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VOL. 28, NO. 9

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 28, 2020

AUGUST/SEPTEMBER SUNRISE/SUNSET: 28 7:06 • 7:53 29 7:07 • 7:52 30 7:07 • 7:51 31 7:08 • 7:50 1 7:08 • 7:49 2 7:09 • 7:48 3 7:09 • 7:46



Jennifer Lusk and Jamie Reid

photo provided

## New Leaders To Greet Students

submitted by Jeff Muddell

**S**afety measures. CDC guidelines. Masks. Social distancing. One-way hallways. A lot of hand washing and sanitizing.

The Sanibel School will look a bit different when it opens to students for the first day of the 2020-21 school year in the middle of a global pandemic. But perhaps the biggest change will be the two women who will lead the school as it kicks off this unique school year.

Jamie Reid will welcome returning students on Monday, August 31 as

continued on page 24

## BIG ARTS Supports Red Alert Initiative



The windows at BIG ARTS on Dunlop Road will shine red on Tuesday, September 1 from 9 p.m. to midnight as a call to action for economic relief

photo provided

**B**IG ARTS, a member of the Florida Professional Presenters Consortium, a statewide organization of over 60 performing arts venues, is joining Red Alert, a nationwide effort to encourage Congress to provide relief for the live entertainment industry, which has been uniquely affected by the pandemic.

On Tuesday, September 1 from 9

p.m. to midnight, the windows at BIGARTS will shine with red as part of a nationwide call to action, imploring the U.S. Congress to pass the RESTART Act (S. 3814/HR 7481) and the Save Our Stages Act (S. 4258/HR 7806) as quickly as possible.

The RESTART Act and the Save Our Stages Act offer economic relief to the live

continued on page 9



Piper plane that made an emergency landing on the beach

photo provided

## Banner Removed From The Gulf

**O**n August 12, there was an unusual sight on the beach – a small Piper plane near Access 6 off West Gulf Drive on Sanibel.

The single-engine plane, which tows banner ads, was experiencing engine trouble and was forced to make an emergency landing on the unoccupied stretch of Sanibel beach. The pilot dropped the advertising banner before landing with no injuries. After the

continued on page 2

## Sign Up Now For Coastal Cleanup



SCCF CEO Ryan Orgera and SCCF Facilities and Events Manager Jeff Siwicke with a truckload of trash they removed from the beaches last year

photo provided

**I**n coordination with Keep Lee County Beautiful, Sanibel-Captiva Conservation Foundation (SCCF) is serving as coordinator for Sanibel and Captiva for the Ocean Conservancy's annual

International Coastal Cleanup (ICC) on Saturday, September 19.

Every September for 34 years, ICC has motivated over nine million people from

continued on page 10

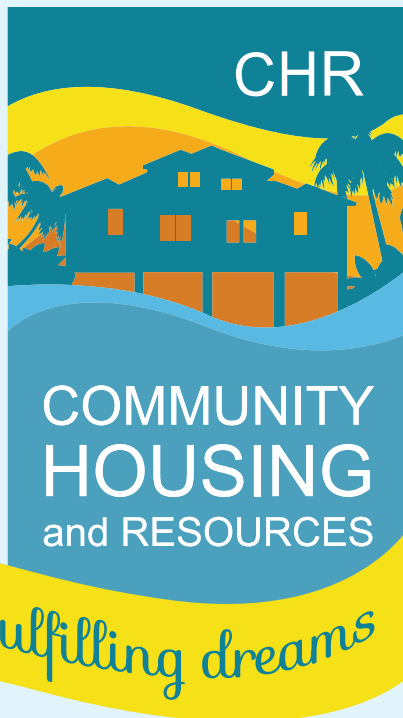


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—Vera Sultz, CHR resident

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## City Labor Day Hours And Refuse Collection

The City of Sanibel administrative offices will be closed in observance of the Labor Day holiday on Monday, September 7 and will resume regular operating hours on Tuesday, September 8.

Refuse, recycling and vegetation waste collection by Advanced Disposal scheduled for Monday, September 7 will be one day later. The altered schedule will remain in place for the rest of the week. The normal waste collection schedule will resume on Monday, September 14. If you have any questions, call Advanced Disposal at 334-1224.

The Sanibel Recreation Center will be closed in observance of the Labor Day holiday on Monday, September 7 and will resume operating hours on Tuesday, September 8 from 8 a.m. to 5 p.m. The facilities currently open are the weight room, lap swim and tennis courts. The center now has an online reservation system. At this time, to comply with CDC COVID-19 recommendations and social distancing protocols, all use of the recreation center is by appointment only. The online system allows members to make reservations eight days in advance. To request your unique username and password, email [charlotte.durand@mysanibel.com](mailto:charlotte.durand@mysanibel.com) or call 472-0345.

Due to the pandemic, the following programs are currently not being offered: group classes, personal training, open swim, pool slide, water features pool, playground, skate park, locker rooms or showers, room rentals and open gym.

Center 4 Life remains closed due to the COVID-19 pandemic.\*

From page 1

## Banner Removed

appropriate inspection and repair of the aircraft, the beach was cleared of citizens and the plane took off eastbound with no further complications.

While Sanibel-Captiva Conservation Foundation (SCCF) staff was on standby to assist if needed, officers from the Lee County Sheriff's Office (LCSO) marine unit and the Sanibel Police Department arrived quickly on the scene and sought to locate and recover the 45-foot by 90-foot banner that landed in the gulf, as it posed an entanglement risk to marine wildlife such as sea turtles and manatees.

"Removing a banner so large and heavy was no small feat, and we are very grateful that LCSO went above and beyond to ensure the safety of our marine life," said SCCF Coastal Wildlife Director Kelly Sloan. "We are also appreciative of the ongoing support from officer Steve Royka and the Sanibel PD who consistently go the extra mile to serve not only humans in our community, but to protect the wellbeing and safety of our wildlife and environment.

"This was an all hands on deck event for our environmentally-minded community," added Sloan. "The success of our program would not be possible without the stewardship of Steve and his fellow law enforcement officers on Sanibel and Captiva."\*





The owl is one of the most popular shell crafts photo provided

## Create Marine Marvels At The Shell Museum

Young ocean adventurers have the chance to explore their creative talents with whimsical shell crafting kits at the Bailey-Matthews National Shell Museum.

The special artistic sessions are available in-person or from home, thanks to unique take-home shell crafting kits that let the youngest guests enjoy the museum long after their visit.

The museum's education team

developed two types of kits: animals and "create your own." Within the animal kits, a list of pieces and a photo of the finished product are provided for reference. Various animal kits are offered, including owls, bears, turtles and fish, depending on the shells available that day. If children choose to make their own craft, they can pick the shells they want to use from a list that's provided.

"The crafting kits allow kids to express their creativity and make something truly unique and personal," said Leigh Gay, education coordinator with the museum. "We have a team of shell-collecting volunteers that scour Sanibel's beaches for shells for the kits and donate them to the museum."

The education team then pores over Pinterest to search for the next idea for a shell crafting kit, piecing together an animal from the available shells even if there's little variety that day.

"Our team's craft kits vary based on that day's shells, and the essential shells we typically use are the Atlantic kitten paws, dosinias and common jingles," said Gay.

Although the kit themes change daily, the most popular ones remain steady: turtles, fish and owls. While creating the kits, museum staff kept the idea of taking them home in mind, in order to cater to each guest's needs during this time and align with safety measures.

In addition to deep sanitizations three times a day, requiring masks and limited occupancy in the museum, staff designated a safe and clean crafting station. For families who would like to complete their craft at the museum, tables are spaced six feet apart. To construct their shell critter at

home, guests just need hot glue.

Additional crafting inspiration is available on the museum's website, along with step-by-step instructions, including a video tutorial of how to make an owl out of shells. Other shell-related online activities include a food web activity and game to learn about food chains and trophic levels by printing out cards and playing the museum's take on a classic card game. Also online is the Make-A-Mollusk activity for children to learn all about these shell-builders. Each activity is free and includes an overview of the topic to further educate children about marine wonders.

Take-home and in-person shell crafting kits are available for free with paid admission to the museum. The team loves to see guests' work when they tag @shellmuseum on Instagram with completed crafts and activities, too. To plan your visit or buy advance timed tickets, visit [www.shellmuseum.org](http://www.shellmuseum.org).

## 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.

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.

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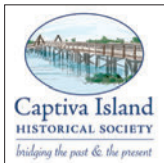


David Wightman with raccoon pelts, circa 1919  
photo courtesy Captiva Island Historical Society Archives

## Captiva Island Historical Society Looking Back: Raccoon Hunter

This week's image depicts David Wightman (older brother of Joe Wightman) harvesting raccoons in 1919.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard



a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. The Captiva Memorial Library and History Gallery are temporarily closed due to the coronavirus. Call 533-4890 for information.

Visit the website at [www.captivaishandhistoricalsociety.org/archives/research](http://www.captivaishandhistoricalsociety.org/archives/research) to view many more images to bring you closer to Captiva.✪

## 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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OBITUARY



SANDRA HARLAN GADOMSKI

Sandra Harlan Gadomski of Sanibel, Florida passed away peacefully in her Orleans, Massachusetts home surrounded by family on August 17, 2020. She was born on March 19, 1939 in Indianapolis, Indiana and is the daughter of Howard Pinckney Harlan and Charlene Rosemarie (Schowe) Harlan. Sandra is survived by her husband of 40 years, Stanley Gadomski; brother Hal P. Harlan (Roxane Shriver); sons and daughters-in-law, William H. Cummins (Anne Cummins), Robert E. Cummins (Eileen Cummins); step-children, Stephen Gadomski (Noreen), David Gadomski (Lisa), and Karen Gadomski; grandchildren, Jamie, Brian, Lily, Katie, Samantha, Katherine, Kelly, Elizabeth, Mackenzie, Emily,

Tyler, Mason, Lindsie; and great-granddaughter, Evangeline. Sandra attended Purdue University in Lafayette, Indiana and Fitchburg State College in Fitchburg, Massachusetts earning her undergraduate degree in psychology. Her career revolved around mental health and she earned a Master of Social Work from Boston College. After a number of years working for McLean Hospital and then Emerson Hospital, she launched a long and successful private practice in counseling in Harvard, Massachusetts where she focused on individual, marriage and family counseling. After retiring and moving to Cape Cod in the mid 1980s, she later volunteered for Hospice until she decided to fully retire and continue to enhance her focus as an avid naturalist. Sandra had a “wildlife sanctuary” just outside her kitchen window overlooking Nauset Harbor that included deer, fox, coyote, raccoons, “bunnies,” squirrels, and many species of birds. As an avid birder, Sandra was elated with each new species encountered during spring and fall migrations and throughout the seasons. She volunteered at Monomoy National Wildlife Refuge in Chatham, Massachusetts and at Sanibel-Captiva Conservation Foundation on Sanibel. Sandra was especially interested in preserving wildlife and natural habitats for future generations so her two sons and brother, Hal, founded the Stanley and Sandra Harlan Gadomski Wildlife Preservation Fund as a legacy for her and her husband, Stanley. Sandra

loved to travel with a special place in her heart for the wilds of Africa, the Amazon, as well as the mountains of Italy, but especially loved Yellowstone National Park where she would spend hours observing the wolf pack near Soda Butte. Sandra was considered by most to be a master gardener as evidenced by her flower gardens at her homes and vegetable garden of over 20 years at the community garden at Sea Call Farms in Orleans. Sandra was an aspiring painter, working primarily in watercolors and oils, and she was an accomplished writer and heavily involved with a seasoned writer’s group on Sanibel Island where she and Stanley wintered. Sandra was well respected in her professional life and cherished as a true friend to many. Her enthusiasm and zest for living life to its fullest, her entire family, and all of her friends were instrumental in defining Sandra (Sandy) as a person. The physical world has one less very special person but the universe is now blessed with her spirit. Due to the COVID pandemic, memorial service details will be made at a later date. Contributions should be made in lieu of flowers to a memorial fund created as a legacy for Sandra. Make payable to The Stanley and Sandra Harlan Gadomski Wildlife Preservation Fund and mail to The Cape Cod Foundation, 261 Whites Path, Unit 2, South Yarmouth, MA 02664. Online donations can be made at [https://capecodfoundation.fcsuite.com/erp/donate/create?funit\\_id=2023](https://capecodfoundation.fcsuite.com/erp/donate/create?funit_id=2023).

Support Bill To End Shark Fin Trade

The U.S. House passed the bill S.877: Shark Fin Sales Elimination Act in November of 2019 and Sanibel-Captiva Conservation Foundation (SCCF) urges residents to make sure the Senate passes it this session. Sharks are threatened globally and this bill will help close another door to the unsustainable international fin trade. Sharks are disappearing at an alarming rate. Every year, between 63 million and as many as 273 million sharks are killed globally, mostly for their fins. Killing sharks for their fins is shortsighted, as sharks are worth far more to our economies alive than dead. The exportation of shark fins accounts for only an annual contribution of about \$600,000 to the nation’s economy, yet many of these fisheries are unsustainable and threaten the entire shark ecotourism and recreational fishing industries. Florida has the world’s largest recreational fishing economy – tag-and-release of sharks is an important draw for anglers in the state. Without healthy shark populations, other important fish species will fall out of balance.

The argument that the removal of U.S. shark fins from the market will lead to further exploitation of more vulnerable populations is an opinion held by only a small number of shark scientists/conservationists. The U.S. can be and is a leader on global fisheries management, and the exit of the U.S. from the global shark fin trade will serve as a shining example that many other nations will follow. The potential effect of this kind of leadership renders irrelevant the argument that a U.S. exit would be bad for global sharks. Florida has become the U.S. center for the shark fin trade, and the economy depends on live sharks. Shark-related tourism (diving) accounts for an annual contribution of \$221 million in Florida. A recent study has shown that 71 percent of divers are willing to pay higher fees in order to observe sharks in the wild. The sale of shark fins accounts for only an annual contribution of about \$340,000 to the local economy, yet many of these fisheries are unsustainable and threaten the shark ecotourism industry in the state. Visit <https://p2a.co/SzV4nQd> to send an email to your senator.

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## OBITUARY



## CAROL ROSSNER HANAU

Carol Rossner Hanau of Madison, Connecticut and Sanibel Island, Florida passed away peacefully at her home on Wednesday, July 29, 2020, basked in love. Her beloved husband, Kenneth John Hanau, Jr., predeceased her by 20 years. They were married for 51 years.

Carol was born on January 9, 1929 in Allendale, New Jersey, and was the daughter of the late Michael Clinton Rossner and Elsa Schmidt Rossner.

No one had a greater love for life

than Carol. She adored the adventure. Whether she was dancing the night away with friends at the Madison Beach Club, traveling the world with her devoted husband, or gathering with dear friends from Ridgewood, Madison and Sanibel, everything was done with pure joy and passion. Her star burned bright and fully, with a long, sparkling tail. Carol was utterly original and authentic.

Carol was resilient, full of unconditional love and forgiveness. She was a true matriarch and "Auntie Mame" to countless people, drawing people in with genuine curiosity, dignity and care. One of Carol's greatest strengths was her capacity to really listen and offer wise counsel. Her generosity of spirit was extended to not only family and friends, but to anyone in need.

Living on the water was a balm for her soul. Whether she was sea glassing in Madison, shelling in Sanibel, or watching sunsets with her husband, the beach was one of her greatest joys.

Above all else, Carol's family was the most important thing in her world. She was never happier than when family gathered. She loved family dinners, cookouts on the beach, game nights, Christmas, children's sporting events, vacations and birthday parties; any reason to bring the clan together. No one could have been a fiercer supporter of her family. That spirit and love continues to live on through her children and grandchildren.

Carol is survived by three daughters, a son, a son-in-law, and a daughter-in-law: Holly Hanau Koncz and David Koncz

of Madison, Connecticut, Jill Hanau of South Norwalk, Connecticut, Lori Hanau of Keene, New Hampshire, and Kenneth J. Hanau III and Ranson Hanau of Bronxville, New York.

Carol had 10 grandchildren: David Koncz, Matthew Koncz and his spouse Elizabeth J. Koncz, Adam Koncz, Reed Newton and his spouse Moriah Tullier, Ritchard Swain, Alex and Robby Minicucci, Lindsay, Hollin and Jack Hanau. She also had two great-grandsons: Charlie and Graham Koncz.

Carol was predeceased by her siblings Michael and Paul Rossner, and Viola Fookes.

A private family funeral was held on August 8, with plans for a memorial service and celebration of her life next summer, 2021.

Donations in honor of Carol Rossner Hanau can be made to: The Women & Family Life Center, 96 Fair St., Guilford, CT 06437 or to: Monadnock Mindfulness Practice Center, 103 Roxbury St., Suite 301, Keene, NH 03431\*

## 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 Maryvella Pavelka at 850-4221 or Robert Adams at 408-569-5440.\*

## Deadline For Environmental Funding Award

September 1 is the deadline to apply for LCEC's 2020 Environmental Funding Awards. To apply, organizations can visit [www.lcec.net/about-lcec/community-and-education/environment-to-download-the-application](http://www.lcec.net/about-lcec/community-and-education/environment-to-download-the-application).

Interested organizations must meet certain criteria to be considered for the award, including being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds.

Funding is awarded twice a year with deadlines happening in March and September. The March 2020 LCEC Environmental Funding Award recipients included the Sanibel-Captiva Conservation Foundation (SCCF), Monofilament Busters, I Will Mentorship Foundation, Sanibel Sea School and Clinic for the Rehabilitation of Wildlife (CROW). More than \$110,000 has been awarded since the program's inception in 2013.

LCEC's Environmental Funding Award Program is just one of the many ways that LCEC positively impacts and supports wildlife and the environment.\*

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# Historical Village Tours To Resume In October

The Sanibel Historical Village is closed for the off-season and will reopen on Tuesday, October 20 with hours of 10 a.m. to 4 p.m. Tuesday through Saturday.

The Sanibel School for White Children was constructed in 1896 at the corner of what is now Bailey Road and Periwinkle Way. In 1903, it was moved up Periwinkle Way – then a sand road, using rollers underneath, a winch and mule – at Purdy Road (which runs next to Tahitian Gardens shopping center). There it remained for more than 100 years until it was moved to the historical village.

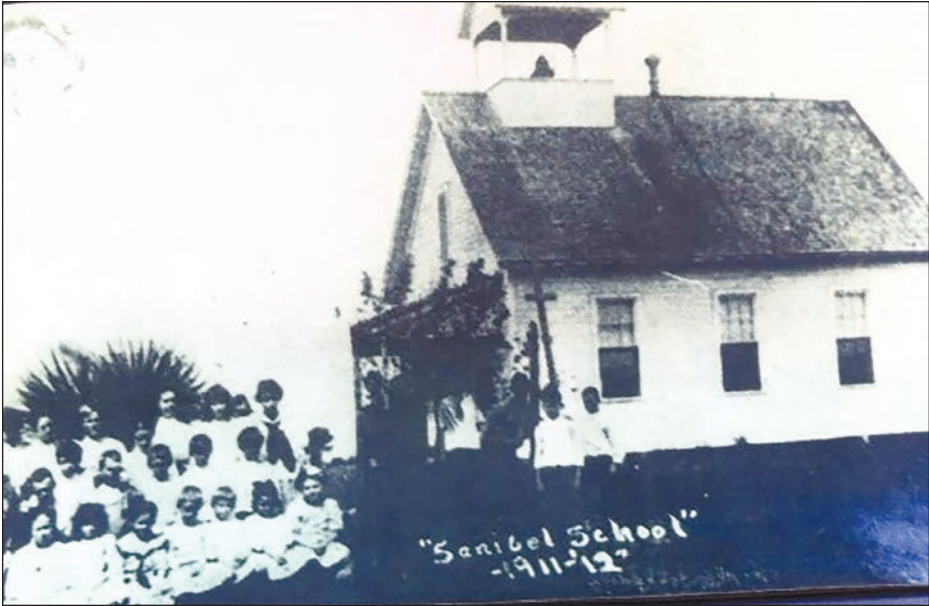
The school was segregated, as were all schools in the South at that time, and there was a School for Black Children in what is now Lily & Co. Jewelers on Tarpon Bay Road. Both black and white parents petitioned to desegregate the new school being built in 1963. They succeeded and that school became the first integrated school in Lee County. The school for white children was vacated in 1964, immediately after the integrated school opened.

After the present school was built, the schoolhouse became a theater, Pirate Playhouse. It became a venue for local, and later professional, talent for 40 years. The school's chalkboard stayed on the wall even through its years as a theater. When the playhouse closed its doors, island icon Sam Bailey was instrumental in bringing the schoolhouse to the museum and seeing it restored to the school he remembered.

Early teachers received \$2.50 per student per semester. One teacher, Nancy McCann, wore bobby socks and taught baseball at recess. In *Memories of the Sanibel School*, Christine Gault wrote, "Every year we had to listen to the World Series. At recess we all played softball. With so few kids, all of us were needed to eke out two teams. We played in a large open field next to the school. I was always the last to be chosen. Since I was the smallest kid,



The Sanibel School for White Children was built in 1896 photos provided



Schoolhouse in the early 1900s



Schoolhouse monitors board

I was pitched grounders that I mostly missed anyway. I hate baseball."

Gault recalled that teaching on Sanibel was considered a hardship assignment that didn't attract many applicants. Sometimes, the bus driver substituted. Occasionally, the teacher would declare nature study days and



Restored schoolhouse interior

take the children to the beach. "I don't remember much of the actual lessons," Gault added. "I do know that although there were some weaknesses in my early education (such as spelling and punctuation), I learned a lot at that school. And what great memories it gave me!"

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Admission is \$10 for adults over 18; no charge for members and children. Guided tours will be available at no additional charge, depending on docent availability. There is handicap access.✱

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LORKEN Publications, Inc.

**USPS 18:** Bulk Rate permit paid for at Sanibel, FL, 33957.  
Postmaster: Send change of address to Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957.  
Published every Friday for the people and visitors of Sanibel and Captiva Islands.  
Distribution: 8,000 - 10,000 per week (seasonal).  
Mailed free to Sanibel and Captiva residents every Friday. Subscription prices: Third Class U.S. \$60 one year, \$30 six months (Allow 2-3 weeks for delivery). First Class U.S. \$150 one year, six months \$75 (Allow 3-5 days for delivery).  
Prices include state sales tax. Send subscription requests to: Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957.  
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FAX number: 239-395-2299.  
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Sanibel & Captiva Islands

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# Play Virtual Bingo On Shorebird Day



Brush up on your shorebird identification then put your skills to the test photo provided

To celebrate World Shorebird Day on Sunday, September 6, Sanibel Sea School will host a virtual game of shorebird bingo at 11 a.m. via Zoom. The beginning of the session will focus on learning shorebird identification and then participants' identification skills will be put to the test with a game of bingo. To register for the free activity, email [info@sanibelseaschool.org](mailto:info@sanibelseaschool.org) and

provide your name and the name of any children participating. You will receive a confirmation, password and login information for the Zoom session. Bingo cards will be emailed after registration for you to print out. This activity is designed for children ages 6 to 13. If you have younger children who would like to participate, it is best to have an adult on standby for assistance.✧

## From page 1 BIG ARTS

events industry, which has been shuttered since March. Red Alert also advocates for extending Pandemic Unemployment Assistance to provide relief to those without work since March due to COVID-19. Nationwide, 12 million show workers are estimated to be unemployed because of COVID-19, including designers, technicians, programmers and stagehands. "Performing arts venues are closed because we know that COVID-19 spreads within intimate, closed spaces, which of course perfectly describes a theater or club. BIG ARTS is happy to join our colleagues in urging help for the arts, artists and venues that contribute so much to our quality of life across the country," said Lee Ellen Harder, executive director of BIG ARTS. Kevin Stone, president of Florida Professional Presenters Consortium said, "Our culture, the music, dance and theater created and performed in each of our cities, is what makes them unique and special places. We must make sure that survives. It's also about jobs and the economy. The member venues of Florida Presenters alone create a total economic impact every year of \$495 million, which supports the full-time equivalent of 15,425 jobs, \$377.7 million of household income, \$21.8 million of local government fees and taxes, and \$26.1 million of state government fees and taxes." Fans and the general public can help raise awareness and create pressure on Congress to act in several ways. Visit [www.saveourstages.com](http://www.saveourstages.com) to send a letter to your U.S. senators and your U.S. representative. Use the

hashtags #SAVEOURSTAGES and #RedAlertRESTART on social media. Light your own residence or business red in a show of solidarity, or use a red filter on a social media image. The Florida Professional Presenters Consortium represents performing arts venues throughout the State of Florida, from Panama City to Key West, from the largest cultural institutions in the state to the smallest, most vital organizations in rural and underserved counties. The business of culture is a major component of Florida's diverse economy, contributing a \$1.4 billion impact to the state's economy. The activities of the members of Florida Presenters contribute almost a half billion dollars to that impact. BIG ARTS joins the following fellow Florida Presenters participating in the movement: Arts Garage, Delray Beach; Barbara B. Mann Performing Arts Hall, Fort Myers; Broward Center for the Performing Arts, Fort Lauderdale; Center for the Arts at River Ridge, New Port Richey; Dolly Hand Cultural Arts Center/Palm Beach State College, Belle Glade; Dr. Phillips Center for the Performing Arts, Orlando; Florida Theatre, Jacksonville; King Center for the Performing Arts, Melbourne; Mattie Kelly Arts Center at Northwest Florida State College, Niceville; Old School Square Center For The Arts, Inc., Delray Beach; Opening Nights at Florida State University, Tallahassee; South Miami-Dade Cultural Arts Center, Miami/Cutler Bay; Straz Center for the Performing Arts, Tampa; The Flagler Auditorium Performing Arts Center, Palm Coast; The Lyric Theatre, Stuart; The RP Funding Center, Lakeland; University of Florida Performing Arts, Gainesville; and Van Wezel Performing Arts Hall, Sarasota.✧



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## Plant Smart

## Havana Skullcap

by Gerri Reaves

Native Havana skullcap's (*Scutellaria havanensis*) status is dire, and it is listed as an endangered species by the State of Florida.

That means, in the words of the Preservation of Native Flora of Florida Act, that it is "in imminent danger of extinction within the state, the survival of which is unlikely if the causes of a decline in the number of plants continue."

Furthermore, it is federally listed as threatened and as imperiled by the Institute for Regional Conservation.

It's no wonder that native plant enthusiasts have tried to make this wildflower and its seeds more available.

Florida is the only state where it's found in the wild. However, as rare as it is, it is not endemic, for it is native in other parts of the Caribbean.

A member of the mint family, this herbaceous perennial's habitat is pine rocklands, one of the state's most endangered eco-regions, and wet flatwoods.

Other familiar members of the mint family are sage, rosemary, thyme, catnip, marjoram, pennyroyal, lavender and basil.

Havana skullcap is suitable for a wildflower garden or natural landscape, where it will attract bees, butterflies and birds. Only six to 12 inches tall, it has a moderate growth rate and spreads via suckers, forming mats wider than its height.

The pairs of opposite ovate leaves are



The name Havana skullcap refers to the structure of the calyx that resembles a tiny dish, bowl, or helmet, as seen here

photo by Gerri Reaves

only about a half-inch long. The slender stems are square and hairy.

The purple-blue flowers can appear any time of year in the upper leaf axils, but they rarely bloom during summer. The flowers measure less than an inch long and about a half-inch wide and have two parallel white stripes on the three-lobed lower petal.

They resemble those of its showier and larger relative, the native rough skullcap (*Scutellaria integrifolia*). The odd name skullcap refers to the calyx's structure, which protrudes over the base of the flower like a cap or helmet.

The term scutellaria comes from the Latin "scutella," which means "little dish."

Once the "caps" fall away, the nutlets, or seeds, are released.

This wildflower prefers moist well-drained limestone soil and will grow in nutrient-poor soil. It likes full sun and is highly drought-tolerant but not salt-tolerant.

Cultivate it with seeds, cuttings, or by clump division.

It has not been observed to be subject to pests or disease.

Skullcaps have a variety of medicinal uses.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, [www.edis.ifas.ufl.edu](http://www.edis.ifas.ufl.edu), <http://hawthornhillwildflowers.blogspot.com>, and [www.regionalconservation.org](http://www.regionalconservation.org).

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

From page 1

## Coastal Cleanup

around the world to pick up over 144 million pounds of trash from nearly 300,000 miles of shoreline as the largest volunteer effort of its kind.

While FGCU Service Learning students will be doing the cleanup this year on Captiva, there are two ways you can participate on Sanibel. One is in-person for pick up of materials and drop off of trash, and one is through an app and is totally contact-free.

For either of these two options, you need to first sign up online to commit to a specific stretch of beach on Sanibel where your family (or group) would like to collect trash. Register at [www.sccf.org](http://www.sccf.org).

If you opt to participate in-person, you can pick up garbage bags, gloves and data sheets at SCCF's Sanibel Sea School, 455 Periwinkle Way, on any weekday between 9 a.m. and 4 p.m. from now until Friday, September 18.

On September 19, transportation and parking will be the responsibility of the participants. Many beach access parking lots require city-issued parking stickers or require you to pay for parking. There will be no parking passes available.

Trash will be collected and weighed at the SCCF Nature Center, 3333 Sanibel-Captiva Road, between 9 a.m. and noon on September 19. You will also need to turn in your completed data sheet during that time.

If you prefer to participate in a contactless way, you can download the Ocean Conservancy Clean Swell app to record any trash/debris collected. You will need to provide your own garbage bags and gloves. The data collected will instantaneously upload to Ocean Conservancy's global ocean trash database and be recorded.

It is recommended that all volunteers wear beach shoes, a hat and sunscreen. Volunteers should also bring a reusable water container to reduce plastic use.

If you have any questions, email [info@sccf.org](mailto:info@sccf.org).

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## Deadline Nears For Responding To 2020 Census

Lee County residents who have not yet responded to the U.S. Census 2020 survey have until September 30 to complete the survey by phone or online. Through September, Census field workers will visit addresses where residents have not yet responded.

Once a response is received, no in-person visit from a Census worker is needed. The Census remains available to complete online at [www.my2020census.gov](http://www.my2020census.gov) or by phone at 844-330-2020. It is easy and secure.

The COVID-19 pandemic exemplifies the need for an accurate population count. Participating in the Census now ensures that Lee County receives its share of federal funding, such as the \$134 million targeted for Lee County COVID-19 relief through the CARES Act.

So far, approximately 57 percent of the Lee County population has responded, lagging behind the state rate of 60 percent. Based on estimates from the Florida Department of Economic Opportunity, every uncounched household represents a potential loss of approximately \$1,500 in federal assistance annually. With only 57 percent of the Lee households counted, Lee County could be missing out on about \$199 million in federal assistance to the county, cities, hospitals, schools, nonprofits and other local agencies.

The U.S. Census Bureau and the Centers for Disease Control and Prevention (CDC) report that participation in 2020 Census interviews should present a low risk of transmission of COVID-19. Census takers are trained to wear face masks, maintain social distance of six feet or more, practice hand hygiene, refrain from entering homes, and conduct interviews outdoors as much as possible or practical.

Household members encountered by Census staff are encouraged to maintain social distances during interviews and practice the CDC's other recommendations as much as possible. For more information about Census field work, visit [www.2020census.gov/en/census-takers.html](http://www.2020census.gov/en/census-takers.html).

## Repairs Begin On Bridge Into Matlacha Park

A contractor for the Lee County Department of Transportation has begun to perform maintenance and repairs to the small timber bridge at the entrance to Matlacha Community Park. The park is currently closed, and the county plans to reopen the 26-foot bridge, the park and the boat ramp in time for Labor Day weekend.

Although the park will be closed to the public, work will continue on the Matlacha Fishing Pier, which also is being rebuilt. Staging for that project is at

nearby Bat House Park, which remains open for anglers while its parking lot is being used for the pier project. Once the bridge into the park is repaired, construction vehicles will be able to use it, and the lot at Bat House Park will reopen.

The fishing pier will reopen in spring 2021, replacing the prior structure that was more than 50 years old and had deteriorated from the elements. The project will include new benches, garbage cans, lighting, fish cleaning stations and ADA accessibility features. The pier project is funded largely by Tourist Development Taxes on short-term lodging.

Visit [www.leegov.com/DOT](http://www.leegov.com/DOT) or [www.leeparks.org](http://www.leeparks.org) for more information.✪

## Drop-Off Food Drive At Sanibel Congregational

Sanibel Congregational United Church of Christ and Bat Yam Temple of the Islands are holding another drop-off food drive on Thursday, September 3 from 11 a.m. to 1 p.m. Food and paper goods are needed.

Load up your trunk and drop off your donations at Sanibel Congregational United Church of Christ, 2050 Periwinkle Way, to help neighbors who are facing new or renewed

struggles during the pandemic. The two congregations offer this monthly opportunity to benefit friends and neighbors served by the food pantry at FISH of SanCap and Gladiolus Food Pantry in Harlem Heights.

Gloved and masked volunteers from both congregations will unload your donations. There is no need to exit your vehicle – just pop the trunk or the rear hatch. The volunteers will take it from there. All prepackaged food and paper products will be accepted, however, the following items are especially needed: peanut butter, children's cereal, cooking oil, pasta, nuts and crackers.

For more information, contact Pastor Deb Kunkel at 472-0497 or [deb@sanibelucc.org](mailto:deb@sanibelucc.org).✪

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### FISH FACTS

*Even before COVID-19, the need for FISH emergency programs has grown significantly over the past year. Thank you for helping to meet these very important needs in all circumstances.*

#### FOOD PANTRY

January - July

2019	2020
129,809 lbs	<b>137,308 lbs</b>
equating to	
108,174 meals	<b>114,423 meals</b>

#### BACKPACKS DISTRIBUTED

January - July

2019	2020
576	<b>1127</b>

#### MEALS-BY-FISH DELIVERY

January - July

2019	2020
1888	<b>4029</b>

#### EMERGENCY FINANCIAL ASSISTANCE

January - July

**95% increase** over 2019





# Make A Plan For Success



by Capt. Matt Mitchell

Great morning tides this week meant amazing fishing. Having a game plan based on the day's tide was a major part for successful fishing trips. The day's plan, no matter how well thought out, can often evolve during the trip. This proved true all week with unpredictable morning coastal showers. Despite being on some fish at the northern end of the sound, we opted to fish some places closer to home until the weather improved. This plan panned out well as my clients caught several Pine Island slams that included quality snook,

redfish and trout.

I always have a game plan before I pick up clients. Ideally, I like to start a trip with high activity fishing and get everyone on board before upping the difficulty level and targeting larger species. Trout on the flats have been ideal to get everyone catching fish. This fast-paced bite gives everyone confidence and takes the pressure off. In these high-action areas of the sound, you should always have a larger rod ready and rigged with a float and a large pinfish or even a chunk of fresh ladyfish. Some days, we are lucky enough to have tarpon and larger sharks working these same areas where we are catching trout.

Being on the water daily means being able to return to places you caught fish on the previous day. Going back to these places on the same stage of the tide is a major advantage to catch fish day in and day out. Taking what you have learned over the past few trips are big pieces to the puzzle. Wind and weather can quickly put a stop to a location no matter how good the bite has been in previous days.

When moving locations, keep your eyes open for feeding birds as they are a sure sign of feeding fish. Once located, this surface action will offer anglers a variety of species. Plan your day not only around the day's tide but also the weather forecast. To take full advantage of your time on the water, you should have not only a variety of tackle but also of baits. Being able to quickly pounce on a opportunity can make or break a trip. Try to stay open-minded while sticking to the day's plan, and see how the trip plays out.

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).✪



Pam Murray with a big snook she caught while fishing with Capt. Matt Mitchell this week photo provided

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## CROW Case Of The Week:

## Cooper's Hawk



by Bob Petcher

The Cooper's hawk (*Accipiter cooperi*) is medium-sized with a grayish colored back, reddish-barred chest and red eyes. Its bill is not prominent but has a sharp hook.

Cooper's hawks are said to be very skillful fliers, possibly the most skillful flier in the bird world. They are also known as fierce hunters and will attack smaller birds at bird feeders. If one takes up residence near your feeder, it is recommended to take it down for a few days to allow the hawk to move on.

At CROW, a Cooper's hawk was admitted from Cape Coral after it was found at the base of a tree unable to move. Upon intake, it was suspected that the patient may have spinal trauma due to the minimal use of its legs. After full radiographs were taken, there were no signs of fractures, but the patient had enlarged kidneys likely due to dehydration or possible kidney disease.

"The enlarged kidneys are not directly contributing to the hydration status of this patient, but may be an indication of underlying kidney disease," said Dr. Robin Bast, CROW staff veterinarian. "Because the kidneys live near the spine, if they become enlarged in severe cases,



**Patient #20-3310 has rebounded from weakness in its legs but needs to continue to improve to be considered for release**

photo by Brian Bohlman

the concern is they could press on the spine and result in neurologic signs like weakness in the legs. If a patient is severely dehydrated, the kidneys may appear brighter on an x-ray."

The patient was given fluids and was started on physical therapy to help the movement in its legs.

"Physical therapy initially for this patient involved putting its legs through normal range of motion exercises since it was too weak to do this itself. As the patient gained back muscle strength and started trying to stand, it was encouraged to grip a perch repeatedly. Once it started standing for brief periods, its body weight

was supported as it was encouraged to take steps across yoga mats on the porch until it was walking well on its own. At that stage, it was moved to an outdoor enclosure to start attempting flights and encourage it to do its own self-physical therapy," said Dr. Bast.

"You want to minimize stress since they're wild, so we will often cover their head with a raptor hood to help calm them down while doing physical therapy. Once they are at the stage of needing assistance to walk, staff wears protective gloves due to the bird's sharp talons. Once the bird has graduated to an outdoor enclosure and does its own physical therapy, we use

GoPro cameras to monitor the patient's progress over time."

After a few weeks of physical therapy, the patient was doing much better and regaining movement in its legs, and was moved outside for "day camp."

"The patient spends the daylight hours in an outdoor enclosure to encourage normal behavior and increased activity level at a time where it can be closely monitored by staff if it needs assistance," said Dr. Bast. "Overnight, it is brought back inside the hospital for rest."

Since the patient has been going outside for day camp, it has become more active, making small flights and has been regaining strength.

"This hawk is continuing day camp since it only eats consistently indoors overnight right now. We are continuing to use GoPro cameras to assess its progress with physical therapy and assess ability to regain full function," said Dr. Bast. "We continue to assess this patient daily. Although it has made a lot of progress from intake when it couldn't stand at all, it appears to be plateauing or not making continued improvements. Time will tell if this hawk is able to regain enough function in its legs that it will be able to hunt on its own and survive in the wild."

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

# Wide-Coil Wentletrap



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

Today, I want to introduce the last species of our three-part series on open-coiling, the Wide-coil

Wentletrap, *Cycloscala echinaticosta* (d'Orbigny, 1842), a species found in the tropical western Atlantic Ocean. In this species, the degree of coiling "openness," or the distance from one whorl to the next, can vary wildly among individual shells.

The possible advantages for these species to "wear" open-coiled shells have not yet been fully explored by malacologists. 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.shellmuseum.org](http://www.shellmuseum.org).

The Bailey-Matthews National Shell Museum is located at 3075



The Wide-coil Wentletrap, *Cycloscala echinaticosta*, from Abaco, Bahamas

photo by James F. Kelly

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. *The Order* by Daniel Silva
3. *The Lions of Fifth Avenue* by Fiona Davis

4. *Trouble in Paradise* by Jennifer Schiff
  5. *The Lehman Trilogy* by Stefano Massini
  6. *Faster* by Neal Bascomb
  7. *Vanessa Yu's Magical Paris Tea Shop* by Roselle Lim
  8. *Sunset Beach* by Mary Kay Andrews
  9. *The Margot Affair* by Sanae Lemoine
  10. *Florence Adler Learns to Swim* by Rachel Beanland
- Courtesy MacIntosh Books and Paper.✧

## City Of Sanibel COVID-19 Update

Sanibel Mayor Kevin Ruane has extended the declared state of emergency, originally declared in response to COVID-19, until September 1, unless further extended. Per state statute, the maximum duration for a Mayoral Declaration of Emergency is seven days and must be updated weekly as long as the emergency conditions are present.

As of August 25, per the State of Florida Department of Health, the number of COVID-19 positive cases reported in the 33957 zip code since the inception of the pandemic remains at 41. This is the cumulative number of COVID-19 positive cases since March 26, not the number of currently active cases. No new cases on Sanibel have been reported by the Florida Department of Health for the past 11 days, as of August 25. This is not a reason to lessen the community's diligence in reducing the spread of the virus.

To assist the citizens of Sanibel, city staff track Sanibel specific trends of the COVID-19 cases released to the public by the State Department of Health. As of August 25, the total number of COVID-19 cases reported on Sanibel represent .2 percent of the total COVID-19 cases reported in Lee County since the inception of the pandemic. Per the U.S. Census Bureau 2019 Population Estimate, Sanibel represents .9 percent of the total population of Lee County.✧

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Bailey-Matthews National Shell Museum

## Shell Museum Awarded Major Scientific Grant

The Bailey-Matthews National Shell Museum has been awarded a \$121,381 grant from the National Science Foundation (NSF) to support a critical shell collection project in

partnership with 14 other major science institutions.

Led by the Field Museum of Natural History in Chicago, the project creates a consortium of 15 collections in the United States to improve data and accessibility for almost 3,000 species – over 4.5 million individual specimens – of marine mollusks found on the East Coast and in the Gulf of Mexico.

Researchers hope to improve fishery

and conservation management practices by compiling, mapping and analyzing species distributions over the past hundreds of years.

“Because natural history collections have specimens collected from the mid-1800s to present, these occurrence records can help track changes in the distribution of species over time,” said José H. Leal, PhD, interim director and curator of the museum.

The grant is the first National Science Foundation grant awarded to the Bailey-Matthews National Shell Museum.

“The invitation to partake in research with other well-established and respected organizations positions the museum and its scientific collection among one of the most important of its kind in the U.S.,” Leal said. “And it opens the door for future applications with that prestigious funding agency.”

The grant provides resources for four years of collection work and supports acquiring equipment, hiring specialized staff and training graduate students.

The other collaborating institutions are: Academy of Natural Sciences of Philadelphia, Carnegie Museum of Natural History (Pittsburgh), Delaware Museum of Natural History (Wilmington), Florida Museum of Natural History (Gainesville), Museum of Comparative Zoology at Harvard University, National Museum of Natural History (Smithsonian), Natural History Museum of Los Angeles County, North Carolina Museum of Science (Raleigh), University of Michigan Museum of

Zoology (Ann Arbor).

To learn more about the museum and plan a trip to the scientific institution, visit [www.shellmuseum.org](http://www.shellmuseum.org).

## Parcel Purchases Approved For Conservation

The Lee Board of County Commissioners recently voted to approve the purchase of two parcels for Conservation 20/20 totaling more than 600 acres, including land adjacent to Four Mile Cove Ecological Park in Cape Coral and land in Alva.

The parcels include:

1) About 193.82 acres located on Four Mile Cove Parkway in Cape Coral and adjacent to Four Mile Cove Ecological Park to the south, and the Caloosahatchee and creek frontage along the easterly boundary. The purchase price is \$6,050,000, plus costs to close. The property includes pine flatwoods, mangrove swamp, saltwater marshes, cabbage palm hammock, palmetto prairie, hardwood/conifer mixed, mixed wetland hardwoods and live oak. The river and creek habitats are home to species including bald eagle, manatee and smalltooth sawfish.

On August 10, the Cape Coral City Council approved an interlocal agreement specifying the terms and conditions of the city's restoration of

continued on page 18

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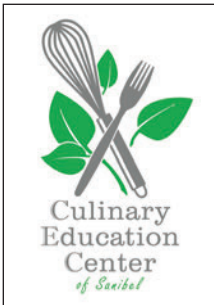
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The Community House

## Guavas



by Resident Chef Jarred Harris

Guavas, also known as armroods, are the fruit of an evergreen tree native to Central America. Depending on the variety, guavas can be round, oval or pear-shaped and when ripe, they can have a light greenish or yellow skin. The flesh of the guava can be white, yellow or pink with a creamy texture, sweet-tart taste and a lemony musky smell. They can be eaten raw or cooked and can be made into jams, jellies or sauces.

Guavas have been underrated for many years, however, consumption has increased in the past few years because more people are realizing the health benefits of this “superfruit.” Guavas have been labeled a superfruit because they contain more potassium than a banana, four times the vitamin C than an orange, four times more fiber than pineapples and twice the amount of

lycopene than tomatoes.

Guavas are often used to control diabetes, treat high blood pressure, respiratory disorders, scurvy and are an excellent weight loss aid. Guava leaves have antibacterial properties and are often used to treat oral infections.

Guava oil is extracted from guava seeds and is used in the culinary industry and the cosmetics industry. Because the seeds are rich in vitamins A and C, beta-carotene, copper, zinc and selenium, the combination gives the oil anti-aging properties. Guava wood is very popular in the Hawaiian Islands for smoking meat and it is fast becoming popular in the meat smoking world of mainland America.

Here is a simple recipe to try:  
**Guava Barbecue Sauce**

Ingredients

Olive Oil

1 onion (diced)

2 cloves of garlic (minced)

1 tsp. ginger root (grated)

2 ½ cups guava pulp (seeds removed)

1 cup tomato sauce

½ cup brown sugar

½ cup honey

½ cup cider vinegar

2 tblsp. molasses

½ cup lime juice

1 ½ tblsp. Worcestershire sauce

1 tblsp. Dijon mustard

2 tsp. kosher salt

1 tsp. black pepper

Method

In a large saucepan, sauté the onions, garlic and ginger until the

onions are translucent.

Add the remaining ingredients and bring to a simmer. Cook for 45 minutes then blend with a stick blender until smooth.

Resident Chef Jarred Harris heads

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

## New Produce Manager Named

Chris Mashman was recently promoted to produce manager after demonstrating leadership skills as the grocery team lead at Bailey’s General Store.

Mashman looks forward to continuing the tradition of fresh produce offerings and prepared items at the iconic Sanibel store. His responsibilities include overseeing the fresh produce department as well as the prepared in-store items such as guacamole and salsa, custom gift baskets and fresh juice program implemented this year.

After a store closure on Fort Myers Beach, Bailey’s had an opportunity to bring Mashman to Sanibel to work with the grocery team. His development in that position and previous experience made him a perfect fit for produce manager.

Mashman said, “All of our customers are special and deserve to have the freshest produce on the islands. I look forward to working with the community to make sure we have the right mix of products to serve our customers.”



Chris Mashman

photo provided

Bailey’s General Store has been serving Sanibel and Captiva islands with top quality products and services for over 120 years. The store is located at the corner of Periwinkle Way and Tarpon Bay Road. Visit [www.shop.baileys-sanibel.com](http://www.shop.baileys-sanibel.com).✴



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## Grant Provides GPS Device For Tracking Nests

This year, Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program Research Associate Andrew Glinsky was awarded a grant from the Sea Turtle Grants Program, which is funded by Florida's Sea Turtle Specialty License Plate. The grant that was awarded to SCCF was used to purchase a Trimble TDC150, a highly accurate GPS system. It is able to obtain location data within seven centimeters of accuracy. This is impressive when compared to a standard GPS unit which may only get down to three meters accuracy.

"This season, the TDC150 was used to collect data on hundreds of nests on Sanibel and Captiva, and the SCCF Sea Turtle Program is excited to use this unit for years to come," said Glinsky.

This unit is a valuable tool, especially following a storm or high tide events. Nests subjected to high winds and waves often lose the stakes marking their location. Having accurate location data lets SCCF staff find the exact



Megan Reed using the new GPS on Captiva  
photo provided

location of the nests so they can be properly marked and protected for the remainder of their incubation.\*



Snowy plover Blue Orange spotted on Lido Key on August 10

photo by Miri Hardy

## Snowy Plovers Still Being Spotted At Regional Beaches

Sanibel-Captiva Conservation Foundation (SCCF) Shorebird Biologist Audrey Albrecht reported that Sanibel snowy plover (*Charadrius nivosus*) fledglings continue to move around the region.

Through reports received via email, Facebook, eBird and the Bird Banding Lab, Albrecht learned that four of the five fledglings headed north, with three on Lido Key and one on Caladesi Island. Snowy plover Blue Orange, from the Facebook Banded Birds Group, was spotted by Miri Hardy on Lido Key

on August 10. The other fledgling had traveled south to Keewaydin in July and then returned to Sanibel. Its current whereabouts are unknown. Sanibel's adult plovers are also traveling, with one on Anclote Key, one at Bunche Beach and another at Fort Myers Beach.

Albrecht will be doing the annual World Shorebird Day surveys on Sanibel and Captiva during the global count window from September 3 to 9.

"We have participated in this global effort since 2016, though I was unable to finish all of them in 2017 with Hurricane Irma fast approaching at the time," said Albrecht.

As migratory shorebirds return, keep an eye out for banded birds. If you see one or have any questions, contact Albrecht at shorebirds@sccf.org.\*

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## Superior Interiors

# How To Decorate A Room With An Amazing View



by Marcia Feeney

Finding the home of your dreams is an indescribable feeling. Whether it's the location, the exterior and landscaping, the foundational floor plan or a combination of all three, settling into a

place that brings you comfort, relaxation and total serenity is one of the most valuable things that anyone can ask for. What's one feature that can take your dream home to the next level, though? A floor-to-ceiling window that offers a picturesque view.

When you have such a natural statement available in your home, however, how do you decorate the room it exists in? Simple, by just following a few key points your view will take center stage.

Make it the focal point of the room. If there's no hesitation in pointing out that the view is the focal point of the living space, make sure to accentuate it. Don't add something that could potentially put a shade over the light this view is bringing to the room; be more modest with furniture, decorate with neutral colors and be subtle with the window treatments you'll use.

Beautiful sheers over heavy treatments will make a major difference in your ability to soak up the view for all it's worth.

Accessorize around it. In choosing accessories for the living space, think about what colors, textures and designs will correlate well with the view. For instance, if you're looking out into a picturesque seaside landscape, a dark and woodsy color template doesn't make sense for the room and offer consistent flow. Instead, you would focus on a light and airy scheme made up of white and pastel shades.

Arrange furniture strategically. The type and amount of furniture you bring into the living space has a major impact on your ability to take in the view. You may consider setting up a large sectional sofa so that it's directly facing the view, think about this with surrounding furniture as well. This shows you're fully aware of the natural focal point and want family members and guests to enjoy it.

Remember that less is more. With such a gorgeous view available in your house, the last thing you want to do is overwhelm the living space and make it so that your visitors are focused on something completely different when they're in the presence of the view. Less is more is a valuable expression to remember as you decorate and declutter this room in your home. Let the natural scene speak for itself no matter the time of day.

Consider professional assistance. While decorating the home of your dreams can be an exciting venture to take on your own, it can be very intimidating without the right tools, resources and insight needed to accessorize around a large feature window. Assistance from a design

professional will not only save you time, but also keep you from making costly mistakes.

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

## New Teller At Local Bank

Malorie Olsen has joined Sanibel Captiva Community Bank as a teller and customer service representative at the Library Way Branch on Sanibel. Olsen is responsible for assisting customers with personal and business banking transactions.



Malorie Olsen

Currently enrolled at Florida SouthWestern State College, she has previous experience in customer service and retail sales.

## Sanibel Graduate

Emma Siefert of Sanibel graduated from Rochester Institute of Technology (RIT) with a bachelor of science degree in applied mathematics. Some 4,000 degrees were conferred in the 2019-20 academic year at all of RIT's campuses. A virtual celebration was held on May 8.

From page 15

## Parcel Purchases

a portion of the property. The Lee Board of County Commissioners also approved the agreement.

The Conservation 20/20 Land Acquisition and Stewardship Advisory Committee (CLASAC) voted unanimously on August 19 to forward this purchase agreement for board consideration.

2) About 426.98 acres at 2200 Carter Lane in Alva. The land is within Hickey Creek Swamp, on the south side of SR 80 and about one-quarter mile west of Hickey Creek Road. This parcel is a diverse mix of upland and wetland native plant communities including cypress forest, cabbage palms, pine flatwoods and mesic hardwood hammock. With quick access from SR 80, the property has potential for marked hiking trails.

The purchase price is \$4.4 million, plus costs to close. CLASAC voted unanimously to forward this purchase agreement for board consideration to approve.

There are currently 30,225 acres within the Conservation 20/20, Lee County's land acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit [www.conservation2020.org](http://www.conservation2020.org).

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	Loggerhead Nests		Green Nests		Leatherback Nests	
	2019	2020	2019	2020	2019	2020
East End	143	148	5	4	0	1
West End	474	508	24	1	0	3
Captiva	188	265	2	0	0	2
Total	805	921	31	5	0	6

	Loggerhead False Crawls		Green False Crawls		Leatherback False Crawls	
	2019	2020	2019	2020	2019	2020
East End	230	271	1	1	0	1
West End	821	873	27	0	0	1
Captiva	285	292	0	0	0	0
Total	1335	1436	28	1	0	2

Year to date comparisons

# Sea Turtle Season Peaks, Nesting Nears End

The Sanibel-Captiva Conservation Foundation (SCCF) sea turtle team has only discovered six new nests since August 12, but 42 new hatches have been documented in the last two weeks.

A total of 415 nests on Sanibel and Captiva have hatched so far, with 23,364 hatchlings leaving local beaches and heading into the Gulf of Mexico. Volunteers and staff have been busy doing inventories of these nests to determine hatch and emergence success.

One of the more memorable recent inventories was a green sea turtle (*Chelonia mydas*) nest that produced 107 hatchlings. SCCF volunteer Karl Werner captured a photo of one of these hatchlings. This nest was



Green sea turtle hatchling photo by Karl Werner

laid by Holly, a green that was first encountered in 2019, and who returned again to nest this year. SCCF staff suspects she laid all four of the green nests on the east end this year.

Unfortunately, the increase in hatches is also corresponding with a spike in hatchling disorientations, with 47 nests disorienting on Sanibel and Captiva to date. The City of Sanibel and Lee County have dedicated staff to enforce lighting codes and keep beachfront properties dark. Of these

Image provided

disorientations, 33 were attributed to skyglow from Cape Coral and Fort Myers. Skyglow has quickly become one of the biggest threats to sea turtles in Florida. Fortunately, light pollution

caused by skyglow is a manageable issue. There is an opportunity to adopt more rigorous strategies of light management and have a positive impact on humans and wildlife in Florida.✱

# School Supplies, Tutoring Available Through FISH

The FISH of SanCap Back-to-School Supplies Program for the 2020-21 school year provided supplies to 128 school-aged children. Supplies included essentials for the school year and extras for those returning to on-campus classrooms, where communal school supplies won't be as available due to COVID-19 safety guidelines. Thanks to community support, FISH received an abundance of supplies and financial donations to help defray the cost of back-to-school supplies for those in need on the islands.

In addition to supplies, FISH offers tutoring scholarships for children in numerous subjects and at various levels. The client is responsible for identifying and arranging for a tutor that fits the needs of their child, and if approved, FISH can assist with the cost of the tutoring assistance.

"With the turbulent close of the last school year and uncertainty in this school year, we anticipate further growth in our tutoring assistance program," said Alicia Tighe Orgera, FISH executive director. "We have several students who have been



School supplies are still available as well as tutoring scholarships photo provided

using tutors over the summer, virtually, in order to ensure they're ready to start the new school year despite impacts of COVID."

Families who are interested in additional school supplies and/or tutoring may contact FISH at 472-4775. For information on FISH programs and services, visit [www.fishofsanincap.org](http://www.fishofsanincap.org).✱



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1/2 cup bell pepper, diced small  
1/4 cup celery, diced small  
1/4 cup green onions, chopped fine  
1/2 to 1 cup heavy cream  
(depending on how much sauce you want!)

1 tablespoon garlic, minced  
1 tablespoon all-purpose seasoning  
2 tablespoons unsalted butter  
1 tablespoon vegetable or olive oil  
1 tablespoon fresh herbs (your favorite)  
Squeeze of fresh lemon juice  
Sea salt and fresh ground pepper, to taste



**Shrimp and Creamed Corn**  
photo courtesy Fresh From Florida

bring to a boil then reduce to a simmer until slightly thickened, about 5 minutes. Taste and adjust seasoning if needed. Add in green onions, fresh herbs, and lemon juice and serve warm as it is or over rice.

Fresh tip: Feel free to add as little or as many vegetables you want. Choice of protein can be substituted also.✧

**PUZZLES** Answer on page 39

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

**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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## Shellcraft Display And Book Sale At Sanibel Library

Sanibel Public Library is open for normal hours, and contactless curbside service continues, with 40 to 50 bags going out to patrons each weekday. Call or go online to place a hold; you will be notified when your items are ready for pickup. At this time, there will not be overdue fines assessed.

Stop by to see Barb Walling's display of some of her award-winning shell craft. Walling has been crafting with shells for at least 20 years. She joined Sanibel-Captiva Shell Crafters about 10 years ago and has won numerous blue ribbons and Best of Show awards in the annual Sanibel Shell Festival. Shell Crafters meet weekly for lessons at The Community House. Walling said, "All of us show how to make flowers, all supplies are furnished, and even with social distancing during COVID, Shell Crafters is a fun activity for adults and children."

Sanibel Public Library's Fill-A-Bag for A Dollar book sale will continue until inventory is depleted. Vintage books have just been added, which are a perfect for DIY upcycling crafts. The books in the sale are restocked daily, and can be found in the puzzle area as well as main entrance areas.

The public access computers, copiers, scanners and printers are available. Precautions are in place to help protect



Beth Jarrell and Margie Klein with vintage books that have been added to the book sale photos provided

staff and patrons from COVID-19. Patrons have to maintain social distance inside the building and wear masks, (except for children under age 6). Library staff is implementing safety and sanitizing procedures consistent with the CDC and Florida Department of Health guidelines.

Youth Services Librarian Deanna Evans has created online videos, available on the Children's Page at [www.sanlib.org](http://www.sanlib.org). Hear her sing, tell silly jokes and see her read stories in the online storytime videos. Ms. Deanna's Baby Bounce Time videos are a fun session to help to build literacy skills through stories, song and



Barb Walling made these dandelions with two kinds of sea urchin spines, now on display at the library

movement.

Thanks to reviewers, Sanibel Public Library is a 2020 Travelers' Choice winner from TripAdvisor. The library has won a TripAdvisor Certificate of Excellence every year since 2014, earning Hall of Fame status. Certificate of Excellence honorees are now

celebrated on TripAdvisor as Travelers' Choice winners – selected for placing among the top 10 percent of all listings. Recommendations and comments on TripAdvisor come from the public.

The library offers access to Encyclopedia Britannica from home. Search its vast collection of primary sources, web resources and a world atlas. 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).

Take a family photo at the Selfie Station in the main entrance lobby. You can email the photos to yourself or to friends up north.

Patrons can use a library computer to complete the 2020 census. No library card is required.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor cards are available for a \$10 annual fee.

The library is open Monday and Thursday from 9 a.m. to 8 p.m., Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m. and on Saturday from 9 a.m. to 1 p.m. Starting September 5, the library will be open from 9 a.m. to 5 p.m. on Saturday.

For more information, call 472-2483 or visit online at [www.sanlib.org](http://www.sanlib.org).



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Book Review

A Good Marriage



by Di Saggau

One reviewer says *A Good Marriage* is a book where *Big Little Lies* meets *Presumed Innocent*. That's certainly one way of looking at this riveting novel.

The plot centers on the investigation into the murder of Amanda Grayson, who is found dead at the bottom of the stairs in her newly renovated home. She was last seen at a party where couples sometimes swap partners in the upstairs bedrooms. Zach Grayson, husband of the deceased, is charged with assaulting a police officer at the murder scene, and is put in Riker's Island prison. He calls an old friend from law school, Lizzie Kitsakis, and asks her to represent him. He fears it's only a matter of time before he will be charged with murdering Amanda.

Kitsakis doesn't feel she is the one to handle the case, but she meets with Grayson, and he manages to press her into representing him. He remains in police custody for the entirety of the novel but remains a major character. The author, of course, focuses on other characters and why they might have killed Amanda. This includes Maude and her husband Sebe who hosted the

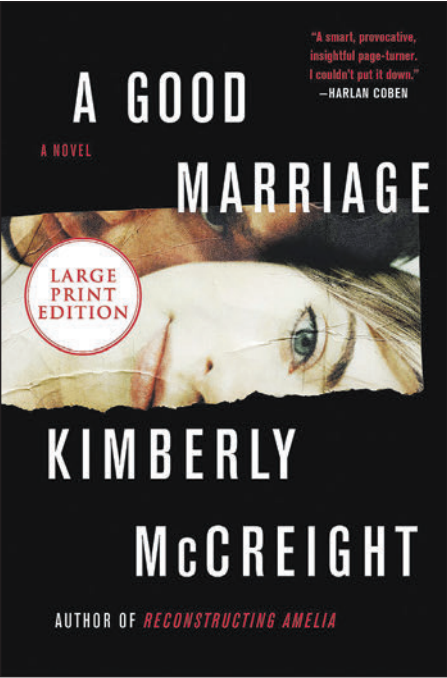


image provided

party; Sarah, who works for the Grayson foundation, and her husband Kerry, who recently lost his job; Sam, Lizzie's husband, a drunk who doesn't remember where he was the night of the murder; and Amanda's abusive father who she feels was stalking her.

There's another plot involving a data breach at the expensive school attended by children of some of the suspects. Personal information is stolen, and some are being blackmailed as secrets and information are leaked. The real mystery

in the novel is the way these wives and husbands define a solid marriage. Sarah says, "A good marriage is the one that survives. And none of us will know that until all is said and done." You could say the same as to the identity of Amanda's

killer because you do not see it coming. As for Lizzie, she's left wondering not only about her own marriage, but what defines a good marriage in the first place. *A Good Marriage* is a compelling mystery page-turner.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I'm really worried about my children's social skills development through this COVID- 19 pandemic. They have good social

skills, but they are not perfect, and I worry about them losing the skills they have. What suggestions do you have for working on social skills while at home?

Melinda G, Fort Myers

Melinda,

This is such an important question. I think most parents are very concerned about their children's social and emotional stasis and skills as they are now so much more isolated and gazing all day at screens instead of people.

Dr. Elizabeth Englander is a professor of psychology and the director of the Massachusetts Aggression Reduction Center (MARC) at Bridgewater State University. She has researched this topic and has the following suggestions.

One important social skill is the ability to pay attention to another person while you're interacting with them. Dr. Englander's research found that "regular, daily activities apart from technology can help kids focus in general and pay attention to other people. For example, when families do things together, such as cooking meals and gardening, or have a designated time when everyone reads at the same time, it can help children maintain the social skill of paying attention to others."

Another suggestion is about outdoor play. Naturally, children find it easier to focus on their friends when they play together in person – something that is harder to do while social distancing. Research has suggested that when children play outdoors, or even just spend time outdoors, they become more able to pay attention to their friends and, later on, focus on schoolwork. Additionally, yoga and other relaxation activities, like breathing exercises, can help children practice focusing in general.

The daily give and take of conversation and other interactions that kids

experience at school help children learn to read facial expressions and body language and how to change or initiate topics of conversation. These informal but frequent encounters are one way that kids learn how to meet and greet people. While there's no perfect substitute, there are some activities that can help kids learn how to perceive others' emotions. One very easy way to do this is to turn on the TV to a soap opera/drama show, turn off the sound and guess the emotion that person is experiencing. This can be done very quickly, and it can become a fun activity.

Family time, of course, is an excellent time to learn and practice social skills. Plan to eat dinner together, without the distraction of any screens or phones, because research has shown that kids who eat dinner with their families tend to form stronger relationships with their peers, marked by less fighting and bullying.

Dr. Englander suggests an additional strategy of, "writing letters by hand, instead of relying on electronic devices for written communication, Parents can encourage kids to find new friends in faraway places through 'snail mail,' by taking advantage of a pen pal website. Exchanging letters with a stranger builds conversational skills, since writing a letter to get to know someone involves posing questions such as asking about favorite activities and foods."

Dr. Englander suggests that children can maintain friendships despite having to socially distance, by connecting with others outdoors, which research supports as much safer than being indoors. Set up outdoor visits that keep children, teens and their friends six feet apart from each other and make sure that masks are worn. Kids can play croquet, bocce, cornhole or just run through sprinklers for some good fun. Many outdoor games can work while distance is maintained. Even just a small group of friends hanging out while social distancing can preserve friendships.

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 [smsgreggs@gmail.com](mailto:smsgreggs@gmail.com). Not all questions submitted can be addressed through this publication.✧

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Sold 1/1-8/21/2020	95/\$717,653	160/\$967,036	8/\$711,958	17/\$879,411	16/\$3,074,812	2/\$1,925,000
Sold 1/1-8/21/2019	92/\$667,788	155/\$957,930	11/\$406,181	16/\$1,127,250	12/\$3,181,962	0/N/A

This representation is based on data supplied by the Sanibel & Captiva Islands Association of Realtors® Multiple Listing Service. Neither the association nor its MLS is responsible for its accuracy. Data maintained by the association or its MLS may not reflect all real estate activity in the market. The information provided represents the general real estate activity in the community and does not imply that SanibelSusan Realty Associates participated in these transactions.



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From page 1

## New Leaders

principal of the islands' K-8 public school, a role she assumed this summer after former principal Charles Vilardi accepted a new position with the School District of Lee County.

Reid is no stranger to The Sanibel School community. She has served as assistant principal of the school since 2015. She has worked with the School District of Lee County for more than 30 years.

"I'm honored and thrilled to be able to lead this amazing National Blue Ribbon School," said Reid. "It is certainly an interesting time to take over, but our team is prepared. We are all ready to educate and lead, and do it with the safety of our students and faculty as our top priority."

Reid has already established a theme for the new school year: Riding the Waves of Change: Sanibel Safe. Strong. Strategic.

"We are taking all the cues from our leaders and advisors at the school district, and trying to go even further than that to protect everyone who enters these doors," said Reid. "I am confident that this will be a great school year. It will definitely look and feel different, but we will succeed through the pandemic and be stronger when we do get through it."

The school has been shut down since spring break last March, when

all students in the school district were moved into a remote learning program.

Today, the school is ready and waiting to welcome students back, but not all will return to the classroom on day one. According to family survey responses submitted to the school, only 173 students – 65 percent of the school's total enrollment – will return with face-to-face learning in the school.

According to that same data, 88 students, or 33 percent of enrollment, will participate in the Lee Home Connect program, which will allow students to learn from home with their Sanibel School teachers and classmates. Approximately 2 percent of students will proceed with home school and roughly 30 students will participate in Lee Virtual School. Reid anticipates that many of the Lee Virtual students will return to face-to-face teaching either at the end of the semester or next school year.

"We know the number of face-to-face students will fluctuate through the semester and the year, as parents begin to feel more comfortable with the in-school environment. We will be ready to adjust as needed," Reid said.

"I know I speak for all our teachers and staff when I say we look forward to the day when we can get everyone back in school."

Joining Reid as assistant principal beginning this year is Jennifer Lusk, who is no stranger to the islands. She and her family are Captiva residents and her children have been students at

The Sanibel School.

Lusk brings a wealth of experience to the position, having worked for the school district since 2004. She served as assistant principal of Lehigh Elementary the past four years, and is excited to be working a little closer to home.

"The commute will definitely be easier," Lusk joked. "More importantly, this is not just a job for me. This is a chance to give back to my home community by doing my part, as we continue to strengthen this school and grow its reputation as one of the best public schools in the state of Florida."

Lusk has already developed a detailed communication plan for families and the community, so everyone can feel confident with the safety measures in place at the school. She has already increased the school's presence on social media and created several videos about what students should expect when they return to school.

Lusk hopes her efforts will allow the Sanibel and Captiva communities to become more engaged in this critical piece of the community.

"I think some residents know about the National Blue Ribbon School status. But most don't know that we are a Florida School of Excellence, or that our test scores in the top 5 percent of schools in the state, or that we consistently rank in the top 50 of all elementary schools in the state," said Lusk. "It has an amazing history,

and I am committed to keep making it better."

And while the community won't be able to see the goings-on of the school as the new year starts – not even parents are going to be allowed inside the gates to begin the school year – both Reid and Lusk hope Sanibel and Captiva residents will engage with and support the school under their leadership, even during the pandemic.

"We are a public school with a public school budget. But The Sanibel School has been blessed through the years to receive support from the community, above and beyond what is provided by the school district, and that support goes a long way," said Reid.

"A significant percent of the district's budget this year has been reallocated for the purchase of personal protective equipment (PPE). The health and wellness of students and staff is truly our main concern and as we begin this school year, we anticipate changes in the needs of the school," Reid said.

"We greatly appreciate the ongoing support of the Sanibel School Fund and our Parent Teacher Association (PTA), and our donors from across the Island, including the Sanctuary Golf Club Foundation, who always do what they can to support safety and student achievement."

Lusk said, "As we work through this pandemic, our community will learn new ways they can support our school and continue to make this historic, 125-year-old school the best it can be."✱

## Wisdom.

Board Members Emeritus, Ginny Fleming and Steve Brown have been serving with The Trust Company team since the firm's beginning. We're grateful for their continued counsel as members of our Advisory Board.

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Yvonne Hill photos provided

## Resident Honors Mother's Legacy On Voting Day

Sanibel resident Yvonne Hill served as a poll worker on August 18 at Center 4 Life in honor of her mother, Laura Mitnaul Wooten, who was America's longest-serving poll worker. Wooten worked the New Jersey election sites for a record 79 consecutive



The badge Yvonne Hill wore in honor of her mother, Laura Mitnaul Wooten

years. She has been recognized by the New Jersey governor, League of Women Voters, Democratic Party and Princeton University, where she worked part-time. Her service is also documented as part of the Smithsonian Institute's Voices & Votes: Democracy in America permanent and traveling exhibits. Wooten passed away in 2019 at the age of 98. Hill wore a badge portraying her mother while working the polls.✧

## Auto Shop Supports Humane Society Program

Legendary Automotive and Truck Service will be sponsoring the Spay it Forward program that is conducted by the Gulf Coast Humane Society. Between now and September 30, Legendary Automotive will be accepting donations for the Gulf Coast Humane Society (GCHS). GCHS Events Coordinator Aimee McGlaughlin noted that this program is for local families that would be unable to spay or neuter their pet on their own. "Our goal is to never say 'no' to a family in need. We are super grateful for all members of the community that choose to contribute – we couldn't do it without your help." Legendary Automotive owner Jason Stretch believes that controlling the pet population is the best way to save animals from poor treatment and neglect. "At Legendary, we offer a

service that helps people – Gulf Coast Humane provides a service that helps animals. We cannot think of a better way to support the local community than to help the people that help these animals." Legendary Automotive, located at 1921 Courtney Drive in Fort Myers, is donating \$5 from each oil change that is performed in their shop through September. They will also be accepting independent donations. When someone offers a donation, that person will be entered into a drawing to win a custom pet portrait from noted local artist Robin Vernada. The person who makes the single largest donation will also be given a complimentary custom pet portrait. You can view Vernada's artwork at [www.robinvernada.com](http://www.robinvernada.com) and on her Facebook page. To make an independent donation that enters you for the custom pet portrait, visit [www.gulfcoasthumanesociety.org](http://www.gulfcoasthumanesociety.org), select "Spay it Forward" under "Donate" and dedicate the donation to Legendary Automotive.✧

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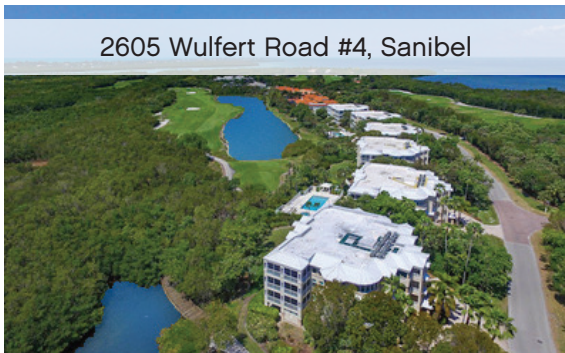
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Will Power

# Nine Tips For Meaningful Last Words



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

My client, let’s call him Pascal, complained to me recently while reading over his estate planning documents. “These seem so... cold... so... ‘legal,’” he said slowly, searching for the right words. “I understand that these documents have to use this legal language so that my estate gets the benefits of the law, but I’m having a hard time knowing that these will be my last words that I communicate to my family.”

I understood Pascal completely. Who wants their last words to read: “I instruct my trustee to distribute a fraction of my estate, the numerator of which is comprised of the largest amount that

would not be taxable... blah blah blah?”

I am sure no one wants that.

Today, I’m going to propose that you consider an alternative. This alternative can be made into a very meaningful and fun exercise.

What I’m referring to is to leave a separate document – apart from your will – for each of your most important loved ones.

This document shouldn’t be about “who gets what” from your estate – that’s for your will and trust. Besides, you don’t want to inadvertently say anything that might contradict what’s in your legal documents that could lead to beneficiary disputes. It can even be technologically advanced, like a personal video uploaded to a secure place like our new client portal, getting ready to launch for clients this winter.

What I’m talking about here is for you to create something really special. Too often we don’t share our true emotions with those closest to us. We often tell our spouses that we love them, but we don’t tell them why we love them. We might tell our children that we are proud of them, but we don’t tell them why we are proud of them. We may truly admire something about a lifelong friend, but we are often afraid to open up and tell them what we’ve admired about them – or even that we harbored admiration to begin with.

How great would it be if we shared all of those thoughts with those closest to us? So I propose that you do just that. Write a letter or record a message and tell our loved ones how much they’ve meant to us. Then securely store that document or video, like on our new portal, to be opened concurrently with your will.

I thought that I’d suggest a few basic thoughts for those who might not be as comfortable putting words on paper or speaking them aloud:

**Keep it Positive** – Particularly when you are composing communication that you don’t intend for a loved one to receive until after you have departed this earth, it’s a good idea to keep it positive. Everyone is subject to valid criticisms for our faults and unfulfilled expectations. Don’t use this letter as a means to review those. These are your last words. Don’t you want to leave them with a smile? But do be sincere. Don’t heap praise where praise really isn’t believable. Everyone has positive qualities. Talk about those here.

**Write Separate Letters** – Don’t combine everything into one letter or video. Make one for your spouse, another to each child or other loved one. That way your last words can be very personal for that particular person.

**Open a Spousal Letter with How You Fell in Love** – You might open a letter or video to your spouse recalling the first time that you met, and how you knew that you were in love. Talk about the qualities that she or he possessed and how those qualities grew better over time.

**Recall Your Child’s Early Years** – For your children, you might open a letter or video about their early years – how much you cherished having them in your life. There may have been certain traits, characteristics or events that foreshadowed later successes they achieved. Talk about those and how you noticed them.

**Tell Them Why** – Don’t be shy telling your loved ones the “whys.” Why you are so in love. Why you are so proud. Why you smile when you think about them. With kids, it might even be fun to tell them why you wanted to have kids in the first place, and how different it was raising them as opposed to what you expected before you ever had kids.

**Review Fun Family Times or Accomplishments** – Every relationship has its ups and downs. Many of the ups can be chronicled as happening during a certain event; a vacation, a sporting event, a holiday gathering. While everyone might have already grown tired of hearing the same stories around the dinner table over and over, you might be able to provide a twist. Relay why that story meant so much to you and how it demonstrates your loved one’s special qualities.

**Express Your Regrets** – Generally speaking, it’s not a good idea to create a list of regrets. But you might have some that would have a positive spin. “I regret that I didn’t tell you this earlier, and hope that by telling you this now, you’ll know how much you meant to me,” for example. You may regret certain incidents and want to apologize for them. If this is the case, do your best to keep it concise while not trying to place blame or guilt on your loved one.

**Recount Your Hopes and Dreams** – Talk about your hopes and dreams for your loved one, particularly if they are young. If they aren’t young anymore, you can talk about how proud you are of their accomplishments. Maybe they’ve raised great kids of their own. Perhaps they’ve overcome a lot of obstacles and you’ve noticed how far

continued on page 30

## How’s The Market? Ask Ann

Welcome to my Sanibel "Real Estate" column. Each week I report data and trends on Sanibel.

Our local Realtor Association recently hosted a virtual meeting featuring Dr. Lawrence Yun, the National Association of Realtors’ Chief Economist and Senior Vice President of Research. He supported our recent reporting on surging new sales contracts on a nationwide scale. He forecasted continuing low interest rates into 2021.

He also predicted Florida will benefit from migrating Baby Boomers to states like Florida with attractive home prices and no income tax.

Let’s now look at Sanibel Real Estate. Going back seven days, 11 new sales contracts were reported; 7 single family homes, 2 condominium sales and 2 vacant lot sales. The inventory of existing Sanibel properties for sale is historically LOW. There are only 105 single family homes and 113 condos for sale.

On a year to date basis, the average sales price on Sanibel is \$967,036. The median sales price is \$760,000.

Thank you for the favorable responses to my column.

Call me with any questions. It is my policy to promptly return sales calls.

Stay safe, Ann

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Frankly Speaking



by Howard Prager

When I think of what's exciting about sports besides who wins and who loses, it's the records that are broken or tied. Last weekend against my beloved Cubs, White Sox first

baseman Jose Abreu (who I believe has been underrated) hit six homers in a three-game series, tying the MLB record he now holds with four other players in the live ball era (post-1920) – Hee Seop-Choi in 2005, Shawn Green and Alex Rodriguez in 2002, and Barry Bonds in 2001. He also tied the record with four homers against four pitchers in four consecutive at bats. Believe it or not, 43 others share that record with him. Fortunately for me, the Cubs won the third game. The Sox scored all their 20 runs via dingers in the series, three runs shy of the Brewers last season. Altogether, the Sox have hit 30 HRs in the last nine games – by far the most of any team. Note: I did pick the Sox to go all the way if anyone wants to check out my pre-season predictions. If they stay hot, they could eventually face the Dodgers, who set their own record last weekend for their best 30-game start in franchise history – 22-8.

Let's look at the NBA bubble, where

both the Celtics and Raptors swept their first round series and will now face each other in the second round. The Raptors won in grand fashion scoring 150 points on Sunday, something that hadn't been done in the NBA playoffs since 1992 – not a record but not often done. In the process they completed their first sweep in franchise history. Boston swept the 76ers in their first round series as well. This should be a great matchup, which should have started before you read this. Also remarkable is how players rise to the occasion in the playoffs, like 21-year old Luka Doncic who led the Mavericks in a come-from-behind overtime win over the Clippers last Sunday with 43 points, 17 rebounds and 13 assists, the youngest player to notch a triple-double in the playoffs. He did this after spraining his ankle just two days earlier. And, earlier in the week, the Orlando Magic beat the Milwaukee Bucks. So what? The Magic have a .452 winning percentage. The last time a team with a winning percentage that low won in the playoffs was the Baltimore Bullets (with a .450 winning percentage and a much smaller league) back in 1966.

Takuma Sato won his second Indianapolis 500 victory on Sunday as he held off Scott Dixon and ultimately won under caution at an empty Indianapolis Motor Speedway. IndyCar officials declined to throw a red flag after a violent crash by Spencer Pigot with just four laps remaining. Pigot needed medical attention on the track after the fiery and horrific crash with a track full of debris. The crash destroyed his car, and Pigot

was lying prone on the track before being taken to a local hospital. Fortunately, he tweeted a picture of him giving the thumbs up later Sunday night. There was no way the race could resume to the disappointment of Scott Dixon, who led the race for 111/200 laps and thought he could catch Sato and achieve his second win.

And there's still time to set records if you're an NCAA Division 1 fall athlete who can't play or chooses not to this season. The NCAA Division I board voted last Friday to give all fall sport student-athletes an additional year of eligibility through a blanket waiver. This eliminates any uncertainty for athletes whose season has been postponed or could be disrupted because of the pandemic, as is still a possibility with six FBS football conferences. The board also ruled that schools can't require student-athletes to waive their legal rights regarding COVID-19 as a condition of participation. Schools are also prohibited from canceling or reducing scholarships if an athlete decides not to participate because of COVID-19.

In an earlier column, I talked about highly paid college football coaches not taking reduced pay this season when all other faculty are doing so. The University of Nebraska is now putting 51 athletic department employees on furlough and all others will take a 10 percent pay cut in response to the budget crisis caused by the coronavirus pandemic. The furloughs and pay cuts will take effect September 1 through December 31. I imagine they won't be the only ones to do so.

The last record I'm going to talk about is a totally different sport – archery. One of the top-ranked archers in the country is 36-year-old Matt Stutzman of

Fairfield, Iowa, a single dad with three kids – and no arms. He uses his feet as arms to hold the bow and shoot. Matt is so remarkable that he has been featured on CBS Sunday Morning twice and has a highly rated TEDx talk. If that's not enough, he owns the world record for longest accurate shot in archery. "Only 1 percent of archers in the world make a living shooting a bow," he said. "January of 2010 is when I decided to be the best archer in the world. And by 2011, I had already made the U.S. Team, and by 2012, I went to my first Games, and won a Silver!" Matt, you've won far more just by being who you are and showing that no physical limitation can stop us from our destiny. Stay safe readers.

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@islandssunnews.com](mailto:press@islandssunnews.com).

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.

SPORTS QUIZ

- 1. Name the Major League Baseball team that played one season in 1969 before moving to Milwaukee and becoming the Brewers in 1970.
- 2. How many offensive snaps did lineman D'Brickashaw Ferguson miss during his 10-year career with the New York Jets?
- 3. Two-time Indianapolis 500 champion Emerson Fittipaldi hailed from what country?
- 4. What golfer became the first woman since 1945 to play in a PGA Tour event when she teed off at the 2003 Bank of America Colonial tournament?
- 5. What short-statured Atlanta Hawks star spectacularly won the 1986 NBA Slam Dunk Contest?
- 6. What Hockey Hall of Fame goaltender had his No. 33 jersey retired by both the Montreal Canadiens and the Colorado Avalanche?
- 7. The South American Football Confederation is commonly known by what abbreviation?

ANSWERS

- 1. The Seattle Pilots. 2. One. 3. Brazil. 4. Annika Sorenstam. 5. Spud Webb. 6. Patrick Roy. 7. CONMEBOL.

Will Power

they've come. That's great stuff. Let them know it. Wind it Up – Make sure that you leave them with a warm statement. I saw one letter where a father told each of his children that he wanted them to know that he believed in an afterlife, and although his children may no longer be able to touch him or hear him, they could talk to him and he would be there to listen. He told them that he trusted their judgment, and he hoped that they would

live the rest of their life with confidence that everything happens for a reason. It struck me as a powerful confirmation of his love, devotion and admiration. I hope that this column helped provide the start of an outline if you should feel this important to do for your loved ones. I'm working on a video for my wife and for each of my children, which I intend to update as the years go by. I'm hopeful that these memories will mean more to them than anything material that I leave behind. ©2020 Craig R. Hersch. Learn more at [www.sbslaw.com](http://www.sbslaw.com).

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dearRPharmacist

## Health Benefits Of Mustard Greens



by Suzy  
Cohen, RPh

### Dear Readers:

Eating mustard greens is probably an acquired taste. It's not something most people like to do due to the pungent flavor of the greens.

It's worth it though, and I can help you make it taste delicious. One quick tip when cooking it is to use half mustard greens and half Swiss chard, which makes it taste milder.

The benefits of this vegetable are hard to beat, and impart strong cancer-fighting compounds such as isothiocyanate or ITCs. These are sulfur-based nutrients that have been studied repeatedly for cancer-fighting effects. They can detoxify the body and this effect is common among all the cruciferous vegetables such as kale, broccoli, cauliflower, watercress and Brussels sprouts.

You might be thinking that mustard greens are goitrogenic, and can suppress thyroid function. However, if you cook them that is not going to be an issue. You will have to be careful though if you have kidney stones because of the high oxalates. Another caution is for those of

you who take anticoagulant medications like warfarin. Mustard greens, like all greens, contain a lot of natural Vitamin K that impacts blood-clotting factors. With all these cautions out of the way, let me tell the rest of you why you should acquire a taste for mustard greens:

### Two Major Reasons to Eat Mustard Greens:

1. Isothiocyanates (ITCs) – Cruciferous veggies contain ITCs which are made from other compounds called "glucosinolates." Mustard greens have the highest ITC yield as compared to all cruciferous vegetables. One particular glucosinolate is called "Sinigrin," and it has been studied for its ability to reduce AGE (advanced glycation end products). It's important to reduce AGE if you're dealing a degenerative condition such as Alzheimer's diabetes, heart disease and cancer. The mustard seeds have the most of this compound (sinigrin), which has major therapeutic anti-inflammatory and anti-proliferative potential.

Absorbed ITCs are rapidly converted in your liver to something amazing called glutathione. That's an antioxidant that is known to detoxify heavy metals and other garbage in the body. Glutathione is a powerful benefit of eating greens!

3. Superoxide Dismutase (SOD) – SOD is an enzyme in your body that vacuums up dangerous "superoxides" which are oxygen-derived free radicals. One infamous toxin in this category is hydrogen peroxide or H<sub>2</sub>O<sub>2</sub>. It's not just in those brown bottles sold as an antiseptic, your cells make it! In a normal, healthy pathway, the H<sub>2</sub>O<sub>2</sub> is

broken down immediately by catalase or SOD which turns them into water and oxygen.

But some people don't have enough SOD or catalase. When it builds up it raises your risk for thyroid disease, chronic fatigue, breast cancer (most cancers actually) as well as respiratory problems such as COPD (chronic pulmonary disease) and asthma.

I have a longer version of this article

## Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** Can you give me some tips on telehealth counseling? I am just getting started for the first time.

**A:** Telehealth is on the rise, and with COVID-19, I do see it becoming part of

the new normal of professional help. I will provide some guidelines on how you can make the most of your sessions:

Be prepared as if you were in person. Limit distractions by finding a private place to talk. You may want to have some questions to discuss or new concerns since your previous session. Also, close other apps so you are not distracted by pop-ups during mid conversation. Also, be on time.

Take some quiet time before you start. Gather your thoughts on what you want to

posted at my website as well as a recipe for garlic parmesan mustard greens. It's delicious! Eating these greens even once or twice a week will give you noticeable health impacts that can't be beat.

*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).*

discuss. You might want to even meditate so you can clear your head and get centered to be prepared for the session and in the right headspace.

Be comfortable. Sit in a comfortable chair and have a setting that works for you. If you are using a computer and zoom for instance, place your computer where you can see the therapist as if you were seeing him/her in the office.

If you have homework, have it ready to discuss with your counselor and feel free to ask for resources to engage in while you are out of the office.

Recap the session, ask questions and set up the next appointment just as you would in the office.

While telehealth may seem a little different at first, there is an element of convenience and, with using a similar structure, you may find yourself liking it as much as in-person counseling.

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).

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Doctor and Dietician

# Eat To Strengthen Your Brain



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

We encourage people to consume a “plant-slant” diet that includes many fresh vegetables, whole grains and fruits, in combination with high-quality protein and fat sources. There is no room for junk food and most commercial fast food in a healthy, longevity-focused lifestyle. Let’s face it. We are all aging. What many may not realize is how poor nutrition is not only bad for our waistlines, but puts undue stress on our brains and allows the process of cognitive decline to begin. We have said it before, “dump the junk.” Embrace the longevity lifestyle. We are all exposed to oxidative stress from a myriad of sources over which we have no control – cell phone towers, computers, etc. Thus, we should do our

best to reduce oxidative stress by eating “clean.” The Mediterranean-type diet is a good example of a brain-stimulating diet. Foods rich in omega-3 fatty acids such as those found in fish, as we learned from our previous article, are neuroprotective. In addition, vegetables, fruits and whole grains also have positive impacts on cognition. However, fried food, highly processed foods, excessive amounts of meat and sugar do not. Here are some great sources of “brain food” to include in your daily eating plan: Cold-water fish provides the best source of omega-3 fatty acids. Try to include at least four servings per week. Top sources include fresh non-farm-raised salmon, mackerel, anchovies, sardines and herring. Other fish including white fishes found in our waterways are also excellent choices. If you just can’t eat fish, consider taking a fish oil supplement. DHA and EPA (fatty acids) are crucial for supporting the brain’s “cleaning crew.” In our prior articles, we discuss the brain toilet that requires constant flushing. Sometimes this does not happen due to issues with the cervical spine. But it can also happen with poor food consumption. A plant-slant lifestyle not only provides highly beneficial dietary fiber, but also antioxidants, vitamins, minerals, flavonoids and other nutrients needed to support optimal brain function. Some superfoods to include

every week include berries, nuts, broccoli, leafy green veggies, avocados, legumes, olive oil and coconut oil. Add green tea, water and organic coffee (in moderation.) A little dark chocolate for dessert gives you a little sweet taste but limits the sugar. Visis [www.hauserdiet.com](http://www.hauserdiet.com) for our avocado chocolate mousse recipe for an added bonus. Bottom line here is that in order to maintain our brains, we need to feed it the proper fuel. And while you are at it, keep moving by adding in daily

exercise, and shut off your devices and read a book – which also help strengthen the brain. 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: Choices



by Kay Casperson

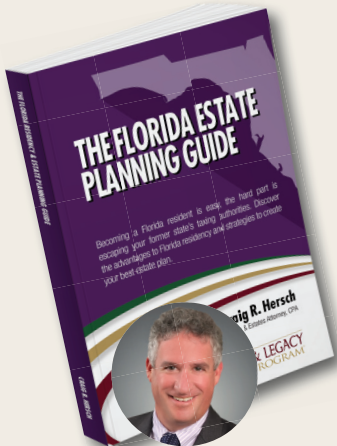
I am so happy we live in a country that allows us to make our own choices in all aspects of our lives. We are so lucky that we can make choices based on our knowledge, thoughts, passions, hearts and souls. I can’t even imagine what life would be like if we were not able to choose how we live, where we live, who we love, where we work and what we do every day. We have all looked back on a few of the choices we have made that might not have been the best decisions, and maybe led us in a direction that felt like it was off our ultimate path. But I happen to believe that even the choices that were not so good might have pointed us in the direction we are supposed to be. I believe we are all equipped to make the right decisions and choices for ourselves, especially adults. As I continue to raise my children, I try to encourage them to make good choices and think things through before making decisions. I also know that I need to step back from time to time so they learn to make their own choices, good or bad, to learn and grow. It is easy to jump into decisions quickly, but confidence comes with lessons learned. Following are a few essential things to remember to ensure the very best results:

Try your best to stay clear of other people’s opinions to make your own decisions; Make your choices based on thinking them through and knowing the ultimate outcome; Encourage yourself with words of affirmation to accomplish your goals; Focus on the positive and know that you have a purpose and are uniquely designed; Listen to your heart and spend some time in prayer to ensure your direction; Be grateful every day for the gift of freedom to make your own choices. As you continue your path to your best and most beautiful life, I encourage you to pause for just a moment to give thanks and gratitude for choosing for yourself. I also encourage you to look ahead to the choices that you will make for your future. Where do you ultimately want to live and who do you want to spend your time with? How can you make a difference, and who can you inspire to be better? How do you want your world to look, and what can you do to help make that happen? We have the power and the ability to design our lives exclusively the way we want them to be. My best advice is to choose wisely. My affirmation for you this week is: “I am grateful for the freedom to make my own decisions, and I will continue to be wise about my choices.” 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
- Most importantly, is your plan up-to-date and Florida-compliant?



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

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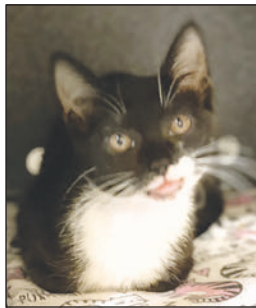


# PETS OF THE WEEK

photos provided



Bruno ID# A824775



Wendy ID# A824825

Lee County Domestic Animal Services

## Bruno And Wendy

Hello, my name is Bruno. I am an 8-year-old male boxer mix who has the manners one would expect from a senior pet. I love hanging with staff on the bench in the playyard but would definitely prefer the comfort of a home. My favorite pastime is getting my back scratched. My adoption fee is waived.

Hi, I'm Wendy. I am a 3-month-old female domestic shorthair who was admitted with an injury to my chin that left it 'degloved.' I've had surgery to repair it and will be fine. I look a little different from the other kittens in the litter box, but everyone thinks I am just as beautiful! My adoption fee is waived.

Lee County Domestic Animal Services has joined NBC-2 and Edison National Bank for this year's Clear the Shelters campaign. To help individuals and communities continue to practice safe social

distancing measures, this year's initiative will run from August 1 through August 31, and feature a different "Pet of the Day" whose adoption fee will be waived with an approved application. During that time, the adoption fees on all dogs will be reduced to \$25 and all cats to just \$20. And as always, our cats and kittens are adopt one get a feline friend at no additional charge.

The featured "Pet of the Day" is on [www.facebook.com/leecountydomesticanimalservices](http://www.facebook.com/leecountydomesticanimalservices). Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online adoption application prior to calling to make an appointment.

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

### Hope For Pets

## Sammy

Sammy needs a new home. He stayed with Phyllis in her assisted living facility, but after her passing, Sammy is hoping to find a new owner to love.

This 11-year-old, 22-pound tuxedo cat is happy, healthy and handsome. As a playful

continued on page 39



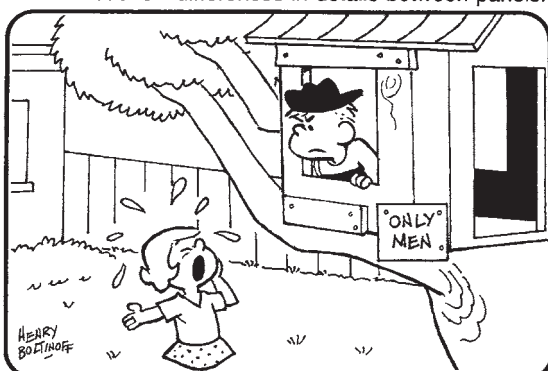
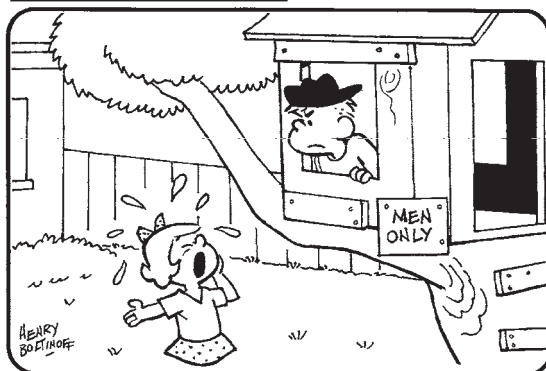
Sammy

## PUZZLES

### HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: Girls bow is missing. 2. Tree limb has been added. 3. Boy's shirt has stripe. 4. Sign is different. 5. Treehouse roof is different. 6. Tree steps are gone.

## 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!

Remedy

FERILE

Teeth

LADENT

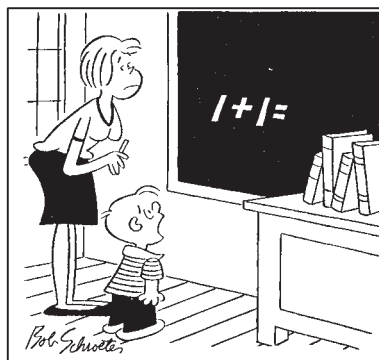
Grand

TASTELY

Abstain

FARINER

TODAY'S WORD



"Who do you think I am —  
\_\_\_\_\_?"

Answer on page 39



Sanibel &amp; Captiva Islands

CALLING CARD 239-395-1213

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

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



PUZZLES

Answers on page 39

Super Crossword

LEAVING L.A.

- ACROSS**

1 Most minuscule

8 "The lady — protest ..."

12 Subjective newspaper section

20 Slightly

21 Opera part

22 Scrams

23 Spicy stew that's so thick it takes more than two people to stir it?

25 Commits in confidence

26 Mon. follower

27 With 75-Down, light-colored pub drinks

28 Sticky sealer

30 Very mad

31 Create the wax figure of the Police's frontman?

38 "— be an honor"

39 Dinero dispenser

40 Glass plate

41 Cause of a stuffy nose

46 Speed at which a Roman emperor walks?
- 53 Diner dispenser

54 Bucolic

57 Many '90s music sales

58 Auditoriums

59 Mailed item containing a bill from a nail salon?

63 Replies to irritably

65 Imprint

66 On the safe side, at sea

67 — B'rith

69 Skywalker's mentor

70 Attach a certain package covering to a corkboard?

75 Chorus voice

78 A.J. of auto racing

79 "Psst" cousin

80 Navigate

84 In a lax way

86 Taking a long time to grow, just like some velvety plants do?

89 Born earlier

90 Sci-fi craft

92 Daisy's kin

93 — Palmas
- 94 Wound protector that causes sorrow?

98 Hot pepper variety

101 Folk tales

102 MPG org.

105 Suffix with salt

106 Hairless inmates in an old English prison?

116 Related to the kidneys

117 GI tour gp.

118 Tyke, in Baja

119 Sis, e.g.

121 Restricted-access computer linkup

124 Product for scrubbing your noggin?

129 Wash lightly in advance

130 Beige-like

131 Painter

132 Mountains between France and Spain

133 River of myth

134 Most orderly
- 2 Pelvic bone

3 Big name in skin care

4 Suffix with Tokyo

5 SFO guess

6 Camera type, in brief

7 Work fill-ins

8 Mexican flower

9 Get aligned

10 Up to, in brief

11 Port-au-Prince's land

12 Highway bridge

13 Skillet, say

14 Trauma-trained pro

15 Singer Day

16 Rains heavily

17 Verdi's "very"

18 Reach

19 Ruhr city

24 Bill the — (comics character)

29 All fired up

32 Billy the — (outlaw)

33 & so forth

34 Gussy up

35 SUV biggie

36 Gene stuff

37 Always

41 Motor noises

42 QED part

43 Paquin of "True Blood"

44 Sweetums
- 45 Dismal

47 Hotshot

48 "— -La-La" (Al Green hit)

49 Old writing scroll

50 And

51 Dressed (in)

52 Juan's "this"

55 Dole out

56 Theater mogul

60 Interloped

61 Center or Pen lead-in

62 Like prisons

63 Weaken

64 Bit of a chill

67 Beer and tea

68 Quarterback great Joe

71 Org. for 68-Down

72 Lad

73 "Easy there!"

74 Big head

75 See

76 1970 hit by the Kinks

77 Chuck of NBC News

81 Tahiti, e.g.

82 Sweetums

83 Fuel brand up north

85 Be incorrect

86 Many an heir
- 87 Salty waters

88 Hotshot

90 American hwy.

91 Feudal lords' estates

95 Kay-em link

96 Lawn turf

97 "Golly!"

99 "Life of Pi" director Lee

100 Teachers' gp.

103 Larder

104 Farewells, in French

106 Linda in 1998 news

107 Actor

Fonda

108 Step into

109 Dancer's handrail

110 Actor Delon

111 Riata, e.g.

112 Kin of Ltd.

113 Film director Christopher

114 Actor Davis

115 Claims on homes, say

120 Writer Harte

122 Ark.-to-Ill. dir.

123 Suffix with Nepal

125 Opera part

126 Hydrocarbon ending

127 — glance

128 NSFW part

1	2	3	4	5	6	7		8	9	10	11		12	13	14	15	16	17	18	19
20								21					22							
23								24					25							
26							27					28	29				30			
	31			32	33	34					35			36	37					
				38				39				40								
41	42	43					44	45			46	47				48	49	50	51	52
53					54				55	56		57				58				
59				60	61						62			63	64					
65								66				67	68				69			
				70		71	72					73				74				
75	76	77			78					79						80		81	82	83
84				85					86					87	88					
89								90	91			92						93		
94						95	96				97			98			99	100		
						101					102	103	104			105				
106	107	108	109	110							111			112	113				114	115
116								117											119	120
121						122	123				124	125				126	127	128		
129											130					131				
132											133					134				

King Crossword

- ACROSS**

1 Homer's cry

4 Commotion

7 Couturier Bill

12 — out a living

13 America's uncle

14 They're usually covered in white

15 Auto

16 Cartoon canary

18 Suitable

19 Point of view

20 Effervescence

22 Squirrel's home

23 Mediocre

27 Samovar

29 Sister of Venus

31 Kin of "Abra-cadabra!"

34 Crucifixes

35 Sufficient

37 "Brady Bunch" girl

38 Cash-drawer compartment

39 Swelled head

41 Marvel Comics group

45 Clutch

47 Anger

48 16-Across' pursuer

52 Legislation

53 Praiseful rendition

54 Clean Air Act org.
- 55 Consumed

56 "Excavating for —"

57 Bashful

58 Neither partner

8 Myrna of Hollywood

9 Matterhorn, e.g.

10 Tackle moguls

11 Away from NNW

17 Reindeer kin

21 Boer fighters

23 Cheer-ful part of NYC?

24 Zodiac feline

25 Moreover

26 Owns

28 Tatter

30 Detergent brand

31 Dog's doc

32 Individual

33 Tiny particle
- 36 Towel word

37 Andrew Lloyd Webber title role

40 Microsoft big-wig

42 Where to see "The Last Supper"

43 Poets' Muse

44 More recent

45 Hackman or Wilder

46 Beseech

48 Masseur's workplace

49 Sweet potato

50 Mainlander's memento

51 U-Haul rental
- DOWN**

1 Starbucks selection

2 Giraffe's cousin

3 Avis competitor

4 "The Thin Man" pooch

5 Suddenly occur to

6 Last letter

7 Information unit

**THINGS WITH**

**MAGIC MAZE** ● **ELECTRIC MOTORS**

O P N K I G R D B Z X V S Q O

M G K R I G E E C A Y T R W U

S A Q P E N L J X H R F E E C

A R Y X V W S L L I R D D W U

S A Q P N M O K M J M H D A F

E G C ( L O C O M O T I V E S ) S

H E A T E R E D N E L B R D P

B D R Y E R Z Y X W V U H N M

C O M P U T E R T C A R S A U

R O S S E R P M O C R L Q B P

P R E N O I T I D N O C R I A

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

Unlisted clue hint: WASHER AND —

Air conditioner

Band saw

Blender

Cars

Compressor

Computer

Drills

Garage door

Heater

Lawn mower

Locomotives

Mixer

Pumps

Shredder

Trimmer



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FRIDAY  
Cloudy  
High: 88 Low: 83




SATURDAY  
Mostly Cloudy  
High: 87 Low: 84




SUNDAY  
Sunny  
High: 88 Low: 82




MONDAY  
Partly Cloudy  
High: 91 Low: 87



TUESDAY  
Mostly Sunny  
High: 88 Low: 82



WEDNESDAY  
Mostly Cloudy  
High: 87 Low: 83



THURSDAY  
Sunny  
High: 89 Low: 82

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	9:16 am	5:26 pm	None	None	Fri	8:21 am	5:28 pm	None	None	Fri	8:02 am	2:32 am	11:10 pm	4:24 pm	Fri	11:26 am	8:42 pm	None	None
Sat	1:43 am	3:27 am	10:33 am	6:18 pm	Sat	12:48 am	3:29 am	9:38 am	6:20 pm	Sat	9:26 am	3:45 am	None	5:38 pm	Sat	3:53 am	6:43 am	12:43 pm	9:34 pm
Sun	2:01 am	4:46 am	11:36 am	6:59 pm	Sun	1:06 am	4:48 am	10:41 am	7:01 pm	Sun	1:59 am	5:16 am	11:30 am	6:47 pm	Sun	4:11 am	8:02 am	1:46 pm	10:15 pm
Mon	2:18 am	5:44 am	12:27 pm	7:33 pm	Mon	1:23 am	5:46 am	11:32 am	7:35 pm	Mon	2:20 am	6:35 am	12:41 pm	7:41 pm	Mon	4:28 am	9:00 am	2:37 pm	10:49 pm
Tue	2:31 am	6:31 am	1:11 pm	8:01 pm	Tue	1:36 am	6:33 am	12:16 pm	8:03 pm	Tue	2:32 am	7:33 am	1:28 pm	8:26 pm	Tue	4:41 am	9:47 am	3:21 pm	11:17 pm
Wed	2:42 am	7:12 am	1:50 pm	8:26 pm	Wed	1:47 am	7:14 am	12:55 pm	8:28 pm	Wed	2:50 am	8:21 am	2:11 pm	9:04 pm	Wed	4:52 am	10:28 am	4:00 pm	11:42 pm
Thu	2:52 am	7:51 am	2:27 pm	8:48 pm	Thu	1:57 am	7:53 am	1:32 pm	8:50 pm	Thu	3:14 am	9:03 am	2:54 pm	9:36 pm	Thu	5:02 am	11:07 am	4:37 pm	None

**My Stars ★★★★★**  
**FOR WEEK OF AUGUST 24, 2020**  
**Aries** (March 21 to April 19) A relaxed mood early in the week could give way to high-temperature disputes. The Aries Lamb should resist being pulled into heated quarrels that could really singe your wool.  
**Taurus** (April 20 to May 20) Satisfy that practical obligation first, then you can feel free to indulge in your creative endeavors. Also, check for hidden or overlooked areas where repairs might be long overdue.  
**Gemini** (May 21 to June 20) Home is still the Twins' major focus this week. But outside matters begin to take on added importance, especially those involving possible career moves. Stay alert for signs of change.  
**Cancer** (June 21 to July 22) A travel plan might need to undergo some considerable adjustment because of unexpected changes. Keep an open mind and let the facts guide you on how you want to handle this.  
**Leo** (July 23 to August 22) Playing cat and mouse with a matter you don't really want to tackle wastes time, energy and, most important, an opportunity. Ask someone with experience to help you get

started.  
**Virgo** (August 23 to September 22) A shift in policy might not please you, but before you put up a "no go" wall of resistance, examine the circumstances. You might be quite pleasantly surprised by what you find.  
**Libra** (September 23 to October 22) Yesterday's critiques about your methods might have already evolved into today's praise for your achievements. Good for you. Now go on and continue to build on your credibility.  
**Scorpio** (October 23 to November 21) An occasional temperamental flare-up might occur as you continue to help get things back to normal. Stay with it. You should soon get some idea of where to take things next.  
**Sagittarius** (November 22 to December 21) A negative reaction to what you believe was a well-deserved request might mean that you need to reconsider your position and make changes accordingly.  
**Capricorn** (December 22 to January 19) There's always room for someone new at the Sea Goat's table. And the someone new this week could bring a message you've been waiting a long time to hear.  
**Aquarius** (January 20 to February 18)

A pile-on of personal matters this week might seem too overwhelming to deal with. But handling them on a one-by-one basis could have you out from under it by the weekend.  
**Pisces** (February 19 to March 20) A friend might need your good advice regarding a matter. Be supportive. But unless you can be absolutely sure you have all the facts, be careful about any suggestions you might be asked to offer.  
**Born This Week:** Few things make you happier than bringing people together and helping to forge new friendships.

**MOMENTS IN TIME**

- On Sept. 2, 1666, the Great Fire of London breaks out in the house of King Charles II's baker near London Bridge. When the Great Fire finally was extinguished on September 6, more than 80 percent of London was destroyed and 100,000 people were left homeless.
- On Sept. 3, 1939, Britain and France declare war on Germany. The first casualty of that declaration was the British ocean liner Athenia, which was sunk by a German U-30 submarine.
- On Sept. 6, 1943, a new high-speed train traveling between New York City and Washington, D.C., derailed, killing 79

people and seriously injuring 100 more. The Congressional Limited traveled at a then-unprecedented speed of 65 mph.

- On Sept. 4, 1957, Arkansas Gov. Orval Faubus enlists the National Guard to prevent nine Black students from entering Central High School in Little Rock. The armed Arkansas militia troops surrounded the school while an angry crowd of some 400 whites jeered, booed and threatened to lynch the frightened teenagers.
- On Sept. 5, 1969, Lt. William Calley is charged with premeditated murder in the deaths of 109 Vietnamese civilians at My Lai in March 1968. Calley, a platoon leader, had led his men in a massacre that was only stopped when a pilot landed his helicopter between the Americans and the fleeing South Vietnamese.
- On Sept. 1, 1972, American chess grandmaster Bobby Fischer defeats Russian Boris Spassky during the World Chess Championship in Reykjavik, Iceland. Fischer became the first American to win the competition since its inception in 1866.
- On Aug. 31, 1997, shortly after midnight, Diana, Princess of Wales dies in a car crash in Paris. She was 36. Her boyfriend, the Egyptian-born socialite Dodi

continued on page 38

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From page 36

# Moments In Time

Fayed, and the driver of the car died as well. A swarm of paparazzi on motorcycles had been aggressively tailing their car.

## NOW HERE'S A TIP

- Check bagged frozen vegetables with the squeeze test: If it is hard and solid, it has thawed and refrozen, so you should choose another bag.
- “My family drinks sodas from the plastic bottles. At the beginning of storm season, I fill a dozen or so about three-quarters full and put them in the freezer. They are good in coolers and such, but mostly they fill space, making the freezer not have to work so hard. And if we lose power, they help to keep frozen foods frozen longer.” – TR in Georgia
- “My family has always used mayonnaise as a salve on minor burns. I heard you can use toothpaste, too.” – Sam P via e-mail
- “I love to put photos of family on the fridge. I found that the photos were getting ruined from grease and moisture in the air. To get around that I cleaned and laminated them. Afterward, I hot-glued little magnets to the backs, and now I can move them

around to accommodate new photos. There are so many, and it gives me pleasure to look at them.” – CR in Oklahoma.

- Use a paper plate as a splatter guard in the microwave. It will not sag down into your food, and will not get dragged off to the side by any rotation.

## STRANGE BUT TRUE

- A tarantula discovered in 2015 near Folsom Prison, California, was given the scientific name “Aphonopelma johnnycashi” after Johnny Cash, in honor of his song *Folsom Prison Blues*.
- For that matter, “The Crocodile Hunter” Steve Irwin had a snail named after him, the *Crikey steveirwini*, a rare species of tree snail with a khaki-colored shell discovered in 2009.
- Some 60 percent of human DNA is identical to that of a banana.
- The maddening but addictive Rubik’s Cube was created by accident. Professor of architecture Erno Rubik built a twistable box with colorful rows of labels on each side in an attempt to design blocks that could move without collapsing the entire structure. After rotating a few rows and mixing up the colors, the real challenge began: realigning the hues. It took Rubik

about a month to restore his cube to its original condition.

- *Slaughterhouse-Five* author Kurt Vonnegut was such a big fan of the TV series *Cheers* that he once told reporters he would rather have written scripts for the show than all his bestselling novels.
- Peppermint oil does a better job of promoting hair growth than hair-growth medication.
- Speaking of hair, following the BP oil spill in the Gulf of Mexico, thousands of hairstylists and alpaca farmers donated over 19 warehouses worth of cut locks to absorb it.
- Looking for a possible reason to like Monday? It’s the least rainy day of the week. While the exact science behind this is unclear, researchers believe it’s likely due to the decrease in man-made pollution over the weekend.
- The tradition of knocking on wood for good luck originated with primitive pagans who tapped on trees to summon the protective spirits residing in them.

## THOUGHT FOR THE DAY

“There are years that ask questions, and years that answer.”

– Zora Neale Hurston

## TRIVIA TEST

1. **Literature:** What was the name of Hermione’s pet cat in the *Harry Potter* series?
2. **General Knowledge:** What is the name of the metal band that attaches a pencil and an eraser?
3. **Animal Kingdom:** What is a group of giraffes called?
4. **Geography:** Which state claims Mackinac Island in Lake Huron?
5. **Television:** What was the name of the coffeehouse in the *Friends* sitcom?
6. **U.S. Presidents:** How many presidents have died in office?
7. **Medical:** What is the common name for lachrymation?
8. **Language:** What is the American English version of a British flannel?
9. **History:** Who was the last czar of Russia?
10. **Music:** What was the original name of the pop rock group Maroon 5?

## TRIVIA ANSWERS

1. Crookshanks 2. A fernie 3. A tower of tears 4. Michigan 5. Central Perk 6. Eight 7. Flow 8. A washcloth 9. Nicholas II 10. Kara’s Flowers.

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8/28 ★ 9/4

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8/7 ★ TFN



From page 33

### Pets Of The Week

and affectionate “cool cat,” Sammy loves to greet visitors at the door in the hopes of being petted and admired. His hobbies include bird-watching from the lanai and socializing with the residents of his former home.

Since Sammy has always lived alone with Phyllis, it is likely that he would do best in a home with no children. He does not get along well with dogs.

Although he is neutered, Sammy will need a vet check-up and vaccination update. Hope can help offset these costs as well as provide startup supplies and any other additional support.

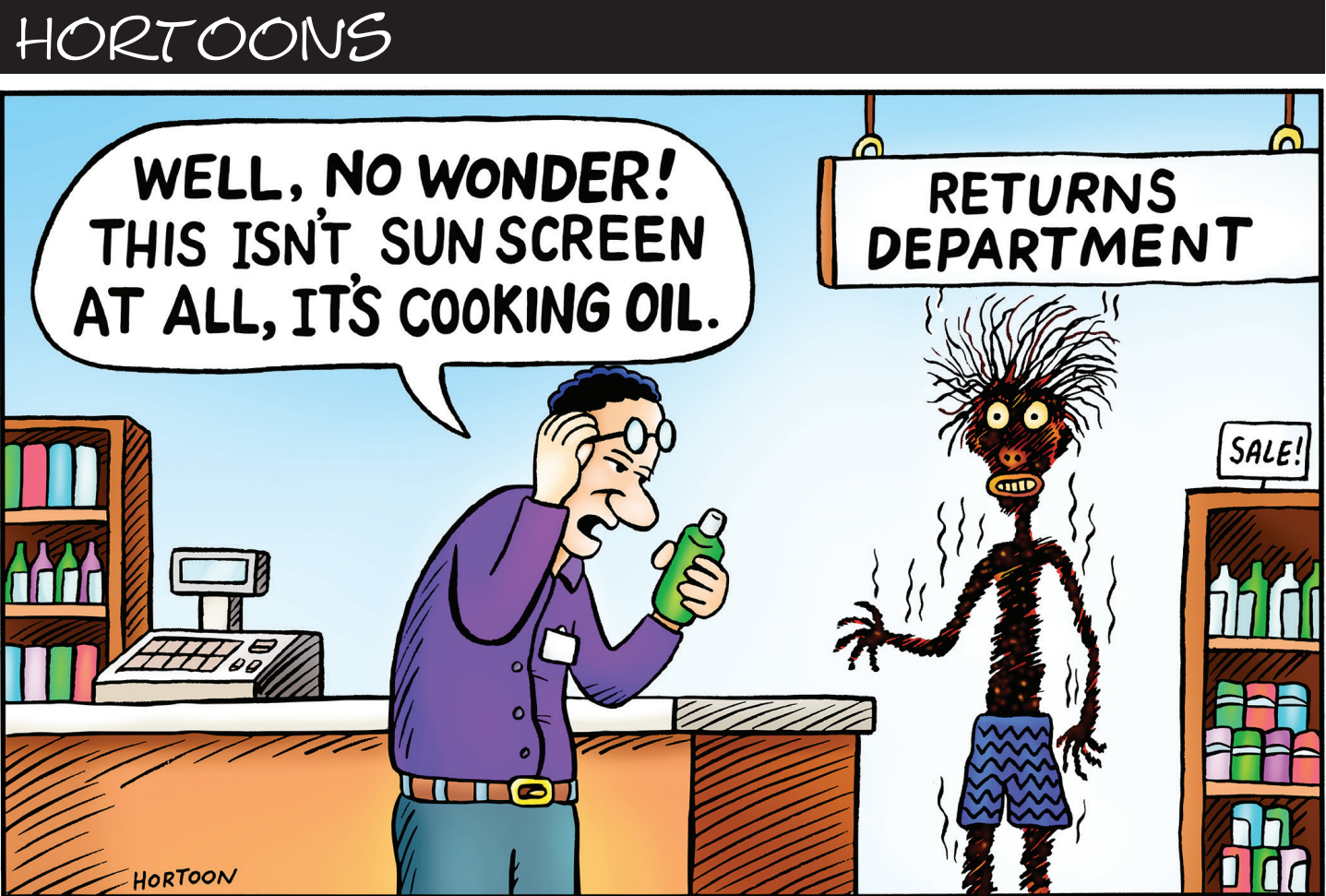
If you are interested in adopting Sammy, call Colette at 985-7728 or email Colette at [colette.johns@hopehcs.org](mailto:colette.johns@hopehcs.org).

*Hope for Pets is a Hope program designed to provide assistance to our patients and their pets, based on financial and/or physical needs. All requests will be considered on an individual basis.\**

SCRAMBLERS ANSWER

1. Relief 2. Dental;  
3. Stately; 4. Refrain

Today's Word  
**EINSTEIN**



## PUZZLE ANSWERS

SUPER CROSSWORD																			
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KING CROSSWORD																			
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MAGIC MAZE																			
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5	3	6	7	8	9	2	4	1											

### Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	2007	5,900	\$7,500,000	\$6,250,000	198
Bonita Beach	Bonita Springs	1984	3,458	\$2,995,000	\$3,114,050	2
Bellamare	Miromar Lakes	2006	4,791	\$2,975,000	\$2,700,000	20
Island Shores	Fort Myers Beach	2019	3,995	\$2,100,000	\$1,000,000	229
Island Shores	Fort Myers Beach	2020	1,600	\$2,100,000	\$1,000,000	0
Salerno	Miromar Lakes	2017	3,260	\$1,982,000	\$1,885,000	183
Captiva Beach	Captiva	1997	3,374	\$1,895,000	\$1,650,000	460
Hidden Harbor	Bonita Springs	1994	4,616	\$1,695,000	\$1,650,000	135
Shell Harbor	Sanibel	1975	2,658	\$1,350,000	\$1,175,000	146
Cape Coral	Cape Coral	1997	4,093	\$1,285,000	\$1,100,000	36





*Randy Wayne White ©*

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