether using marketable securities or closely held stock, the primary strategy is to transfer appreciating assets, such as real estate and stocks, before they begin to appreciate. The result is there will never be any gift or estate tax on the appreciated value.

An extension of this strategy is to transfer assets to grandchildren and great grandchildren, eliminating the need for parents to worry about re-gifting wealth as tax laws change in the future. When considering gifting assets to multiple successive generations, consult an advisor as the generation skipping transfer tax (GSTT) will apply. Like gift and estate tax exemptions, the current GSTT exemption for 2020 is \$11.58 million and expected to revert to a significantly lower amount in 2025. The same strategy applies – transfer appreciating assets before they gain value and the exemptions expire.

How you structure your gifts to beneficiaries is important. Irrevocable trusts are often used to transfer assets out of an estate and to minimize taxes. As the grantor, you may make gifts to the trust instead of directly to the beneficiaries. You can also specify the amount and frequency of distributions.

Family limited liability companies (FLLC) can be used to gift assets to the next generation while parents are still living and want to maintain control of their interests in the FLLC. This vehicle is often used to transfer stock of closely held companies to family members while multiple generations are active in the business.

Regardless of the options chosen to transfer assets, this is an excellent time to start or continue the conversation on estate and business planning with your family and trusted advisors. We are available if you have questions or would like talk through options.

This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.✴

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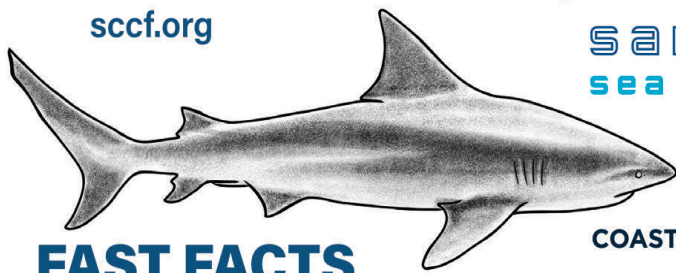
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FAST FACTS

MOST shark species are:

- slow-growing and take many years to reach maturity
- only able to give birth to relatively few young
- apex predators: at the top of the food chain
- threatened due to overfishing

ALL shark species are:

- ecologically important; a change to their numbers can greatly impact the stability of other local fish populations

For these reasons, shark populations are extremely vulnerable, and a loss of sharks can significantly change a coastal ecosystem.

Shark fishing from shore **REQUIRES:**

- completion of the Florida Fish & Wildlife (FWC) Shore-Based Shark Fishing Course
- obtaining a no-cost Shore-Based Shark Fishing Permit (FWC)
- awareness and consideration of other recreational activities in the immediate area (ex. swimmers, boaters)
- up-to-date knowledge of which shark species are prohibited
- the possession and use of a tool capable of quickly removing or cutting the leader or hook

ADVOCATING FOR SHARKS

**It is up to YOU to help advocate for sharks.
Be a shark defender!**

Educate friends and community members on best practices for safe catch & release.

These animals deserve our respect and stewardship.

If you see a shark in trouble, or that is being mishandled, please take action:

- Call the nonemergency Sanibel Police number and report your concern: **239-472-3111**
- Call the Florida Fish and Wildlife Conservation Commission (FWC) and report your concern: **888-404-3922**
- Document your concern with FWC online:
<https://public.myfwc.com/LE/WildlifeAlert>
- Take photos of the situation if you can safely do so

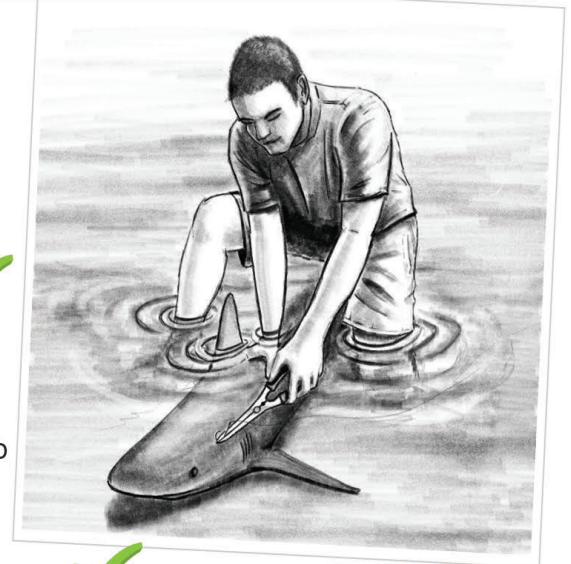
BEST FISHING PRACTICES for SAFE CATCH & RELEASE

Releasing sharks in a way that increases their chance of survival is an important step toward achieving and maintaining healthy, sustainable shark populations.

YES

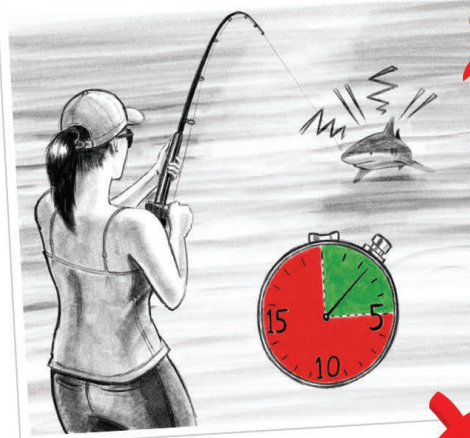


The State of Florida prohibits stainless steel hooks. **Use non-offset, carbon circle hooks.** Sharks are more likely to swallow and become guthooked by J-hooks. Any hook with two or more points and a common shaft is illegal.



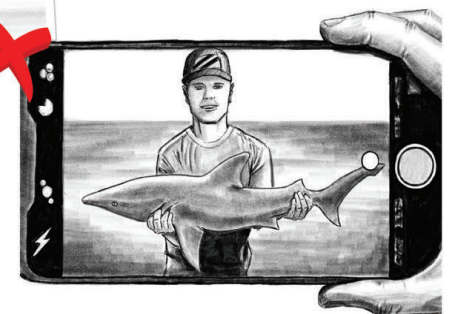
When removing hook, **keep shark submerged and firmly restrained.**

NO



Minimizing fighting time is critical. Fighting a shark to exhaustion drastically increases the likelihood that it will die (often shortly after being released).

Sharks do not have rigid skeletons and **should not be removed from the water once caught.** Doing so increases the force of gravity on sensitive internal organs, causing possible fatal damage. Prohibited species must always remain in the water; this includes when removing the hook and releasing the shark.



Never pull a shark by the tail or pick it up by the gill slits.

Chumming is prohibited when fishing from shore.

Visit **sccf.org** for more information

Illustrations and design by Paul Harmon

Rotary Happenings

submitted by Cindy Carter

This week at our Zoom Rotary meeting, we were introduced to Ralph Santillo, founder and president of Invest in America's Veterans Foundation (IAVF). Santillo also founded the nonprofit Southwest Florida Military Museum & Library (SWFMM&L) in 2010 as part of Invest in America's Veterans Foundation.



The mission is to preserve and display the extensive collection of priceless memorabilia and artifacts donated by veterans and their families to be shared with the general public. This is the largest military museum in Southwest Florida, with over 25 major exhibits starting with the Revolutionary War to current conflicts.

The foundation strives to continue to educate our younger generation about the sacrifices that have been made by the previous generations of military personnel from all wars and branches of service. The museum offers tours for schools and other organizations, accompanied by veterans, who explain the history of what is on display.

Santillo is grateful and determined to be of service to all veterans and has been able to assist thousands of veterans and their families in finding careers, furthering their education, locating affordable housing, searching out professional counseling for their specific needs, and helping veterans of all ages to help themselves and their families.

The organization offers a Round-Table Connection for veterans to gather at the museum. Veterans are offered a free lunch as they share their experiences with the younger veterans. It provides a safe place, allowing veterans' associations a place to help those in need. It all started as Veterans Helping Veterans, and grew from people bringing in and sharing all their



Ralph Santillo photo provided military "stuff."

Santillo is the recipient of Paul Harris 2012 Fellow award, which is the highest award bestowed upon a non-Rotarian from a Cape Coral Rotary club.

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

Purchase Of Conservation Lands Approved

The Lee Board of County Commissioners recently approved the purchase of two parcels totaling 216 acres for the Conservation 20/20 Land Acquisition Program.

The parcels, one in eastern Lee County and one in Pine Island, are contiguous to existing preserves. The parcels are:

- 1) Roughly 201 acres contiguous to Imperial Marsh Preserve-Galloway Tract. The land is about a mile south of State Road 82 and about three miles west of the eastern county line. The parcel consists of

a diverse mix of upland and wetland native plant communities, including flatwoods dominated by south Florida slash pine, live oak hammock, mesic hardwood hammock dominated by laurel oaks, cypress forest and some fresh water marshes.

The site has wading birds in the fresh water marshes including mature and immature wood storks, sandhill cranes, glossy ibis, white ibis, snowy egrets, little blue heron, tricolored heron and great blue heron. The purchase price is \$1.3 million.

- 2) Approximately 15 acres of land on Pine Island contiguous to the Pine Island Flatwoods Preserve, as well as Calusa Land Trust's conservation land. The parcel consists of native pine flatwoods and

mangrove forest. The purchase price is \$52,500.

The Conservation Land Acquisition and Stewardship Advisory Committee (CLASAC) in July approved forwarding both of these purchases by unanimous vote.

Conservation 20/20, which has preserved 30,225 acres since its inception, is Lee County's environmental acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www.conservation2020.org.✱

'Ding' Darling Day Postponed To December 1

Refuge staff recently announced that the new date for the 32nd annual "Ding" Darling Day at JN "Ding" Darling National Wildlife Refuge on Sanibel will be held on Tuesday, December 1, in conjunction with its 75th anniversary celebration. Originally set for Sunday, October 18, the event has been postponed due to safety concerns from COVID-19 spread.

"We had been planning on an extra special 'Ding' Day this year, so when leadership asked us to rethink, redesign and postpone our on-site events, we changed it to coincide with the date of our 75th," said Supervisory Refuge Ranger Toni Westland, who heads the "Ding" Darling Day committee.

Details of how this year's "Ding" Day will look are still in the planning stage as the committee adapts to the changing situation. It tentatively will include a refuge dedication with officials from the U.S. Fish & Wildlife Service and other dignitaries in attendance. Social distancing and other safety precautions will be required at the outdoor event. Admission to Wildlife Drive will be free to all that day.

The U.S. Fish & Wildlife Service, "Ding" Darling Wildlife Society-Friends



Refuge staff envisions that most of this year's "Ding" Darling Day activities will take place outdoors along Wildlife Drive and Indigo Trail photo provided

of the Refuge (DDWS) and Tarpon Bay Explorers co-sponsor "Ding" Darling Day with support from the local community and businesses.

Visit www.dingdarlingdays.com for updates on events, information on sponsoring "Ding" Darling Day, or to sign up for email update bulletins. Contact April Boehnen at 472-1100 ext. 4 or aprilb@dingdarlingsociety.org to become a sponsor.✱

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RICK ZURBRIGGEN
Private Wealth Manager

Florida's Aquifers

submitted by Sam Lucas,
Coastal Watch

Our freshwater originates from two sources: groundwater and surface water. Both sources are recharged with rainfall. The majority, about 90 percent, of water used in Florida comes from groundwater sources called aquifers. An aquifer is an underground layer of porous rock or sediment that is saturated with water. Water enters an aquifer as precipitation seeps through the soil. It can be brought back up to the surface via natural springs or the creation of wells. Sometimes, it comes to the surface naturally and is called an artesian well.

Here in Florida, our largest aquifer is the Floridan, spanning 82,000 square miles beneath Florida and extending into sections of Alabama, Georgia and South Carolina. This aquifer averages 1,000 feet thick with freshwater found at depths up to 2,000 feet and is the state's main source of potable water. Aquifers differ greatly in their depth and composition. In areas where the Floridan aquifer does not provide suitable drinking water, residents obtain their water from other shallow aquifers or surface water.

The three main aquifer systems in South Florida are the Biscayne Aquifer System, the Intermediate Aquifer System and the Floridan Aquifer System. The Intermediate Aquifer System is the main source of water for Sarasota, Charlotte and Lee counties.

The remaining 10 percent of our



Rainbow Springs is famous for its cool, clear water. The bulk of this comes from groundwater sources through openings in the aquifer.

photo provided

freshwater comes from surface waters. This is water that has not seeped into the ground and is exposed to air. Florida has surface freshwater in rivers, lakes, streams, creeks, ponds and wetlands.

Here are a few steps that everyone can take to help protect and conserve groundwater:

Properly dispose of waste. Do not dump chemicals down the drain or

outside onto the ground.

Reduce chemical use and opt for natural/nontoxic alternatives whenever possible.

Conserve water inside and outside your home. Check for leaks and turn off faucets when not in use.

Plant native landscaping. Native plants require less water and fertilizers than nonnative species.

Part of the Sanibel-Captiva Conservation Foundation (SCCF) family, Coastal Watch creates and implements conservation initiatives that promote and improve the future of marine resources and the coastal heritage. For more information, visit www.sancapcoatalwatch.org or email coastalwatch@sanibelseaschool.org.

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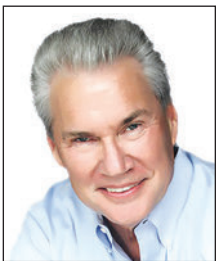
ISLAND SUN BUSINESS NEWSMAKERS

John Naumann & Associates

The top producers for July at John Naumann & Associates were: Linda Naton, top listing agent; Larry and Debbie Hahn, top listing team; Alan Fisher, top sales agent; and Harrell, Tolp and Albright, top sales team.✴



Linda Naton



Larry Hahn



Debbie Hahn



Harrell Tolp and Albright team

COVID-19 Cases On Sanibel

The Florida Department of Health reported four new confirmed COVID-19 positive cases on Sanibel as of August 4, bringing the total cases since March 26 to 38.

In Florida, the entity responsible for collecting and disseminating the health data related to the COVID-19 pandemic is the State of Florida Department of Health. The quickest way for any citizen to obtain the full reports is to access www.floridahealth.gov. The Florida COVID-19 Dashboard, maintained by the State of Florida, includes tabs on: All Cases; Cases Over Time; Deaths Over Time; Testing; Cases by County; Florida Counties; and Cases by Zip Code. The City of Sanibel is located exclusively in the 33957 zip code.

The Florida Department of Health conducts all case and contact tracking and does not provide the city with any additional information than what appears on these reports. It does not provide identifying information to the city such as name, age, gender or address of the persons who test positive. The sites to monitor for the most current information are: City of Sanibel – www.mysanibel.com; Florida Department of Health – www.floridahealth.gov; Centers for Disease Control – www.cdc.gov.

On August 4, Sanibel Mayor Kevin Ruane extended the declared state of emergency originally declared in response to COVID-19 until August 11, unless further extended.✴

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company

The top producer for July at John Gee & Company Realtors was John Gee Jr.✴



John Gee Jr.

From page 21

Library

the City of Sanibel mandates and Florida Department of Health guidelines are in place. Signs are posted to remind everyone ages 6 and older to wear face coverings, practice social distancing, wash hands and stay home if sick.

Library hours are Monday and Thursday from 9 a.m. to 8 p.m., Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m. and Saturday from 9 a.m. to 1 p.m.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or www.sanlib.org. Sanibel Public Library is located at 770 Dunlop Road.✴

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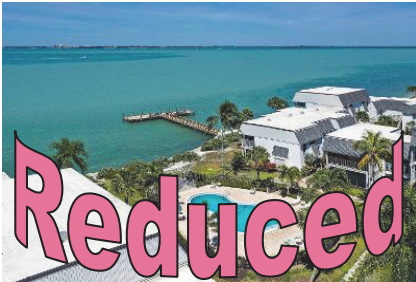
David Anderson
On island 28 yrs,
licensed & on team
20 yrs, Realtor®,
Closing Coordinator,
Office Manager



Lisa Murty
On island 24 yrs,
licensed & on team
13 yrs, Realtor®,
Sales Associate



Elise Carnes
On team 20 yrs,
licensed 17 yrs,
Licensed Assistant,
Listing Coordinator,
Notary



Bayview 2-Bedroom

On 2nd floor at Mariner Point with remodeled interior including glassed balcony & bamboo floors. No neighbor above & open front deck with canal view. Community fishing pier, pools, tennis/pickleball, boat dockage, bbqs, beach access & more. Weekly rentals allowed too. \$484,900 fully furnished



Blind Pass Condo

Ground-level easy-living split-plan 2 bedroom with private patio. Steps to assigned covered parking, path to Bowman's Beach, & community kayak/canoe access on Clam Bayou. On-site rental office, plus resort-style pool, clubhouse, tennis, & bbqs, \$499,000 furnished & with bookings



1st Floor 3-Bedroom

End-unit Lighthouse Point #117 gets extra natural light from side window in eat-in kitchen & has glass-enclosed lanai that opens to brick patio. Convenient east-end residential bayside community with limited rentals, clubhouse, pool, tennis, & on-site employee. \$549,00 turnkey



Sandalfoot Is Like Family

At 671 East Gulf Dr, enjoy the convenience of an on-site rental & management office that makes ownership, vacations, & rentals easy. #2D2 is 2nd floor gulf-view remodeled end-unit 2 bedroom with cheerful tropical décor. 659,000 furnished & including long-term repeat bookings



Top-Floor End-Unit

East-corner with high ceilings & extra side windows in kitchen & dining area. Tarpon Beach #207 also has new open custom kitchen with stainless steel appliances & remodeled baths. Covered parking below & 2 exterior storage closets (one garage level & one top floor). \$999,000 furnished



Small Complex Big Views

White Sands #23 is in a community of just 14 owners. From winding tropical drive off West Gulf Dr to gulf-front views, it's a delight. Pool, tennis, bbqs, & a roomy 2 bedroom plus den floor plan featuring beachy plank-style tile floors & décor to complement the view. \$1,199,000 rental ready with bookings



Near-Beach Lot

Looking to build your own island paradise? This tropical lot near the end of Buck Key Rd in Sanibel Bayou offers privacy with convenience. Bike, stroll, or ride to Bowman's Beach. Framed on either side by very nice single-family homes, build yours here. Handy to school & rec center. \$149,00



Olde-Florida-Style Homes

Almost built-out, Island Woods is a small community bordering preserved land & with shared pool & tennis. Just off Periwinkle Way, close to mid-island shops & convenient to beach access at Gulfside City Park. Lot at 1894 Farm Trail is near community entrance & steps to pool & tennis. \$199,000



1015 Fish Crow Rd

A special cul-de-sac home with raised pool providing easy 1-level living with lots of room below for parking & storage. Tiled great room with fireplace has sliders to pool. Efficient 3-bedroom 2-bath floor plan. Gulf Shores community beach access with parking is at end of Waters Edge Ln. \$674,000



Spectacular Bayfront Pool Home With Dock/Lift in Protected Community Boat Basin

On Isabel Dr's deepest lot, custom-designed home remodeled in/out & reconfigured in 2019. Main level features 2-story great room (with fireplace) that opens to waterside porch with retractable screens & pool with retractable cover. New 1st level master has en suite bath & private bayside deck. East side is gourmet kitchen (with gas cooking & butler's pantry), island-style breakfast bar, & spacious bay-view dining area (with 2nd fireplace). Guest room & 2nd full bath also on main level. Over air-conditioned 3-car garage is media or family room with 1/2 bath & party kitchen. Top floor has 2nd master suite with morning kitchen, luxury bath, & huge walk-in; 4th bedroom with walk-in cedar closet; 4th full bath; bayside office (or 5th bedroom); 2nd office; utility room; & expansive deck. \$3,595,000



Will Power

A Valuable Law School Lesson



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

I was 18 years old when my dad dropped me off as a freshman on the front steps of my dorm at the University of Florida. “You’re on your own now,” Dad said, shaking my hand. “You know your mother and I don’t have funds to help you.” As my parents and younger sister drove away, I wondered how I was going to earn the degrees I aspired to. Seven years later, I earned bachelor’s and master’s degrees in accounting, then went on to earn a juris doctorate in law. I completed an eight-year program in just seven, often working two jobs at a time to cover expenses. I finished my studies

with Patti as my fiancée. As school starts again (maybe?) for a new – albeit unique – school year, I can’t help but become nostalgic, particularly with the many memories I have from the University of Florida’s College of Law. Whenever I recall my law school days, I’m often reminded of the hardened, knowledgeable professors who didn’t humor our quick wit, but taught us so much more than we could find in our textbooks. One such professor was Scott Van Alstyne. He wasn’t your standard law scholar; he became a professor after a storied legal career including stints as the managing partner at two large, well respected law firms in Chicago and Milwaukee. To this day, I can hear his nasally upper-Midwestern accent as he chastised me and my classmates for our dumb answers. “Mr. Hersch, I wouldn’t trust you to represent me in a parking ticket dispute!” was one of his more humorous jabs I can relay in a family-friendly newspaper. Some of my classmates, including one who is now president of the Florida Bar, complained to the dean about Professor Van Alstyne’s tactics and salty language, but I understood the goal. An ability to think calmly under pressure was necessary for our careers. Despite the frequent jabs, “Scotty,” as we affectionately called him, became one of my favorite professors. He even hired me as his teaching assistant during my third year of law school, the final stretch before graduating. Yet, just before the last semester of our third and final year, the Bar decided that all law students would require the successful completion of an ethics course to graduate. Because our curriculum was set, they squeezed Ethics 101 into an already jam-packed schedule. You may have heard that in the first year of law school, they scare you to death, in the second year, they work you to death, and

in the third year, they bore you to death. The third year is particularly difficult to survive because most students have jobs lined up. However, our ethics professor didn’t show us sympathy. He was a recent graduate himself, but the worst was the starting time of his two-hour class – 7:30 a.m. every Thursday. On Wednesday evenings, CJ’s, a local oyster bar, featured \$2 pitchers of beer for law students. CJ’s was rustic, complete with cement floors, picnic tables and a jukebox. I have great memories of eating greasy wings and singing Jimmy Buffet tunes arm in arm with my classmates atop the tables into the wee hours of the night. It’s also where another classmate (who would later become my sister-in-law) introduced me to Patti, with her sparkling green eyes. When summoned, I jumped off a table to introduce myself, sloshing a red Solo cup full of beer following a rousing rendition of *Cheeseburger in Paradise*. But that’s a story for another time. So, you can imagine how we fared during this sunrise class. After one particularly rowdy evening, the professor bellowed, “Mr. Hersch, a man walks into your office with a smoking gun, slams it down on your desk, and says, ‘I just shot a man with this gun.’ What do you do?” Still groggy and hoarse from the night before, I smiled broadly and said, “I would tell him to get the hell out of my office as I’m a tax attorney, I don’t practice criminal defense law!” The class erupted in laughter, and I beamed with pride at my own cleverness. The professor, clearly not amused, and due to his youth was sensitive about perceived challenges to his authority, stared me down as the laughter dissipated, resulting in an awkward silence. Only then did he growl at me to visit with him after class. Once in his office, I was met with a seemingly endless diatribe, lasting so long that I missed my next class. He didn’t like my joke, eventually marking me with a C+ for the semester despite my feeling that I nailed the final (my other grades that term included 4 As and a B+). I laugh now when recalling the experience, but I learned a valuable lesson when to keep wisecracks to myself. It’s been more than 31 years since I graduated from law school, but there will always be something special about the time I spent in Gainesville. It was hard work, but the professors, nights at CJ’s, and the expertise I left with made all the work, studying and late nights worth it. ©2020 Craig R. Hersch. Learn more at www.sbshlaw.com.✧

How’s The Market? Ask Ann

Current Sanibel Market conditions continue to be VERY POSITIVE. Let’s start with the total number of houses and condos currently for sale in our Multiple Listing System – 245 Units (126 Houses and 119 Condos). Now, according to the revised Sanibel 2019 Census, Sanibel has 4,025 single family homes and 3,113 multi-family units... over 7,100 housing units in total. Statistically, a low percentage, just over 3% available for sale. More houses than condos are selling; about 70% to 30%. Single family home sales are up 50% from July of 2019 to July of 2020. Average negotiations off the list price were approximately 6%. Pending new sales going back 7 days were at 8. Better than average.

My husband John (Realtor Emeritus) enjoys identifying listings that, in his opinion, represent a good value. Last week, he picked a vacant golf course lot in Beachview Country Club. It went under contract within three days of his "pick." John gets an A+ for that pick!

We were fortunate to have a good week. Michelle Bornhorst put 1358 Sand Castle under contract. Our son John sold 6411 Pine Tree Avenue as well as 2100 Sunset Circle, co-oping with Charlie Sobczak of VIP Realty Group. A big thank you to Jayne Lumley of VIP Realty Group for selling my listing at 1973 Wild Lime Drive.

Thank you again for reading my column. My goal is to provide market information to both Buyers and Sellers, allowing them to make an informed buying or selling decision.

Stay safe, the light is at the end of the tunnel.



Ann Gee
Broker/Owner
John Gee
Realty Company

Lee Clerk Offers Virtual Lines For Court Services

The Lee County Clerk of Court office now offers ClerkExpress, a new service that allows customers to check-in via text message to avoid waiting in the lobbies for court services. Before customers leave their house, they can text “getinline” to 866-915-9224. They will receive a text message prompting them to choose a location and service. Then they are prompted to text back when they arrive at the clerk’s office. Once ready to be served, the customer will receive another text message advising them to proceed to the lobby. “We encourage online services whenever possible but if you do need

to conduct your court business in house, with social distancing guidelines in place, there is limited space in our lobbies,” said Lee County Clerk of Courts Linda Doggett. “Now customers can wait in the convenience and safety of their own car until they are ready to be served.” For added convenience, the clerk’s office also provides customers with a QR code that auto-populates the text message to the ClerkExpress system. Currently, the new service is available only for court service appointments at the downtown Justice Center complex, located at 2075 Dr. Martin Luther King Boulevard in Fort Myers. Before making the trip, customers are advised to check the clerk’s website to see if any specific documents or payment methods are required. For more information, visit www.leeclerk.org.✧

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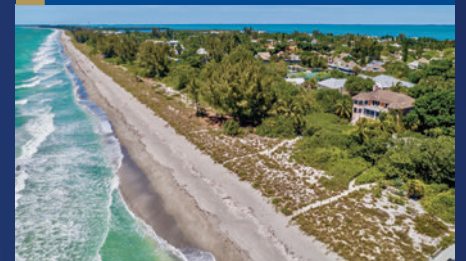


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Health First

Vitamin D May Be Protective Against COVID-19



by Julie Rosenberg, MD

Vitamin D is a fat-soluble vitamin in a family of compounds that includes vitamins D-1, D-2 and D-3. Your body produces vitamin D naturally when it's directly exposed to

sunlight, or rather, the ultraviolet B (UV-B) radiation that the sun emits. You can also get vitamin D through certain foods and supplements to ensure adequate levels of the vitamin in your blood. Foods rich in vitamin D include fatty fish (salmon, mackerel and tuna), herring, sardines, cod liver oil, and fortified foods such as orange juice and cereals.

Vitamin D has several important functions including regulating the absorption of calcium and phosphorus and facilitating normal immune system function. Getting a sufficient amount of vitamin D is key for normal growth and development of bones and teeth, as well as improved resistance against certain diseases, including respiratory diseases, flu, heart disease, diabetes and even cancer.

Because vitamin D is important for immune system health, it has been postulated that supplementing your diet with vitamin D may help to reduce the risk of contracting the novel coronavirus (SARS-CoV-2) that causes COVID-19. A growing body of circumstantial evidence now also specifically links outcomes of COVID-19 and vitamin D status. Researchers have shown a link between low levels of vitamin D and a higher number of COVID-19 infections and death in various European countries. A role for vitamin D in the response to COVID-19 infection could be twofold. First, vitamin

D helps to prevent against respiratory infections. Second, vitamin D might help to reduce the respiratory inflammatory response to infection with COVID-19.

Many factors can affect your ability to get sufficient amounts of vitamin D, and unfortunately, about 42 percent of the American population is deficient in vitamin D. Primary reasons for vitamin D deficiency include:

You don't consume enough vitamin D in your diet.

Your exposure to sunlight is limited. Being exposed to the sun for about 15 to 20 minutes three days per week is usually sufficient. However, many people have been homebound or at least spending more time indoors in recent months due to the COVID-19 pandemic, which may lead to a higher risk for vitamin D deficiency.

You have dark skin. The pigment melanin reduces the skin's ability to make vitamin D in response to sunlight exposure.

Being in an area with high pollution. Living in big cities where buildings block sunlight.

These factors contribute to vitamin D deficiency in an increasing number of people not only in the United States, but worldwide. That's why it's important to get some of your vitamin D from sources besides sunlight.

The symptoms of vitamin D deficiency in adults include:

- Fatigue, aches and malaise (a general sense of not feeling well);
- Bone or muscle pain;
- Muscle weakness;
- Stress fractures, especially in your hips, pelvis or legs.

Vitamin D adequacy is best determined by measurement of the 25-hydroxyvitamin D concentration in the blood. Knowledge of the 25-hydroxyvitamin D blood level provides an accurate assessment of vitamin D body stores, helps to identify the need for vitamin D therapy, and may help to determine an effective dose. Alternatively, empiric vitamin D supplementation without testing can also be justified for people who have inadequate sun exposure or dietary intake.

In summary, the role of vitamin D in

the prevention or as adjuvant treatment of COVID-19 has not been fully clarified. However, if you have concerns that you may not be getting enough vitamin D, you may want to discuss the situation with your doctor. Vitamin D supplementation is a clinical decision that has many potential health benefits, including the possibility of decreasing your risk or severity of COVID-19.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email your inquiry to info@drjulierosenberg.com.

Campaign Promotes CDC Safety Guidelines

As COVID-19 continues to spread in the community, Lee Health and Lee County have joined efforts to launch the Together, We Can campaign to remind the community of the importance of following CDC guidelines to protect Southwest Florida from COVID-19 and minimize the spread of the virus.

Since the start of the pandemic, Lee Health and Lee County officials have worked together to educate the public about the novel coronavirus and ways to prevent and control the spread throughout the community.

The virus can be spread by respiratory droplets as well as asymptomatic carriers, so wearing a mask or face covering in public along with practicing good hand hygiene and social distancing are the easiest and safest ways to slow the spread of the virus. CDC guidelines also recommend sanitizing high touch areas, avoiding touching your face and coughing and sneezing into your elbow.

"Now, more than ever, it's important to continue to follow safety precautions that we have been advocating since the start of the virus," said Larry Antonucci, MD, MBA, Lee Health president and CEO. "As a community, we have been doing a good job practicing the recommended safety measures. The virus will continue to be a part of our lives for some time, and it's vital that we don't let our guard down or get complacent in the fight. Together, we can stop the spread."

"During this challenging time, we

appreciate the collaboration with Lee Health to reinforce our commitment to keeping the community safe from the virus," said Brian Hamman, chairman of the Lee Board of County Commissioners. "We must all come together and do our part to keep our friends and family safe, provide help for those who need it and safely keep our businesses open. Together, we can protect the things we love about Southwest Florida."

Enlisting the help of the Florida Department of Health, Lee County School District, Lee County Sheriff's Office and Lee County Emergency Medical Services, Lee Health and Lee County officials collaborated on the development of numerous promotional elements that are featured throughout the campaign including logo, videos, digital billboards, direct mail piece, social media ads, and TV and radio spots. The campaign will run throughout the summer.

For more information, visit www.leehealth.org or www.leegov.com/covid-19.



Mobile Mammo coach photo provided

Mobile Mammo Coach Coming To Rec Center

Radiology Regional Center's Mobile Mammo coach will be at the Sanibel Recreation Center on Tuesday, August 11 from 9 a.m. to 1 p.m. Appointments are recommended by calling 936-4068. Walk-in appointments are subject to availability. A physician order/prescription is not required for women age 40 and over but you must have a physician to receive an exam. You must present your photo identification and the date and location of your last mammogram. Appointments take 15 to 20 minutes; wearing a two-piece outfit is recommended.

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

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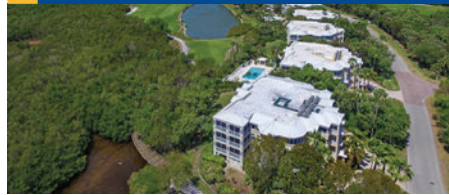
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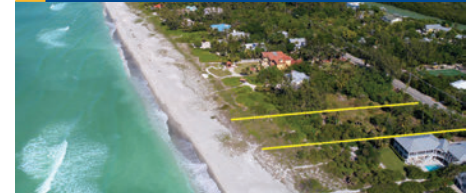
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Frankly Speaking



by Howard Prager

It's one, two, three COVID and you're out... I think we've now seen what it's like in and out of a "bubble." It does seem much safer in the bubble. Since MLS, NBA and NHL tournaments have started, they haven't had to cancel games like baseball has, although one team dropped out of the MLS tournament early on. One difference is these leagues are either finishing their season or having a playoff tournament. Baseball's season is just finishing its second full week and still cancelling games, this time because of the St. Louis Cardinals having several players testing positive. NFL training camps just started. But given the exposure, the number of players and the travel, is it wise? Rob Manfred and Roger Goodell think they will get a "full" season in, no matter how shortened. I would take odds that neither of the leagues do. It just doesn't seem likely. More players continue to opt out of playing in each league.

This has now extended to the college sports with players opting out there as well. And now a group of players from the PAC-12, two from each of 10 conference schools have said they are opting out of training camp. As reported first in *The Athletic* and *Sports Illustrated*, PAC-12 players issued a series of demands to the commissioner for playing around health, safety and economic practices. These include specific health and safety protections, preservation of non-revenue sports, a joint task force to address racial injustice, and economic freedom and equity including guaranteed medical coverage, name, image and likeness rights, and fair market pay based on a revenue-sharing model. To me, some of these are no brainers which should be on the table across all Power 5 conferences around health, safety, racial injustice, medical care. Some, like revenue sharing is a non-starter, especially during the pandemic. How these issues will get shared and who participates in the discussion is yet to be seen. California and Arizona are already experiencing a big uptick in number of COVID-19 cases and deaths, and their schools may go online this fall. What then? Oregon safety Jevon Holland

said regarding Covid-19, "We don't know the long-term risks. We have no idea how it's going to affect our body regardless if we show symptoms or not and we want to protect our families like you protect yours. I refuse to put my health at risk for somebody else's benefit." As football schedules in all conferences get truncated and limited to playing in-conference schools only, we will see what happens as this story continues to unfold.

The other disappointment with college sports has to do with their highly paid coaches. Many faculty and administrators at colleges and universities have taken a pay cut this year, including 33 of the 75 Power Five schools where at least one football or basketball coach has agreed to have his pay cut to deal with the financial crisis brought on by the pandemic.

"Most of the highest-paid college football coaches have avoided the voluntary salary reductions that have swept Power Five programs," according to ESPN. ESPN surveyed the 65 Power Five conference schools along with 10 other prominent basketball programs. "Eight of the 10 football coaches with the largest salaries during the 2019-20 academic year have not had their salaries reduced, including Clemson's Dabo Swinney (\$9.3 million) and Alabama's Nick Saban (\$8.9 million), the two highest-paid coaches in the sport. Among basketball coaches, half of the 10 highest paid have not taken cuts, including Kentucky's John Calipari, the nation's top paid coach." Folks that's just not right. If other faculty and administrators are taking pay cuts, and at salaries that are certainly far less, these elite coaches should also do the right thing.

Here is the right thing, a good news story about tennis in Italy. Carola and Vittoria are two young 11- and 13-year-old girls who made a sensation earlier this year with their playing tennis on the rooftops of their buildings in Italy. One would be on one rooftop and the other across the street. The video of them playing went viral. Enter their favorite player, Roger Federer. As they were doing what they thought was another TV interview, Federer showed up to surprise them and to play a little rooftop tennis. The girls were ecstatic. The video showed them playing on one rooftop with Federer on another. Afterwards he took them out for some pasta. They kept saying they could not believe it. He said this was one of the more memorable moments in his career. That's awesome. Afterwards he sent them a video chat and gave them a

free scholarship to attend Rafael Nadal's summer tennis camp, thanks to his sponsor. Visit www.atptour.com/en/news/federer-rooftop-tennis-july-2020 to see this yourself.

At a time when we look at big-time athletes and coaches as aloof, how nice to see a tennis star being so down to earth, connecting with some of his youngest fans, and having a ball in the process. That's what sports should be all about.

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.✴

Reduced Hours At Rec Center For August

Due to economic impacts from the pandemic, the August hours of operation at the City of Sanibel Recreation Center will be further reduced to 8 a.m. to 5 p.m. Monday through Friday. Staff hours will also be reduced.

The facilities currently open are the weight room, lap swim and tennis courts. The recreation center is currently operating consistent with CDC COVID-19 recommendations.

Programs currently not offered are: group classes; personal training; open swim; pool slide; water features pool; playground; skate park; counselor-in-training; locker rooms or showers; room rentals; open gym.

Historically, August and September are the least utilized months of the year at the recreation center. Since reopening on June 15, with the implementation of social distancing and modified operations, user demand at the facility has been less than capacity.

The City of Sanibel's senior programming facility, the Center 4 Life, remains closed at this time due to the pandemic.

The City of Sanibel is currently accepting registration for the first trimester of the after school child care program, scheduled to commence on Monday, August 31. For more information, visit www.mysanibel.com.

Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.✴

Clear The Shelters Pet Adoption Campaign

Lee County Domestic Animal Services has joined NBC-2 and Edison National Bank for this year's Clear the Shelters campaign to promote pet adoptions in the community.

To help individuals and communities continue to practice safe social distancing measures, this year's initiative will run from August 1 through 31, and feature a different "Pet of the Day" whose adoption fee will be waived with an approved application. Adoption fees on all dogs will be reduced to

\$25 and all cats to just \$20. And, as always, every adoption of a cat or a kitten comes with the option to adopt an another feline friend at no additional charge.

This is the sixth consecutive year that NBC- and Telemundo-owned stations present their popular pet adoption campaign to communities nationwide in partnership with affiliate stations and shelters/rescues. Since 2015, NBCUniversal-owned Television Stations' Clear the Shelters campaign has helped find new homes for more than 411,000 petss. Visit www.cleartheshelters.com for more information.

The adoption center is open from 10 a.m. to 4 p.m. Monday through Friday by appointment only. The application is available online at www.leelostpets.com. The featured "Pet of the Day" will be shown on NBC-2 and on the Lee County Domestic Animal Services Facebook page.✴

Captiva Community Panel Udate

Captiva Community Panel virtual meetings via Zoom will be held on the following dates:

- September 8, 9 a.m.
- October 13, 9 a.m.

For more details, visit www.captivacommunitypanel.com.

Captiva Erosion Prevention District virtual meetings via Zoom will be held on the following dates:

- August 10, 1 p.m.
- September 10, budget hearing
- September 24, budget hearing
- October 12, 1 p.m.

For more details, visit www.mycepd.com.

You can confirm meetings are being held as planned and get meeting agendas and log-in information at the organization websites listed above.

Now that storm season is here, the panel reminds all Captiva property owners that LCEC, the electric power supplier on the island, has an app for mobile devices and an online tool called SmartHub. This customer service tool provides access to view electric account information and usage history, pay bills and report power outages. SmartHub allows customers to request a call or text when power is restored, or to let you know when your power usage exceeds a self-determined threshold. This is helpful for seasonal residents who may want to know if usage declines or spikes due to equipment failure at their location.

LCEC also provides an outage management map at <https://www.lcec.net/reliability/storm-center/outage-map>. Customers can visit the site and view areas that are experiencing outages by zip code, region or county, and see the number of customers impacted and if a crew has been assigned.

To register as a new user, visit SmartHub on the LCEC website, www.lcec.net, or through their mobile app offered in the Apple Store or Android Market.✴

SPORTS QUIZ

- 1. The annual award presented to the most outstanding wide receiver in NCAA Division I football is named after what Pro Football Hall of Famer?
- 2. What former major-leaguer, who retired from playing in 2001, is paid an annual salary of \$1,193,248.20 from the New York Mets through the year 2035?
- 3. "We're talking about practice! We ain't talking about the game! We're talking about practice, man!" is a 2002 press conference quote from what four-time NBA scoring champion?
- 4. What 1990 sports drama film starred Tom Cruise as NASCAR driver Cole Trickle?
- 5. The Kansas City Chiefs retired jersey No. 3 in honor of what placekicker?
- 6. How did former North Carolina Tar Heels basketball star Joel Berry II break his hand just before the start of the 2017-18 season?
- 7. Hughie Jennings holds the Major League Baseball career record for most times hit by a pitch with how many?

ANSWERS

1. Fred Biletnikoff. 2. Bobby Bonilla. 3. Allen Iverson. 4. "Days of Thunder." 5. Jan Stenerud. 6. He punched a door after losing at a video game. 7. 287.

Beautifulife:

Purpose



by Kay Casperson

One of my favorite scriptures in the Bible is in Proverbs, and it says, "Without a vision, my people perish." I'm not sure why this particular scripture resonates with me so much. I

have to believe that it is the reason that I continue to encourage others to look into their hearts for the direction they should take in life.

I have encouraged high school students who need to decide which direction they should move into next to search their hearts for their passion and purpose. I have urged adults to look deep into their souls for answers and to pray for the direction they should take in every situation.

I believe we all have a purpose in life. It may not be just one, it could be many different purposes throughout your lifetime. Your purpose could direct you one way and then into another direction to fulfill another story.

I will never forget when my younger brother got into a serious car accident and became a paraplegic, never to walk again. I would visit him every day in the hospital to read to him, encourage him and pray with him. I would tell him that everything will be OK if he hangs on to the fact that he has a purpose, and he is here for a

reason; we all are.

Whether your purpose is to teach, train, heal, lead, love, encourage, inspire, support or build, you need to be the best version of you that you can be. I know for sure, we all have it, we were all built with purpose, and if we look into our hearts, we will know what it is, it will be clear.

If you understand that you are designed to be a piece of a puzzle that perfectly fits together, creating a masterpiece like no other, you will continue your journey to your most beautiful life.

If you are a mother, father, sister, brother, daughter or son, you have purpose without even thinking about it. Some people get caught up in trying to figure out what the big picture is supposed to be for them and somehow lose sight of the responsibility that is right before them. Some people forget to look right in front of them for the purpose they are fulfilling every single day.

Today, I encourage you to open your eyes to the purpose you are fulfilling and make it a priority to do it even better than before. Speak your purpose, live your purpose, and know that God made you super special!

My affirmation for you this week is:

"I am fulfilling my purpose every day by following my heart, being wise and understanding how special I am to the world!"

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

Boys And Girls Clubs Interim Summer Program

In response to the Lee County School District's decision to delay the start of the school year, the Boys & Girls Clubs of Lee County has extended summer programming beginning Monday, August 10 through Friday, August 28 at its Lehigh and Renaissance Preserve locations. Registration is currently open and scholarships are available through partnership with the United Way.

"We wanted to respond quickly and meet the needs of the families and children that we serve by offering them a safe, educational, fun place for their children to go during this transitional time period," said Denise Gergley, CEO of the Boys & Girls Clubs of Lee County.

The Boys & Girls Clubs of Lee County offers programs that support their priority outcome areas of the arts, education, health and wellness, leadership and service, and sports and recreation.

"Safety is our highest priority. We are continuing to adhere to all local, state and federal guidance," Gergley said.

Enhanced safety and sanitation protocols are in place, which include: daily temperature checks and wellness screenings, handwashing and sanitizing stations, frequent cleaning of all program and high touch areas, reduced capacity to ensure adherence to social distancing,

and mandatory masks for both staff and members.

The Boys & Girls Clubs of Lee County will welcome students ages 6 to 12 back for its 2020-21 After School Program, beginning Monday, August 31. Teen programs will also be available. Registration opens Monday, August 10. Club locations, hours of operation, registration and additional information can be found at www.loveleekids.org or by calling 334-1886.

In addition to the Boys & Girls Clubs After School programs, officials are currently exploring options to support families who choose to enroll their children in one of the Lee County School District's distant learning options such as Lee Home Connect, Florida Virtual School, or home school. Those details will be announced in the coming weeks.✱

FSW Posts Video For Students

Florida SouthWestern State College (FSW) has debuted a new video on its YouTube page detailing the changes and precautions students can expect to see when they return to campus and the classroom this August.

Changes include one-way classroom entry and exits, socially-distanced desk and seating arrangements and plexiglass barriers at the front of the classroom.

To view the full video, visit www.youtube.com/watch?v=tycpa1c8.✱

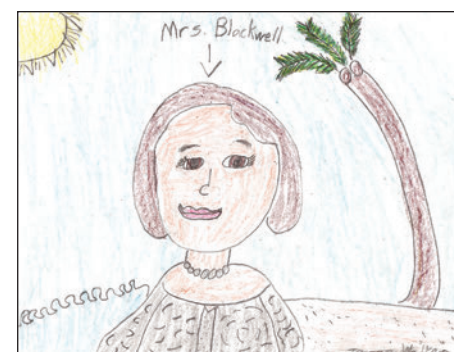
Teacher Appreciation Contest Open

Healthy Lee invites Southwest Florida community members to share their appreciation for Lee County teachers through its 2020 Teacher Appreciation Contest.

Through August 21, Lee County students are encouraged to share stories of how their teacher has made a difference in their life or the lives of others. To participate, children can create a video, song, artwork or poem honoring a teacher, which can be uploaded by parents or guardians to www.healthylee.com/tac2020.

Teachers will be welcomed back to school with these positive messages, along with prizes and discounts to promote teacher self-care and appreciation in the community. One educator will be selected to win a special gift and other prizes for his or her classroom.

"Teachers help bring education to life, playing a critically important role in a student's ability to learn, grow and one day become contributing members of our society," said Gary Griffin, chairman of Healthy Lee. "After ending a particularly unusual school year, we wanted to help teachers and students kick off the new school year on the right foot. The Teacher Appreciation Contest allows our students to show



Submission for teacher Laurie Blackwell

image provided

just how much they appreciate their teachers and all they do to make a difference."

The Teacher Appreciation Contest is part of Healthy Lee's Behavioral Health Coalition's Welcome Week, running August 24 through 28. A week dedicated exclusively to teachers, Welcome Week will feature special offerings and prizes to kick off the new school year and commend local teachers for their impact on education in Lee County.

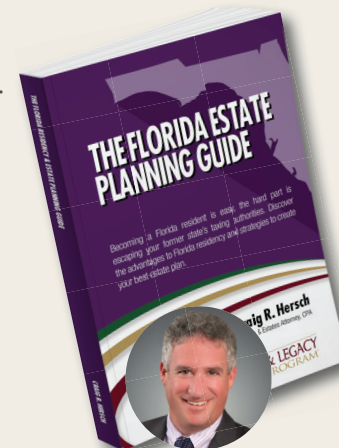
Individuals and businesses can also contribute to Welcome Week through monetary donations to support classroom upgrades and gifts for contest winners, as well as by providing discounted services for teachers.

To learn more about the Teacher Appreciation Contest and how to honor local teachers, visit www.healthylee.com/tac2020.✱

FREE ESTATE PLANNING GUIDE

Is Your Plan:

- maintaining CONTROL over your assets while you're alive
- offering PROTECTION for you and your loved ones in times of incapacity or uncertainty
- providing the PEACE OF MIND knowing everything goes where you want when you pass
- Most importantly, is your plan up-to-date and Florida-compliant?



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

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FRIDAY
Mostly Sunny
High: 88 Low: 82



SATURDAY
Partly Cloudy
High: 91 Low: 84



SUNDAY
Partly Cloudy
High: 86 Low: 83



MONDAY
Mostly Sunny
High: 88 Low: 85



TUESDAY
Mostly Sunny
High: 90 Low: 83



WEDNESDAY
Partly Cloudy
High: 93 Low: 82



THURSDAY
Sunny
High: 88 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	4:36 am	9:24 am	3:51 pm	10:28 pm	Fri	3:41 am	9:26 am	2:56 pm	10:30 pm	Fri	5:00 am	10:37 am	4:40 pm	11:06 pm	Fri	6:46 am	1:17 am	6:01 pm	12:40 pm
Sat	4:57 am	10:18 am	4:40 pm	10:56 pm	Sat	4:02 am	10:20 am	3:45 pm	10:58 pm	Sat	5:25 am	11:13 am	5:20 pm	11:29 pm	Sat	7:07 am	1:44 am	6:50 pm	1:34 pm
Sun	5:23 am	11:19 am	5:37 pm	11:25 pm	Sun	4:28 am	11:21 am	4:42 pm	11:27 pm	Sun	5:48 am	11:49 am	5:59 pm	11:46 pm	Sun	7:33 am	2:12 am	7:47 pm	2:35 pm
Mon	5:54 am	12:26 pm	6:48 pm	11:55 pm	Mon	4:59 am	12:28 pm	5:53 pm	11:57 pm	Mon	6:08 am	12:29 pm	6:38 pm	11:58 pm	Mon	8:04 am	2:41 am	8:58 pm	3:42 pm
Tue	6:30 am	1:42 pm	8:27 pm	None	Tue	5:35 am	1:44 pm	7:32 pm	None	Tue	6:22 am	1:19 pm	7:19 pm	None	Tue	8:40 am	3:11 am	10:37 pm	4:58 pm
Wed	7:14 am	12:26 am	10:37 pm	3:01 pm	Wed	6:19 am	12:28 am	9:42 pm	3:03 pm	Wed	6:37 am	12:10 am	8:02 pm	2:17 pm	Wed	9:24 am	3:42 am	None	6:17 pm
Thu	8:06 am	1:02 am	None	4:14 pm	Thu	7:11 am	1:04 am	None	4:16 pm	Thu	7:03 am	12:29 am	8:53 pm	3:15 pm	Thu	12:47 am	4:18 am	10:16 am	7:30 pm

My Stars ★★★★★
FOR WEEK OF AUGUST 3, 2020

Aries (March 21 to April 19) Don't gnash those pearly whites because you might have to delay your plans. This could give the Lucky Lamb a better perspective of what's been done, and what still needs doing.

Taurus (April 20 to May 20) Scoring financial bull's-eyes is easy for the focused Bovine who knows the ins and outs of the marketplace. But even with your success record, caution is still the watchword.

Gemini (May 21 to June 20) Watch that tendency to over-romanticize a situation that should be given closer scrutiny. Better to be suspicious now and ask for an explanation, rather than face a sad surprise later.

Cancer (June 21 to July 22) Bruised self-confidence can make things difficult unless you accept the fact that you have what it takes. Ignore the critics and concentrate on believing in yourself. Good luck.

Leo (July 23 to August 22) Congratulations on what you've accomplished. But this is no time to curl up for some serious catnapping. Your rivals are probably already working on plans to overtake your lead.

Virgo (August 23 to September 22) Your adventurous side wants to play a more dominant role this week, and you might want to oblige. Try to arrange for some getaway time with that special person.

Libra (September 23 to October 22) Taking logical approaches to pesky workplace issues can help resolve even long-standing problems. A shift in policy might catch you by surprise. Be alert to signs of change.

Scorpio (October 23 to November 21) Your kindness and compassion are exactly what are needed in dealing with an awkward situation in the early part of the week. Share the weekend fun with family.

Sagittarius (November 22 to December 21) Keeping your focus straight and true is a good way of getting your points across. Save any variations for a later time. The musical arts are important this weekend.

Capricorn (December 22 to January 19) Reject advice to cut corners in reaching your goal. Better to take a little more time to do the job as you promised. You'll gain new respect for your honesty and integrity.

Aquarius (January 20 to February 18) Don't allow a troublesome situation to grow so big that it will be increasingly difficult to deal with. The sooner you speak up, the sooner everyone will be able to benefit.

Pisces (February 19 to March 20) Confronting someone who is making a lot of mistakes could be the kindest thing you can do both for that person and for anyone who could be adversely affected by the errors.

Born This Week: You absolutely glow when you see beautiful things, and everyone around you is warmed by your light.

MOMENTS IN TIME

- On Aug. 13, 1899, Alfred Hitchcock is born in London. His innovative mastery of suspense made him one of the most popular and influential filmmakers of the 20th century. In 1925, he directed his first movie, *The Pleasure Garden*, a silent film.
- On Aug. 11, 1934, a group of federal prisoners classified as "most dangerous" arrives at Alcatraz Island, a

22-acre rocky outcrop situated 1 1/2 miles offshore in San Francisco Bay. The convicts were the first civilian prisoners to be housed in the new high-security penitentiary.

- On Aug. 16, 1948, baseball legend George Herman "Babe" Ruth dies in New York City. For two days following, his body lay in state at the main entrance to Yankee Stadium, and tens of thousands of people stood in line to pay their respects.
- On Aug. 15, 1969, the Woodstock music festival opens on Max Yasgur's 600-acre farm in upstate New York, with folk singer and guitarist Richie Havens kicking off the event. Approximately 400,000 people attended, most of whom did not pay for the \$24 tickets.
- On Aug. 14, 1971, St. Louis Cardinals ace Bob Gibson throws his first career no-hitter in an 11-0 victory over the Pittsburgh Pirates. In 1964 Gibson won his first World Series Most Valuable Player Award.
- On Aug. 10, 1984, the action thriller *Red Dawn* opens in theaters as the first movie with a PG-13 rating. The Motion Picture Association of America created the PG-13 category to indicate film content with a "higher level of intensity" than PG.
- On Aug. 12, 1990, fossil hunter Susan Hendrickson discovers three huge bones jutting out of a cliff near Faith, South Dakota, part of the largest Tyrannosaurus rex skeleton ever found. The 65 million-year-old specimen dubbed Sue, after its discoverer, is 42 feet long with a 2,000-pound skull and 58 teeth.

NOW HERE'S A TIP

- Here's a great tip when making creme brulee: Make sure you use a wide, shallow dish. The size is important, because if it's too deep, the center won't

set, and if it's too small you won't get that great cracking top!

- "Have long nails? Stuff a piece of a cotton ball in the fingertip of your gloves to keep your nail from piercing the gloves. Just a tip for staying safe and germ-free." – IR in Georgia
- If you have a screw that is stuck, try giving it a blast with a hair dryer. The heat can sometimes help to loosen it up.
- Beginning sewers can practice on a piece of Styrofoam from a meat tray (clean) or a takeout container. You can find large plastic needles at a craft store.
- "If you want to remove fat from your broth, simply set a bowl filled with the broth in the fridge for a few hours. As the liquid cools, the fat will separate to the top and harden, making it easy to scrape off." – WL in Minnesota
- "To whiten my yellowed tablecloth and napkins, I sliced several lemons and put them in a big pot of boiling water. I removed the water from the stove and soaked the cloths. After the water cooled, I rinsed them and hung them to dry in the sun. They are like new." – AC in Missouri

STRANGE BUT TRUE

- There is symbolism in Disney's Cinderella mosaic. The company says that "guests can see that each of Cinderella's stepsisters appears with her own special facial tint. One sister displays a red tint to show that she is 'red with rage,' while the other sister displays a green tint to show that she is 'green with envy,' as they watch Cinderella try on the glass slipper to reveal a perfect fit."
- Eating more candy in one sitting causes fewer cavities than spacing it out through the day.
- The Hound of Heaven* poet Francis Thompson is listed as a Jack the

continued on page 46



“There’s nothing better than living in shorts!”

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dearRPharmacist

Tepezza For Thyroid Eye Disease



by Suzy
Cohen, RPh

Dear Readers:
The prescription infusion Tepezza was recently approved by the FDA to treat thyroid eye bulging which is related to Graves' disease. This

is an autoimmune thyroid condition that increases thyroid hormones in the body, and it impacts the eyes sometimes. Every person is different of course, however, when the eye is affected due to thyroid illness, it causes great discomfort as well as eye bulging, termed proptosis.

Just to clarify, Graves' disease is one of two different thyroid autoimmune conditions. Graves' causes the thyroid hormone to swing high and low, but mainly high. Using thyroid medication may exacerbate the problem because the hormone is already elevated. The other disease is Hashimoto's Thyroiditis or "hashi" for short, which causes the opposite problem. In this case, thyroid hormone swings high and low, but eventually becomes deficient, and the person is supported on thyroid medication, or supplements.

With Graves' disease, the eyes are probably the most outward manifestation of the illness that is taking place inside the body. Tepezza has been shown to very quickly improve double vision, bulging, visual acuity and eye pain and swelling. The eye bulging was reduced by at least two millimeters.

The medication is given via intravenous (IV) injection; it is not an eye drop. The infusion drip is given over an hour, and conducted once every three weeks. The course of therapy requires eight separate infusions.

You may be wondering:

Is it treating the Graves' disease? No, it's specifically for the eye-related concerns, especially those related to eye bulging.

Is it useful for other vision problems like retinopathy, glaucoma, floaters or

cataracts? No, not at all.

Is it stopping the autoimmune process within the body? No. Autoimmune conditions are difficult to manage, but not impossible. I've seen a lot of success when people reduce their body's toxic load for undigested food particles. You can do this with various different digestive enzymes such as pancreatin, DPP-IV, Pepsin, Amylase, Lipase and Protease. It is the partially undigested food particles that leak into the blood stream and ignite the immune system such that it destroys your thyroid gland little by little. Another theory behind autoimmune diseases is that they are driven by pathogens in the body, like viruses or bacteria. Some of us inherit genes that predispose us to a particular condition.

Tepezza's side effects include muscle cramps or spasms, nausea, hair loss, diarrhea, fatigue, hearing difficulties, headache and possible taste perception alterations. It is not a given you get those of course, but the participants in the study have to report whatever happens to them during the clinical trial, so these are just possibilities. Other more serious reports included infusion reactions, a worsening of inflammatory bowel disease and hyperglycemia. Naturally, hyperglycemia occurred more often in people with pre-existing diabetes.

If you are looking for specific information on Graves' disease, Hashi's or hypothyroidism in general, I offer natural solutions for your consideration. These are discussed in my articles that are archived at www.suzycohen.com and in my best-seller *Thyroid Healthy* available on Amazon or my website. For more information about the medication I've discussed today, visit www.tepezza.com.

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.

Repairing Relationships

Narconon reminds addicts and alcoholics that those relationships that you managed to destroy with your addiction can be repaired. Getting treatment is the start to mending those relationships. Visit www.narconon-suncoast.org/blog/repairing-relationships-damaged-by-addiction.html.

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: How can I forgive myself for staying so long in my marriage and inflicting pain on my children?

A: Let's think about what forgiveness means. Forgiveness means

moving on. By forgiving yourself, you release much emotion, whether it be anger, sadness, resentment, that enables you to move on with your life. The past cannot be changed, so it's best to let go of what was and focus on what is. With unresolved anger, you give your power away. Do you really want to be giving your power away?

Of course not. When you practice acts of forgiveness, you are reclaiming your personal power. Now that is empowering.

I don't know how old your children are, but it's healthy to have this discussion with them so they can begin to understand what it means to forgive. It is something that begins with you that can be expanded with your children learning this powerful tool.

Forgiveness starts within. When we are in a situation, we don't always have the tools to remove ourselves. You can and will forgive yourself for staying because, perhaps at that time, that was all you

knew. That doesn't mean you did anything wrong. You probably didn't know how to set healthy boundaries and you didn't have the proper guidance to learn. What's important is that now it sounds as though you are out of a situation that did not serve you. Make peace with this in your heart. Open it and release any old hurt and wounds you are still carrying out into the ethers. It works. Please feel free to contact me as I can provide you some open heart meditation, and make peace so you can move on.

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

Grief Support Group Meetings

Sanibel Community Church is offering a 13-part GriefShare program in the Family Life Center on Tuesdays at 5 p.m., starting August 11. The program is open to anyone who has lost a loved one, and there is plenty of room for social distancing. Sessions feature a video, book, discussion and support.

Sanibel Community Church is located at 1740 Periwinkle Way. For more information, contact Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.

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Doctor and Dietician

Schedule A Day Of Rest In Your Week



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

Back in the day, many held to the practice of honoring the Sabbath. From the Judeo-Christian faith, this meant typically observing a day of rest on Saturday or Sunday. On this day, no household chores (aside from meal prep, etc.) occurred. As our society progressed, we have gotten away from this tradition because we all have so much to do and so little time. Unfortunately, many of us, and we include ourselves, struggle with burnout because we are always on the go.

Burnout is a real thing. We see it in our patients too. People experience an overwhelming sense of failure and doubt, depression, lack of confidence and motivation, and feel extremely exhausted,

lacking energy and completely drained. With this comes increased conflict with anyone you come in contact with – family, friends and workmates. Throw in what is happening to our society at large right now and you have a set up for disaster.

Most of us want to have energy, love our jobs, enjoy our friends and family – basically love life. But if we are starting the downward spiral, it's time to do something about it.

A day of rest. As hard as this is for us to do, we highly recommend it. This is a day that is planned in the calendar to rest, relax, be in the moment (versus every minute planned), and a time to cultivate and nurture relationships with our tribes. Or if you are with people every day of the week, maybe you need to spend some time alone?

Our bodies need to rest in order to function optimally. We will actually be more productive during the other six days of the week if we take a day to rest our minds, bodies and spirits. What does that look like? It is different for each of us. We recommend considering anything that feels like work should not be done on this day. Some find cooking energizing, while others find it overwhelming. Some love gardening while others despise it. Reading a book may calm your mind and allow you to forget about the rest of your to-do list for a while.

We also ask that you consider a “digital Sabbath” – in that you intentionally and significantly reduce your connectivity to your devices – phones, ipads, video games, television, or any

electronic gizmo. Our brains are in constant states of over-processing, as you read from last week's article, and are unable to drain properly. It may seem impossible to disconnect completely, so start with significantly reducing it. Put the phones away in another part of the house. Keep the TV/gaming stations turned off. Turn off the TV.

Then... rest. Pick a day of rest and make it your own.

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.

Get Help For Addiction

Narconon reminds families that an addict or alcoholic does not need to hit “rock bottom” before they reach out for treatment. Get them help, so that you don't lose your loved one.

For more information, visit www.narconon-suncoast.org/blog/the-concept-of-hitting-rock-bottom.html or call 877-841-5509.*

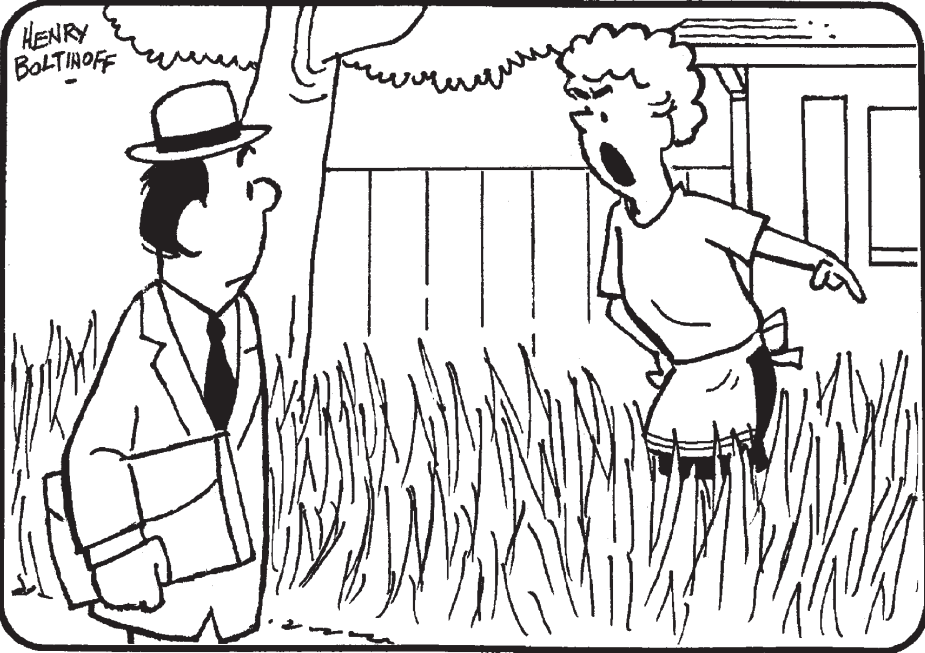
PUZZLES

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bushes are missing. 2. Apron is different. 3. Earring is smaller. 4. Window is different. 5. Man's nose is different. 6. Briefcase is larger.

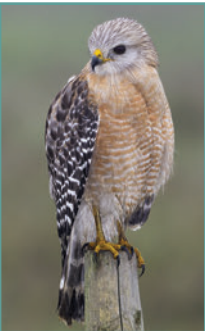
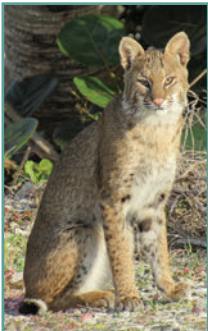
Help SCCF Bring Back the Barn Owls

**Poisoned rats can kill the eagles,
hawks, bobcats and owls that eat them.**

**Tell your pest control professional to
NOT use these rat poisons:**

• brodifacoum • bromailone • difenacoum • difethialone

**Or consider not using any rat poisons at all.
Instead, seal all entry points to your home.**



SCCF 472-2329 • www.SCCF.org

PUZZLES

Answers on page 47



"I _____ sometimes
just to throw them off guard."

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!

Aim
PRAISE

Awry
WEAKS

Brace
HEROS

Grasp
TRAINE

TODAY'S WORD

SUDOKU

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

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



Emergency	911
Sanibel Police,	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City Council	472-4135
City Building Department	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
Library, Sanibel	472-2483
Library, Captiva	239-533-4890
Post Office, Sanibel	472-1573
Post Office, Sanibel (toll free)	800-275-8777
Post Office, Captiva	472-1674
Sanibel Community House	472-2155
Center 4 Life, Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Herb Strauss Schoolhouse Theater	472-6862
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.org
Southwest Florida Symphony	418-0996
Symphonic Chorale of Southwest Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL	https://www.audubonswfl.org/
Audubon Society	472-3744
Bailey-Matthews National Shell Museum	395-2233
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW, Clinic For The Rehabilitation of Wildlife	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH OF SANCAP 24-hr service	472-0404
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Horticulture and Tea Society of Sanibel and Captiva	472-8334
JN "Ding" Darling National Wildlife Refuge	472-1100
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League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA, Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS, Protection of Animal Welfare Society	472-4823
Progressive Club of the Islands	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	267-7291
Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club	472-8994
Sanibel Youth Soccer	395-2040
SCCF Sanibel-Captiva Conservation Foundation	472-2329
SCCF Sea Turtle Hotline	978-728-3663
Shell Islands Garden Club	246-8875
United Way of Lee County - 24 hour helpline 211	433-2000
Zonta Club	728-1971

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press@islandnews.com

PUZZLES

Answers on page 47

Super Crossword

GOOD-LOOKING BEGINNERS

- ACROSS
- 1 Farm output

5 Mosey along

10 Father

14 Verbal tests

19 Despise

20 Slow — (Asian primate)

21 Spoil

22 Bo of “Bolero”

23 Magnetic pull

26 Certain Arab

27 Place for online small talk

28 Author Dinesen

29 One of Nixon’s daughters

30 Hack down

31 Crow cry

32 Clear skies and 70 degrees, say

35 Smell — (suspect something)

37 Novelist Zora — Hurston

39 Stopover site

40 Santa Fe-to-Denver dir.

41 Horned viper

44 Annex

45 Sanctify with oil

48 SFO posting
- 49 What a happy couple makes together

54 Suffix with journal

56 Liberal arts subj.

57 With 90-Down, totally mistaken

58 Creepy quality

60 Rented living spaces: Abbr.

64 Screening airport org.

65 Appear to be

67 Fit snugly

68 Target rival

69 Notions that an imp might get

72 Habanero, for one

74 Pays mind to

75 Infant bed

79 Brand of nonstick cookware

80 Org. for drs.

81 Admin. aide

82 Like rhythmic verse

84 Mag bigwigs

85 Thither

86 Victory sign
- 88 Big sum given for finding a lost pet, perhaps

91 Conan’s TV home

94 Understood by very few

96 Roth —

97 Uvea’s organ

98 Granola tidbit

99 “Law & Order” spinoff, informally

100 Italian port

102 Low pair in poker

106 It’s painted to make something seem better than it is

111 A Stooge

114 Inclined (to)

115 Oscar winner Helen

116 Emu relative

117 Food symbolizing America

119 Ed with Emmys

120 Equitable market practices

123 Thief

124 News bit

125 Brother, in Paris
- 126 Slaving away

127 Not on time

128 Shot callers

129 Mended

130 Pot tops
- DOWN
- 1 Ballroom dance

2 Quite

3 Ontario city

4 Saucy

5 Big maker of food cans

6 Label for the Jackson 5

7 Hat’s edge

8 Actress Tyler

9 Suffix with journal

10 Non-poetry

11 Of hearing

12 Finicky

13 Ending for meth-

14 Scenting substances

15 Send, as payment

16 Weaver of mythology

17 Lax

18 Place for downhillers

24 Oval part

25 Bill depicting Lincoln

29 Lendl’s sport

32 Soup scoop

33 Fathers, informally
- 34 Nintendo console

36 Greek “T”

38 Water, to Yves

42 Condition of equilibrium

43 Heaped up

45 Sale proviso

46 Fraction of about 11%

47 Forest cat

49 “You —!” (“Oh yeah!”)

50 Comes after as a result

51 Swirly marbles

52 Shorn wool

53 Suffix with script

55 Pack tightly

59 Fixed price

61 Tropical fruit

62 Aftershock

63 Hair bit

66 Actress Plimpton

68 Actor Grammer

70 1999 Ron Howard satire

71 Clear kitchen wrap

73 Father, in Madrid

76 Have supper

77 PC readout of a sort

78 Not as tough
- 82 “Quo Vadis” director — LeRoy

83 TV producer Michaels

87 Like trade winds

89 China’s — Zedong

90 See 57-Across

91 Certain rigging support

92 Coffee shop employee

93 Less lax

95 Quart fourth

100 Avocado dip, for short

101 Measure of current flow

103 American elk

104 Sedating substance

105 Blood vessel openers

107 Walk (on)

108 Furious

109 Part of CEO

110 Tenures

112 Decided

113 Part of REO

117 Highest point

118 Plus others: Abbr.

120 Pine relative

121 A bit askew

122 Hosp. body scan

1	2	3	4		5	6	7	8	9		10	11	12	13		14	15	16	17	18
19					20						21					22				
23				24							25					26				
27										28					29					
30					31				32	33				34						
35				36			37	38						39				40		
			41	42	43		44				45	46	47					48		
49	50	51				52				53					54		55			
56				57				58						59			60	61	62	63
64				65			66		67						68					
69			70					71			72			73						
74						75				76	77	78		79				80		
81					82								83	84				85		
			86	87			88						89				90			
91	92	93		94		95					96			97						
98				99						100				101			102	103	104	105
106			107					108	109	110				111	112	113		114		
115							116							117			118			
119												121	122							
123												125					126			
127												129					130			

King Crossword

- ACROSS
- 1 Oil cartel

5 Largest continent

9 Crime scene evidence

12 Lounge around

13 Charged bits

14 A billion years

15 Perry Mason's client

17 Entertainment

18 Smell bad

19 Geneva's river

21 Skiers' 7-Down

24 String instrument

25 Do as you're told

26 Old cars for new ones

30 "Help!"

31 Repeat verb

32 Arctic bird

33 Confiscations

35 Sans siblings

36 Diner staffer

37 Name

38 BLT meat

40 Swimming venue

42 Alias abbr.

43 Secret or Sure

48 Crib
- 49 Elderly

50 Press

51 Pismire

52 May honorees

53 Kindly bloke
- sides of

9 Leaves-dropper?

10 Proper subject, maybe

11 Heche or Hathaway

16 Born

20 Weeding implement

21 Privation

22 Reed instrument

23 Drying agent

24 Cisterns

26 Ankara resident
- 27 Fish eggs

28 — and void

29 Terrier variety

31 Former

34 Menagerie

35 Drilling apparatus

37 Also

38 Ali —

39 Related

40 Verse

41 Probability

44 Id counterpart

45 Exist

46 Negative prefix

47 Explosive stick
- DOWN
- 1 Antiquated

2 "The Raven" writer

3 Sprite

4 Group of priests

5 Helper

6 Drench

7 Hostel

8 On both
- 101 Measure of current flow

103 American

104 Sedating

105 Blood vessel

107 Walk (on)

108 Furious

109 Part of CEO

110 Tenures

112 Decided

113 Part of REO

117 Highest point

118 Plus others: Abbr.

120 Pine relative

121 A bit askew

122 Hosp. body scan

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

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

- Atlas
- Ferrigno
- Piana
- Wheeler
- Atwood
- Hargitay
- Sandow
- Wolf
- Columbu
- Nubret
- Turk
- Yang
- Cutler
- Paris
- Warren

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Use Caution With Generators During Storm Season

If you plan on using a generator in the event of a power outage, it is essential to know and follow these safety tips:

Don't connect your generator directly to your home's wiring at the breaker panel or meter.

Connecting a portable electric generator directly to your household wiring can be deadly to you and others. A generator that is directly connected to your home's wiring can "backfeed" onto the power lines connected to your home. Utility transformers can then "step-up" or increase this backfeed to thousands of volts – enough to kill a utility lineman making outage repairs a long way from your house. You could also cause expensive damage to utility equipment and your generator.

The only safe way to connect a portable electric generator to your existing wiring is to have a licensed

electrical contractor install a transfer switch. The transfer switch transfers power from the utility power lines to the power coming from your generator.

Never plug a portable electric generator into a regular household outlet. Plugging a generator into a regular household outlet can energize "dead" power lines and injure neighbors or utility workers. Connect individual appliances that have their outdoor-rated power cords directly to the receptacle outlet of the generator, or connect these cord-connected appliances to the generator with the appropriate outdoor-rated power cord having a sufficient wire gauge to handle the electrical load.

Don't overload the generator. Do not operate more appliances and equipment than the output rating of the generator. Overloading your generator can seriously damage your valuable appliances and electronics. Prioritize your needs. A portable electric generator should be used only when necessary.

Never use a generator indoors or in an attached garage. Just like your automobile, a portable generator uses an internal combustion engine that

emits deadly carbon monoxide. Be sure to place the generator where exhaust fumes will not enter the house. Only operate it outdoors in a well-ventilated, dry area, away from air intakes to the home and protected from direct exposure to rain and snow, preferably under a canopy, open shed or carport.

Use the proper power cords. Plug individual appliances into the generator using heavy duty, outdoor-rated cords with a wire gauge adequate for the appliance load. Overloaded cords can cause fires or equipment damage. Don't use extension cords with exposed wires or worn shielding. Make sure the cords from the generator don't present a tripping hazard. Don't run cords under rugs where heat might build up or cord damage may go unnoticed.

Read and adhere to the manufacturer's instructions for safe operation. Don't cut corners when it comes to safety. Carefully read and observe all instructions in your portable electric generator's owner manual.

To prevent electrical shock, make sure your generator is properly grounded. Consult your manufacturer's manual for correct grounding

procedures.

Do not store fuel indoors or try to refuel a generator while it's running. Gasoline (and other flammable liquids) should be stored outside of living areas in properly labeled, non-glass safety containers. They should not be stored in a garage if a fuel-burning appliance is in the garage. The vapor from gasoline can travel invisibly along the ground and be ignited by pilot lights or electric arcs caused by turning on the lights. Avoid spilling fuel on hot components. Put out all flames or cigarettes when handling gasoline. Always have a fully charged, approved fire extinguisher located near the generator. Never attempt to refuel a portable generator while it's running.

Turn off all equipment powered by the generator before shutting down your generator.

Avoid getting burned. Many generator parts are hot enough to burn you during operation.

Keep children away from portable electric generators at all times.

Visit www.lcec.net for more helpful hints on storm preparation.✱

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PETS OF THE WEEK



Pabbie ID# A822852



Libby ID# A823643

Lee County Domestic Animal Services

Pabbie And Libby

Hello, my name is Pabbie. I am a 1-year-old male pit bull mix who is closing my eyes and wishing on a star for my new family to come for me at Lee County Domestic Animal Services (LCDAS). I am sweet and handsome, energetic, playful and well-mannered. I get along well with other dogs and love kids! I am one of the Pets of the Day for the Clear the Shelter month-long event, and my adoption fee will be waived with an approved application.

Hi, I'm Libby. I am is a 5-month-old female domestic shorthair who is a bashful kitten that will warm right up to you.

When I do, I am your typical playful feline that will keep you amused with my antics. Take advantage of the adopt one kitten and get a cat or kitten at no additional charge and double your fun.

My adoption fee is \$20. Lee County Domestic Animal Services has joined NBC-2 and Edison National Bank for this year's Clear the Shelters campaign. To help individuals and communities continue to practice safe social distancing measures, this year's initiative will run from August 1 through August 31, and feature a different Pet of the Day whose adoption fee will be waived with an approved application. During this time, adoption fees on all dogs will be reduced to \$25 and all cats to just \$20. And as always, cats and kittens are adopt one, get a feline friend at no additional charge. The featured Pet of the Day is on the Facebook page - Lee County Domestic Animal Services. LCDAS adoption center has reopened by appointment only. Visit www.leelostpets.com to complete an online adoption application prior to calling 533-7387 to make an appointment.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m.

For information, visit www.leegov.com/animalservices or call 533-7387.*

From page 38

Strange But True

Ripper suspect. Although there is no physical evidence to back up this bizarre claim, independent researchers say the imagery in Thompson's poetry, plus his background as a medical student, are valid grounds for suspicion!

- Sorry, but that cream filling in Twinkies isn't cream at all - it's vegetable shortening.
- Due to heat expansion of its iron, the Eiffel Tower can "grow" by up to 6 inches in the summertime.
- Need one more reason to hate Mondays? Scientists have found that even if you maintain a steady weight, you'll weigh the most on that day of the week.
- Only a quarter of the Sahara Desert is sandy.
- High heels came into circulation in roughly 10 BC They were worn by men of the Persian Cavalry not as a fashion statement, but to help their boots stay in their stirrups while riding horses.
- In the 18th century, King George I of England declared pigeon poop to be the property of the Crown because it could be used to make gunpowder.

THOUGHT FOR THE DAY

"I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy."
- Kahlil Gibran

TRIVIA TEST

1. **General Knowledge:** What is the birthstone traditionally associated with the month of July?
2. **Movies:** What was the name of the artificial intelligence system in *The Terminator* movie series?
3. **Chemistry:** Which element has the chemical symbol Pt?
4. **History:** Which two boxers were matched in 1974's "The Rumble in the Jungle" contest in Zaire?
5. **Anatomy:** What is the common name for the hallux?
6. **Ad Slogans:** Which product is featured in the advertising slogan "Obey your thirst"?
7. **Geography:** Which four U.S. states start with the letter "I"?
8. **Television:** What city was the setting for the 1990s sitcom *Home Improvement*?
9. **Music:** Which female singer had a No. 1 hit in the 1970s with the song *You're No Good*?
10. **Measurements:** How many tablespoons are in 1/4 cup?

CLASSIFIED

COMMERCIAL RENTAL

PELICAN PLACE SHOPPING CENTER
Palm Ride Road on Sanibel
3 units available or combined 2,400 sq. ft.
(2 at 700 sq. ft., 1 at 1,000 sq. ft).
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6/21 * TFN

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\$ 900 per month.
Landlord pays all common. Area Maintenance.
Call 973-726-3213
7/31 * TFN

RENTAL WANTED

LONG TERM RENTAL
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Debbie 815-302-7668
7/24 * 8/7

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1/26 * TFN

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1/4 * TFN

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6/5 * TFN

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REMAX OF THE ISLANDS
6/5 * TFN

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Call or text Roger 239-707-7203
State License #13002788
4/20 * TFN

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239-896-6789
11/29 * TFN

To advertise in the
Island Sun and *The River Weekly News*
Call 395-1213

SERVICES OFFERED

SANIBEL MATERIAL GIRL
Beautiful - Whimsical - Delightful
Treasures to remind you of your visit to the Sanibel Island area:
Jewelry
Wrapped Cloth Bowls
Face Masks (did you buy one on the Island and need another?)
Oversized hot pads
Shell Ornaments
and More!
Shop now at www.SanibelMaterialGirl.com
7/10 * 9/25

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scarnatolawn@aol.com
1/25 * TFN

HELP WANTED

CAREGIVER NEEDED FOR LIVE-IN ON SANIBEL ISLAND
Take care of elderly woman 100 years old.
Contact Alan at 732-259-6629 or Patricia at 732-259-6631.
7/10 * TFN

LEGAL NOTICE

FICTITIOUS NAME
Pat Malloy Consulting
Notice Is Hereby Given that the undersigned, desiring to engage in business under The fictitious name of Pat Malloy Consulting, located in Lee County, Florida, with an address of 20031 Sanibel View Circle, Unit 105, Fort Myers, FL 33908 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida.
Dated the 30th Day of July 2020.
Patricia A. Malloy, Owner
8/7 * 8/7

LOST/FOUND

LOST CAT
Grey/white semi-Tiger type, with white face, belly and paws. Responds to name of "Bushy."
Reward.
If seen, please call 239-980-3592.
8/7 * TFN

PSA

AL-ATEEN HELP LINE
Are you concerned with a friend or family member's drinking?
Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org. Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.
7/31 * TFN

TRIVIA ANSWERS

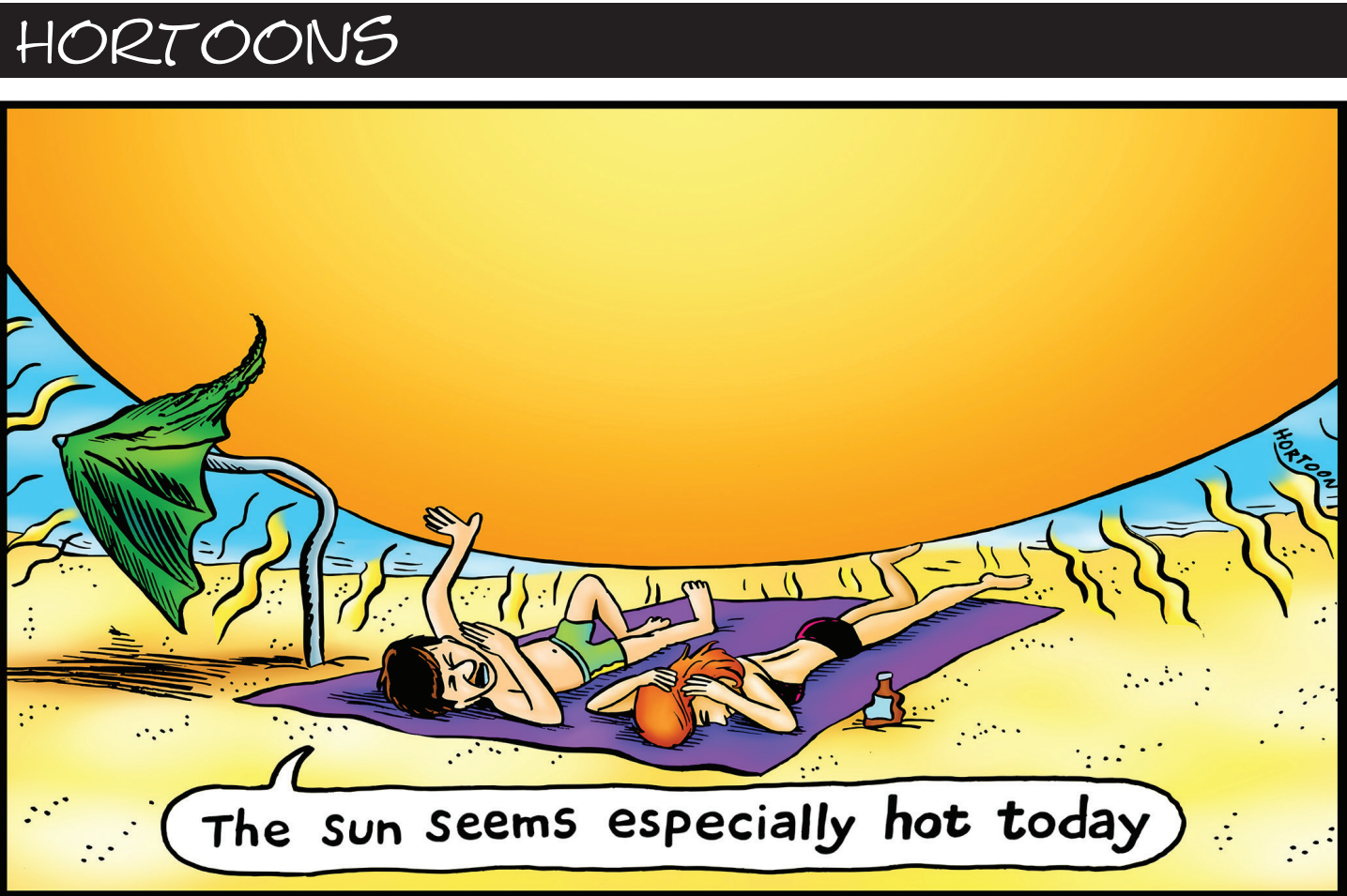
1. Ruby 2. Skyner 3. Platinum
4. Muhammad Ali (winner) and George
Foreman 5. Big toe 6. Sprite 7. Idaho,
Illinois, Indiana and Iowa 8. Detroit
9. Linda Ronstadt 10. Four

SCRAMBLERS ANSWER

1. Aspire 2. Askew;
3. Shore; 4. Retain

Today's Word

WHISPER



PUZZLE ANSWERS

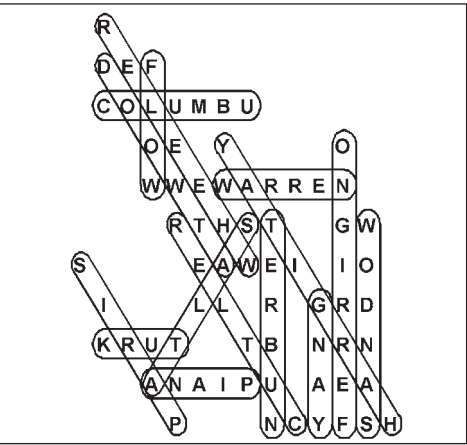
SUPER CROSSWORD

CROP	AMBLE	PAPA	ORALS
HATE	LORIS	RUIN	DEREK
ATTRACTIVE	FORCE	OMANI	
CHATROOM	ISAK	TRICIA	
HEW	CAW	LOVELY	WEATHER
ARAT	NEALE	INN	NNE
ASP	ADD	ANOINT	ETA
BEAUTIFUL	MUSIC	IST	
ENG	ALL	EE	RINESS
TSA	SEEM	NESTLE	KMART
CUTE	IDEAS	HOT	PEPPER
HEEDS	CRADLE	FAL	AMA
ASST	METRICAL	EDS	YON
VEE	HANDS	SOMER	REWARD
TBS	ARCANE	IRA	EYE
OAT	SVU	GENOA	TWOS
PRETTYP	ICTURE	MOE	APT
MIRREN	RHEA	APPLE	PIE
ASNER	FAIR	COMPETITION	
STEAL	ITEM	FRERE	ATIT
TARDY	REFS	FIXED	LIDS

KING CROSSWORD

OPEC	ASIA	DNA
LOLL	IONS	EON
DEFENDANT	FUN	
REEK	RHONE	
LODGE	VIOL	
OBEY	TRADE	INS
SOS	QUOTE	AUK
SEIZURES	ONLY	
COOK	TITLE	
BACON	POOL	
AKA	DEODORANT	
BIN	AGED	IRON
ANT	MOMS	GENT

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Sorrento	Miromar Lakes	2016	6,933	\$5,495,000	\$5,000,000	234
Barefoot Beach	Bonita Springs	1998	4,754	\$4,995,000	\$4,550,000	242
Sardinia	Miromar Lakes	2018	6,227	\$4,650,000	\$4,150,000	103
Hercules Park	Fort Myers Beach	2015	3,798	\$4,300,000	\$3,875,000	54
Cape Coral	Cape Coral	2007	6,950	\$1,699,000	\$1,520,000	138
Flamingo Park	Fort Myers Beach	2019	2,688	\$1,399,000	\$1,280,000	14
Cape Coral	Cape Coral	2014	3,284	\$1,350,000	\$1,350,000	115
Intracoastal Harbour	Fort Myers	2001	2,988	\$1,250,000	\$1,150,000	14
Sanctuary At Wulfert	Sanibel	1995	3,734	\$1,249,000	\$1,100,000	238
Lake Forest At Shadow Wood	Estero	2002	3,677	\$999,000	\$820,000	117



Randy Wayne White ©

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