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VOL. 28, NO. 8

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 21, 2020

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## Drawing Being Held For Painting Of Bald Eagle

Five years ago, Ozzie, the bald eagle, star of the Southwest Florida Eagle Cam and Harriett's first partner, passed away. In remembrance, the Clinic for the Rehabilitation of Wildlife (CROW) is holding a raffle for a one-of-a-kind Myra Roberts' painting of Ozzie soaring above Sanibel.

Through the Southwest Florida Eagle Cam, Ozzie and Harriett shared their lives and their nest with viewers from around the world. In March, 2015, Ozzie was admitted to CROW after suffering a trauma that left him with a broken coracoid, one of the bones in a bird's shoulder essential for flight. After three months of rehabilitation, he was released back to the wild. In September of the same year, Ozzie was again found unable to fly, presumably from a fight with another eagle, and admitted to CROW. Sadly, infection had already taken hold and despite efforts to save him, he passed away.



Ozzie, the bald eagle photos provided

To honor Ozzie and help CROW provide care for bald eagles and all wildlife of Southwest Florida, buy a raffle ticket to win the 24- by 36-inch original painting. The raffle is limited to one entry per person and tickets are \$100. Only 250 entries will be sold and all



Darrin Grotrian of Bank of the Islands and Alison Charney Hussey of CROW with the painting by Myra Roberts

funds raised will directly benefit CROW's mission.

"This year has been quite a challenge for so many nonprofits and CROW is no

exception. We were forced to cancel two of our fundraisers, Southern Comfort in April and our golf tournament in

continued on page 2



Sales from [www.ShopDingDarling.com](http://www.ShopDingDarling.com) face masks and other items help support the refuge during closures photo provided

## Latest In Refuge Recovery Efforts

Last week, the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) rolled out its OMG (Once-a-Month Giver) program as part of ongoing

efforts to recoup financial losses caused by pandemic closures and cancellations.

"As is the case with a lot of our island charities, our fundraising efforts have been severely curtailed," said DDWS Executive Director Birgie Miller. "A real challenge for us in raising support for the JN 'Ding' Darling National Wildlife Refuge has been

continued on page 3

## Mayor Named Municipal Official Of The Year

Sanibel Mayor Kevin Ruane was named the Florida League of Cities (FLC) Municipal Official of 2020 by receiving the E. Harris Drew Municipal Lifetime Achievement Award at the FLC's annual business meeting via Zoom. He was also joined by his spouse, Doreen, during the presentation.

Presented annually, this is the league's most prestigious award. Named for Supreme Court Justice E. Harris Drew – the man who coined the league's motto: Local self-government, the key to American democracy – it recognizes and honors local elected officials who have made lasting and worthwhile contributions to the citizens of Florida through their efforts and dedication in the performance of their duties at the local level.

Upon receiving the award, Ruane said, "It is truly an honor to be the recipient of this award and to find myself within ranks of all those nominated elected officials and those elected officials that have come before me." He said "that my journey as an elected official has not been completed alone. I have had the support of my wife,



Kevin Ruane

my community and elected officials as well as elected officials around the state."

Ruane serves as the chair of the Florida Municipal Pension Trust Fund (FMPTF). More than 3,000 Florida local government employees in 60 municipalities take part in offered services. He is also the vice chair of the Florida Municipal Insurance Investment Trust

continued on page 10



# New Application Cycle Begins For Grant Assistance

Additional local grants and financial assistance has become available for Lee County families, individuals, businesses and nonprofit organizations impacted by COVID-19. These funds are in addition to the first round of LeeCARES grants. The amount of the grants and the eligibility levels to receive the grants have also been increased.

The Lee Board of County Commissioners approved plans to: Launch Round 2 of LeeCARES assistance for individuals and families, providing for broader eligibility and increased award amounts up to \$3,000 per household. Grant recipients from earlier rounds of assistance are also eligible for Round 2 funding. Round 1 closed to applications on August 7 and Round 2 opened August 17.

Enhance the business rehire program by increasing grant sizes by up to \$8,000 awarded to each full-time equivalent rehire according to wages paid. Double the maximum scholarship amount allowed for each child that qualifies for childcare expenses to \$2,500 in order to extend the program through the remainder of calendar year 2020.

Distribute personal protective equipment to county residents in partnership with the municipalities. Enhance CARES Act funding by \$1.8 million for the existing Rapid Re-housing

program currently administered by Lee County's Department of Human and Veteran Services; this includes adding additional partnering agencies to increase program capacity. The LeeCARES programs are funded through the federal Coronavirus Relief Fund through the Coronavirus Aid, Relief and Economic Security Act (CARES). The funding includes:

- \$45 million to human services programs including the individual assistance;
  - \$25 million to Business Relaunch and Rehire programs and PPE;
  - \$23,950,000 for public safety and medial expenses, including contact tracing, EMS transport and quarantine housing;
  - \$20 million for governmental COVID-19 direct expenses for Lee County and constitutional offices, including PPE, facility safety, public education and messaging, data collection, elections and telework;
  - \$20.5 million for general reserves for COVID-19 costs.
- A dashboard that shows assistance statistics is available at [www.LeeFLcares.com/transparency](http://www.LeeFLcares.com/transparency).

Visit [www.LeeFLcares.com](http://www.LeeFLcares.com) for information about all available programs. Application instructions are available in Spanish by calling 533-2273 (or 239-LEE-CARES); applicants without Internet access can also call the number. Hours are 8 a.m. to 5 p.m. weekdays. Updates about the county's response to coronavirus can be found at [www.leegov.com/COVID-19](http://www.leegov.com/COVID-19).

# Community House Events

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

The Community House is hosting a Rib Night Social on Friday, August 21 beginning at 6 p.m. Reservations are required. Social distancing measures will be in place.

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

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

Grab a meal kit to go created by Chef Jarred Harris. Selections include homemade pasta and Caesar salad, vegetable macaroni and cheese, and cheese ravioli and tomato sauce. Includes all ingredients and recipe. Cost is \$20 with advance notice.

Deluxe meal kits to go include all ingredients, recipes and video links by Chef Jarred Harris. Options are: plant based – avocado salsa and tortilla chips, vegan tuna salad, and coconut ginger and lime crème brulee; gluten free – vegetable summer rolls and satay sauce, polenta and pesto lasagna, and triple chocolate brownies; vegetarian – sweet corn and zucchini fritters with sweet chili

sauce, cauliflower mac and cheese, and chocolate banana and peanut butter mousse. Cost is \$40 with advance notice.

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

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

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

From page 1

# Bald Eagle

October, but our patient numbers in the hospital have actually increased," said Alison Charney Hussey, executive director for CROW. "Proceeds from this raffle of Myra's painting will actually be lifesaving funds to our local wildlife. We hope to completely sell out of tickets."

The drawing will be held on Tuesday, September 29 at 2 p.m. and the winner will be contacted directly and shared on CROW's social media. The painting is currently on display at Bank of the Islands, located at the corner of Periwinkle Way and Casa Ybel Road.

To enter the drawing, visit <https://bit.ly/OzzieRaffle>. A full list of contest rules can be viewed at <http://crowclinic.org/articles/official-contest-rules>.



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## Sanibel School Fund, PTA Start Year At Deficit

Students will return to The Sanibel School on Monday, August 31 to kick off the 2020-21 school year. While the islands' children will get back to the business of learning, their parents are working on fundraising plans to provide financial support from the community.

The National Blue Ribbon K-8 school is public and operated by the School District of Lee County. But the Sanibel and Captiva communities have been supportive of the school through the years, providing funding to help with a myriad of projects.

When lockdown issues were ordered in March, causing the school to shut down during Spring Break, fundraising efforts were all but shut down as well. Now, parent groups are assessing the damage and looking to the community for assistance. They are behind on their fundraising goals and some of the school's privately-funded projects may be in jeopardy for this school year or next.

"Springtime is primetime for our events, and at those events, we raise a decent amount for the Parent Teacher Association (PTA), and the Sanibel School Fund hosts their annual golf tournament," said Chris Demaras, president of The Sanibel School PTA. "Obviously, our usual ways of fundraising had to change, and we're developing a plan for what that means for the new school year."

Donated funds are managed by the PTA and the Sanibel School Fund. Those groups then grant the money to school administrators for needs that are above-and-beyond the school's budget.

"People know we're a small community-oriented school, and that's

one of the reasons families are attracted to enrolling here. But because of that size, this public school's budget – which provides a fixed amount per-pupil – is not huge," said Jeff Muddell, president of the Sanibel School Fund. "That's why we rely on this generous community. Our administrators do an amazing job with what they are provided. We, as parents and community members, want to see the school even better, and we need additional private funding to make that happen."

The largest portion of donated funds supports the STEM Program, headed up by teacher Kelly Johnson. New to the school last school year, this program shines a light on science, technology, engineering and mathematics.

Administrators and teachers also use the donations for other purposes: stocking classrooms with supplies not in the budget, purchasing educational software licenses and an annual subscription to a nationwide student leadership program, and hosting the National Junior Honor Society induction ceremony.

"We have recurring needs, and unexpected ones. As an example, our new principal, Ms. Reid, just told us the kiln used by arts students died over the summer," said Demaras. "That's a \$3,000 item that just doesn't appear in the school budget. If we as parents can help find the funds, we can 'fire up' that program again."

"I'm always amazed how generous this community is," said Muddell. "I know that as we continue to express the needs of our school and stress the importance of educating young students on this island, more and more people will find a way to support what happens inside those school walls."

To learn more about giving opportunities, contact Jeff Muddell at [thesanibelschoolfund@gmail.com](mailto:thesanibelschoolfund@gmail.com) or Chris Demaras at [chris@bodyforcebrands.com](mailto:chris@bodyforcebrands.com).\*

From page 1

## Recovery Efforts

the closure of our physical Nature Store while the refuge's Visitor & Education Center has been shuttered since March. Normally, thousands of visitors a month come to the center to purchase items to remember their visit and support our efforts outright with a gift."

Shortly before the pandemic lockdown, the store had debuted its [www.ShopDingDarling.com](http://www.ShopDingDarling.com) e-commerce component, so staff has been working hard on growing that presence much more quickly than at first planned.

"Kudos to manager Ann-Marie Wildman and her team, who beefed up the online inventory and added curbside pickup and personal shopper services," Miller said. "They also added a line of face coverings, which have become big sellers. We are so grateful to our loyal shoppers who continue to support the refuge this way, with 100 percent of profits benefiting wildlife research, education and overall conservation."

DDWS has added the new OMG program to benefit donors by making it easy to contribute automatic donations each month. OMG donors will receive special benefits that are still under development. More information is available at [www.dingdarlingsociety.org/](http://www.dingdarlingsociety.org/)

articles/once-a-month-giver.

While the refuge's Wildlife Drive and trails remained open since the start of lockdown, with Tarpon Bay Explorers concessions later coming back, DDWS has remained fully operational in its role keeping visitors engaged and educating the public. That meant staffing and funding a number of free and virtual programs such as "Ding" at Home videos and Virtual Nature Explorers Summer Camp, with the help of refuge staff. In addition, conservation work at the refuge never stopped, and DDWS supports its research, habitat restoration and internships.

"The pandemic certainly put a crimp in the refuge's 75th anniversary celebration this year," said Miller, adding that several exhibitions, speakers and activities had to be canceled. DDWS still, however, will host a gala event on the anniversary date, December 1, 2020, but in drive-in theater style at The Community House.

"We are truly blessed with our supportive and generous body of sponsors and donors," said Miller. "They understand the importance of continued funding to the refuge in its efforts to monitor water quality, keep our wildlife thriving, and educate and inspire the next generation to continue on with our work."

For more information, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) or call Miller at 472-1100 ext. 232.\*



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Packing house on Tarpon Bay, circa 1930

photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

## Looking Back: Tarpon Bay Packing House

Tarpon Bay has long been a hub of activity. The packing house in the background was probably built by homesteader Capt. George Cooper, who farmed produce and shipped it from this location. By the 1930s, when this photo was taken, farming had diminished but you could still collect oysters from the



rich estuary waters. Another early Tarpon Bay building, the Burnap Cottage, can be seen at the Sanibel Historical Museum and Village.

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](http://www.sanibelmuseum.org) or call 472-4648.\*

## 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](http://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](http://www.batyam.org), 2050 Periwinkle Way, 732-780-2016.

### CAPTIVA CHAPEL BY THE SEA

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

### CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact [ChavuratShalom@gmail.com](mailto: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](http://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](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

### ST. ISABEL CATHOLIC CHURCH

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

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Alan Kelmereit, Priest-in-Charge. Livestream service Sunday at 10:30 a.m., other services, meetings and events are suspended until further notice, [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org), 2304 Periwinkle Way, 472-2173.

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the second Sunday of each month from December through April at 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](mailto:ryi39@aol.com), 2050 Periwinkle Way, 433-4901.

Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.\*

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Dunham Family Gallery at BIG ARTS

photo provided

## Digital Entries Being Accepted For Fall Exhibit

**B**IG ARTS will kick off the 2021 season with a juried show in the new Dunham Family Gallery. The exhibit, entitled Create, Inspire, Connect, mirrors the season's 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

a variety of media including painting, photography, drawing, sculpture, fiber and printmaking. Artwork in this exhibition will be judged according to presentation, artistic merit, originality and interpretation of the theme.

Artwork be submitted digitally by Sunday, September 6 through the BIG ARTS website at [www.bigarts.org](http://www.bigarts.org). Entry fees are \$25 for members, \$30 for non-members and \$15 for students. All artists will all be notified by email by September 11. To view the full prospectus and 2021 fine arts lineup, visit the Fine Arts section of the website at [www.bigarts.org](http://www.bigarts.org).

BIG ARTS is located at 900 Dunlop Road on Sanibel.✱

## FISH 10K Race To Be Held In Virtual Format

**F**or the past 11 years, FISH of SanCap has hosted its 10K Race 4 FISH. However, this year, the race will be taking place virtually. The pandemic has created hardships in all forms, particularly for the islands' tourism-driven economy. FISH recognizes the toll that COVID-19 has taken on the community and knows that a lot of uncertainty remains ahead. While this year's 10K is a different format than usual, the organization is hoping that more people from across the country and world will lace up their running shoes in support of a great cause.

As in years past, Hortoons creator Dave Horton has designed the 12th annual 10K Race 4 FISH logo depicting his lovable animal characters wearing masks and Halloween costumes to celebrate the month of October. Horton has been crafting cartoon drawings for newsprint since he was in high school, starting with his school newspaper and eventually landing a deal with Hallmark when he was just a teenager. Race 4 FISH Committee Chair Diane Cortese said, "Dave is a multi-talented artist and we are grateful to have him design our race logo each year. His artistic talent and sense of humor add something special to our race with each design."

The official date of the race is



Logo by Dave Horton

image provided

Saturday, October 4, but runners may participate virtually and log their time at any point from when they register through October 31. "We are glad that the 12th annual 10K Race 4 FISH can take place despite the current situation. We are anticipating more runner participation for the virtual 10K since the race can take place anywhere at any time where all can be safe," said Cortese.

More information on how to participate in the virtual run, including incentives for runners who help register groups or raise funds for FISH, will be available later this month on the FISH of SanCap and Fort Myers Track Club websites. Participants will receive a dri-fit shirt with the Hortoon logo on the front and a matching face covering, which will be mailed.

For more information on the 10K Race or if you are interested in sponsoring the virtual event, please contact Diane Cortese at [Dianerc10@gmail.com](mailto:Dianerc10@gmail.com).✱

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From left, Bat Yam Temple of the Islands members Dan and Annette Pacyga, Freddie Schaerf and Sanibel Congregational United Church of Christ members Jane and Chuck Ramseth safely masked for their volunteering photo provided

## Monthly Food Drive A Success

Sanibel Congregational United Church of Christ and Bat Yam Temple of the Islands' monthly "no contact" food drive on August 7 was a great success. Once again, the two congregations joined efforts to benefit those facing food insecurity by collecting food that is distributed to FISH of SanCap on the islands and Gladiolus Food Pantry in Fort Myers. The drive was started in May when both congregations wanted to

reach out to help food pantries provide for families and individuals needing their services. Local food pantries have faced decreasing donations due to people limiting social contact.

"Seeing the volunteers eager to receive our food and paper goods donation as we dropped them off at our spiritual home made Vickie and me feel gratified that we could contribute," said Bat Yam Temple's Rabbi Stephen Fuchs.

"These are tough times for everyone, but those of us able to help those in need hopefully feel it is not only our obligation but our privilege to do so," said

Senior Pastor John Danner of Sanibel Congregational United Church of Christ. "In this time of unemployment for so many, attending to the need for food in our local pantries is especially important. FISH on Sanibel and the Gladiolus Food Pantry in the Harlem Heights section of Fort Myers make it possible for our two congregations to help ease hunger."

Over 80 bags of food as well as some school supplies were collected for the two food pantries thanks to the congregations' efforts.

The next drop off food drive will be held on Thursday, September 3 from 11 a.m. to 1 p.m. The public is invited to bring their food donations during that time to the church, located at 2050 Periwinkle Way on Sanibel. For more information, call Pastor Deb Kunkel at 472-0497 or email [deb@sanibelucc.org](mailto:deb@sanibelucc.org).

## American Legion Post 123 Is Open

American Legion Post 123 has reopened and is following all safety guidelines. There are daily specials as well as half-pound burgers, served from 11 a.m. to 8 p.m.



Post 123 is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. For more information, call 472-9979.

## Grant Helps Provide Child Safety Protocols

The Children's Education Center of the Islands (CECI) has been awarded a grant through the LeeCARES Act to further ensure the health and safety of its children.



In June, CECI opened its doors for nature summer camp. At that time, the nonprofit preschool was awarded a grant to fund a cleaning company to disinfect its indoor and outdoor facilities. The cleaning company uses a trademarked product that combines a category IV hospital grade disinfectant with unparalleled efficacy. It is applied with an electrostatic sprayer with a "wraparound" effect for 100 percent complete disinfection coverage for all surfaces.

Along with this disinfectant procedure and a nature-based educational approach, CECI is attempting to keep all of their children, staff and families healthy and safe during these times.

For more information about the school, call 472-4538, email [kerraceci@gmail.com](mailto:kerraceci@gmail.com) or visit [www.childrenseducationcenter.com](http://www.childrenseducationcenter.com). CECI is located at 350 Casa Ybel Road on Sanibel.

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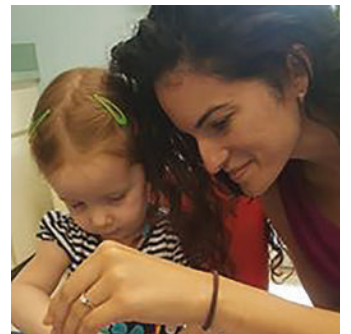
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# New Proposal For Appointing Council Members

by Wendy McMullen

“I think our citizens are the ones who should be putting council members in office,” said Sanibel City Councilwoman Holly Smith on Tuesday, advocating a different procedure for appointing two members to fill the city seats vacated by Mayor Kevin Ruane and Councilman Jason Maughan.

Claiming that an appointment on the council gives the incumbent an unfair advantage and discourages other candidates from running in the election, Smith proposed appointing two people “as placeholders” who would promise not to run in the election in March.

She reported that she had already heard people say that “the powers that be” have already chosen their people. “I don’t know who those powers are,” she said.

“I think it’s a very unique time in our history. It’s unprecedented that we will have three seats vacant on Sanibel City Council at the same time and I don’t want to deter anyone from running because they think people have already been chosen,” she said. “Home Rule is going to be even more important than ever and the people need to choose their representatives.”

“The city attorney has said we shall appoint, but it doesn’t make clear when we shall appoint and when we shall have those people take their seat, she continued, proposing a schedule which accepts nominations between November 4 and November 13 and appoints the candidates on December 1, with the appointment to actually take place at the January meeting.

Smith said she had already had “great feedback” from several people who are willing to sit but commit not to run in the March election. She indicated that there may be prior council members who have a great deal of institutional knowledge and may be interested in sitting on council for a limited period. There may also be members of the planning commission who may be interested.

One member of the audience was not shy in offering her name.

“I am going to apply. I am not going to run in March,” said Sanibel resident Arlene Dillon, a former CBS White House correspondent, president for the White House Correspondents’ Association and frequent commentator at city council meetings. She added that she knows at least six other people who are interested in running.

Vice Mayor Mick Denham also saw value in appointing someone who would not stand for election in March.

“I can see the advantages of appointing those people who have prior experience on a temporary basis until the citizens at large will be able to vote, so that no one gets the advantage in the election,” he said. “I am personally attracted to that position to make sure it’s a clean election.”

Councilman Richard Johnson was less enthusiastic about the different procedure and advocated not ruling someone out for appointment if they also wanted to run in March.

“The appointed person would have a chance to be previewed for the election in March,” he said. “I have had a number of people who have reached out to me who want to run in March. I would suggest that we not restrict anyone who wants to apply.

“I think it’s premature to make a statement that we won’t appoint anyone who wants to run in March,” he added.

A consensus was reached that the application form for the city council position to be put together by the city attorney would directly ask the candidate if they intended to run in March. Smith was clear that she would favor candidates who would not run.

“My intent and my vote would go to those who commit not to run in the election,” she said.

There are three people leaving city council: Denham, Maughan and Ruane. Ruane and Denham are both longtime members of the council. Ruane is running for a seat on the Lee County Commission and Maughan is running for a seat in the Florida Congress. Denham has served nearly 20 years on the council.

Members of the planning commission would also present the city with institutional knowledge that they are seeking in the interim positions.

Sanibel City Council consists of five members elected to serve four-year staggered terms that do not cycle with the

general election in November. The council elects the mayor and vice mayor.

A proposal from Planning Commissioner Karen Storjhiann was not taken up by city council.

“The job description is: don’t get paid, work hard,” quipped Maughan.\*

# Measures To Combat Virus Working For Now

by Wendy McMullen

City legislation designed to fight the coronavirus seem to be working quite well and there is no need for additional measures or to change existing ones, council members decided at Tuesday’s council meeting.

Councilman Richard Johnson, a strong advocate of masks in public places, reported that although there were pockets of non-compliance in mask wearing, he did not believe additional action was necessary.

“The action that the city took was the factor that enabled hotels and restaurants to get behind this,” said Johnson.

“We are in a much better position since the city took action,” he said. However, he emphasized that people need to take on individual responsibility depending on their susceptibility to the virus.

“We can only do so much to protect people,” Johnson said. “As individuals and families, we need to take the precautions necessary.”

“We have amazing compliance,” said Councilwoman Holly Smith. “I don’t see any additional measure is required, because I think what we’re doing is working.”

She added that residents had gotten used to emergency meetings and that the council had not needed any emergency meetings because things were working so much better.

“One of the best things we did was to leave it open ended,” Smith said, referring to the mask ordinance passed two months ago. “I’m glad that we have it in place and I’m glad that there is not an end date.”

In response to Vice Mayor Mick Denham’s question on social distancing

on the island, Smith responded that for hotels and motels on the island, July was one of the most successful in history but that sanitization and the Centers for Disease Control protocols were in place.

Smith added that the restaurants on the island were not doing nearly as well and were not even full at 50 percent occupancy.

City council members were cognizant of the possibility of a Labor Day rush, especially if the beaches on the east coast close.

“We may need an emergency meeting,” said Smith. “I’m not saying we’re going to close the beaches. We’re just watching.”\*\*

# Council Members Earn Home Rule Hero Award

by Wendy McMullen

The Florida League of Cities (FLC) awarded council members Holly Smith and Mick Denham the Home Rule Hero Award.

The FLC recognized some 100 municipal officials with Home Rule Hero Awards which are given for tireless efforts to protect Home Rule powers in the 2019 legislative session. Home Rule is the ability for a city to address local problems with local solutions with minimal state interference.

“The dedication and effort of these local officials during the 2019 legislative session was extraordinary,” said FLC Legislative Director Scott Dudley. “These are some of our biggest advocates for municipal issues, and they’re shining examples of local advocacy in action.”

Home Rule Hero Award recipients are local government officials, both elected and non-elected, who consistently responded to the league’s request to reach members of the legislature to provide a local perspective on an issue.

Denham has served on the Sanibel City Council for nearly 20 years. Smith was appointed to serve an interim position for a vacant seat in December of 2017, elected in March of 2018 for a partial term and then re-elected in March of 2019.\*

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## Plant Smart

# Lessen Yardwork And Protect Water Quality

by Gerri Reaves

**R**educe summer yardwork and protect our local waterways by following Lee County's enticing advice: "Do more by doing less."

From June 1 to September 30, the county's fertilizer ordinance is in effect.

Summer rains can wash fertilizer into swales, lakes, ditches, canals and other waterbodies. That nutrient-rich runoff can feed harmful algal blooms.

So, if you use fertilizer at all, be sure to buy the correct type and apply it properly to avoid creating a toxic soup that impacts the environment, our economy and quality of life.

The key is the "double zero" fertilizer number. The three-number system refers to nitrogen, phosphorus, and then potassium or potash.

Use a number beginning with a double-zero to avoid phosphorus and nitrogen during the ordinance period.

A useful and memorable admonition from Lee County is, "Don't feed the monster," meaning don't contribute nutrients to harmful algal blooms.

Some of the ordinance guidelines are to avoid applying fertilizer within 10 feet of water or when rain is expected, or on impervious surfaces like sidewalks and driveways.

But the main question is, do you need to fertilize at all?

Many home and business owners landscape their properties to save not only time, but money too, by choosing native and Florida-friendly plants, that, once established, survive with little maintenance.

The mantra is "right plant, right place."

Survey your yard for soil properties, light conditions and rain flow, and choose plant species that will do well with little maintenance and, ideally, no fertilizer at all.



Birds love wax myrtle's fruit

photos by Gerri Reaves

Pictured here are three of the best native shrubs to use in a buffer zone. They will tolerate wet conditions, cleanse runoff before it leaves your property and attract wildlife. They are suited for freshwater conditions, but salt-tolerant wax myrtle can be used in coastal habitats too.

Fast-growing wax myrtle (*Myrica cerifera*) is a multibranched shrub of the bayberry family with smooth gray bark and dense fine-textured foliage. It can be trained as a small tree reaching 20 feet or more. Spring brings clusters of tiny greenish white flowers, followed by masses of waxy bluish berries loved by various bird species.

The foliage provides cover and nesting sites for birds. It is also the host plant for the red-banded hairstreak butterfly. It has nitrogen-fixing roots that enable it to thrive in nutrient-poor soil.

American beautyberry's (*Callicarpa americana*) clusters of shiny magenta berries are consumed by more than 40 species of songbirds, as well as small mammals. This member of the verberna family reaches five to eight feet tall with an almost equal width, an open form, and



Beautyberry offers food and cover for wildlife

arching branches. Clusters of lavender or pink flowers attract butterflies and bees.

Common buttonbush (*Cephalanthus occidentalis*) is a water lover, so it's a good choice for a bog garden or poorly drained area. It can tolerate standing freshwater so it can grow beside a pond or other waterbody.

This fast-growing member of the madder family is multibranched, reaching about 10 feet tall with an equal breadth. The foliage provides cover for birds



Common buttonbush's flowers resemble a pincushion

and the dense clusters of fragrant white globular flowers attract bees, hummingbirds and butterflies.

If you're ready to have a lazier summer, you'll find valuable information and assistance at your local native nursery or local Florida Native Plant Society chapter, the Lee County Extension Service, or the Florida Yards and Neighborhoods program.

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

From page 1

## Mayor

(FMIvT), which is a local government investment pool. He was initially appointed in 2011. He served as a board member of the Florida Municipal Insurance Trust (FMIT) from January 2010 to 2015 and as chairman for six years. He was again appointed to the FMIT board as a trustee in December 2017. He is a director on the Florida Municipal Loan Council (FMLC) and currently serves as the vice chair.

He serves as past president of the Florida League of Mayors (FLM) and on its nominating committee. He is the Sanibel voting delegate for the Florida League of Cities (FLC). He was also appointed to serve on the FLC legislative policy committee and resolutions committee, and is the liaison for Lee

County mayors. Ruane was appointed by former Gov. Rick Scott in 2014 to serve on the South Florida Ecosystem Task Force and was reappointed by Gov. Ron DeSantis in 2019.

He was awarded the 2017, 2019 and 2020 Florida League of Cities (FLC) esteemed Home Rule Hero Award. In 2019, he was nominated for the Florida League of Cities E. Harris Drew Municipal Official Lifetime Achievement Award. In 2017 and 2015, he was nominated for *The News Press* Public Servant of the year. In 2016, he was recipient of the prestigious National Everglades Coalition James D. Webb award and chosen the 2016 Hometown Hero by Boy Scout Pack 1740. In 2015, he was awarded the Citizen of the Year by Committee of the Islands (COTI).

Ruane is currently serving his 11th consecutive term as mayor of Sanibel.✧✧

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After school programs included seining and snorkeling

photo provided

## Sea School To Host Educational Programs This Fall

Sanibel Sea School will offer a variety of limited, in-person activities for children, families and small groups this fall. Offerings include after school sessions, family private programs and customized homeschool sessions.

To ensure the safety of participants, staff and community, Sanibel Sea School staff will continue to conduct health

screenings, wear masks and ensure proper sanitizing of all classroom spaces and gear.

"Safety is our number one priority, and we're committed to keeping families safe while we explore the ocean," said Director Nicole Finnicum.

After school programs begin mid-September and continue through mid-December. Sessions will be held on Tuesdays from 3:30 to 5:30 p.m. and will include surfing, seining and snorkeling, and ocean art. All after school sessions are \$20 per student. Registration is open at [www.sanibelseaschool.org/afterschool](http://www.sanibelseaschool.org/afterschool).

Sanibel Sea School educators are

also offering customized Homeschool at Sea programming. This is hands-on, supplemental science-based education targeted to small homeschool groups. Educators can arrange a series of sessions that are focused on marine biology or lessons that complement students' existing homeschool or virtual school curriculums.

Family shore-based and paddle-based private sessions will also be offered throughout the fall by appointment.

"We understand the importance of

sticking close to family this year, so our private sessions are a perfect activity to get out of the house and spend time in nature together," said Finnicum.

For more information and pricing, call 472-8585 or email [info@sanibelseaschool.org](mailto:info@sanibelseaschool.org). Scholarships are available.

*Part of the SCCF (Sanibel-Captiva Conservation Foundation) family, Sanibel Sea School's mission is to improve the ocean's future, one person at a time.\**

## Attorney Advises On Liability Related To Virus

by Wendy McMullen

"When you open up your mail and find you're being sued for multi-millions of dollars, it's heart stopping to say the least," said Mayor Kevin Ruane at Tuesday's city council meeting, commenting on his request that the city attorney inform council about protection from possible lawsuits related to restrictions placed by the city to protect residents from the coronavirus.

City attorney John Agnew reported that the mayor and all other members of the city council have qualified immunity from liability for any action taken as a city official as long as the action was not taken in bad faith or malicious intent, or in "willful disregard of human rights,

safety or property."

Ruane reported that legal fees to fight a suit brought by a city employee amounted to \$90,000. "We won and were awarded costs, but the individual did not have the money to pay," he said. \*

## Council Member Advocates For Women's Voices

by Wendy McMullen

Noting that this year represents the centennial of women's right to vote in the U.S. and Women's Equality Day in the coming week, Councilwoman Holly Smith said she looked forward to more participation in city government.

"I encourage all women to get out and vote and run," she said in council comments. "I'm looking to having strong women voices in this community." \*

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# Experience The Recovery



by Capt. Matt Mitchell

Some of the most rewarding trips as a guide come while introducing new clients to our fishery. Oftentimes, it's kids or even people who have just never had the opportunity to get out in our amazing backyard. With our waters being as clear, pristine and full of life as I can remember, options are endless. It's a great feeling to show off our healthy fishery once again.

The improvement in the management of Lake Okeechobee has been a major factor in the recovery of our fishery over the past few years. Having a South Florida Water Management District that has more than just farming interests in mind has slowed the flow of polluted water from the lake. Clean, clear water in the sound has allowed many of the grass flats that are the life of our estuary to gradually recover. Keeping lake levels low during our dry winter months so more water can be stored during our rainy season has been the difference.

The rebound of our trout fishery is a big telltale sign of the recovery being in full swing. For more than a year after the water woes of roughly three years ago, we simply just did not see any trout. Trout are one of our more fragile species of fish, and they were decimated by poor water quality. Trout have become one of our go-to species, and there are massive amounts of them throughout the sound once again. These fish are one of the species that flourish when our grass flats are healthy. Being able to catch trout after trout is heart-warming.

If you have not had a chance to get out on the water recently, now is the time to do it. The next few months are generally the slowest times out on the water with very little boat traffic. Even if your not fishing, just getting out to see all the wildlife is a testament to how quickly Mother Nature can repair its self with better water management. Water is our biggest resource and keeping it healthy should be our number one priority.

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



The return of healthy trout makes everyone smile

photo provided

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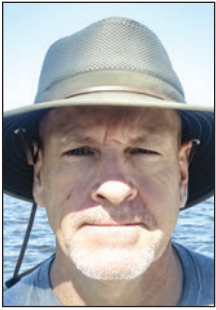


Dave Doane



## CROW Case Of The Week:

# Eastern Screech Owl



by Bob Petcher

The eastern screech owl (*Megascops asio*) is a grayish, small stocky bird that appears to be neckless. Since it is known for its camouflage techniques in hiding in nooks and tree

crannies, you may be able to hear its trilling call more than you can spot it.

At CROW, an adult eastern screech owl was admitted from Fort Myers after it was observed sitting under a vehicle and later laying on its side and not attempting to evade being captured. Upon intake, it was unclear whether the patient was suffering from an unknown trauma or a systemic disease. The patient was noted to be lethargic and weak with mild dehydration, but no obvious signs of infection.

"Various diagnostic tests were run during this patient's course of treatment which included blood draws, fecal samples and radiographs. The blood tells us if there are toxic changes to the cells which could indicate infection. Fecal samples can show us if there are parasites present or issues involving the GI (gastrointestinal tract)," said CROW



**Patient #20-3529 needs to put on more weight before being released**

photo by Brian Bohlman

Rehabilitation Manager Breanna Frankel. "By utilizing all of these tools on multiple occasions, we were able to monitor his condition very closely."

Veterinarians placed the owl in an oxygen chamber overnight and radiographs were taken the next morning. There were no significant findings on the radiographs, but there was evidence of a possible ruptured air sac, leading the team to suspect trauma caused its condition.

"When this screech owl was admitted, it was placed in an oxygen chamber due to its depressed mentation and unknown

history of potential trauma. It became stressed during the physical exam and was placed in oxygen to help with any associated breathing issues," said Frankel. "It was suspected that this patient had a previous rupture – based on some internal gas present on x-rays – that caused the issues it came in with."

Frankel stated the patient's trauma treatment was based on its admittance and pointed out that no two traumas are alike. "It consists of a multitude of treatments that are offered based on how the patient has presented. In general, our patients receive multimodal

pain medications, fluid therapy, assisted feedings, assisted cleaning and oxygen therapy. Based on presentation, we may or may not place an IV catheter to bolus fluids and medication to critical patients. We also utilize x-rays, blood diagnostics, fecal analysis, ultrasound and endoscopy as needed to determine a course of treatment for each patient."

The owl was started on a re-feeding plan and received oral fluids. Since intake, it has slowly improved and is now eating on its own and gaining weight. It was moved outside where it has been more active and making small flights.

"We offer food both during the day and at night in case it needs extra calories to heal, but it has shown no interest in daytime snacks. It does sleep during the day but will fly around when someone is cleaning/feeding inside the enclosure. Since we don't have cameras in this enclosure, we don't see the nighttime activity but it regularly vocalizes in the enclosure," said Frankel. "The owl is flying well and has been doing well in an outdoor enclosure. It is still a little thin and underweight, but continues to make good progress. We don't have any information about release at this point since it is still recovering."

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

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Shell Of The Week

# Miller Nutmeg



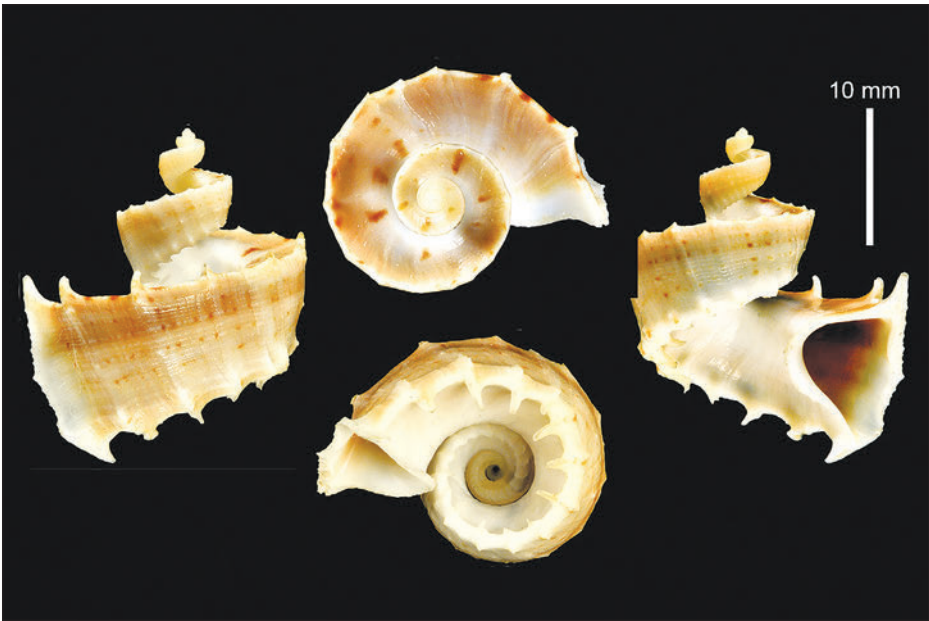
by José H. Leal, PhD, Bailey-Matthews National Shell Museum Interim Director and Curator

Last week, using the Exquisite False Dial as an example, I introduced open-

coiling, a situation where successive shell whorls do not touch each other, each whorl maintaining regular, proportional distances from its neighboring whorls. Other gastropods with open-coiling are, for instance, some members of the nutmeg family Cancellariidae, such as *Extractrix milleri* (Burch, 1949), from the eastern Pacific Ocean including the Galápagos Islands (below), an attractive gastropod related to our Common Nutmeg. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

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

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit [www](http://www.shellmuseum.org).



The Miller Nutmeg, *Extractrix milleri*, from Guaymas, Mexico  
photos courtesy M.G. Harasewych, Smithsonian Institution.

[shellmuseum.org](http://shellmuseum.org).  
The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✽

## Top 10 Books On The Island

1. *The Book Woman of Troublesome Creek* by Kim Michele Richardson
2. *Lady Clementine* by Marie Benedict

3. *The Ten Thousand Doors of January* by Alix E. Harrow
4. *The Book of Lost Names* by Kristin Harmel
5. *Trouble in Paradise* by Jennifer Schiff
6. *Faster* by Neal Bascomb
7. *The Pull of the Stars* by Emma Donoghue
8. *The Comeback* by Ella Berman
9. *Caste* by Isabel Wilkerson
10. *On Ocean Boulevard* by Mary Alice Monroe

Courtesy MacIntosh Books and Paper.✽

## Shell Found



Mikala Sposito photo provided

Mikala Sposito, 15, was snorkeling mid-afternoon at Blind Pass on August 2 when she found a junonia. Mikala is from Dexter, Michigan and was staying at Castaways Cottages with her parents. This is her family's second trip to the island but her dad used to visit the island with his family when he was a kid. Mikala and her parents can't wait to return again some day.✽

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FOOD

Jean Le Boeuf, News-Press



## Fish Caught



Nicholas Wallace

photo provided

Nicholas Wallace was night fishing at Blind Pass on July 30 and just as he was about to leave, he caught a 40-inch snook.✱

## Tomato Troubles

by Melinda Myers

You waited all season for that first red ripe tomato only to discover less-than-perfect fruit. Don't worry, you can still have a great harvest and improve things for next season.

Blossom end rot is a common problem on the first set of fruit. The bottom of the tomato turns black. This is not caused by a disease but is the result of a calcium deficiency in the developing fruit. This deficiency is usually caused by fluctuations in water uptake by the plant. Fluctuating soil moisture, damage to the roots, excessive nitrogen fertilizer and high humidity can all impact water and calcium uptake and result in blossom end rot.

The first set of fruit are most susceptible because young tomato plants are growing rapidly and require more water and calcium. As the plants mature, the problem is less common.

Avoid the problem by watering thoroughly to encourage deep roots. Mulch the soil to help conserve moisture and suppress weeds. Avoid excessive fertilization and be mindful when weeding near the plants. And consider growing more blossom end rot resistant tomatoes like the All-America Selections winner Early Resilience.

Don't pitch blossom end rot tomatoes in the trash. Just cut off and compost the black portion and enjoy the rest.

Cracked fruit is another problem that worries gardeners. Fluctuating temperatures, moisture, high humidity and improper fertilization result in irregular development of the fruit and cracking.

These cracks often occur when heavy rains follow a dry spell. The rapid change in soil moisture causes the fruit to expand faster than the skin of the tomato. Vertical splits on the side of the tomato are called radial cracks. These are the most serious and commonly occur during hot and humid weather. Concentric



Blossom end rot usually affects only the first flush of fruit and is caused by a lack of calcium in the soil

photo courtesy [www.Melindamyers.com](http://www.Melindamyers.com)

cracking appears as rings of cracks around the stem of the fruit.

When cracks appear on green tomatoes, the fruit usually rots before it ripens. Since this is not caused by a disease, the rotten fruit is safe to compost. Save affected fruit by harvesting cracked tomatoes immediately and finish ripening them inside. The flavor is not as good as tomatoes that ripened on the vine during sunny weather, but you'll still be able to enjoy the harvest. If the tomatoes develop a sour smell or begin to ooze, toss them in the compost pile.

Catfacing is another disorder you may discover when harvesting your tomatoes. The blossom scar on the bottom of the fruit becomes enlarged or perforated. It is not clear what causes the problem, but it appears to be more common when cold temperatures occur during flowering, there are extreme fluctuations in day and night temperatures, excessive pruning has occurred or there's been an overapplication of nitrogen fertilizer. As long as the fruit is otherwise undamaged, it is safe to eat.

When these problems occur, make

continued on page 17

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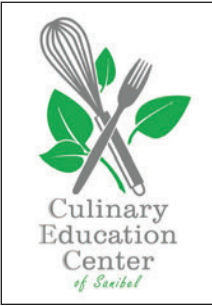
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The Community House

# The Black Sapote



by Resident Chef Jarred Harris

The black sapote (pronounced sah-POE-tay) is one of those weird and wonderful fruits you may come across at a farmers market this time of year. This fruit is also called the chocolate pudding fruit or chocolate persimmon.

The black sapote is a type of persimmon, native to Mexico and Central America but is grown and harvested in South Florida. The fruit is approximately the same size as a medium tomato and has a thin green skin. The skin turns a dark green and dimples to the touch when the fruit is at its best.

Black sapotes are completely ripened when their flesh is black and the seeds resemble lima beans, but do not be put off by the appearance. The black sapote is one of the most delicious things I have ever tasted. The flesh has a creamy sweet quality and it taste similar

to chocolate pudding with almond and mango notes.

The black sapote has several health benefits. The fruit is high in fiber and contains potassium and calcium. It is also a natural immune booster because of high amounts of vitamin C and A. This fruit contains four times the amount of vitamin C than an orange, which makes it the perfect fruit for people that do not enjoy citrus.

The best places to find this delicious fruit are Caribbean markets or farmers markets but occasionally black sapotes appear in grocery stores.

Here is a simple recipe to try:

### Black Sapote Cake

#### Ingredients

- 2 cup black sapote puree
- 1 tsp. vanilla extract
- 1/2 cup butter (softened)
- 3 free-range eggs
- 1 cup honey
- 2 cups all-purpose flour
- 1/2 tsp. baking soda
- 1/4 tsp. baking powder
- 2 tsp. cinnamon

#### Method

Preheat the oven to 350F. Grease and flour 8-inch cake pan.

Cream together vanilla, butter, eggs and honey until pale and fluffy. Add the black sapote puree, a little at a time, and blend until smooth.

In a separate bowl, sift together all the dry ingredients.

Gradually add the black sapote mixture to the dry ingredients and mix until well combined.

Pour the mixture into the cake pan

bake for 40-45 minutes.

Cool the cake before slicing. Serve with vanilla ice cream.

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.✱

## Shells Found



The Hammer sisters, from left, Caitlynn, 14, Mattie, 10, Peyton, 6, and Easton, 3 photo provided

Caitlynn, Mattie, Peyton and Easton Hammer found four alphabet cones during their week of adventures on Sanibel. They had a blast exploring and finding seashells. The Hammer family is from Broken Bow, Oklahoma.✱

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The repurposed aquaculture tank is being tested as a nutrient filter photo provided

# SCCF Lab Testing Filter To Improve Water Quality

The Sanibel-Captiva Conservatoin Foundation (SCCF) Marine Lab, in cooperation with the City of Sanibel Natural Resources Department, is investigating the use of a nutrient filter for removing pollution from an impaired pond downstream of a neighborhood wastewater plant that was closed in the early 2000s.

As one of the island's poorest water quality ponds, it has constant algae blooms and low to no dissolved oxygen. This pond has such poor water quality that current efforts to reduce fertilizer runoff would not lead to improving conditions in the pond.

The city has repurposed one of SCCF Marine Lab's fish aquaculture tanks at the former Sanibel Bayous wastewater treatment plant site. The site, at the corner of Sanibel Bayous Road and Sanibel-Captiva Road, previously had a wastewater treatment plant that served the Sanibel Bayous development.

The treatment plant had two large ponds that held treated wastewater. Even though the city has now purchased the property and properly closed the treatment facility and filled those ponds in an effort to solve the problems caused by wastewater there, residual nutrients remain in the groundwater and soil.

The repurposed SCCF aquaculture tank has been filled with four types of filter media, which can physically and biologically remove nitrogen and phosphorus from polluted water. The

treatment tank supplements two small lakes that were dug on the site and planted with vegetation, which acts as a natural filter to remove nutrients. In the tank, a small pump now keeps water flowing from one lake, then through the new nutrient filter and into the second lake.

SCCF monitors the removal of nutrients through the filter. The filter was put online in May 2020 and initial sampling has shown the filter does remove nitrogen and phosphorus. It will take several more months for the filter media to grow bacteria. The effectiveness of the filter is expected to increase over time. These are bacteria naturally found in the environment and pose no danger to humans.✽



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## Library Reopens To The Public

The Sanibel Public Library reopened to the public on August 17. Hours are: Monday and Thursday, 9 a.m. to 8 p.m.; Tuesday, Wednesday and Friday, 9 a.m. to 5 p.m.; and Saturday, 9 a.m. to 1 p.m.

The building closed to the public on August 5 but continued to offer select services for patrons such as curbside pickup and readers' advisory by phone.

Contactless curbside service continues, with 40 to 50 bags going out to patrons each weekday. Call 427-2483 or go online to [www.sanlib.org](http://www.sanlib.org) 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.

Patrons must maintain social distance inside the building and wear masks, except for children under age 6. Staff is implementing safety and sanitizing procedures consistent with the CDC and Florida Department of Health guidelines.

The 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.

During the summer reading program, Youth Services Librarian Deanna Evans registered 186 readers who logged 80,441 minutes (1,340.68 hours) of reading. As in years past, children read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. For every hour of reading, the



Deanna Evans' Baby Bounce Time online video photos provided

Sanibel Public Library Foundation matched each book "earned" with a book for patients at the hospital. Since its inception in 2012, participants have helped to contribute close to 10,000 books to the hospital. The program is funded in part by a grant from the Joan Hunt Cory Children's Fund.

Hear Deanna Evans sing, tell silly jokes, and see her read stories aloud in her online storytime videos on the Children's page. Miss Deanna's Baby Bounce Time videos are a fun session to help to build literacy skills through stories, song and movement.

The library offers Mango, an online language learning tool. More than 70 languages are offered on the app, which can be used offline if you're not on WiFi. Library cardholders can borrow



Melissa Ballhiser and Duane Shaffer prepare bags for curbside pickup

eBooks and audiobooks via the Hoopla app. Hoopla offers an extensive STEAM collection for children and adults.

Access Encyclopedia Britannica from home. Adults and children can look up subjects by keyword, or browse among topic areas and biographies. Start at the Resources page at [www.sanlib.org](http://www.sanlib.org).

Voter registration forms and applications for mail-in ballots, in English and in Spanish, are available in the lobby. Use the Selfie Station in the lobby to take a photo posing with your family.

Patrons can use a library computer to complete the 2020 census; no library card required to use computers.

The Tech IT Out service offers cardholders an easy way to borrow a Dell laptop or MacBook Air for use anywhere

inside the building. The kiosk offers a choice of six Dell laptops and six MacBook laptops. Patrons can use the laptop for up to three hours. The Macs offer apps like Keynote, Google Chrome, FaceTime and GarageBand. The Dells have PowerPoint, Excel, Word and games like Mahjong.

The meeScan app offers a self-checkout service that works with a smartphone or WiFi. Check out items from anywhere in the library, or use self-checkout stations.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org). The library is located at 770 Dunlop Road.✱

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## Superior Interiors

## Give Your Sunroom A New, Improved Look



by Linda Coin

Whether your home came fully equipped with a sunroom or you recently took the plunge and made the addition to your house, consider yourself lucky.

An all-weather

“outdoor” living space is not only perfect for those who live in colder climates, but it’s also great for those of us who reside in the warmer regions of the U.S. and love the idea of being outside without getting too much exposure to heat and sun. With less inclination to get out and about this summer, a sunroom is an ideal place to relax and spend time in the weeks ahead.

The sunroom is meant to be bright and inviting. While deeper hues may be present in the main area of the home for a cozier experience, they’re not necessarily beneficial in an outdoor setting like this. We recommend pale neutrals, but if you want to go with something more colorful or vibrant, shades like aqua and coral can make a major statement and bring that beachy vibe you might be craving. If you like the idea of utilizing both, consider

painting neutral walls and accessorizing with one, or more of the brighter, saturated tones.

The great thing about a sunroom is your ability to utilize indoor patio furniture that resembles the style you’d use throughout your home. This allows you to take advantage of different options that not only look great, but also maximize comfort. Rattan wicker can be used in this covered area, but you can opt for cozy cushions covered in performance fabrics. Consider chaise lounges, sofas, chairs, side tables and coffee tables in this space depending on the amount of room you have to work with.

Because you’re likely working with eye-catching hues that make the room feel fresh and inviting, the last thing you want to do is clutter the space with too many accessories. The sunroom should always be kept simple, as less is more is the phrase to remember when decorating here. A few house plants, an area rug and throw pillows can complete the room with ease.

While you’ll get ample natural lighting through the floor-to-ceiling windows, you need something extra to make up for the lost lighting when the sun goes down. Candles are great for ambient lighting, but standing lamps can be very useful if you want to illuminate the space to a greater extent without using too much artificial light. If you desire a bit more drama, you can include a gorgeous modern chandelier to install in the space (remember to add a dimmer) for added ambiance.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindceden.com](mailto:linda@coindceden.com).✱

## State Of Tourism To Be Discussed At Virtual Meeting

The Sanibel and Captiva Islands Chamber of Commerce will hold a virtual membership meeting on Thursday, September 17 starting at noon. Dana Young, president and chief executive officer of Visit Florida, will speak about the current state of tourism from the perspective of Florida’s official destination marketing organization.

By recommendation of Gov. Ron DeSantis and unanimous approval by the Visit Florida Board of Directors, Young took the lead position on January 7, 2019. A sixth-generation Floridian born and raised in Tallahassee, she previously served in the Florida House from 2010 through 2016, rising to majority leader for the



Dana Young

2015 and 2016 legislative sessions. In 2016, Young was elected to the Florida Senate, where she represented parts of western Hillsborough County for two years. In addition to her current duties for Visit Florida, Young is a member of the U.S. Travel Association’s Chairman’s Circle.

“Throughout her career as a Florida attorney, Dana has served in leadership positions working to cultivate and protect Florida’s exceptional business climate and a world-class quality of life,” said John Lai, chamber president and chief executive officer. “She came to Visit Florida with a complete tool set for the position, and we look forward to hearing her expertise on the topic of where tourism is headed in the current pandemic climate.”

The chamber will be sending members a Zoom invitation to register for the virtual event. When members RSVP, they will receive a link to the Zoom meeting in advance. Sponsorships are still available for the presentation. For information on becoming a sponsor or registering for the meeting, contact Ashley Pignato at [ashley@sanibel-captiva.org](mailto:ashley@sanibel-captiva.org). Participants can also send questions in advance or submit them during the meeting through the chat feature.✱



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4 large tomatoes, diced small  
1 zucchini, diced small  
2 yellow squash, diced small  
1 dozen mushrooms, washed and sliced  
6 ounces fresh spinach  
12 ounces whole-wheat penne pasta (or your favorite)  
1 cup heavy cream  
5 garlic cloves, chopped fine  
2 tablespoons fresh herbs (rosemary, thyme, basil, oregano, or your favorite), chopped  
1 lemon, juiced  
Freshly grated Parmesan cheese for garnish  
Olive oil for cooking  
Sea salt and fresh ground pepper, to taste  
Bring a medium stockpot of salted water to a boil and cook pasta to desired tenderness. Drain pasta let it cool completely. Preheat a large sauté pan over medium-high heat. Add 1 tablespoon olive oil to preheated sauté pan. Add diced zucchini, squash, mushrooms and garlic to the preheated



**Vegetable Pasta**  
photo courtesy Fresh From Florida  
pan and cook for 2 minutes. Add the diced tomato, lemon juice and cream. Bring ingredients to a boil; add spinach and cooked pasta. Stir ingredients and continue to cook for another 2 to 3 minutes. Taste and adjust seasoning with salt and pepper. Stir in the chopped herbs. Serve hot, garnished with lots of Parmesan cheese. Serve with herbed garlic bread.\*

**SUDOKU** Answer on page 39

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

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

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## Rotary Happenings

submitted by Cindy Carter

In a world where sad and scary news is reported on a daily basis, it was a breath of fresh air for Rotarians to hear from Sean Martinelli, NBC2's host of Story2Share. Martinelli grew up wanting to be a game show host and while that dream hasn't happened... yet, he has landed a pretty sweet gig. Martinelli joined the NBC2 News team in 2018 as a special projects feature reporter, highlighting ordinary people doing extraordinary things.

He is a very proud graduate of Syracuse University and worked his first job in Utica, New York, doing the all too normal murder and fire stories. However, he wasn't fulfilled and thought there must be more. So he went back to Syracuse and worked on the weekends doing feature stories, hoping that if he did the feature stories really well, they would take off. And that is exactly what happened.

Two years later, Martinelli received a call from a Fort Myers news director and was offered a job as a full-time feature director. His stories, which are aired after eight hours of bad, sad and ugly news, are about two minutes long, sharing news of good things. The stories showcase wonderful things being done throughout our area by normal people, things that



Sean Martinelli

photo provided

we sometimes forget are happening since we hear so much of the bad stories. In a time of anxiety and stress on a daily basis, Martinelli's featured stories are something to be cherished. His hope is that people will "think higher and feel deeper."

Martinelli received the Best Newcomer award in 2018 by the Syracuse Press Club as well as an Emmy nomination in video journalism.

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

## Captiva Memorial Library Online Programs

Captiva Memorial Library is currently offering contactless holds pickup and the exterior book drop is open. No donations are being accepted at this time.

Fandom Fest for all ages begins in October. It will be month-long virtual celebration of fandoms and geek culture.

Celebrate a new fandom theme each week. Activities include reading challenges, trivia, costume contest, art exhibit, storytimes, cosplay presentations, virtual escape rooms, crafts and prizes.

Visit [www.leegov.com/library/fandom-fest](http://www.leegov.com/library/fandom-fest) to learn more.

Programs for adults:

Manage Your Medicare Online – 10 a.m. Wednesday, August 26, registration required.

What's in Your Kitchen? – 11:30 a.m. Tuesdays, August 25 and September 1, registration required.

Murder at the Library – 7 p.m. Wednesday, August 26, registration required.

Author Series with Kristin Harmel – 3 p.m. Friday, September 4, registration required.

Programs for teens:

Live Teen Author Presentation – 7 p.m. Tuesday, August 25, registration required.

Programs for children:

Stay At Home Storytime – 10 a.m. Wednesdays on YouTube, registration required.



Captiva Memorial Library photo provided

Events may change with little notice. Check the online calendar at [www.leelibrary.net](http://www.leelibrary.net) for the most up-to-date information.

Explore Your Ancestry – Access to [www.ancestry.com](http://www.ancestry.com) for libraries has been temporarily expanded to library cardholders working remotely.

Research census data, vital records, immigration and emigration records, family histories, military records, court documents, directories and photos.

Naples Botanical Garden is offering free access to Lee County Library System cardholders during Library Card Sign-Up Month, September 7 through 30. Beginning August 28, enter the discount code "Library" when checking out to receive your free tickets. Call Naples Botanical Garden at 325-1354 for help with planning your visit.

Voters are encouraged to vote at one of the 10 early voting sites.

Get information on early voting and poll locations on the Lee County Elections [continued on page 22](#)

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## Book Review

## The Guest List



by Di Saggau

I found *The Guest List* by Lucy Foley to be a fun read with twists and turns galore. It's about the wedding of the year, but someone will not survive it. And oh those interesting characters, each

with secrets that eventually rise to the surface. There's the bride, the best man, the wedding planner, the bridesmaid and, of course, the body. The location is a remote island off the coast of Ireland. The wedding planner is Aoife (pronounced EE-fa). She and her husband Freddy made special arrangements so she could hold the wedding affair in this exact location. The bride and groom are Julia Keegan and Will Slater. Slater is a rising television star. He's handsome and a little too charming. Keegan is an ambitious magazine publisher. Every detail has been fashioned to perfection. It's what you'd expect of a young power couple. Designer dress, four-tiered cake, boutique whiskey and vintage champagne. But people are too human for perfection and everyone has a motive and a secret. And someone won't leave the wedding alive.

Foley delivers a page-turning thriller somewhat like Agatha Christie's *Murder on the Orient Express*. There is always



image provided

something lurking in the shadows in this complex plot that deals with the perspectives of eight main characters. Others are Johnno, the best man who delivers a bridal speech to remember; Olivia, the bridesmaid and step-sister of the bride, who harbors a deep secret; and Hannah and her husband Charlie. There are so many secrets, and they are carefully not fully revealed until the books end.

Foley expertly flushes out the backgrounds of numerous wedding-goers

and the ensemble cast of sinister figures. Once the cake is cut and the champagne popped, resentments and petty jealousies come out. A wedding party turns dark

# School Smart



by Shelley M.  
Greggs, NCSP

**D**ear Shelley,  
My 9-year-old son has always been anxious about the start of a new school year and, of course, he's even more anxious this year. Usually

he won't say much about how he's feeling or what is going on. I try to ask questions but, somehow, I'm not getting through. I need some suggestions on what to do to help me connect better with my son.

Angela S, Fort Myers

**Angela.**

It's hard work connecting with kids when they are anxious, finding the right words to say when they are upset. Parents often worry that talking about the situation will make it worse, yet they want to offer support and encouragement.

Sometimes asking questions isn't the right approach to calm anxious children. Questions can increase anxiety for some kids. It is sometimes easier to connect by using supportive statements to let your children know that you support them. You can make a statement and then wait for their response. Here are a few examples of this strategy.

Instead of asking, “How was school today?” You could make a statement commenting on the effect. For example, you could say, “Looks like you had a long day. Or looks like you had a great day.”

Another question parents will typically ask is about testing. So instead of asking, "How did your math, science, reading etc., test go today?" You could open the door to conversation by saying, "I was thinking about you today while you were taking your \_\_\_\_\_ test," and give your child the opportunity to open up about the test.

Peer relationships are often a source of stress for kids and their parents. So instead of asking, “Who did you play with at recess?” perhaps you could make a statement reflecting this long-standing peer issue. You might say something like,

and deadly. To make things worse, there are dark clouds looming overhead as the weather shifts from fair to changeable. *The Guest List* is an entertaining book. ✨

"I remember you were worried about recess last night or I remember that you said you had fun playing with Jesse at recess," and see what evolves from your statement.

Commenting on your child's non-verbal communication may also be a good way to make statements that they can relate to. So instead of saying, "How do you feel?" you could say, "You look happy/sad/angry/tired," all words that could elicit a response.

It's important to listen to your children talk, without interrupting, or prompting them to say what's bothering them. It's hard to see our kids suffer with worry. Many parents rush in to rescue their child from an anxiety-producing situation. But by having your child talk about a situation, they will have the time to process their thoughts and think about a possible solution that works for them.

Everyone likes to hear positive supportive comments so use affirmations with your child like, “You are so brave, or smart or thoughtful.” Affirming your children’s ability to handle a situation, empowers them to succeed in the future.

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

From page 21

Captiva Library

website at [www.lee.vote](http://www.lee.vote).

Completing the 2020 Census helps obtain funding for services in Lee County.

Census workers are now going door to door to count people that haven't responded. Save them a trip. Respond online at [www.2020census.gov](http://www.2020census.gov).

Connect with Captiva Memorial Library on Facebook, Instagram or YouTube. Captiva Memorial Library is located at 11560 Chapin Lane. For more information, call 479-4636, text 204-5321 or visit [www.leelibrary.net](http://www.leelibrary.net).\*

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# The Role Of The Fed



by Edwin C. Ciskowski, CPA, Senior Portfolio Manager

Given the amount of news surrounding efforts taken by central banks and governments worldwide to dampen the economic impact from COVID-19, we thought it might be helpful to explain the role of the Federal Reserve System (the Fed) and the impact its decisions can have more broadly on the banking system and the economy.

The Fed was established in 1913 following a number of financial panics beginning in the 1800s. Congress initially established two key objectives for the Fed when it mandated the Fed conduct the nation's monetary policy: maximize employment and stabilize prices. The Fed's objectives have expanded through time and now include the following:

Conduct monetary policy – maximize employment, stabilize prices and moderate long-term interest rates;

Stabilize the financial system – minimize and contain systematic risks by actively monitoring and engaging financial markets here and abroad;

Promote the safety and soundness of individual financial institutions;

Foster safety and efficiency of payment and settlement systems involving U.S. dollar transactions;

Consumer protection and community development – supervise, examine and administer consumer laws and regulations through the Consumer Financial Protection Bureau.

In benign economic times, the Fed's actions barely get noticed, except when its Federal Open Market Committee (FOMC) sets monetary policy. The FOMC is a 12-member voting committee that implements its monetary policy through three primary tools: open market operations (buying and selling government bonds to maintain bond prices and to give bond sellers more cash to recycle through the economy); reserve requirements (setting the amount of cash banks need on hand relative to deposits); and the discount rate.

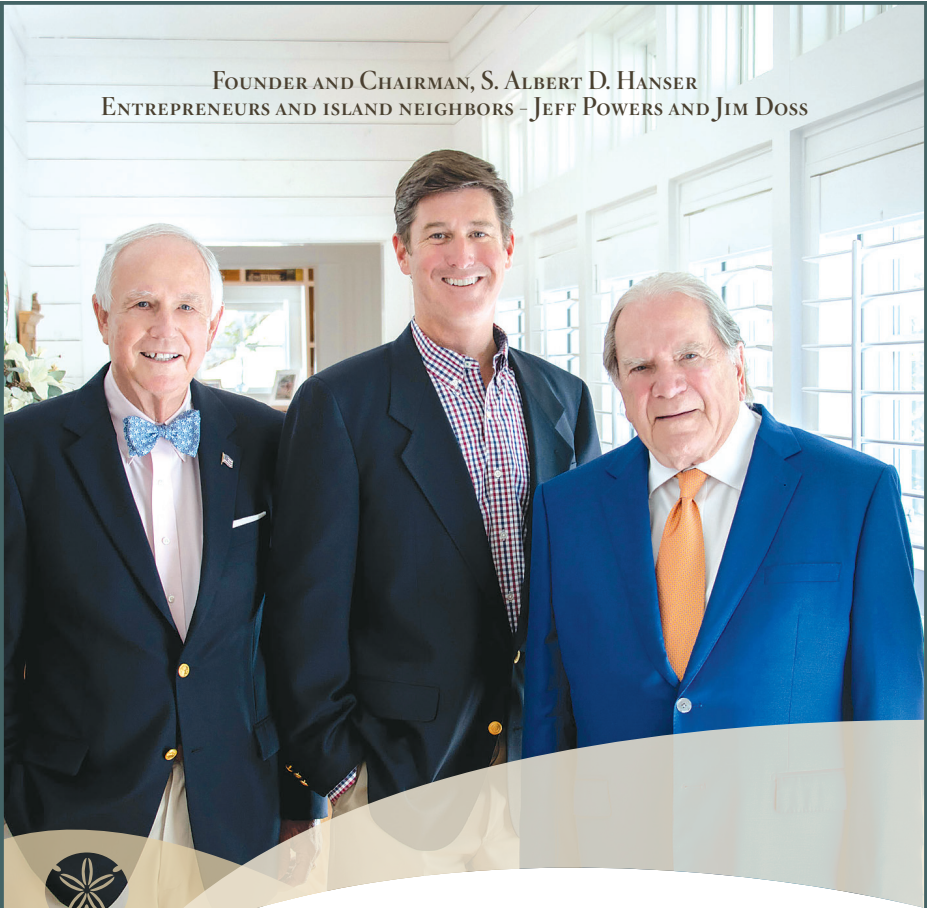
The federal funds discount rate (the rate at which depository institutions lend to one another) is the key interest rate that the FOMC controls, and by extension, nearly all other interest rates that affect our daily lives. The interest you earn on a bond investment or the amount you pay in interest to a bank for a mortgage or car loan are all influenced by the federal funds discount rate. Lower rates are designed to incentivize more consumer and business spending and more lending by banks to increase economic growth. Conversely, higher rates are designed to moderate prices, slow down aggressive borrowing and reduce inflation concerns.

To support the U.S. financial system and to aid in economic recovery following the Great Recession of 2008-09, the Fed implemented extraordinary liquidity and funding measures to support open market operations. These facilities, which include the purchase and sale of securities in the open market, provide much needed liquidity when markets become disorderly – like we experienced again in March when the Fed agreed to buy \$4 trillion worth of Treasury, municipal, mortgage, and corporate bonds as concerns over COVID-19 resulted in forced liquidations of bonds and an absence of buyers. The Fed recently held around \$7.2 trillion of bonds, mostly the result of purchases made in the Great Recession and again this spring.

While the actual printing of currency is managed by the Department of the Treasury, the Fed does use its monetary tools to control how much of that currency is in circulation to achieve its price, interest rate and employment goals. Moreover, the Fed and Treasury work together to borrow money for government spending. The Fed issues and sells U.S. Treasury securities such as bonds, bills and notes on behalf of the Treasury.

The Fed certainly has a significant impact on the direction and pace of overall economic activity, but like many other areas of government, its power and influence are limited. However, in times of market disruption as in mid-March, the Fed has served a vital role in the functioning of capital markets.

*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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### ISLAND SUN BUSINESS NEWSMAKERS

#### Pfeifer Realty Group

The top producers for July at Pfeifer Realty Group were: Wendy Kischner, top sales agent and top listing agent; Jennifer McSorely, top sales agent; and Greg Demaras, top listing agent.\*



Wendy Kirschner



Jennifer McSorely



Greg Demaras



Life Insurance

# The Need To Replace A Term Policy



J. Brendan Ryan, CLU, ChFC, MSFS

I think it is valuable every so often to present a case study involving a life insurance policy that may not be doing its intended job anymore or that has become –

or is about to become – too expensive. Sometimes better designed policies should be considered.

I believe that people close to the age and sex of the client in a given case

study can interpolate or extrapolate and thus approximate if the case study can apply to a question or a problem that they have.

I recently received a call from a reader who, at age 68, wanted to review and evaluate his term policy that he got back in the 1970s.

I remember those policies. They were fairly priced one-year renewable policies. The premium went up every year with modest steps in early years and bigger and bigger steps as the insured grew older. There were no huge steps in price, and they were designed to allow people to keep their insurance for decades.

Compare that to today's common term policies. These policies have a low, level premium for a set number of years. At the end of that initial period, the premium takes annual leaps, eventually to horrendous levels. These are designed to provide protection at a modest cost in the early years when there is little chance of the insured

dying. Then later, when the risk of dying increases, the premium increases to unaffordable levels, forcing the client to drop the policy when the risk of dying has never been greater.

But even the 1970s policy was not adequate for the long haul because it was just term insurance with escalating premiums that eventually became too expensive. Only three percent of term policies ever pays off. They are dropped before most people die.

Back to the case study. He had a \$150,000 term policy from the 1970s that cost \$2,300 per year at the present time. Again, that premium will increase every year until it is unaffordable, probably in about 10 years. And he will probably be alive long after that.

Since he is healthy and thus insurable, I can write a new \$150,000 term policy for \$1,800 per year, which will not increase for 10 years. In the 11th year, it goes to \$17,000, the next year \$20,000, and so on.

He does not want to have to drop

the coverage in 10 years. He wants it to be a financial legacy for his family. And he cannot count on dying within 10 years.

So he decided that the only reasonable choice was a universal life policy, wherein the death benefit and the premium stay the same for life. That way he can be assured that the legacy will be passed on at his death.

And he chose to include a long-term care rider, which makes the whole death benefit of \$150,000 available to cover his nursing home and home healthcare costs if the need arises. (Every dollar used for this purpose reduces the death benefit dollar-for-dollar.) This carries a level annual cost of \$3,600.

In summary, by spending a little more money now, he can be assured of leaving a legacy for his family, however long he lives, at an affordable cost.

J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).✴



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### ISLAND SUN BUSINESS NEWSMAKERS



McMurray and Members

#### Royal Shell Real Estate

The top producers for July at the Royal Shell Real Estate Sanibel/Captiva office were: McMurray and Members, top listing producers team and top sales producers team; Cindy Sitton, top listing producer individual/partners; and Maureen Ahmed, top sales producer individual/partners.✴



Cindy Sitton



Maureen Ahmed

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## Enjoy Water Sports

On private peninsula, easy on/off island, & with community fishing pier, 2 pools, boat dockage, & deeded beach access, Mariner Pointe #522 also offers bay view & includes furnishings. \$484.9K



## Go Shelling & Kayaking

Blind Pass #E101 has 1st floor convenience plus fenced patio, steps from covered parking spot. Onsite rental office & resort amenities make earning income easy too. \$499K furnished & with bookings



## Unwind on Tropical Patio

At Lighthouse Point #117, with room for guests. 1600+sq.ft. under air with 3 bedrooms plus glassed lanai that opens to this. Ground-level end-unit so private & easy-access too. Steps to beach & clubhouse. \$549K furnished



## With Rental Income

East-end convenience. Sandalfoot #2D2 has gulf-view & bright interior (end units have extra side windows). 2nd floor remodeled 2-bedroom with years of rental history in onsite program. \$659K furnished



## New Kitchen & Baths

Gulf-facing Tarpon Beach #207, top-floor end-unit with high ceilings. Sellers wintered here. Also could earn income (weekly rentals allowed). Covered parking below & 2 exterior storerooms. \$999K



## Gulf-Facing & Easy

White Sands #23 has privacy of just 14 owners, yet handy to action, near Tarpon Bay Rd. 2-bedroom with den, 2nd floor. Beachy décor with cool wood-look tile floors, newer furnishings, & rental history. \$1.199M



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## Sunsets & Seashells

Lagoon-side 3-bedroom home with elevated pool where 1-level living is easy. Storeroom & covered parking below. On cul-de-sac in Gulf Shores at 1015 Fish Crow Rd. Community beach access nearby. \$674K



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Health First

# Changes In Lifestyle Can Improve Insomnia



by Julie Rosenberg, MD

**H**ave you been having trouble sleeping at night? Do you toss and turn at night and never quite get to sleep? Do you wake up several times during the

night? If you answered yes to any of these questions, and it's been going on for several days to one week, you may have insomnia.

A diagnosis of insomnia requires that a person have difficulty falling asleep, staying asleep or waking too early (or any combination of these). Primary insomnia is the term for insomnia that is unrelated to any other physical or mental health disorder, while secondary insomnia is when the insomnia is known to be caused by or directly

related to another condition. There are several well-described causes of insomnia. They include: Stress. When you experience protracted stress related to work, health, finances, relationships, or even the current global pandemic, you may develop insomnia. Health issues. A number of medical conditions can disrupt your sleep, such as allergies, asthma, acid reflux, chronic pain, hyperthyroidism and sleep apnea. Mental health problems, like depression and anxiety, can keep you from getting enough sleep, too. Food and drink. Alcohol, caffeine and eating large, heavy meals close to bedtime can disrupt your sleep. Daily habits. Habits such as spending time on your phone or tablet before bedtime can preclude restful sleep. The blue light from your devices tells your brain to "wake up." Long afternoon naps can also disrupt your natural sleep cycle. Drugs. Some prescribed medicines, such as antidepressants, anticonvulsants, appetite suppressants and steroids may make it more difficult for you to sleep. Over-the-counter drugs, like cold medicines and decongestants can also cause insomnia. Short-term insomnia typically goes

away on its own. In the meantime, a few changes to your daytime and/or nighttime habits can improve your sleep. You can support yourself in achieving better sleep by considering these 10 lifestyle tips: Keep a sleep diary. Begin writing in a notebook or access an online diary in order to assess patterns in your sleep habits. Note the time that you go to bed and the time that you wake up daily. Record any stressors that may interrupt your sleep. Rate the quality of your sleep each day. Go to bed and get up at the same time every day, including weekends. Stay active. When you exercise your body for at least 30 minutes during the day, you improve your chances to get a good night's sleep. (Don't exercise within two hours of bedtime). Meditate. Meditation has been shown to increase sleep time, improve sleep quality, and make it easier to fall (and stay) asleep. Use your bed only for sleeping and sex. Go somewhere else in your home for reading, watching television, or using your smart phone, tablet or computer. Use of digital devices can hyper-arouse your nervous system and lead to poor sleep. Create a buffer zone from work. Say no to work-related or other stressful tasks two hours before bed. Be careful with what you eat and drink. Make 2 p.m. your cut-off for caffeine. Don't drink alcohol if you are having trouble sleeping. While alcohol can make you drowsy, it is disruptive to normal sleep patterns. Don't eat heavy meals, chocolate or sugary foods two to three hours before bedtime. Ensure that your bedroom is dark and quiet, and that the temperature is cool and comfortable for sleeping. Consider using ear plugs, white noise machines, a sleep mask, or black-out curtains to help you to maintain a comfortable sleep atmosphere. Undertake a relaxing, nightly routine.

This might include a warm bath or shower, soothing music, or restorative yoga poses that help you to unwind at the end of each day. It may be helpful to develop a bedtime ritual with one of more of these techniques. Check your medications and supplements. Ask your doctor or pharmacist if any of the drugs or supplements you take could keep you awake at night. In conclusion, most insomnia is short-term, and may be successfully addressed through lifestyle changes. If insomnia persists more than three months, be sure to make an appointment with your doctor to evaluate your sleep. 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](http://www.drjulierosenberg.com). For consulting and speaking requests, email your inquiry to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).✴

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## ISLAND SUN BUSINESS NEWSMAKERS

### RE/MAX of the Islands

Chuck Bergstrom Sarah Ashton

The top producers for July at RE/MAX of the Islands were: Chuck Bergstrom, top marketing associate; and Sarah Ashton, top sales associate.✴

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Will Power

# Retaining Your Trusted Financial Advisor



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

What many clients don't realize is that they may lose their trusted financial advisor when they become disabled, although it doesn't have to be that way. Allow me to explain.

Assume that Oswald has a revocable living trust. He serves as his own trustee, and then ABC Trust Company is his named as successor trustee. Further, Oswald has a longstanding relationship with Pamela, his financial advisor. She works at XYZ Brokerage Firm. Pamela has been through the ups and downs with Oswald and his family, and Oswald

has great confidence in Pamela.

If Oswald should become disabled and unable to make financial decisions, his successor trustee, ABC Trust Company, steps in and assumes the role of trustee. Because ABC Trust has the legal responsibility for all of the investment decisions, they will move all of the assets in the account from XYZ Brokerage Firm to ABC Trust Company. This is common practice.

Sometimes, the Oswalds of the world don't realize that's what they've set up when they name a corporate (bank or trust company) as their successor trustee. There are alternatives. Some trust companies, for example, will serve only as the administrative trustee, and allow the investments to remain with the client's preferred investment advisor. As administrative trustee, the trust company will write checks, pay bills and decide upon distributions. The investment advisor retains the assets in this scenario, and is responsible for the day to day investment decisions. This is possible due to "directed trust" laws that allow the liability associated with the different responsibilities to be bifurcated.

Florida enacted directed trust legislation so the ABC Trust Company, if they are so willing, can take on only the administrative role and allow XYZ Brokerage Firm to continue to manage the investments after Oswald resigns from serving as his own trustee. You should know, however, that these split duties don't just happen. The attorney drafting the trust needs to be familiar with the directed trust laws and

include the necessary language to segregate financial investment responsibilities from the distribution responsibilities. Not only must the trust be drafted correctly, but the trust company and the financial firm must both be willing to serve in their respective roles. Further, there should be a clear understanding on Oswald's part as to what the charges and fees will be from both ABC and XYZ. Since the responsibilities are bifurcated, usually the fees are also divided.

Oftentimes, the financial firms will have required language that must be drafted into the trust instrument before they will agree to serve in the limited role provided. This required language commonly includes indemnification provisions that not only exonerate the trustee from the investment advisor's actions (and vice versa), but also allows the trustee to use trust funds to defend itself if it is sued by the grantor or by a trust beneficiary.

Yet another common issue confronting investment advisors is a tug-of-war between the advisor and their own trust department. Suppose in my example with Oswald that Pamela, an advisor with XYZ Brokerage Firm, advises Oswald that he can name the affiliated XYZ Trust Company as his successor trustee, and not worry about the assets moving if Oswald should become incapacitated or die. When Oswald does become incapacitated, sometimes there is a struggle between Pamela and her brokerage firm against their own affiliated trust company over who manages the assets and gets paid to manage the assets. Some companies work well with their own advisors while others don't. Then there is another issue as to how much the client gets charged. You don't want to be charged full freight by both the advisor and the trust company in this example. If Pamela suspects that her trust company may step on her toes, she may look into affiliating with another company that will agree to perform the administrative tasks in a directed trust scenario.

Finally, there's the issue of naming your spouse or children as successor trustee. In Oswald's example, if he wants Pamela to continue on as his financial planner, he should express his expectations to whomever he names as his successor trustee. I've seen several children of clients move the client's brokerage account to the child's trusted broker and away from their parent's broker when the child takes over as trustee.

So, there's a lot to think about when you name a successor trustee in your documents, including some very specific coordination with your long-term financial advisor. If this is an issue for you, bring it up with your estate planning attorney so that he can discuss it with the parties involved, and draft the appropriate language into your trust documents.

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

## How's The Market? Ask Ann

My weekly goal is to keep you posted on Sanibel Real Estate activity and any noticeable trends. Going back 7 days, 13 new sales contracts were reported on Sanibel; 6 homes, 6 condos and 1 vacant lot. Existing inventory continues to shrink. Our MLS system shows 110 single family homes, 113 condos and 58 vacant lots on the market. Our office was fortunate to have 2 new sales last week; a High Point unit in downtown Fort Myers and a vacant lot on Main Street.

To better define our market, let's break it down to categories describing the price ranges. Our highest priced category consists of gulf front and bay front homes. Currently, there are 8 gulf front homes for sale in the MLS (this is a low amount, historically), priced from \$1,875,000 to \$16,895,000. There are 5 vacant gulf front lots for sale priced between \$2,600,000 to \$3,895,000. Three gulf front homes are currently reported as pending contracts.

There are 7 bay front homes for sale priced between \$2,989,000 and \$7,895,000 and 3 vacant lots for sale between \$1,239,000 and \$2,789,000. Prices vary because of size, location, condition, age and square footage of the home.

Thank you for reading my newsletter. If you would like me to FaceTime on any of these properties, feel free to call me.

Stay safe, Ann

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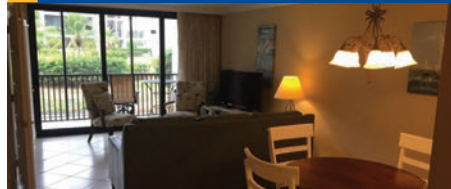
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Frankly Speaking



by Howard Prager

NCAA football couldn't be more confusing. Two of the Power 5 conferences are postponing fall football. Last weekend, nine University of Oklahoma football players tested positive. Their starting running back opted out this season. Three student housing buildings at North Carolina had large outbreaks of positive tests. The list goes on. Let's see what happens as it gets closer to starting ACC, Big 12 and SEC football.

The parents of 81 players from the University of Nebraska wrote a letter to the Big Ten commissioner questioning the decision to postpone Big Ten football to the spring. They want to know the medical reasons behind the decision. They believe the precautions Nebraska and the Big Ten have taken are sufficient for their sons.

We all have decisions to make during this epidemic every day. Many athletes think they can battle through everything. So do their parents. But, it's not so.

Indiana University freshman lineman Brady Feeney, for example. His mother said on Twitter last week that, "My son was negative when he got tested at the beginning of volunteer workouts. Within three weeks, he and multiple

others tested positive. His university has done everything right by shutting down workouts and retesting the whole team. Unfortunately, this virus hit my son very hard compared to most of his teammates. Here was a kid in perfect health, great physical condition and, due to the virus, ended up going to the ER because of breathing issues. After 14 days of hell battling the horrible virus, his school did additional testing on all those that were positive. My son even received extra tests because he was one of the worst cases. Now we are dealing with possible heart issues! He is still experiencing additional symptoms and his blood work is indicating additional problems. Bottom line, even if your son's schools do everything right to protect them, they can't protect them!!" Nebraska parents and fans, what do you say to Feeney's mom? And what about the other students on campus who don't play football, don't get tested regularly but live with, study with and go to classes with team members? The only answer I see is to keep them safe.

On the other hand, the sports bubble has been a success thus far. No NBA players have tested positive. It has also worked out for the MLS and NHL. Baseball has no bubble, and players are not quite so lucky. The Cardinals finally restarted play last weekend after missing 14 games. But the Reds-Pirates games were postponed due to a player on the Reds testing positive. Baseball finishing this season is still in doubt.

But what about the NFL?

There's at least one player from every NFL team that has opted out of playing.

There's no bubble. Some stadiums will have fans, others won't. For a league trying to look uniform, it's anything but. Here are some suggestions I have to remake the NFL a bit safer.

Play two quarter games twice a week. That's right, two quarters instead of four. Sunday-Monday and Wednesdays-Thursdays. NFL fans and TV will love it because that's four nights of programming. Players, although still not safe, will play half as long in a game. Hopefully the shorter games will allow them to play two games a week and complete the season in eight weeks. Why shorten the game? So that teams can play more than one game each week and speed up the season, as well as keeping players a little safer.

I propose 40-man rosters, with a 25- to 30-person "taxi" squad. Fewer players, fewer risks. Even though 40 is still a lot, it cuts down by one-third and provides for almost four different lines - kicking game, receiving game, offense and defense. And a taxi squad ready to replace someone that gets injured with someone who knows the playbook.

Create four semi-bubbles with eight teams each. NFL East playing in New York, Washington D.C. and Baltimore; NFL South playing in Texas and Florida; NFL Midwest playing in Chicago, Milwaukee and St. Louis, and NFL West playing in Los Angeles and Las Vegas. Teams from both the AFC and NFC are in each bubble area playing one another. Teams play the other seven teams in their bubbles twice for a 14-game season. If we want 16, they play two more outside their bubble. Players stay in one of the cities that has a stadium for the shortened season that can be played in eight weeks - November and December (after baseball, basketball and hockey finish). Playoffs are East versus South and Midwest versus West. The Superbowl would be East/South winner vs. Midwest/West winner.

Here's who I'd put where:

NFL East - Baltimore, Buffalo, New England, New York, New Jersey, Philadelphia, Pittsburgh, Tennessee;  
NFL South - Miami, Tampa, Jacksonville, New Orleans, Dallas, Houston, Atlanta, Carolina;  
NFL Midwest - Chicago, Green Bay, St. Louis, Detroit, Minneapolis, Cleveland, Cincinnati, Indianapolis;  
NFL West - LA Chargers, LA Rams, Las Vegas, Seattle, San Francisco, Arizona, Denver, Kansas City.

What do you think? All other sports have modified to some extent during these

times, why not the NFL while still bringing all of us live football?

The good news story of the week happened on Sunday, when the Washington Football Team made a move that some thought they'd never see. They activated quarterback Alex Smith from the PUP list. Physically unable to perform (PUP) is a roster designation used for players who suffered injuries during football-related activities prior to training camp. Smith spent nearly two years on Washington's injured list as a result of a brutal leg injury suffered in a 2018 game against the Houston Texans. The injury required 17 surgeries and, along the way, he faced life-threatening sepsis, spent a month in the hospital, was confined to a wheelchair for three months and spent eight months on an external fixator. Can you say "comeback player of the year?!"

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

Sundial Hosting USTA Sanctioned Tournament

Sundial Beach Resort and Spa will be home to the 2020 USTA Southwest Florida Clay Court Championships, open to USTA members ages 18 and over. Slated for Friday through Sunday, September 25 to 27, the USTA sanctioned event categories include Men's and Women's Singles, Doubles and Mixed Doubles for NTRP rated divisions 3.5 to 4.5. Age divisions are Open, 40s, 50s and 60s. The three-day tournament includes trophies and a Saturday evening outdoor barbecue dinner.

Players can register with the USTA Tennis Link using tournament ID#150093020. Pricing is \$61.78 for singles and \$43.50 for doubles. Registration closes on Wednesday, September 23. Resort tennis information is available by email at [tennis@sundialresort.com](mailto:tennis@sundialresort.com) or by phone at 395-6025.

"We're looking forward to a great weekend of competition and camaraderie" said Sundial's racquet sports manager and tournament director, Christian Clark. "This is our fifth year hosting the event and it

continued on page 31

SPORTS QUIZ

- 1. How many times did Iceland's Magnus Ver Magnusson win the title of World's Strongest Man?
- 2. How many consecutive scoreless innings did the Los Angeles Dodgers' Orel Hershisier pitch during his record-breaking streak in 1988?
- 3. What boxer handed Joe Louis his first loss as a pro with a 12th-round knockout at Yankee Stadium in 1936?
- 4. Former NFL running back O.J. Simpson played the character of T.D. Parker in what football sitcom that aired on HBO from 1984-91?
- 5. Nine-time NBA All-Star and 1996 NBA Defensive Player of the Year Gary Payton was known by what nickname?
- 6. The California Commotion, Aussie Peppers, Chicago Bandits and Cleveland Comets are teams competing in what women's pro sports league?
- 7. What two Chicago Bears greats had their jersey numbers retired at halftime of a 33-6 loss to the Green Bay Packers on a windy, rainy Halloween night at Soldier Field in 1994?

ANSWERS

1. Four (1991, 1994-96). 2. 59. 3. Max Schmeling. 4. Ist & Ten. 5. "The Glove." 6. National Pro Fastpitch (NPF) softball. 7. Dick Butkus and Gale Sayers.

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Advertisement for Chuck Bergstrom, a Realtor. The ad features a photo of him, a beach scene, and a house. The text says "There's nothing better than living in shorts!" and provides contact information for his company, SanibelCaptivaRealEstateGuide.com.



dearPharmacist

## Do You Have Chronic Fatigue, Breathlessness?



by Suzy  
Cohen, RPh

**Dear Readers:** We've all felt tired at one point or another, but today's article is about a different kind of exhaustion. Fatigue is sometimes

self-limited and temporary. That is unless you've ever had a virus. In that case, the fatigue is more persistent and, in some cases, disabling.

If you've ever had a bad cold, the flu, COVID-19, a tick bite, chickenpox, EBV which causes mononucleosis, flea bites, Bartonella (from a cat scratch), West Nile or any other virus, you could have what's called post viral fatigue syndrome or PVFS. Sometimes people with panic attacks or sleep apnea will have issues with the breathing, as will those who have taken chemotherapy.

PVFS is very real, and intractable fatigue is associated with it. Some of you reading this have the fatigue that I'm talking about, and don't even know it. It could be related to hyperventilation, or more aptly termed "overbreathing." You

may have experienced this when you got up to do something, for example, getting the mail from the mailbox and you came back breathless and tired. You don't feel well, yet you're mentally astute and physically capable and strong. Yet, you feel so weak!

This overbreathing will induce low levels of carbon dioxide in your blood, termed hypocapnia, which causes the symptoms below. An example you might relate to is that you go to Pilates, and 15 minutes in, you feel short of breath (or breathless), and perhaps slightly dizzy. You might feel a strong, racing heartbeat. Or maybe you try to jog three miles like you used to, but you have to stop with less than a mile to go and walk back home breathing very heavily.

Sound familiar?

It comes with excessive production of cytokines, peroxynitrites and hydrogen peroxide. This is like a little bomb going off in your body.

Potential symptoms of overbreathing or hyperventilation include: lightheadedness; dizziness; weakness; confusion or brain fog; feeling like you cannot catch your breath; racing or pounding heartbeat; tingling or numbness in the fingers or toes; muscle cramps; and excessive yawning.

Ask your personal physician if any of the following treatment ideas are right for you. Make sure you have done a complete cardiovascular evaluation to rule out heart trouble. Because I couldn't possibly know what is right for each of you, discuss these ideas with your doctor:

1) Breathe slowly into your mask, if

you're wearing one, or cupped hands during these episodes to help raise CO2 levels;

2) Do some diaphragmatic breathing;  
3) Consider Catalase supplements once daily, to break down hydrogen peroxide and turn it into oxygen and water intracellularly.

4) Consider NAC (N-acetylcysteine) 600 milligrams twice daily to support glutathione levels.

5) Consider taking a sublingual ATP supplement which offsets the damage

## Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** Are there some supplements that you can recommend to help manage my anxiety? I don't want to take medication.

**A:** Yes, there are supplements that

can help, including the Mediterranean diet to assist in cognitive function. This is attributed to the amount of B vitamins it supplies. Evidence shows that B vitamins play a significant role in maintaining good overall mental health, including a balanced mood.

The eight key vitamin B essentials are essential to brain operations from

done by the lack of oxygen to your brain.

If you're interested in more solutions and in learning more about this topic, I have a longer, comprehensive version of this article that I will email to you if you sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.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](http://www.SuzyCohen.com).*✱

the energy production and DNA maintenance. All eight are integral in optimal neurological functioning and effectiveness. Much of the population is deficient in one or more B vitamins and supplementation is beneficial. The essential B vitamins are listed below:

B1, Thiamine  
B2, Riboflavin  
B3, Niacin  
B5, Pantothenic Acid  
B6, Pyridoxine  
B7, Biotin  
B9, Folate  
B12, Cobalamin

Many of the B vitamins also are integral in cognitive function in addition in assisting with anxiety reduction.

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

From page 30

## Sundial

has become an annual Sundial tradition, offering players and their families a fun resort weekend."

With a long legacy of island tennis, Sundial's facilities are recognized area-wide and have repeatedly been named the "Best Tennis" on Sanibel and Captiva islands. The resort features six state-of-the-art sub surface HydroGrid courts.

Sundial Beach Resort and Spa is offering a tournament room rate of \$199 for fully equipped studio and island suite room types. Reservations may be made at [www.sundialresort.com](http://www.sundialresort.com) or by phone at 866-565-5093 and mentioning code SWFL20.

The resort, located at 1451 Middle Gulf Drive on Sanibel, also features complimentary paddleboards, kayaks, bicycles and pickleball courts, as well as five onsite dining options.✱

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Doctor and Dietician

# Find Peace And Positivity In Difficult Seasons



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

These have been trying times for everyone, right? We have been experiencing situations beyond our wildest imaginations, making it difficult to navigate the uncharted waters. We want to encourage you to stay strong and rise above the world of negativity. We know the people of Southwest Florida, and particularly, Sanibel, are a special group of people. They have been through lots of tough times and have come out strong.

We want to encourage you to hang in there and keep the faith. Here are a few tips we find helpful:

Turn to God for comfort and strength daily. Search for promises in the Bible

you can hold onto – Psalms is a good place to start. If you follow a different faith, find strength in your scriptures.

Gather your tribe. Grief and stress are difficult, but you are not alone. Find a tribe of people to talk and share your feelings with. Nothing beats the love and support of those who love and accept you.

Practice good health for yourself. Stop the binge-watching of bad news. Make sure you sleep, eat well, exercise, drink water and not just coffee, and get outside and enjoy nature.

Become adaptable. We cannot control this pandemic or any other bad situation. We can, however, do our part by staying close to God, remaining optimistic, spreading positivity and adapting to changing times. Truth is, nothing stays the same. Once you accept that, it makes adaptation easier.

Surround yourself with positive people. Sometimes we have to distance ourselves from those who bring us down. Do not be afraid to protect yourself.

Watch your words. What you speak, you become. If you find yourself constantly speaking negative words, complaining, judging... stop. Get a buddy to hold you accountable.

Speak life to one another. Tell someone that you believe in them. Be a blessing to those around you. Help another human being.

Choose to be positive.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine*

Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross

Hauser, MD, and Marion Hauser, MS, RD. They can be reached at [info@caringmedical.com](mailto:info@caringmedical.com).✱

Beautifulife:

## Happy Place

by Kay Casperson



We all have a place that just plain makes us happy whenever we are there. It is a place that helps us relax, unwind and enjoy just being, sometimes doing nothing at all. This

happy place can be different for all of us. It might be the beach, the lake, the woods or the mountains. Maybe it is an activity like walking, boating, fishing or hiking. I know for sure that we all need these places and events in our lives to live our best and most beautiful life.

Your happy place can change over time, depending on your age, where you live and your interests. But, when you go back to where your happy place used to be, it somehow still seems to bring back those happy memories. When I was a little girl growing up in Minnesota, and even as a teen, my happy place was our lake home outside of the cities. We would go up to the lake every weekend. We spent quality time with family and even made new friends up there. It was like a whole other world that we created in another space away from our everyday lives.

As I grew up, I would even slip away to the lake by myself to relax and enjoy some peace, quiet and alone time. This was where I learned the art of taking a nap and how to renourish my soul. Back then, I learned how important it is to be OK by yourself to escape the hustle and bustle to find peace. I realized early on that I needed this time to think, create, and nurture my dreams and goals.

When I was married and started having children, I wanted to share that happy place with my own family. We decided to buy a lake home right next door to my parents' place. We wanted to give them that experience and also let them spend some summertime with their

grandparents and family.

As the kids grew older, it was harder to find the time to leave Florida and spend the whole summer in Minnesota at the lake. We decided to sell it and went on to discover our other happy places along the way. I genuinely love where I live and enjoy the islands of Sanibel and Captiva. I just believe that it is easier to enjoy happy places when you can sneak away from your everyday routines and surroundings.

So, today I want to encourage you to take the time to find your happy place if you haven't done so yet. Go back to a happy place that you once knew and enjoy fond memories of days from the past. And finally, get out to explore some new places that you have not been to yet, because you never know what could eventually become your new happy place.

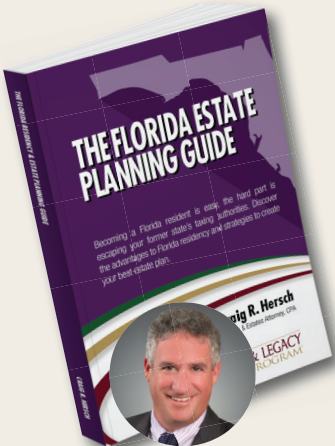
My affirmation for you this week is: "I will take the time to enjoy my happy places and cherish the beautiful moments and memories they bring to my life."

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](http://www.kaycasperson.com) or follow on social media @kaycasperson.✱

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- providing the PEACE OF MIND knowing everything goes where you want when you pass
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by Craig R. Hersch  
Florida Bar Board Certified Wills,  
Trusts & Estates Attorney, CPA &  
Island Sun Columnist

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## Grief Support Group Meetings

Sanibel Community Church is offering a GriefShare program in the Family Life Center on Tuesdays at 5 p.m. 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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# PETS OF THE WEEK

photos provided



Digiorno ID# A824109

Lee County Domestic Animal Services

## Digiorno And Rita

**M**y name is Digiorno, a 4-month-old male orange shorthaired tabby. I get my name from my love of "making bread" with my paws. I am one of the Pets of the Day, and my adoption fee is waived with an approved application.

Hi, I'm Rita, an 8-year-old sassy senior female American bulldog mix. I prefer to sit next to you and watch the world go by rather than running around. If you are over the puppy thing, I am your girl. My adoption fee is waived.

Lee County Domestic Animal Services has



Rita ID# A823444

joined NBC-2 and Edison National Bank for this year's Clear the Shelters campaign, which runs through August 31 and features a different Pet of the Day with no adoption fee. During that time, adoption fees on all dogs will be reduced to \$25 and all cats to just \$20. Cats and kittens are adopt one, get a feline friend at no additional charge. The featured Pet of the Day is on Facebook at Lee County Domestic Animal Services.

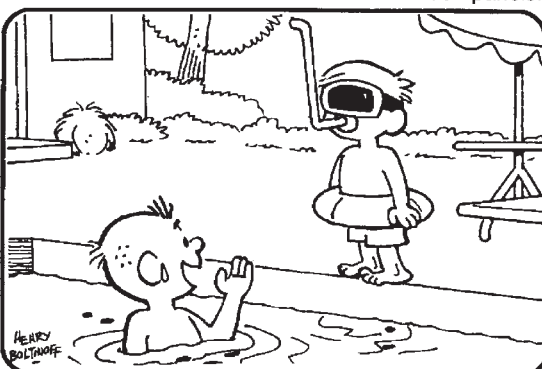
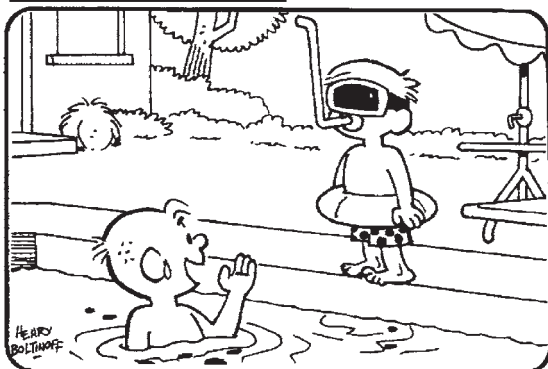
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. For more information, visit [www.leegov.com/animalservices](http://www.leegov.com/animalservices) or call 533-7387.\*

## PUZZLES

### HOCUS-FOCUS

BY  
HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Tree limb is missing. 2. Swim trunks are different. 3. Walkway is missing. 4. Boy's hair is different. 5. Umbrella handle is gone. 6. Windowsill is missing.

### 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!

Ahead

ENBODY

Pang

WETING

Tremor

KASHE

Beast

NIFED

TODAY'S WORD



"It's for a couple who met at a

Answer on page 39



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	<a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a>
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL	<a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>
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	<a href="mailto:coti@coti.org">coti@coti.org</a>
CROW, Clinic For The Rehabilitation of Wildlife	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH OF SANCAP 24-hr service	472-0404
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
JN "Ding" Darling National Wildlife Refuge	472-1100
Kiwanis Club	677-7299
League of Women Voters	<a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA, Military Officers 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	<a href="mailto:pcisancap@gmail.com">pcisancap@gmail.com</a>
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	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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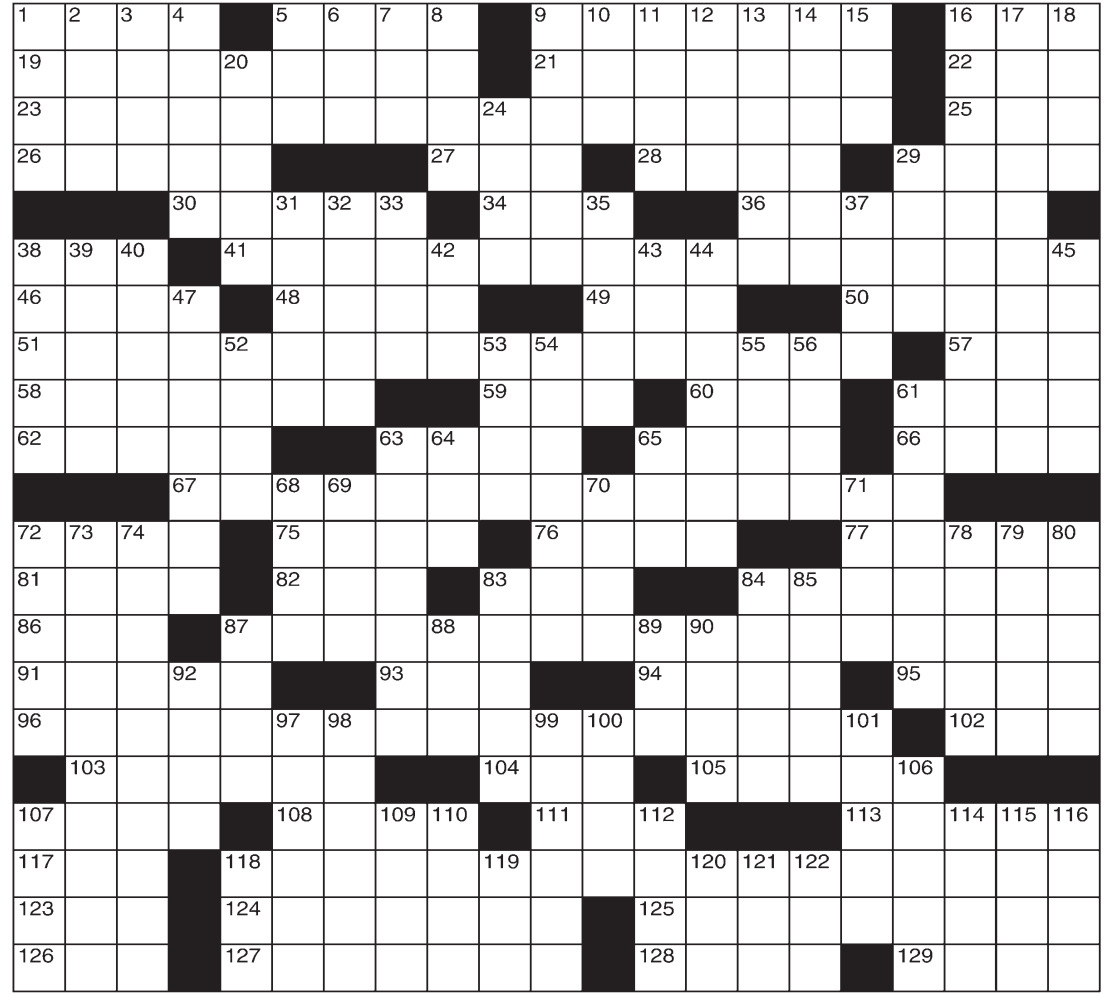
PUZZLES

Answers on page 39

Super Crossword

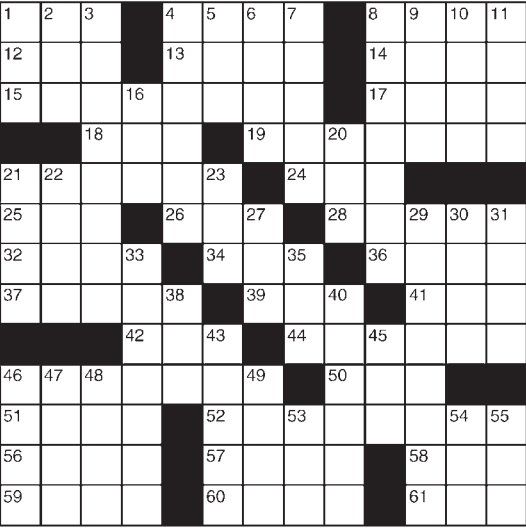
NO CLOUDS  
UP NORTH

- ACROSS**
- 1 Sheep kin  
5 Rick Blaine's love, in film  
9 Certain vacuum tube  
16 Crunches work them  
19 Item added, as to a library  
21 Decks out  
22 Statute  
23 Start of a riddle  
25 Certain Ivy Leaguer  
26 Split nation  
27 10% of XXX  
28 "— smile be your umbrella"  
29 SAT, for one  
30 Not taut  
34 List-curtailling abbr.  
36 Solo, in a way  
38 Brick-hauling trough  
41 Riddle, part 2  
46 — Plus (razor brand)  
48 Off-road vehicles, informally  
49 Egypt, once: Abbr.  
50 Aged person  
51 Riddle, part 3
- 57 Pal of Pooh  
58 Nebraska city on the Platte River  
59 Never, in Germany  
60 Batman player Kilmer  
61 Any of 12 popes  
62 Blew it  
63 "Got it, dude"  
65 Maiden  
66 Pace  
67 Riddle, part 4  
72 The impish Simpson  
75 Daredevil  
76 Neap, e.g.  
77 Bay State sch.  
81 Regrets bitterly  
82 It's looked up in a dict.  
83 Tall, graceful tree  
84 Resort with snowy trails  
86 "Ooky" TV cousin  
87 Riddle, part 5  
91 Satellite-tracking prog.  
93 Cereal grain  
94 Scuttle stuff  
95 Mitigate
- 96 End of the riddle  
102 The, in Nice  
103 Certain book page size  
104 Ramp (up)  
105 Start  
107 Some are unsaturated  
108 Guesses at SFO  
111 Create a hem, e.g.  
113 Actor Sam  
117 Exiled Amin  
118 Riddle's answer  
123 TV room  
124 Painter Manet  
125 Fully informed  
126 Assn.  
127 TV talk great Phil  
128 Reassuring touches  
129 Earring type
- DOWN**
- 1 Stare openly and stupidly  
2 Eight, in Lima  
3 Rent- — (Hertz's business)  
4 Heads, in France  
5 Prefix with thermal  
6 "Charlie's Angels" co-star Lucy  
7 Pine- —  
8 "You — both know ..."  
9 Papeete's island  
10 Summer, in France  
11 Texter's "bye now"  
12 Cereal grain  
13 Gifted speaker  
14 Franklin — Roosevelt  
15 Subj. for U.S. newcomers  
16 Chief port of Egypt  
17 Become even  
18 Take a dip  
20 Milan's La —  
24 Knotted  
29 Actor Jannings  
31 Sharp  
32 Actress — Lee Crosby  
33 Leg joint  
35 Lead to  
37 Preholiday nights  
38 "Gattaca" actor Ethan  
39 Additional  
40 Gloomy, in verse  
42 Pack-toting equine  
43 "Prob'ly not"  
44 Nonpublic  
45 Uneven, as leaf edges  
47 Collars  
52 Prefix with thermal  
53 Military group  
54 Each evening  
55 Ogden with funny poetry  
56 Additional  
61 Created in advance  
63 Frozen sheet in the sea  
64 FedEx alternative  
65 English "Inc."  
68 Healing drugs, briefly  
69 Eye layer  
70 Goals  
71 Destroy  
72 Lead to  
73 Luger pistol, e.g.  
74 Drawing back in  
78 Sans-serif typeface  
79 Intuit  
80 Wise sorts  
83 One dining  
84 Done in, as a dragon  
85 Brick bakers  
87 Concept  
88 Extension for PC music files  
89 Statute  
90 — -chic (fashion style)  
92 Part of B.A.  
97 Go too far on  
98 Concept  
99 Live (at)  
100 YSL part  
101 Subdivision in taxonomy  
106 Short-term staffers  
107 Pal of Rover  
109 Water, in Spanish  
110 Old ruler of Iran  
112 Larrup  
114 "Oh, ri-i-ight"  
115 "In — of flowers ..."  
116 "Charlie's Angels" co-star Cheryl  
118 Napping spot  
119 Mr. Capote, to his pals  
120 W-2 pro  
121 Ex-Giant Mel  
122 Part of L.A.



King Crossword

- ACROSS**
- 1 Height of fashion?  
4 First victim  
8 Expansive  
12 Retirement plan acronym  
13 Sushi bar soup  
14 Grooving on  
15 Plaid garment  
17 Greek vowels  
18 Small barrel  
19 Irish overcoats  
21 Wunderkind  
24 Thither  
25 Atmosphere  
26 — sauce  
28 Florida city  
32 Mid-month date  
34 Chow down  
36 Painter  
37 Chagall  
37 Archaeologist's find  
39 Cushion  
41 Opposed  
42 Plaything  
44 Malign  
46 Young child  
50 Mongrel  
51 Hedgepodge  
52 Yankee Doodle's feather?  
56 Huff and puff  
57 "Zounds!"  
58 Erstwhile
- acorn  
59 Knitting need  
60 Scruff  
61 "Science Guy" Bill
- locale  
9 Initial stake  
10 Celebrity  
11 Pitch  
16 Barbie's companion  
20 Drunkard  
21 Twosome  
22 Stash  
23 Curly's brother  
27 Shrill bark  
29 Coconut cookie  
30 Senior moment?  
31 Zits
- 33 Take a chair  
35 Slight amount  
38 Army rank (Abbr.)  
40 Ten-year period  
43 Sanaa's land  
45 Bear hair  
46 Country singer Keith  
47 — podrida  
48 A-line designer  
49 Sitarist's rendition  
53 Upper limit  
54 Aye rival  
55 Mamie's man
- DOWN**
- 1 That guy  
2 Mound stat  
3 Holy fish?  
4 Pedro's pals  
5 Recycling receptacle  
6 Jacob's brother  
7 Humble  
8 "Platoon"



MAGIC MAZE • ISMS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: **Favoritism Shown to Relatives**

- |          |          |          |          |
|----------|----------|----------|----------|
| Altruism | Cynicism | Embolism | Organism |
| Autism   | Daoism   | Fascism  | Racism   |
| Cronyism | Dualism  | Heroism  | Tourism  |
| Cubism   | Egotism  | Humanism |          |



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FRIDAY  
Cloudy  
High: 90 Low: 82




SATURDAY  
Few Showers  
High: 84 Low: 77




SUNDAY  
Cloudy  
High: 90 Low: 81




MONDAY  
Partly Cloudy  
High: 89 Low: 82



TUESDAY  
Cloudy  
High: 88 Low: 80



WEDNESDAY  
Cloudy  
High: 90 Low: 83



THURSDAY  
Few Showers  
High: 86 Low: 77

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	3:48 am	8:41 am	3:25 pm	9:57 pm	Fri	2:53 am	8:43 am	2:30 pm	9:59 pm	Fri	4:08 am	9:55 am	4:11 pm	10:32 pm	Fri	5:58 am	12:40 am	5:35 pm	11:57 am
Sat	4:12 am	9:42 am	4:24 pm	10:29 pm	Sat	3:17 am	9:44 am	3:29 pm	10:31 pm	Sat	4:40 am	10:39 am	5:04 pm	11:05 pm	Sat	6:22 am	1:13 am	6:34 pm	12:58 pm
Sun	4:41 am	10:48 am	5:31 pm	10:59 pm	Sun	3:46 am	10:50 am	4:36 pm	11:01 pm	Sun	5:09 am	11:24 am	5:54 pm	11:36 pm	Sun	6:51 am	1:45 am	7:41 pm	2:04 pm
Mon	5:15 am	12:04 pm	6:57 pm	11:28 pm	Mon	4:20 am	12:06 pm	6:02 pm	11:30 pm	Mon	5:37 am	12:12 pm	6:43 pm	None	Mon	7:25 am	2:15 am	9:07 pm	3:20 pm
Tue	5:56 am	1:30 pm	9:02 pm	11:53 pm	Tue	5:01 am	1:32 pm	8:07 pm	11:55 pm	Tue	6:05 am	12:08 am	7:34 pm	1:09 pm	Tue	8:06 am	2:44 am	11:12 pm	4:46 pm
Wed	6:49 am	3:00 pm	None	None	Wed	5:54 am	3:02 pm	None	None	Wed	6:36 am	12:41 am	8:28 pm	2:13 pm	Wed	8:59 am	3:09 am	None	6:16 pm
Thu	7:56 am	4:21 pm	None	None	Thu	7:01 am	4:23 pm	None	None	Thu	7:13 am	1:25 am	9:29 pm	3:17 pm	Thu	10:06 am	7:37 pm	None	None

**My Stars ★★★★★**  
**FOR WEEK OF AUGUST 17, 2020**

**Aries** (March 21 to April 19) A previous misunderstanding continues to taint the atmosphere to some extent in the early part of the week. But cooler heads prevail, and the situation eases by week's end.

**Taurus** (April 20 to May 20) While the artistic aspect of the Divine Bovine is well-served this week, that practical side is also getting the sort of recognition that could lead to a new and well-deserved opportunity.

**Gemini** (May 21 to June 20) With home-related matters taking on more importance this week, now could be the time to make some long-deferred purchases. But shop carefully for the best quality at the best price.

**Cancer** (June 21 to July 22) Congratulations. While that family problem might still rattle, it should be easing thanks to your efforts to calm the waters. Also, a workplace situation seems to be moving in your favor.

**Leo** (July 23 to August 22) The Big Cat's energy levels should be rather high these days, and you might do well to tackle any tasks that still need doing. This

will clear the way for those upcoming projects.

**Virgo** (August 23 to September 22) Someone's criticism might not be as negative as you perceive. Actually, it could be helpful. Discuss the matter with your critic, and you both could learn something valuable.

**Libra** (September 23 to October 22) A business matter could cause some friction among your colleagues. But once again, that logical mind of yours comes to the rescue. And the sooner it does, the better!

**Scorpio** (October 23 to November 21) There might still be some heated temper flare-ups out there. But your sensible self should advise you to stay out of these situations until things cool down and calm is restored.

**Sagittarius** (November 22 to December 21) Changing your mind could be the right thing to do if you can't resolve your doubts. You might want to discuss the matter with someone whose advice you trust.

**Capricorn** (December 22 to January 19) You still need to demand those answers to your questions. Remember, your wise counseling earns you respect, but it's your search for truth that gives you wisdom.

**Aquarius** (January 20 to February 18) An educational opportunity could lead to something other than what you had planned. But keep an open mind, and before you decide to turn it down, check it out.

**Pisces** (February 19 to March 20) The Piscean wit and wisdom helps you work through a situation that might have been accidentally or even deliberately obscured. What you unravel could prove to be very revealing.

**Born This Week:** Loyalty is important to you. You demand it, but you also give it generously and lovingly.

• "To remove muffins or rolls from a pan, set it on an old, damp towel for a minute. The steam must loosen the bottoms because they just slide right out. I thank my mom for this tip." – JR via e-mail

• When heating milk in a pan, "seal" the pan with unsalted butter to keep the milk from filming and sticking to the sides. Lightly coat all sides of the pan with butter, and the milk is sure to not leave scum, which can take away from the rich flavor of the milk.

• Do you find yourself throwing away unused and spoiled fruits and veggies at the end of the week? Try setting aside time after you come home from the grocery store for prepping fruits and vegetables. Pre-bag snack sizes of carrots, celery, strawberries, grapes, cantaloupe and apples. Pre-cut veggies for meals to make later in the week. Slice tomatoes and onions for sandwiches, and tear and separate lettuce for salads. They all make great, healthy treats, and having them ready to go makes it easier to get that five a day.

**STRANGE BUT TRUE**

• A Florida waitress was promised a new Toyota after winning a sales contest

continued on page 38

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From page 36

# Strange But True

at her restaurant, but was given a toy Yoda, a *Star Wars* doll, instead. She sued the company, and received more than enough to buy herself a new Toyota.

- Fear of dolls is called “pediophobia.”
- Alchemist Hennig Brand is thought to have used upwards of 1,500 gallons of human urine in his quest to make gold. After he evaporated, boiled and distilled it multiple times, it started to glow in the dark and burst into flames. He had instead

discovered the element phosphorus.

- “Phantom Vibration Syndrome” is the name for when someone thinks their phone is vibrating, but it isn’t.
- Cats have more than 100 vocal sounds, while dogs only have about 10.
- Astronaut John Young caused a small scandal in 1965 when he smuggled a corned beef sandwich aboard Gemini 3. When he took it out in zero gravity and tried to eat it, it broke up, sending crumbs flying around the cabin. No harm was done, but the incident sparked a safety review by the U.S.

House of Representatives Committee on Appropriations and a statement from NASA assuring that steps had been taken “to prevent recurrence of corned beef sandwiches in future flights.”

- Jim Carrey’s make-up routine for *How the Grinch Stole Christmas* was so intense and his costume was so uncomfortable that he underwent training from the CIA’s torture experts.
- Take a good look at Disney princesses and you’ll notice that they’re all essentially attired in typical princess garb of gown, tiara, etc. But here’s a small difference

you might not have picked up on – some wear gloves, and some don’t. What’s up with that? The ladies without gloves are commoners who married into royalty.

## THOUGHT FOR THE DAY

“In a complex world, intelligence consists in ignoring things that are irrelevant.” – Nassim Nicholas Taleb

## TRIVIA TEST

1. **Geography:** Which country is the only one whose name ends with the letter “Q”?

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7/10 ★ 9/25

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That the undersigned, desiring to engage in business under The fictitious name of ROSALYN FRANCES WENTLAND, located in Lee County, Florida, with an address of 5166 Pimlico Ln., Unit 418, Ft. Myers, FL 33966, has registered said name with The Divisions of Corporations of the Department of State, Tallassee, Florida. Dated the 11 day of August 2020  
Wentland, Rosalyn Frances  
Wentland, Thomas Peter  
8/21 ★ 8/21

**FICTITIOUS NAME**  
THOMAS PETER WENTLAND  
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Wentland, Rosalyn Frances  
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**FICTITIOUS NAME**  
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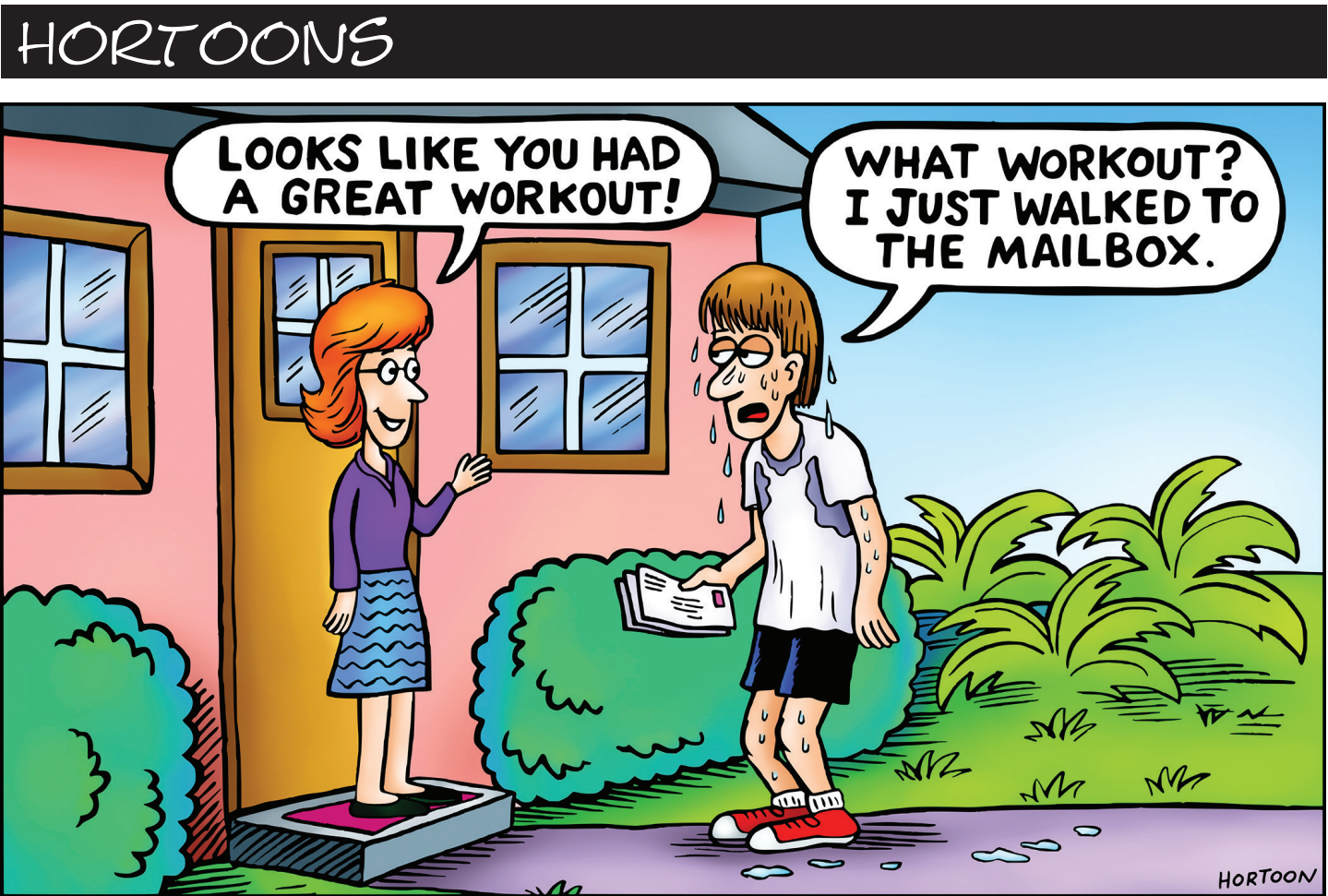
- 2. **Comics:** What was the name of Dennis the Menace's dog?
- 3. **Government:** Which Cabinet department oversees the National Park Service?
- 4. **Anatomy:** What is a common name for metacarpophalangeal joint?
- 5. **Science:** What is absolute zero?
- 6. **Music:** Which famous musician's nickname was Bocephus?
- 7. **Movies:** What was the setting for Alfred Hitchcock's film *The Birds*?
- 8. **Astronomy:** Which moon is the largest in our solar system?
- 9. **Language:** What does the Latin word "veritas" mean?
- 10. **U.S. Presidents:** Who was the only U.S. president who also served later as chief justice of the Supreme Court?

TRIVIA ANSWERS

1. Iraq 2. Ruff 3. Interior 4. Knuckle  
5. The lowest temperature theoretically possible, -273.15 Centigrade or -459.67 Fahrenheit 6. Hank Williams Jr. 7. Bodega Bay, California 8. Jupiter's Ganymede 9. Truth 10. William Howard Taft

SCRAMBLERS ANSWER

1. Scathe 2. Slope;  
3. Swathe; 4. Repeat  
  
Today's Word  
**LOATHES**



PUZZLE ANSWERS

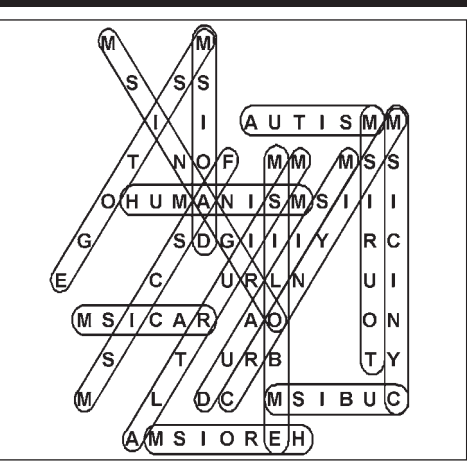
SUPER CROSSWORD

GOAT	ILSA	TETRODE	ABS
ACCESSION	ATTIRES	LAW	
WHATCOULDTHEYCALL	ELI		
KOREA	IIII	LETA	EXAM
SLACK	ETC	ONEMAN	
HOD	ACANADIAN	PROVINCE	
ATRA	UTES	UAR	ELDER
WHERE	THESUNSHINES	ROO	
KEARNEY	NIE	VAL	PIUS
ERRIED	IDIG	LASS	RATE
SOMUCH	THAT	THERE	
BART	EVEL	TIDE	UMASS
RUES	DEF	ELM	SKIAREA
ITT	ISALWAYS	SAB	LINDING
NORAD	OAT	COAL	EASE
GLARE	ONE	EVERYTHING	LES
OCTAVO	REV	ONSET	
FATS	ETAS	SEW	NEILL
IDIBRIGHT	ISH	COLUMBIA	
DEN	EDOUARD	UPTOSPEED	
ORG	DONAHUE	PATS	STUD

KING CROSSWORD

HEM	ABEL	VAST
IRAK	MISO	INTO
MACK	INAW	ETAS
KEG	ULSTERS	
PHENOM	YON	
AIR	SOY	TAMPA
IDES	EAT	MARC
RELIC	PAD	CON
TOY	DEFAME	
TODDLER	CUR	
OLIO	MACARONI	
BLOW	EGAD	OAK
YARN	NAPPE	NYE

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Flamingo Park	Fort Myers Beach	1978	3,116	\$2,450,000	\$2,250,000	171
Carolands	Bonita Springs	2004	3,618	\$2,250,000	\$2,125,000	39
Island Shores	Fort Myers Beach	2019	3,995	\$2,100,000	\$1,000,000	228
Useppa Island	Useppa Island	1978	2,582	\$1,800,000	\$1,785,000	146
Tidewater Island	Fort Myers	2016	4,513	\$1,795,000	\$1,725,000	31
Mcphie Park	Fort Myers Beach	2016	3,392	\$1,630,000	\$1,550,000	97
Bonita Beach	Bonita Springs	2005	2,654	\$1,395,000	\$1,200,000	196
Not Applicable	Sanibel	1966	3,138	\$1,325,000	\$1,200,000	156
Herons Landings I	Sanibel	1993	2,932	\$1,095,000	\$1,035,000	78
Cape Coral	Cape Coral	1969	3,038	\$1,075,000	\$1,025,000	12





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