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VOL. 28, NO. 12

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 18, 2020

SEPTEMBER SUNRISE/SUNSET: 18 7:15 • 7:30 19 7:16 • 7:29 20 7:16 • 7:28 21 7:17 • 7:26 22 7:17 • 7:25 23 7:17 • 7:24 24 7:18 • 7:23

## CHR Manatee Madness Coming To The Islands

submitted by Arlene Dillon

**C**ommunity Housing and Resources (CHR) has launched Manatee Madness, a unique fundraiser for these unique times. Beginning in early December, more than a dozen specially designed manatees – each painted or enhanced by a local artist – will appear in select locations around Sanibel and Captiva in order to benefit CHR's mission to provide affordable housing for individuals working and living on the islands.

The manatees will be on display around the islands through the end of March, and, at that time, they will be auctioned off to the highest bidders. Individuals and businesses that sponsor a manatee will be able to choose where to display the manatee, subject to city regulations. A map with the sponsored locations will be available for residents and visitors to the islands, who can embark on a self-guided tour.

"We are thrilled," said Melissa Rice, executive director of CHR, "that so many of our renowned and talented local artists are donating their creativity, time and energy to this project. I've heard a few of the ideas so far, and, while I can't reveal anything before the manatees go on display, I can say that Sanibel is going to be graced by some extraordinary works of art."

Participating artists include Jim and Patty Sprankle, Marianne Ravenna, Cesar Aguilera, Danielle Branschard, Cath Branwood, Anita Force Marshall and Bob



**CHR Committee Member Arlene Dillon with artist Jim Sprankle** photos provided

Marshall, Kristina Jackson, Cheryl Logan, Taryn Manning, Rena Martinson, Kym Mason, Lacy McClary, Margarethe Miville, Joan Tangren-Reynolds, Brian Weaver and Peter Zell.

Steve Brown, chairman of the board of directors for CHR, said, "Once again, I am moved by the way our community steps up to support CHR and the mission of providing affordable housing on our beautiful sanctuary island."

"Sponsorship opportunities are available at many levels," said Rice. "If you are interested in supporting Sanibel's affordable housing program while having a little fun (in compliance with CDC guidelines, of course), please consider sponsoring Manatee Madness. We've adapted to the times and promise that it will be entertaining, social, artistic and safe for all."

For more information, contact Melissa Rice at [melissa.rice@sanibelchr.org](mailto:melissa.rice@sanibelchr.org).✱



**From left, CHR Committee Member Laura DeBruce, CHR Executive Director Melissa Rice and CHR Committee Member Lena Brown with artists Bob Marshall and Anita Force Marshall**



**Artist Kym Mason with her manatee**



**Artist Rena Martinson with her manatee**



**Artist Lacy McClary with CHR Committee Member Lena Brown**



**Artist Joan Tangren Reynolds with CHR Committee Member Laura DeBruce**



**Artist Peter Zell with CHR Executive Director Melissa Rice**



**CHR Committee Member Lena Brown with artist Marianne Ravenna**



Multiple views of a wall cloud taken from the Sanibel Causeway on September 13  
photos by Josh Ooyman

# Wall Cloud Passes Sanibel Off Shore

On September 13 at 6:05 p.m., the National Weather Service issued a tornado warning for Sanibel, and all persons on the island were advised to immediately take shelter. The “all clear” was issued later in the evening.

City of Sanibel employee Josh Ooyman captured these images from the Sanibel Causeway showing the circular activity of a wall cloud passing

off shore on September 13. The city thanks its citizens and visitors for taking swift action. All parties are reminded that weather alerts and warnings should always be taken seriously and heeded. Between September 5 and 9:40 a.m. September 14, a total of 20.47 inches of rain fell on Sanibel. Daily rainfalls were measured mid-island on Dunlop Road. Due to significant rainfall from Tropical Storm Sally last weekend, some city roadways and the majority of shared use paths were flooded and covered with vegetative debris. City utility and public works crews addressed the issues.\*





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## Carb Load Dinner, Incentives For 10K Runners

The 10K Race 4 FISH will be taking place virtually this year due to the COVID-19 pandemic. Registration is open through the Fort Myers Track Club at [www.ftmyertrackclub.com](http://www.ftmyertrackclub.com). Cost is \$40 for those who register before October 20, with prices increased to \$45 after October 20 at 11:59 p.m. Runners participate virtually through the RaceJoy app on their smartphones and log their time at any point from when they register through October 31.

New for 2020 is a carb load dinner, hosted by FISH of SanCap partner, The Community House, on Friday, October 23. Dinner will feature grilled chicken breast with citrus notes, tomato pasta and vegetable bake, Chef Jarred Harris' "Amazing Mac and Cheese," salad and garlic bread, and will be offered for dine-in or car-side delivery. Dine-in will require a reservation with names of those you will be seated with in your social group. Masks will be required until seated. The cost is \$20 per person and net proceeds will support The Community House operations. For more information and reservations, visit the October calendar section at [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net).

"The Community House is such an important part of our community and a fantastic partner to FISH. We're excited for this fun addition to safe race festivities and are looking forward to this delicious meal," said Alicia Tighe Orgera, executive director of FISH of SanCap.

Also new to the 10K are incentives for runners. Incentives this year include a refund of registration fee to a runner if



**Chef Jarred Harris of The Community House has prepared the menu for a carb load dinner on October 23** photo provided

they fundraise \$250 or more (excluding processing fees), which will go to FISH of SanCap. Additionally, for every five referrals a runner makes to others who sign up, they receive a \$20 discount.

While the 10K is a different format than usual, FISH is already seeing runners from across the country registering to lace up their running shoes in support of a great cause.

Participating runners will receive a dri-fit shirt, with the Hortoon 10K logo on the front, as well as a matching face covering, which will be mailed to them.

Funds raised through the 10K race registration, sponsorships and donations will benefit FISH to help continue to meet the needs of islanders, as the organization has done for nearly 40 years, including during disasters such as the current health crisis. FISH has been experiencing significant growth in program usage, particularly its Helping Hands emergency financial assistance, food pantry, and Meals-by-FISH hot meal delivery program for housebound island residents.

For more information on the 10K race or sponsorship opportunities, contact Diane Cortese, race committee chair, at [dianerc10@gmail.com](mailto:dianerc10@gmail.com).

For information on FISH of SanCap programs and services, contact Alicia Tighe Orgera at 472-4775 or visit [www.fishofsancap.org](http://www.fishofsancap.org).✱

## Gallery Attic Sale Coming Soon

The 14th annual Tower Gallery Attic Sale kicks off on Friday, October 23 and runs through Saturday, October 31. Hours are 10 a.m. to 4 p.m. For the first two days of the sale, there will be tents set up outside filled with art, along with art inside the gallery and on the porch. There will be multiple places to pay for purchases.

The sale offers an opportunity for residents and visitors to purchase work from some of the co-op's award-winning artists at significantly discounted prices.

Tower Gallery represents over 25 local artists working in a multitude of mediums including sculpture, oil painting, watercolor, acrylics, raku, pottery, photography and jewelry. Many of the

artists will be on site during the sale.

"The artwork at Tower is always superior and ever changing," said artist Kelly Morrison, noting that much of the work that ends up in the attic sale comes from constantly rotating what's on display at the gallery throughout the year.

"There could be that one piece that's been in the gallery that someone has had their eye on and it might just happen to end up in the attic sale," said artist JoAnne Bedient. "People enjoy prowling through bins and the framed pieces that aren't hanging on the wall. It's like going through your grandma's attic."

Artists will be wearing masks and following CDC guidelines and ask that you do the same.

Tower Gallery is located at 751 Tarpon Bay Road on Sanibel. For more information, call 472-4557 or visit [www.towergallery.net](http://www.towergallery.net).✱



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Golfers at Island Inn

photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

# Looking Back: Golf At Island Inn

This week's photo from the 1930s takes a look at winter guests honing their putting skills while staying at Island Inn. They also could try their skill at Miss Charlotta's Tea Room, as Sanibel's first miniature golf course was created there. The miniature golf course is gone but you can see the tea room at



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

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

## Churches/Temples

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

Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 732-780-2016.

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

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

**FIRST CHURCH OF CHRIST, SCIENTIST** The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 2950 West Gulf Drive, 472-8684. **SANIBEL COMMUNITY CHURCH** 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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## Environmental Policy Team Gets To Work At SCCF



James Evans and Chad Gillis

photo provided

Sanibel-Captiva Conservation Foundation (SCCF) is entering a new era as James Evans begins as environmental policy director joined by Chad Gillis as policy advocate.

Both are well-known for their leadership in water quality in the region over the past two decades.

"We are excited to welcome them to our SCCF family and to take our policy work to a new level with this supercharged team," said CEO Ryan Orgera.

Each of them brings more than 20 years of experience in water quality, environmental policy and Everglades restoration issues to their new roles.

Evans comes to SCCF after serving as director of natural resources with the City of Sanibel for eight years, the pinnacle of a career he began 20 years ago.

"I've been working closely with the team at SCCF since I started with the city in 2000 through our historical partnership," Evans said. Before the city's natural resources department was established in 1992, SCCF filled that role and continues to do contracted research and monitor projects to help maintain the environmental integrity of the island.

Lured by the region's coastal waters and dreams of sailing, Gillis comes from the *Naples Daily News* and *The News-Press*, where he reported on the environment and his experiences.

"After covering environmental issues for more than two decades at two different newspapers, it's great to be an advocate for our wonderful wildlife and resources," said Gillis. "I look forward to working with our staff and various partners to fight for cleaner waters."

Evans and Gillis will work with SCCF policy assistants: Leah Reidenbach, who has a strong background in water quality science and science communication; and Holly Schwartz, who worked in management with Lee County government for 21 years and specializes in legislative and growth management issues.

The team is excited to carry forth the policy work established over the past 14 years by founding Natural Resource Policy Director Rae Ann Wessel, who retired in May. And, they are eager to deepen and expand advocacy efforts needed to restore and protect the region's waterways and natural systems.

SCCF is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed. Learn more at [www.sccf.org](http://www.sccf.org).

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"I came to Sanibel as a teenager in the early 1970's from Merida, Yucatan in Mexico to visit my mama and papa. During my visit, I met Jerry Way whose family had lived and worked on Sanibel since the early 1900's. Jerry was a Fishing Charter Captain at Tween Waters and was among the first few to provide fishing, shelling and sightseeing charters.

In 1975, Jerry and I married and raised two beautiful children, Melissa and Chris, right here on Sanibel's East End. They went to Sanibel School as had their father before them. While the kids were young, I started the housekeeping business I still run today. And with the help of my brother, Ritchie, we take very good care of my clients' homes.

Jerry and I eventually separated, and he became very ill. He was fortunate to live in CHR housing until a heart attack took him. I needed CHR housing when the home I was renting was sold.

CHR was here for me and my family in the most critical times and has been a blessing. I cannot imagine living anywhere else. I love Sanibel—the people, grocery store, banks, beach and most of all CHR."

—Yleanna Way, CHR resident

our **CHR** mission  
to provide affordable housing  
to individuals and families who  
work on or serve our islands



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OBITUARY



MARIAN E. FRAZIER

Marian E. Frazier, age 95, of Madison, Wisconsin (2016-2020), and previously of Fort Myers, Florida (1995-2016) and Elmhurst, Illinois (most of 1924-1995), passed away peacefully on Friday, August 28, 2020 at Brookdale Madison West in Madison, Wisconsin. She was born on December 28, 1924 in Chicago, Illinois, the daughter of Walter and Mabel (McCannel) Foote. Marian moved with her family from

Chicago to Elmhurst when Marian was very young and Elmhurst remained her home for many years. Marian graduated from York Community High School in Elmhurst when she was only 16 years old. After high school, Marian went to work at the First National Bank of Chicago where she met the love of her life, Garnet Frazier. Marian traveled to Oakland, California during World War II when she was 19 years old, to marry Garnet on April 29, 1944, while he was on weekend leave from his duties with the U.S. Navy. Garnet and Marian lived briefly in Oakland until Garnet was discharged from the Navy, then they returned home to live in Chicago until 1949, when they moved to Elmhurst. Marian and Garnet lived a long and wonderful life together for 66 years until Garnet passed away in 2010 at age 93. They had an extraordinary lifelong love affair and 66 years together filled with children, grandchildren, dinner parties and celebrations, sailing and boating, many vacations to exciting places, and many, many dear friends. Marian and Garnet were part of a "Potluck" dinner party group that met the second Saturday of every month for over 40 years. Marian also had a long off-and-on career as a paralegal that she enjoyed over the span of many years, working at various law firms including Daniels Law Offices in Elmhurst and (Jerome) Schain, et. al. Law Offices in Chicago. Marian loved entertaining, all water activities including scuba diving, cooking

and entertaining, reading, drawing and crafting, living in Florida, spending time with her family and friends, and just having fun. In her very late years while blind in one eye, Marian continued to have an extraordinary talent at drawing people and characters, and practiced that activity until the end of her life. Marian was active in many clubs and service organizations throughout her life including PTA (president some years), Madison School Picture Lady, Illinois Children's Home and Aid Society (where she picked up adoptive newborn babies and transported them to foster homes prior to adoption), Elmhurst Symphony Orchestra Auxiliary and likely others. She was also an active member of the First Congregational, United Church of Christ in Elmhurst for many years. Marian had an intellect she was correct to be proud of, and a great sense of humor that she willingly used to shock and amuse those around her until the end of her days. Marian is survived by two daughters, Mary (Daniel) Robb and Linda Schain (ex-husband Jerry Schain); two sons, Michael (Pam) Frazier and James Frazier (ex-wife, Joyce Frazier); six granddaughters, Amanda (Todd) Renschler, Jessica (Scott) Waszak, Kathryn Frazier, Caitlin Robb (Wesley Whitaker), Elizabeth Robb and Natalie Robb; five grandsons, Aaron Schain (wife Maura Smyth), Zachary (Anna

Frazier, Daniel (Lindsey) Frazier, Matthew Frazier, and John Frazier; and 13 great-grandchildren between the ages of 2 and 9, Sebastian, Eliana and Vivian Renschler; Rowan and Eliot Smyth-Schain; Vivian, Elijah and Jillian Wasczak; Noah and Mae Frazier; and Finley, Nash and Rhett Frazier. Marian was preceded in death by her beloved husband, Garnet Frazier; parents, Walter and Mabel Foote; brothers, James Foote and Robert Foote; sisters, Margaret Foote and Frances Foote Slovig; and grandson, Ssgt. Jacob L. Frazier. Many thanks to old and new staff at Brookdale Assisted Living and at Brookdale Crossings Memory Care. Also tremendous thanks to Agrace HospiceCare for all the wonderful care to Marian toward the end of her life at a time when family could not physically be there due to the COVID-19 pandemic. In lieu of gifts, donations may be sent to Agrace HospiceCare <https://www.agrace.org/> or to Alzheimer's and Dementia Alliance, Madison, Wisconsin, <https://www.alzswisc.org/ways-to-give/>. A private burial will be held at Spring Grove Cemetery in Wisconsin Dells, Wisconsin and a celebration of life will be held when social distancing restrictions have been lifted. Online condolences may be made at [www.gundersonfh.com](http://www.gundersonfh.com).✽

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## County Approves Purchase Of Riverfront Parcel

The Lee Board of County Commissioners approved the purchase of 14 acres of riverfront land in Olga for Conservation 20/20. The property is located adjacent to Olga Shores Preserve to the west and south, the Caloosahatchee to the north and Linwood Avenue to the east. The parcel is one of the few remaining undeveloped Caloosahatchee riverfront tracts of land with dense oak hammocks and pristine vegetation. The Conservation 20/20 Land Acquisition and Stewardship Advisory Committee (CLASAC) voted unanimously to forward this purchase agreement for board consideration to approve. The purchase price is \$1,075,000, plus closing costs. In other recent action, the board voted to authorize staff to pursue the purchase of an additional five parcels, totaling more than 200 acres, for Conservation 20/20. Any proposed purchase of those parcels will be brought back before the board for consideration. 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).✽

**The Sanibel Beauties are on vacation. Please call for an appointment. We will be checking messages and reopen October 1st.**

**Your patience is greatly appreciated at this time**

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## OBITUARY



GENEVA HERNDON MICHAEL

Geneva Herndon Michael, self-called a “daughter of the Depression,” died Monday, September 7, 2020 in Shell Point’s Pavilion. She lived her life simply and surrounded by people she loved. She was the only child of John and Stella Herndon, early settlers of Oklahoma, (then Indian territory). She was born on 1921 in Durant, Oklahoma, grew up in Topeka, Kansas and started married life in Kansas City, Missouri. She was an avid supporter of Washburn

University in Topeka where she joined Kappa Alpha Theta sorority. This bond of sisterhood lasted throughout her life and was the basis of great joy and many dear friendships. While in Topeka, she earned her pilot’s license with the plan to deliver war planes to military bases. That plan was interrupted by her meeting Mike (Delore) Michael. They met on a blind date in Kansas City and married in 1943 in Sioux Falls, South Dakota where Mike was stationed. Since she could not deliver planes as a married woman, she never got to fulfill her avocation, but as she said, “I sure had a good time learning to fly.”

And fly she did. Geneva approached life in a high state of optimism, soaring to the top of most any endeavor she attempted. She was a talented leader, phenomenal needle-pointer, seamstress, cook, ace bridge player and uber organizer. Enthusiasm was a built-in part of her mien. One time, while in Kansas City, she and Mike followed Benny Goodman’s Band to five different nearby Midwestern towns on five consecutive nights and danced in each venue. The love of dancing followed both of them throughout their lives.

Their son John was born in Topeka and their daughter Delores (Dede) was born in Kansas City. The early years of childhood where spent in post World War II settings with neighborhoods filled with children, many ex GIs and their families. For 13 years, the family prospered in Kansas City. Geneva became a leader as president of Kappa Alpha Theta Alumna. She was also very

active in The League of Women Voters and her church.

She dearly hated to leave Kansas City when Mike started his own trade journal publishing company in Chicago. As a concession, Geneva got to pick out which suburb they would move the family. She settled on Winnetka, Illinois with John starting high school and Dede going to the local elementary school. She made such fast friends while living there and she and the family reaped the benefits of a wonderful community, good schools and a successful business career. Geneva worked for Mike as the circulation manager, which fit nicely into her organizations as she could dictate her own hours. As the manager, she made sure the subscribers were verified, therefore justifying advertising rates.

In 1982, after selling the business, Mike and Geneva started an organic vegetable farm in Spring Grove, Illinois. At its largest, the farm consisted of 100 acres with 30 of those in tomatoes. Lady Bug Farms was truly a front runner in the organic movement and the farm to table approach to produce. With tongue in cheek, Geneva always complained that her Mother’s Day celebration always started with picking asparagus.

In the mid ‘90s, Mike’s health deteriorated, and they once again moved. This time to Amery, Wisconsin, where there was a small garden and a lake home. They wintered on Sanibel and after Mike passed, Geneva moved to Shell Point to be near Dede and Bro D’Arcy. Once again, dear friendships

were made, good times were had and the closeness of Geneva’s family made certain that there were many trips made by John, Vista and all the grandchildren and great grandchildren to check in on “Gigi.” Geneva was the epitome of optimism. She wanted her love of others to reflect in their happiness. She left a happy legacy to us all.

She is survived by: Dede D’Arcy and John, her children; Dede’s sons, Jim and Hamlet, their spouses, Jan and Kristi respectively; and Jim’s children, Winter and John; and Hamlet’s daughter, Stella Rose; John’s spouse, Louise Vista, and his children, Alexis and Callan.

Contributions in her memory may go to PEO, Chapter FV (with Geneva on the memo line), c/o Donna Aldrich, 1490 Albatross Rd., Sanibel, FL 33957.✧

## 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.✧

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# Council Declines Renourishment Project Offer

by Wendy McMullen

Sanibel City Council decided not to join with the Captiva Erosion Prevention District's (CEPD) renourishment project at Tuesday's meeting, although they did offer to leave the door open and help the CEPD with staging if necessary.

Under the interlocal agreement proposed by the CEPD, Sanibel would be responsible for all costs associated with placing sand on northwest Sanibel and a proportional share of the mobilization costs. Based on assumptions detailed in engineer's Humiston & Moore report, the estimated construction and engineering costs Sanibel would be liable to pay would be in the range of \$2.4 million for 750,000 cubic yards of sand. This cost was based on a total Captiva project cost of \$20 million. Some of this could be offset with county and state funding but the engineering report estimates the cost to Sanibel would likely be no less than \$1 million.

The CEPD benefits from this agreement in that a large portion of the state funding relies on the number of parking places available. Captiva has very few, whereas if Bowman's Beach is included, the number of parking spaces is significantly increased.

The CEPD has been compensating Sanibel for the erection of a jetty built on the north side of Blind Pass in order to keep Captiva's renourished beaches from drifting south.

The CEPD was required to compensate Sanibel for the jetty extension built in 1988 when sand was pumped on to Captiva's beaches for the first time. It was recognized then that the jetty robbed Sanibel of the southerly littoral drift of sand from Captiva. Under a new 15-year local agreement, signed in 2000, 25,000 cubic yards of sand per year was placed on northern Sanibel beaches at no cost to the city.

Sanibel adopted a beach management plan in 1994 which

identified erosion hot spots on the island, most critically the northern 1.7 miles of Sanibel. As a result, Sanibel, Lee County and the CEPD entered into interlocal agreements in which CEPD agreed to place sand on northwest Sanibel as part of the periodic Captiva renourishment projects in 2006 and 2013.

Lee County has also placed sand on north Sanibel in conjunction with the maintenance dredging of Blind Pass in 2009, 2012, 2013 and 2017. A new Blind Pass Inlet Management Plan, passed last year, requires Lee County to continue to place 21,000 cubic yards of sand on northern Sanibel beaches when the pass is dredged on a three- to four-year cycle. The next Blind Pass maintenance dredging project is currently in the planning phase for implementation in 2021-22.

Alternatives to joining with the CEPD outlined by Sanibel Natural Resources Acting Director Holly Millbrandt are to supplement maintenance dredging of Blind Pass with relatively small-scale 10,000 cubic yard sand placements as needed, or to do nothing. Supplementing maintenance dredging with sand would be more cost-effective than joining with the CEPD project and give the city more flexibility in addressing the north Sanibel erosion hot spots.

Using this approach, sand would be truck-hauled from an inland sand mine similar to the recent sand placement used for the Sanibel-Captiva Road Protection Project. This method is suitable for relatively small projects and results in lower mobilization costs compared to the hydraulic fill process.

The projected city cost for this type of project would be \$225,000 for each placement, assuming contributions from the state.

The do nothing option relies on the sand from the dredging of Blind Pass every three or four years.

Based on the Humiston & Moore evaluation, funding additional sand for north Sanibel as part of the Captiva Beach Maintenance Plan appears neither to be economically justified nor practical from an engineering perspective. The coastal engineering company recommends a combination

of maintenance dredging of Blind Pass supplemented by 10,000 cubic yards of sand from an upland source as the most cost-effective approach to managing the ongoing erosion along the north of Sanibel.

City staff recommends amending the Florida Department of Environmental Protection permit to include the Gulf Pines and Gulf Shores area where critical erosion is taking place.\*

# Maughan To Run For Second Term

by Wendy McMullen

Councilman Jason Maughan announced his intention to run for a second term on Sanibel City Council at Tuesday's city council meeting.

Maughan had to resign his seat on Sanibel City Council in order to run for election to the Florida House of Representatives. He lost in the Republican primary on August 18. Now he wants his seat on city council back.

City Attorney John Agnew said Maughan's resignation is irrevocable and that the city council would have to appoint Maughan to the council in order to complete his term. The remaining city council members have the responsibility of appointing councilmen to fill the vacant council seats for the remainder of the terms.

However, at the last council meeting, several city council members declared their intention only to appoint people who would not run in the March election in order to ensure "free and fair elections."

"Past mayors have said they would sit in those seats as placeholders," said Councilwoman Holly Smith. "On August 18th, I made a commitment that I would look to people who would be a placeholder so those who run would run on an even basis with the other candidates. That way we avoid preconceptions that the incumbent has been 'ordained' by city council."

Maughan argued that he had been elected by the people to the city council in 2017 and that he should now be appointed to serve the remainder of

his term despite his intention to run in March.

"It's odd that a non-voted-for person should prevent a voted-for person from finishing his term," Maughan said, alluding to Smith's appointment in December of 2017. "I only gave up the seat in order to run for office. Had the shoe been on the other foot, I would have put you back on at light speed. Even if I had disliked you, which is not the case."

He went on to explain that he considered running for office one of the duties of citizenship along with voting and jury duty.

"I want to pay back the country that gave me a green card," he said. Maughan was born overseas but was brought up on Sanibel and graduated from Bishop Verot High School in Fort Myers.

Mayor Kevin Ruane supported Maughan, stating that he feels strongly about appointing the best person available and that the council does not have the right to prevent people from running.

"I feel strongly about appointing the best person available," said Ruane. "I'm not looking to change the process. The election should be open to everybody, incumbents included."

Planning commissioner Karen Storjohann, attending the meeting, also spoke in favor of appointing Maughan.

"The seat should go back to him. Jason knows the issues," she said. "It's petty and also foolhardy to exclude him because he's exactly what we need for city council now."

Maughan has served as a board member for Community Housing and Resources (CHR), which provides workforce housing on Sanibel, served as president of the Sanibel School Fund, was a member of the School Advisory Council (SAC) and served on the board at the Children's Education Center of the Islands.

Three seats will become available in March. Ruane resigned his council seat effective November 16 in order to take a seat on the Lee County Commission and Vice Mayor Mick Denham has announced that he will not run again.

The Sanibel City Council consists of five members elected to serve four-year

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staggered terms. The council selects the mayor and vice mayor through a vote by council. All council elections are non-partisan.

The interim terms will be filled on November 3 and December 1, with the new council member to begin serving immediately.✱

## Lake Okeechobee Escapes Deluge

by Wendy McMullen

The weekend downpour from the ribbon edges of Tropical Storm Sally that left areas of Sanibel flooded did not reach Lake Okeechobee, which prevented the U.S. Army Corps of Engineers from having to increase water releases from the lake.

Sanibel Natural Resources Acting Director Holly Millbrandt reported that the lake was up about a foot from last month but that releases were still in the normal range. She reported that water from the lake will now flow entirely to the west coast, since the east coast has declined to receive any water from the lake because of its toxicity.

"We need some on the west coast, but the east coast does not want any," Millbrandt said. "During the dry season, we like to have more. In rainy season, we have our own flow. We will receive the east's share in the wet season as well as our own."

"It's interesting that it's toxic on the east coast and not on the west coast," said Vice Mayor Mick Denham.

Millbrandt also reported that there was a 60 percent change of a La Nina development in the winter months, which would cause drier than normal conditions.✱

## Emergency Storm Measures Under Scrutiny

by Wendy McMullen

A council resolution to change emergency proclamations led to an extended discussion on city and county plans on the possibility of losing the causeway islands in the event of a hurricane.

The question of what happens if the causeway islands are washed away in a hurricane has been posed to the county multiple times by Chief of Police William Dalton but no answers have yet been forthcoming. Flooding over the weekend on much of the island, where Tropical Storm Sally drenched Sanibel with more than nine inches of rain in less than 48 hours, added urgency to the question.

"I have asked the question of the county several times and it has gone as far as it can go up the chain," reported Chief Dalton. "There's been no lack of effort on our part but there's a lack of answer."

Sanibel resident Bill Holder, present at the meeting, asked why the city's emergency plan is not available to the public.

"The irony of this is that you're putting forward a plan that you want to match with the county's plan and the county's plan is available to the public with some appropriate redactions regarding terrorism but the city's plan is not," Holder said. "Why would the city want to exempt the whole plan from public disclosure?"

City Attorney John Agnew said the decision to exempt the plan from Florida's Sunshine Law was made by a previous city attorney and that he would look into the matter.

Council is proposing to extend the number of days an emergency proclamation is valid, from five days to seven, to be consistent with and coordinated with the Lee County plan. Councilmembers agreed to move the issue of the emergency plan to next month's agenda.✱

## City Council Limits Meeting Schedule

by Wendy McMullen

City council voted to change the Sanibel code of ordinance to require just one city council meeting per month instead of the two previously ordained in the city charter.

Maintaining that the city council can generally manage all necessary business in one meeting per month and that there was no need for an additional meeting, city council changed the code to more closely conform to the Sanibel Charter, which requires regular meetings just once a month.

Meetings will be held at 9 a.m. on the first Tuesday of each month and any member of city council can call an additional special meeting if necessary. During the COVID-19 emergency, meetings were sometimes held several times a week to determine the needs for special laws as the virus spread.

A minimum of 12 hours notice of the meeting must be given to the public. All council meetings are held in MacKenzie Hall in the city hall complex on Dunlop Road.✱

## City Struggles To Find Rec Staff

by Wendy McMullen

There's a long waiting list for the Sanibel Recreation Center's after school program but the city cannot do anything because of lack of staffing.

City Manager Judie Zimomra reported that there are 18 young people waiting to get into the youth after school program but until they can get more staff, they cannot be accepted into the popular program.

Zimomra commented that people were reluctant to work among groups of youngsters because of the COVID-19 virus. Also, most positions pay just \$15 an hour and training and other qualifications were required for the positions.✱



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Native inkberry is a member of the holly family but lacks the usual leaf spines  
photos by Gerri Reaves

## Plant Smart Inkberry

by Gerri Reaves

**N**ative inkberry (*Ilex glabra*) is a small wildlife-friendly tree found throughout the state, except for the Florida Keys. In fact, it is native to the southern and eastern U.S. from Texas to New England.

In the wild, it grows in moist areas such as the edges of flatwood ponds and wetlands as well as in bogs, swales, sinks and thickets.

The common name can be confusing, because it is shared by a



Birds and other wildlife consume inkberry's fruit, which ripens to purple-black and persists into winter

couple of other plants. Other names for this species are gallberry and bitter gallberry, perhaps because of the bitter fruit pulp.

This member of the holly family is typically multitrunked with an open form. Sometimes it grows to only shrub size, but usually reaches a height of six to eight feet with an equal breadth.

The leathery dark green leaves are evergreen and alternate, with blunt teeth, or notches, near the tips.

Unlike other evergreen hollies, inkberry lacks spines on the leaves, which are generally lance-like and an inch or two long.

Marsh rabbits, white-tailed deer and other mammals browse the foliage, and many species of birds find cover there and consume the fleshy fruit.

Small creamy white flowers with rounded petals bloom in spring, attracting honeybees and fly pollinators.

The staminate (male) flowers and the pistillate (female) flowers, appear in the leaf axils on separate plants.

The male flowers bloom on a stalk in groups of three to seven, and the female flowers are solitary. Thus, if you want the bird-attracting fruit in your landscape, plant both male and female plants.

In fall and winter, the purplish fruit ripens to black on the female plant. The berries, which are about one-third of an inch across, persist into the winter, a boon for birds. Each fruit contains five to eight nutlets.

Plant inkberry in a moist spot with acidic soil and full sun to partial shade. It is slow-growing, moderately salt and drought tolerant, as well as wind and pest resistant.

Use it in a mass planting or as a screen, background, or specimen plant. It tends to form colonies via rhizomes.

It is flammable, so locate it well away from structures.

Propagate it with seeds or cuttings, or by clump division or layering.

A word of caution: the fruit can be toxic if ingested.

Sources: *The Florida-Friendly Landscaping Guide to Plant Selection & Landscape Design*, *Florida Plants for Wildlife* by Craig N. Huegel, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, [www.flawildflowers.org](http://www.flawildflowers.org), [www.fnps.org](http://www.fnps.org), <https://hort.ifas.ufl.edu>, [www.plants.usda.gov](http://www.plants.usda.gov), [www.regionalconservation.org](http://www.regionalconservation.org), and [www.wildflower.org](http://www.wildflower.org).

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

## New City Water And Refuse Regulations

**E**ffective Friday, September 18 in the City of Sanibel, irrigation is permitted only two days per week based upon your property address; odd addresses on Mondays and Thursdays and even addresses on Tuesdays and Fridays. No irrigation is permitted between the hours of 9 a.m. and 5 p.m.

As of September 18, these regulations now apply year-round, every day. The ordinance provides exceptions for establishing new landscaping and performing irrigation system maintenance.

Other important provisions of the newly adopted ordinance:

Additional watering for up to 90 days following installation of new lawns and landscaping is permitted;

Use of reclaimed water and harvested rainwater for irrigation purposes is allowed any time;

Low volume devices are excluded from restrictions;

Regular maintenance and replacement of worn or broken technology which interrupts or inhibits the operation of an automatic landscape irrigation system is not a violation if such repairs are conducted within a reasonable time.

As of October 1, 2020, plastic bags are no longer an approved means of containerizing yard and horticulture waste for collection by the city's waste hauler for processing at the Lee County horticulture processing site. Polyethylene-based plastic bags contaminate the mulch and compost products generated at the county horticulture processing facility. Yard and horticulture waste may continue to be properly bundled, containerized in refuse containers or disposed of in biodegradable paper lawn and leaf bags.

For questions regarding the water conservation ordinance, email [enf@mysanibel.com](mailto:enf@mysanibel.com) or call 472-4136.

For questions regarding yard and horticulture waste management on Sanibel, email [sanpw@mysanibel.com](mailto:sanpw@mysanibel.com) or call 472-6397.✱



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# Sight Fishing The Beaches



by Capt.  
Matt Mitchell

**W**ith light east winds all week until Tropical Storm Sally blew us out for the weekend, I've been spending lots of time out

on the beach side of the islands. The massive amount of bait gives anglers a wide variety of species to target. From Spanish mackerel and sharks to tripletail and tarpon, all fish have been within a mile of the beach.

Spanish mackerel have been the easiest to locate with waters just out from Blind Pass alive with these fun fish. It's just a matter of finding birds, because surface-feeding mackerel are right under them. Cast small glass minnow jigs or spoons through these fish to make a fast retrieve to hook up time and time again. This bite will only get better as the bait migration kicks up. Jacks, ladyfish and sharks are often in this same mix.

While riding the beaches, keep your eyes open for large muddied areas. These clouds of stirred-up water are the places to find feeding tarpon. I'm not exactly sure what causes these muds, though all I can assume is it's fish clouding the water

by digging in the bottom. I really think they do it intentionally to confuse the bait fish. Use a live pinfish rigged under a float and cast to these rolling tarpon. Some days, these tarpon are right in the muds while other days they are working the edges.

While traveling out on the beaches, I've noticed crab pots and no wake buoys have been consistently giving us quality tripletail. September seems to be the time larger spawning fish are showing up on any floating structure... both on the beaches and in the sound. It seems that almost every time while out hunting tarpon we come across at least a few 10-pound-plus tripletail. Some days without any small bait on board, I've been cutting a strip bait off a pinfish and catching them on that. Certain fish you locate simply will not eat while others charge the bait on the first cast.

Locating fish out on the beach is really visual, and it's often about learning the signs of when to slow down. Any place you locate schools of bait fish and birds, it's always worth a more in-depth look. Beach fishing encompasses such a huge area... you have to rely on your eyes. Once you do locate a good area, it's often possible to return to this same place for a few days before the fish move on and follow the bait.

*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).\**



Alex from Cincinnati with one of the tripletails she caught while out with Capt. Matt Mitchell last week photo provided

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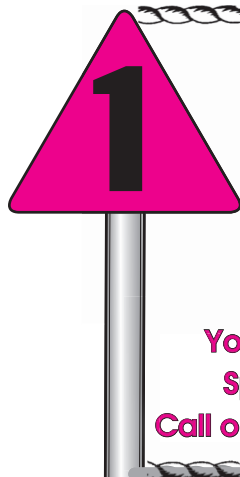
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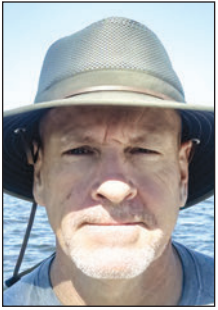
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Dave Doane

## CROW Case Of The Week:

## Common Snapping Turtle



by Bob Petcher

The common snapping turtle (*Chelydra serpentina*) is a freshwater turtle that has an appearance of a dragon in a shell. It has powerful jaws, a snake-like mobile head and neck, a rugged

muscular look and a ridged tail that resembles a serpent's.

At CROW, a juvenile common snapping turtle was admitted from Sanibel after it was found in the road, then seen walking in circles. Upon intake, it was noted that the patient had symptoms of head trauma, but thankfully, no skull fractures were found.

"Aside from head trauma, an infection could cause this type of behavior too," said CROW Rehabilitation Manager Breanna Frankel. "Think of a person that is having vestibular issues – inner ear issues – and is experiencing vertigo; there could be something similar happening to this animal, which is causing this imbalance. When something like that happens, the corresponding actions – walking in circles – make the patient feel 'normal,' and not like their world is



The condition of patient #20-4269 has not improved much since its admittance on September 7

photo by Missy Fox

spinning."

The snapping turtle received pain and anti-inflammatory medications and is allowed shallow tub time two times a day.

"If it is head trauma, the best things we can do are offer fluid support, nutrition and multimodal pain medications. We use multiple forms of pain medication at one time to make sure that the patient is completely covered. For example, we use a combination of opioids and NSAIDs – nonsteroidal anti-inflammatory drugs – to ensure our patients are comfortable," said Frankel. "The opioids block pain signals sent from the body to the brain, and tell

the brain that the body is not in pain. The NSAIDs help to decrease inflammation and swelling. By utilizing them together, we are treating multiple different types of pain because opioids alone won't decrease swelling and NSAIDs won't block the pain signals."

After a couple days in care, the turtle was still reportedly circling to the left and was seen alligator rolling in the water during its vet checkup. The patient continues to receive tub time, food and is being monitored to see if its condition has improved.

"Alligator rolling is commonly

associated with head trauma or some type of neurologic disorder. It is a behavior that is not commonly seen in this species and is being attributed to the injury/illness present," said Frankel. "This snapping turtle will be monitored for several days for improvement before assessing the next steps. We are hopeful that during that time frame, we will see improvements due to pain medications, rest and supportive care provided."

There is always a chance that the patient does not snap out of its funk.

"Euthanasia is a very real possibility for this patient. We take into account many different factors including treatments plus the patient's quality of life. Our hope is that there will be improvements, but if there is no change in its status, then we will consider euthanasia."

After a few more days of medication and monitoring, the snapping turtle's condition has not improved. The patient has now been in CROW's care for more than two weeks.

"There has truly been no change since admit, this turtle is still severely neurologic and required tube feedings for calories," said Frankel. "Based on the grave prognosis and poor condition, this turtle will likely be a euthanasia."

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

Spear Mangelia



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

*Ithycythara lanceolata* (C.B. Adams, 1850) is a slender-shelled mangeliid gastropod that grows up to

12 mm. The shell sculpture consists six to eight well-marked axial ribs. Rib may form a “peak” in the middle of each whorl, where the whorl is wider. The shell is relatively abundant off the East Coast of Florida, but is also present in the Gulf of Mexico. The shell is usually white, but may present reddish-brown hues, mostly at the anterior end. The shell in the illustration was collected in December 1997 by Herb Chapin on Sanibel Island. 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 Spear Mangelia, *Ithycythara lanceolata*, from Sanibel Sanibel-Captiva Road. For more information, call 395-2233.✧

photo by James F. Kelly.

BIG ARTS Workshops And Seminars

BIG ARTS is offering the following workshops and seminars in October:

Glass Fusing with Petra Kaiser – Wednesdays, October 7 through 21 from 9:30 a.m. to 12:30 p.m. Members \$74; nonmembers \$93.

BIG ARTS Community Chorus Rehearsals with Ellen Whitten – Tuesdays, October 13 through December 8 from 6 to 8 p.m. Members \$82; nonmembers \$101.

Glass Fusing with Petra Kaiser – Wednesdays, October 28 through November 18 from 9:30 a.m. to 12:30 p.m. Members, \$74; nonmembers, \$93.

Beginner Pastel with Donna Filomio – Thursday, October 29 from 9 a.m. to noon. Members \$85; nonmembers \$106.

The BIG ARTS box office is open from 9 a.m. to 3 p.m.

The health and safety of instructors, students, staff and patrons is a priority at BIG ARTS. Staff is following CDC recommendations and asks for your cooperation in best practices safety standards. All students and instructors must wear a mask and social distance. Class seating will be carefully spaced. Signage and procedures are posted in the BIG ARTS facility. All rooms are

continued on page 15

**VIEWS FOR TWO**  
2 FOR 1 ENTRÉES AT SEA BREEZE CAFE ON  
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When planting, the tree's root flare should always be at or slightly above the soil surface  
photo courtesy [www.MelindaMyers.com](http://www.MelindaMyers.com)

## Plant Trees In Fall For Decades Of Shade, Beauty

by Melinda Myers

Cooler temperatures and warm soil make fall a great time to add trees to your landscape. Make the most of this investment of money and time and give your tree its best chance at survival with proper planting and care.

Select a tree suited to the growing

conditions, your landscape design and available space. Make sure it tolerates the sunlight, soil and temperature extremes. Check the tag for the mature height and spread. You'll have a better-looking plant that always fits the space with minimal pruning.

Avoid planting near overhead utilities since trees and power lines make for a dangerous combination. Contact your underground utility locating service at least three business days before placing the first shovel in the ground. It's free and all you need to do is call 811 or file an online request.

Once the area is marked, you can get busy planting. Ensure your tree thrives for many years to come with proper planting. Dig a saucer shaped hole three to five times wider than the root ball. It should only be as deep as the distance from the root flare to the bottom of the root ball. The root flare, where the roots bend away from the trunk, should always be at or slightly above the soil surface.

Set the tree in the hole, then peel back and cut away any burlap and wire cages. These can eventually constrict root growth. Roughen the sides of the hole and backfill with the existing soil. Water thoroughly to moisten the roots and surrounding soil.

Continue to water thoroughly whenever the top few inches of soil are crumbly and moist. Proper watering, especially during the first two years, is critical for establishing trees. Watering thoroughly as needed encourages deep roots and a more drought tolerant and pest resistant tree.

Monitor soil moisture near the trunk and beyond the rootball. Since many containerized trees are grown in soilless mix, the rootball dries out more quickly than the surrounding soil. Adjust your watering technique and schedule to accommodate this difference.

Mulch the soil surface with a two- to three-inch layer of woodchips or shredded bark to conserve water, suppress weeds and improve the soil as it decomposes. Pull the mulch back from the trunk of the tree to avoid disease problems.

Remove any tags that can eventually girdle the tree and prune out any broken or rubbing branches. Wait a year to fertilize and two years, once the tree is established, for additional pruning.

Continue providing tender loving care for at least the first two years. Make regular checkups, prune to create a strong structure, and keep grass, weeds and lawn care equipment away from the trunk throughout the lifetime of your tree. Your efforts will be rewarded with years of beauty and shade.

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

From page 14

## BIG ARTS

sanitized between classes and class sizes will be limited. To monitor any changes in policy, visit [www.bigarts.org](http://www.bigarts.org) or call 395-0900.

Call 395-0900 or stop by the BIG ARTS Center at 900 Dunlop Road to enroll. Preregistration is recommended. For complete course descriptions and the full season's workshops and class schedules, visit [www.bigarts.org/workshops](http://www.bigarts.org/workshops), or email [info@bigarts.org](mailto:info@bigarts.org).✪

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**Veneration by Eleanor Dominek**  
image provided

## BIG ARTS Receives Record Art Submissions

More than 110 artists submitted 205 pieces of artwork in response to the BIG ARTS call for submission for its first ever-juried exhibit to open on Monday, October 5 in the new Dunham Family Gallery. Submissions came in from Bogota, Columbia to Nyon, Switzerland and from many local and Southwest Florida artists who shared some of the finest, most diverse work ever seen at BIG ARTS. The show, entitled Create, Inspire, Connect, mirrors the BIG ARTS 2021 season theme, which celebrates the vital role the arts play in reflecting shared humanity and the healing power of

community and creativity. The show will open on October 1 for viewing on site by limited groups at a time. Online viewing in the 3D virtual gallery will open October 5 at [www.bigarts.org](http://www.bigarts.org).

"The response to the show was fantastic," said BIG ARTS Programs and Gallery Manager Lauren Huff. "It was great to see the mix of artists and artwork they submitted. We had submissions from BIG ARTS members, past artists who have shown with us and ton of new artists from across the country, as well as a few international submissions." In total, 111 artists submitted 205 works that span a wide range of mediums. Submissions included everything from watercolor and oil paintings to sculpture and photography.

"It's great seeing the mix of mediums and subject matter that we received with this show," said Huff. "We got so many wonderful works of art, the jury had their hands full narrowing it down. I wish we had enough walls to share them all." The show was juried by the members of BIG ARTS Visual Arts Committee: Diane Olsson, Deborah Butler, Bunny Ospa, Bea Pappas, Kathy Taylor, Annie Wainwright, Peter Zell and Lauren Huff. The jury selected 62 works out of the 205 submitted to be part of the show as well as the top prize winners.

To maintain a safe environment for guests, volunteers and staff, BIG ARTS is limiting the number of people allowed in the gallery to a maximum of 30 at any given time. Masks are required to enter the building, and social distancing will be encouraged. For more information, contact the BIG ARTS box office at 395-0900.✧



**Fandom Fest activities begin October 1**  
images provided

## Programs At Captiva Memorial Library

Captiva Memorial Library will be resuming regular due dates on Thursday, October 1. Your library items may be returned to any of the Lee County locations. If you have any questions about when your items are due, call 479-4636 and have your library card number available.

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

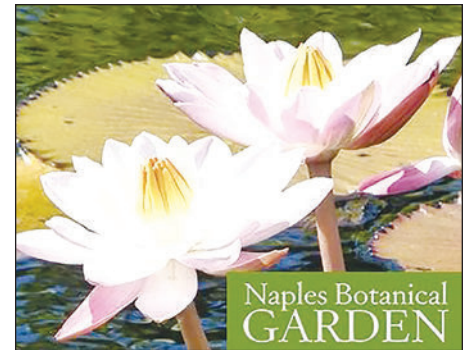
Fandom Fest for all ages – October month-long virtual celebration of fandoms and geek culture. Celebrate a new fandom theme each week. Special activities include reading challenges, trivia, costume contest, art exhibit, storytimes, cosplay presentations, virtual escape rooms, crafts and prizes. Visit the virtual Fandom Fest webpage at [www.leegov.com/library/Pages/fandom-fest.aspx](http://www.leegov.com/library/Pages/fandom-fest.aspx).

Stay at Home Storytime – Staff members share recordings of favorite rhymes, books and songs. Watch any time. New video posted on Wednesdays at 10 a.m.

Understanding Financial Statements – Monday, September 21 at 2 p.m. Learn how financial statements work and learn how to use financial tools to help manage a business.

Author Series: Mary Alice Monroe – All day Friday, September 25. Mary Alice Monroe will talk about her newest book, *On Ocean Boulevard*.

Teen Author Presentation – Tuesday, September 29 at 3 p.m. Best-selling author Marieke Nijkamp will share the



**Naples Botanical Garden is offering free tickets for library cardholders during September**

details of her latest book, *This is Where it Ends*.

Medicare Open Enrollment Period – Wednesday, September 30 at 10 a.m. Learn about your Medicare options, how to save and prepare for the open enrollment period.

Murder at the Library Book Club Presentation – Wednesday, September 30 at 7 p.m. This month's book club selection is *Bluff*. Registration required.

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

Libraries Transform Book Pick – If you are looking for your next read, your library has the perfect book. Download your copy of the ebook and join the discussion online. *Book of the Little Axe* by Lauren Francis-Sharma is a compelling saga of family bonds, ambitions and desires. Call or go online to place a hold.

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

Get Counted Now – Completing the 2020 Census helps obtain funding for services in Lee County. It's quick and easy. The 2020 Census questionnaire will take about 10 minutes to complete. It's safe, secure and confidential. Your information and privacy are protected. Visit <https://my2020census.gov/>.

Election Information – Voters are encouraged to vote at one of the 10 early voting sites. The deadline to request a vote-by-mail ballot for the general election is October 24. Get information on early voting and poll locations on the Lee County Elections website at [www.lee.vote/Voter-Health-and-Safety](http://www.lee.vote/Voter-Health-and-Safety).✧

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## ISLAND SUN BUSINESS NEWSMAKERS

### VIP Realty Group

The top producers for August at VIP Realty Group were: the team of Robin Humphrey and Martha Smith, top sales; the team of Kit and Lynda Traverso, top listings; and Charles Sobczak, top producer.✧



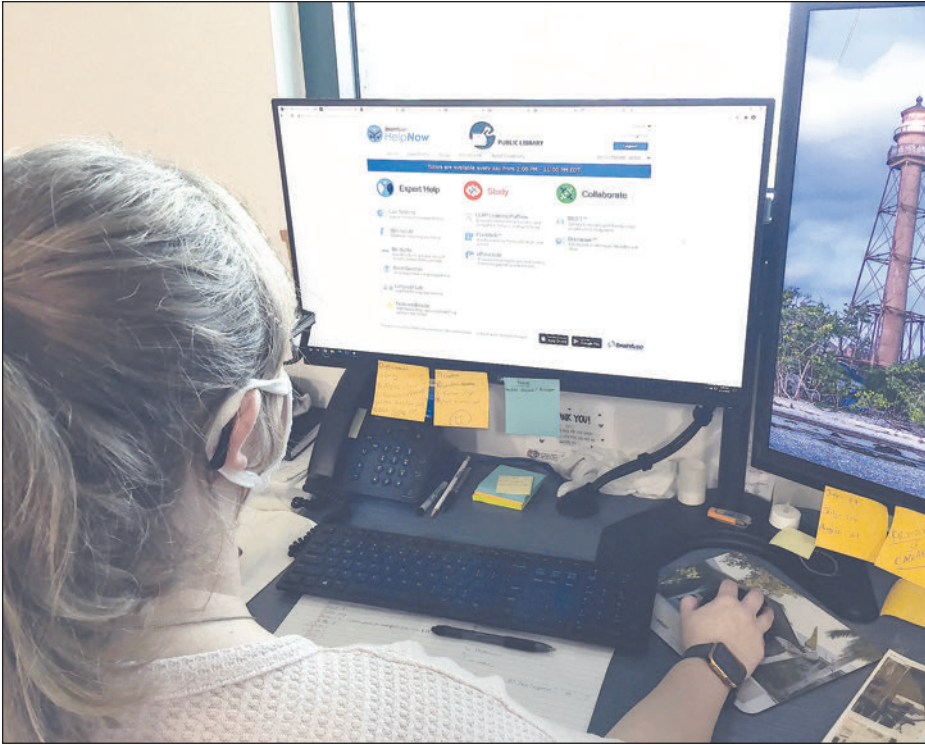
**Robin Humphrey and Martha Smith**



**Kit and Lynda Traverso**



**Charles Sobczak**



Beth Jarrell using Brainfuse online tutoring

photo provided

## Live Tutoring, Other Resources At Sanibel Library

Sanibel Public Library is open for normal hours, and its contactless curbside service continues. Call or go online to place a hold and you will be notified when your items are ready for pick up. At this time, there will not be overdue fines assessed.

Brainfuse, an on-demand, anywhere, eLearning module, is the latest addition to the library's online learning services. Brainfuse offers cardholders of all ages and levels access to live, online tutoring, job help and other skills-building resources.

"For students who are attending school in classrooms, online or hybrid, Brainfuse offers live online tutoring, writing guidance, test prep and more. I think this has potential to be an enormous help to students and their parents and caregivers, especially during the pandemic," said Sanibel Public Library Executive Director Margaret Mohundro.

Brainfuse provides a variety of homework help with live tutors in math, science, reading, social studies, PSAT/SAT, ACT, AP and state standardized tests. Patrons can submit essays and other forms of writing to Brainfuse's Writing Lab for constructive feedback. The Adult Learning Center offers live, professional assistance in resume/cover letter writing, U.S. citizenship prep, MS Office, GED and other resources. There is also a Foreign Language Lab and Spanish-Speaking support when you log in to Brainfuse.

Brainfuse provides many ways to learn, including electronic flashcards that can be turned into different games. You can use it on a computer or download Brainfuse in the Google Play Store (Android) or the App Store (iOS).

Brainfuse is a pilot project funded in part by the Sanibel Public Library Foundation as part of its investment in innovative technology. Sanibel Public Library provides Brainfuse to patrons at no additional cost, all you need is a library card.

Remote learners can also borrow Mobile WiFi Hotspots with their Sanibel Public Library card. Hotspots allow users to connect enabled devices (laptops, tablets, smartphones, etc.) to the Internet. The devices can help children connect to virtual classrooms; adults search for job opportunities; and families keep in touch using email, or even Zoom calls. There are 10 portable hotspots which are loaned for 14 days; one device per library card. A cable to recharge the device and instructions are included.

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

Patrons can use a library computer to complete the 2020 Census. No library card is required to use computers. Staff members are available to help. September 30 is the last day for households to complete the Census online, by phone or by mail.

Sanibel Public 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 Saturday from 9 a.m. to 5 p.m.

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

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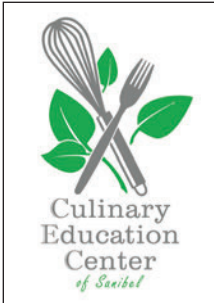


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The Community House

# The Canistel



by Resident Chef Jarred Harris

The canistel fruit is one of those weird and unusual tropical fruits you may encounter this time of the year. This fruit is also called yellow sapote or egg-fruit. The tree that produces this fruit is native to Mexico, Central and South America, but is grown and harvested throughout the Caribbean and here in Southwest Florida.

The fruit is approximately the same size as a small- to medium-size mango and has a thin greenish-yellow skin. When this fruit is completely ripened, its flesh turns a yellow and orange color, with four mahogany colored seeds that resemble lima beans. The texture of its flesh is similar to a hardboiled egg yolk, but creamy. The canistel is slightly sweet and musky, with a pumpkin pie or sweet potato pie flavor.

The fruit is high in fiber and contains potassium, calcium and iron. It is also a natural immune booster because of the high amounts of vitamins A and C the

fruit contains. The canistel is also rich in carotene and niacin. The seeds of the canistel fruit can be processed and used to treat dermatitis, ulcers and other stomach disorders.

Cooking with canistel fruit is very satisfying. It can be used to make wonderful ice creams and pies, and it is fantastic in smoothies.

The best places to find this delicious fruit are Caribbean markets or farmers markets south of Naples. Occasionally, the fruit appears in grocery stores in the Fort Myers area.

Here is a simple recipe to try:  
**Canistel and Coconut Bread**  
 Ingredients  
 2 cups flour  
 1/2 tsp. baking soda  
 1/8 tsp. salt  
 1/8 tsp. cloves  
 1/8 tsp. cinnamon  
 1/2 cup butter (softened)  
 1 cup sugar  
 2 eggs  
 1 cup milk  
 1/2 tsp. vanilla  
 2 cups ripe canistel (mashed)  
 1 cup grated coconut  
 Directions  
 Preheat oven to 350F degrees. Grease and flour an 8-inch loaf pan and set aside.  
 In a large bowl, sift together flour, baking soda, salt, cloves and cinnamon, then set aside.  
 In a separate mixing bowl, combine the butter and sugar until well blended. Add the eggs and mix until well blended. Slowly add the milk, vanilla and canistel until all is blended.  
 Add the sifted dry ingredients to the

batter and mix thoroughly. Fold in the coconut and mix until evenly combined.  
 Spoon the batter into the prepared pan. Bake for 40 minutes or until a toothpick inserted into the center of the bread comes out clean.  
 Remove from the oven and allow to cool in the pan for 20 minutes.  
 Remove the bread from the pan, onto a serving plate, and dust with powdered sugar.  
 Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.✪

## Coyote Sighting



Coyote spotted on the bike path photo by Rob Cedercrans

Rob Cedercrans of Sanibel spotted this coyote on the bike path along Middle Gulf Drive around 2:30 p.m. on September 7. He said it was near Casa Ybel Road.✪

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From left, Rob Shewfelt, Elissa Samet, Vicki Fuchs and Rabbi Stephen Fuchs unloading one of the vehicles photo provided

## Congregations Continue Monthly Food Drives

Thanks to community support, Sanibel Congregational United Church of Christ and Bat Yam Temple of the Islands held another no-contact drop-off food drive in September, which was a great success. Over 70 bags were dropped off to be given to FISH of SanCap and Gladiolus Food Pantry to help individuals and families who are facing challenges in providing food for their tables.

The two congregations began the effort in June to provide a way for community members to help their neighbors while still following precautions to avoid COVID-19. People can drive up to the church building, located at 2050 Periwinkle Way, with their food donations in their trunk or rear of their vehicle, where masked and gloved volunteers unload the food. As the pandemic continues, the two congregations will continue these food drives monthly.

The next food drive will be held on Thursday, October 1 from 11 a.m. to 1 p.m. For more information, contact Deb Kunkel, associate pastor, at 472-0497 or [deb@sanibelucc.org](mailto:deb@sanibelucc.org).

## Bilingual Intern Joins Team At 'Ding' Darling

On September 8, education intern Alfredo Carbajal joined the team at the JN "Ding" Darling National Wildlife Refuge on Sanibel to help with staffing shortages, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). He will fill the role as one of two bilingual interpreters and translators for the refuge's forthcoming Wildlife on Wheels (WoW) mobile classroom and other educational programs.

Born in San Antonio, Texas, Carbajal graduated from the University of Texas in San Antonio in December 2019 with a major in environmental science and a concentration in wildlife management. He has a special interest in herbaceous and woody plants and also spent three years at the university assisting with monarch butterfly research.

Carbajal recently finished an internship with the Chicago Field Museum, where he helped mainly with its Monarch Community Science project as a bilingual interpreter. Spanish is the Carbajal's first language, having learned it from his family, who immigrated from Mexico, and during summers spent working on his grandfather's ranch there.

"Refuges play a major role in not only conserving the beauty of wildlife for our enjoyment, but also highlighting the importance and benefits of conservation



Alfredo Carbajal photo provided

through education and outreach," said Carbajal. "I am honored and excited to be able to have a part in aiding that mission."

DDWS provides living stipends and other benefits for about a dozen interns each year. The refuge supports interns with free housing.

"We are excited to have Alfredo on the team to help us reach Latin populations," said Supervisory Refuge Ranger Toni Westland. "Our interns bring youthful energy, enthusiasm and creativity to the game, and we always welcome that."

For more information about the internship programs, contact Westland at 472-1100 ext. 237. To support the refuge intern program, contact Lynnae Messina, DDWS associate director, at 472-1100 ext. 233.

## FRESH FARE



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**Breakfast Potatoes with Bell Peppers and Bacon**

- 4 large potatoes, medium dice
- 3 medium bell peppers, large dice
- 1/2 cup bacon, cooked crisp and roughly chopped
- 1/2 cup of sharp cheddar, shredded
- 1 tablespoon all-purpose seasoning (your favorite)
- 1 tablespoon fresh herbs, chopped fine
- 1 tablespoon olive oil
- Salt and pepper to taste
- Par-cook potatoes in boiling water for 5-7 minutes or until fork tender. Drain water and set aside.



**Breakfast Potatoes with Bell Peppers and Bacon**  
photo courtesy Fresh From Florida

Preheat cast-iron skillet over medium-high heat. Add olive oil to skillet. Add peppers and sauté for 2 minutes. Add potatoes and sauté for another 2 minutes. Season with all-purpose seasoning, herbs, salt and pepper. Stir in bacon bits and mix for another 2 minutes. Remove from heat and top with cheese. Put skillet in oven on high broil for 3 to 5 minutes. Serve with hot sauce and eggs your style.\*

**PUZZLES**

Answer on page 39

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

**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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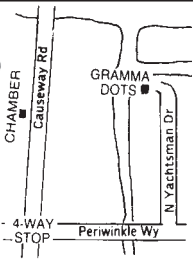


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# Rotary Happenings

submitted by Cindy Carter

Most of us can remember very clearly where we were and what we were doing on that day, September 11, 2001. A day in history that will never be forgotten. A day when we were not a Democrat or Republican, we were American.



Sanibel-Captiva Rotarian John Henshaw was the U.S. assistant secretary of labor and director for OSHA during that time. He was nominated by President George W. Bush on June 13, 2001 and was confirmed by the U.S. Senate on August 3, 2001 to head the Occupational Safety and Health Administration (OSHA); a position he held until January 1, 2005. He shared with us some of his experiences and the role OSHA played in the aftermath of the 9/11 attacks. Henshaw, as head of OSHA, assisted during the search and rescue and cleanup efforts that continued for over 10 months.

The World Trade Center was built in 1967, before OSHA even existed. It was 110 stories high and designed to withstand a collision with a 707, the largest plane at that time, in the event that it was lost in the New York fog. A magnificent example of architecture. Never did a terrorist attack cross the minds of anyone. However, on September 11, 2001 at 8:46 a.m., the call of "A plane just crashed into the World Trade Center" came in. It hit at approximately the 80th floor of the North Tower. At 9:03 a.m., 18 minutes later, another plane hit the South Tower at the 60th floor, on live television. Never in anyone's minds could something this horrific happen, much less in front of us as we were glued to our televisions. At 9:59 a.m., the South Tower collapsed, again on live television. A part of every American died that day.

A total of 2,977 people lost their lives



John Henshaw

file photo

that day; 343 firefighters and paramedics, 23 New York City policemen, 37 Port Authority police officers, with even more perishing at the Pentagon and in a field in Pennsylvania. A very sad day, to say the very least. Let us never forget.

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

## Mosquito Control Service Requests

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. If you are experiencing a high number of mosquitoes at your residence, make a service request online at [www.lcmcd.com](http://www.lcmcd.com) or call 694-2174. If LCMCD receives complaints from a specific area or neighborhood, the district dispatches personnel to conduct a mosquito count and, if warranted, will fog or spray the area.\*

## Lions Get Update From President Of School Fund

submitted by Bill Sartoris

Jeff Muddell, president of the Sanibel School Fund, addressed the Sanibel Captiva Lions Club via Zoom at its August meeting. Muddell started with a brief discussion on the safety precautions for the reopening of The Sanibel School and the expectations for the in-class and remote attendance.

He explained that because of the relatively small size of The Sanibel School and the fact that funding is done on a per pupil basis, there is little in the way of any excess funds to provide the enhanced educational opportunities that the community desires for The Sanibel School students. There are two groups that conduct fundraising activities to supplement the school budget: Parent Teacher Association (PTA) and the Sanibel School Fund. The funds raised by the two organizations are used for enrichment activities such as a STEM teacher, foreign language education, art program and leadership program. The funds also cover one-time unexpected expenses such as replacing the kiln for the art program.

The Sanibel School Fund conducts fundraisers, usually during the latter part of the "season." Because of the pandemic this year, it was not possible to conduct the normal fundraisers. This raises the issue of whether there will be sufficient funds for this year, and funding for next year is problematic. Those interested in more information or wanting to learn more about giving opportunities are encouraged to contact Muddell at [thesanibelschoolfund@gmail.com](mailto:thesanibelschoolfund@gmail.com).

The Sanibel Captiva Lions Club has been serving the Sanibel and Captiva communities for over 50 years. While the Lions Club is most known for its effort to eliminate preventable blindness, the club serves citizens of the islands and greater Southwest Florida in a variety of ways. The local club is part of Lions Club International, the largest service organization in the world with over 1.4 million members in chapters in over 200 countries.

Sanibel Captiva Lions Club holds regular dinner meetings on the first and third Wednesday of the month during the year. Visiting Lions or other interested parties are welcome to attend. For more information, contact Steven Schulz, membership chair, at SanCap Lions Club, P.O. Box 391, Sanibel, FL 33957, call 233-6261, or visit [www.sanibelcaptivalionsclub.org](http://www.sanibelcaptivalionsclub.org).\*

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Book Review

Countdown 1945



by Di Saggau

As much as I love a good mystery, there's nothing like spending a few reading hours with a good nonfiction book. I purchased *Countdown 1945* by Chris Wallace some time ago and

can now say I have read it, enjoyed it and learned a lot from it. Wallace takes us behind-the-scenes of the 116 days leading up to America dropping an atom bomb on Hiroshima. But it's more than that. It's an unforgettable account of the men and women involved with building the bomb and with the lives of ordinary American and Japanese civilians in wartime. There are historic photos throughout the book.

While we are fighting World War II, J. Robert Oppenheimer and his team of scientists focus all their energy and expertise on "the gadget," a terrifying new weapon of mass destruction. They all work inside Los Alamos, the fenced-off installation in New Mexico. Oppenheimer's gifts were not limited to science. His sharp mind could penetrate to the heart of any problem and deliver clear, concise solutions. His colleagues called him the fastest thinker they'd ever met.

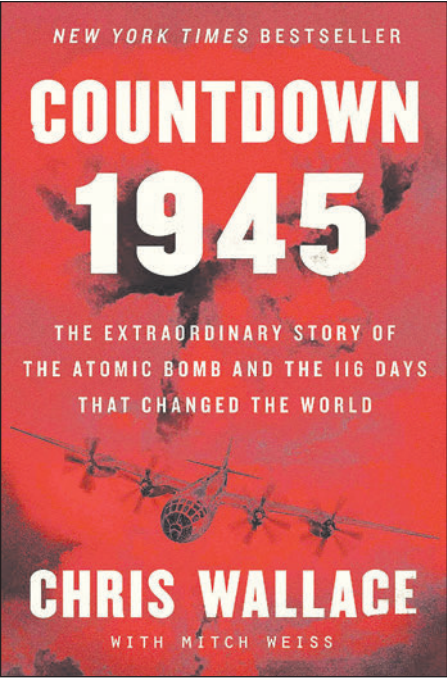


image provided

You'll meet 10-year-old Hiroshima resident Hideko Tamura, who survives the blast and later moves to the United States, where she lives today. You'll get to know some of the soldiers fighting in the Pacific, waiting in fear for their order to invade Japan. Among the notable is Colonel Paul Tibbets Jr., considered "the best damn pilot," who would ultimately fly the mission that would not only have to drop the atomic bomb accurately, he'd need to execute perfect turns and dives to avoid the bomb's blast. Otherwise,

the aftershocks could blow the plane to pieces.

Of course, Harry Truman is front and center, and you feel his angst as he makes a most important decision. Truman's journey during the 116 days is a story of the highest drama, from the shock of learning about the bomb's existence, to the conflicting advice he receives from his generals, to wrestling with what will result if he gives the order to use America's first weapon of mass destruction.

George Clooney wrote: "As a reporter and a news anchor Chris has been at the center of the biggest news stories of the last four decades. He's given perspective

and insight when we've needed it most. Now his same attention to detail fills the pages of *Countdown 1945*, the story of arguably the most consequential event in the U.S. since the Civil War. It's a stunning piece of work."

Daniel Silva said, "*Countdown 1945* is a real-life thriller about one of the most important events of the 20th century. Veteran journalist Chris Wallace takes readers behind the scenes and brings to life the compelling story of the 116 days leading up to Hiroshima. Written like a spy novel, this is a must-read history that will educate and keep you turning the pages. Not to be missed." There you have it, and I hope you read it.\*

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, Since we've been learning at home, I've noticed that my daughter in fourth grade has been having trouble with her reading

comprehension and understanding and answering more of the complicated questions that are now a part of her work. What's going on, and how can I help her.

Sallie S, Fort Myers

Sallie,

I believe what you are referring to are critical thinking skills, the ability to think deeply about a topic or a book. It's an essential skill for children to develop. Critical thinking doesn't develop in a week or two through a few assignments. It's a skill that develops and builds through conversations and experiences. One way parents can nurture critical thinking skills is by sharing quality books with their children.

Even though your fourth grade daughter can read independently, reading together remains just as important as it was when your child was younger, and parent-child read-alouds provide great opportunities to read more challenging books together and begin to build critical thinking skills. More complex books may have plots that are more involved and more demanding vocabulary. Working through these books together helps teach persistence. And by reading together, you are there as an important source of support and information, deepening your relationship.

Reading critically involves slowing down and helping your child reflect on what you've just read. Depending on the book, discussions may involve talking about what character's actions or how the book's setting is important to the overall message. It might mean helping your child recognize something about the plot and the conflict that exists. It also means asking more critical, open-ended questions to which there can be multiple correct answers. Open-ended questions require students to either reexamine text evidence or extend their own thinking.

Below are questions you can ask your daughter before, during and after reading that will help her develop critical thinking skills.

Before reading have a short discussion about the book/chapter you are about to read. You can pose these questions to help stimulate her thinking:

- What do you already know from reading the title?
- How do you think this story will end?
- What is a problem that you think could occur in this story?
- What questions could you ask before reading this text?

During reading, stop every so often to ask some of these questions:

- What connections can you make to this setting?
- Why do you think the author started the story/text this way?
- How are you adjusting your predictions after reading this (page, section, chapter)?

- What sentences peaked your imagination?
- How do you think the character is feeling? What evidence supports your thinking?

After reading your selection, it would be important to follow up with these questions:

- What do you think the author hoped you would think after reading the text?
- What do you think about the story/text?
- Can you summarize the text in just two or three sentences?
- What was your favorite part?
- Was the plot/text different than you thought it would be?
- What would you change in this text if you could write it?

Asking questions and discussing books using these questions will enable you and your child to talk about the book in depth and with substance. It will help your child develop critical thinking skills that will last a lifetime.

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

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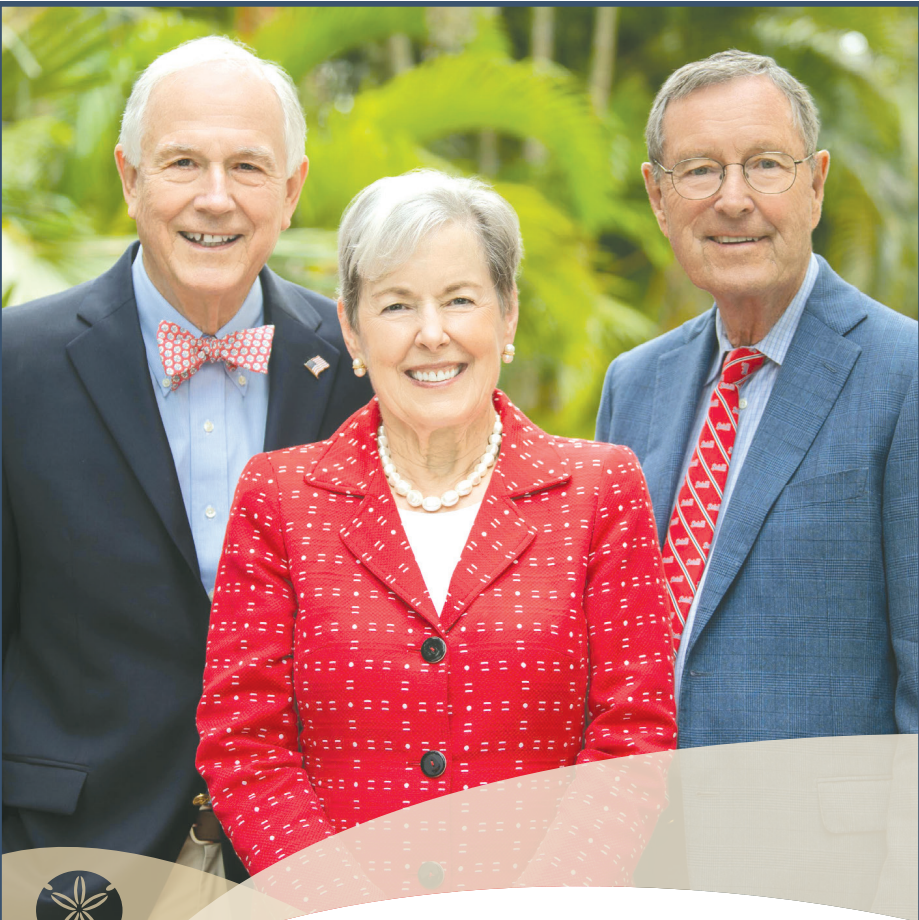


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## Superior Interiors

# Natural Products And Textures In The Home



by Katie Frederick

The transition of summer into fall is the best time to switch up your decor. This doesn’t mean simply switching out your accessories and adding pops of color to complement

the season... you can also bring new products and textures into the mix to liven up your home.

While colors, accessories and furniture all add to the style and feel of a space, without interesting textures, the room may still feel a little flat. Natural textures are aesthetically pleasing and make your home unique. Here is how you can incorporate them throughout your space.

When you think of natural textures, things like wood and wicker typically come to mind. These materials are more than just visually appealing, they are also unique to the touch, which is why they are defined as textures. These are only a few of the unique finishes that can easily be incorporated into your home decor, here are a few more:

Stone – Hard and cool or warm and inviting, natural stone comes in a variety of colors and textures that make it suitable for more than just your fireplace. Consider a sleek natural stone table as the centerpiece of your living room or used as accessories in the bedroom.

Distressed wood – Unlike finished wood, distressed wood has a more rustic or farmhouse feel. It’s best suited for furniture like tables or shelving because it is so durable. Reclaimed wood can also be used as its imperfections are what make it visually appealing and one-of-a-kind.

Clay – The warm and earthy hues of clay aren’t the only beautiful thing about this natural product. When used in accessories like vases, dishware and artwork, clay can be molded to be smooth or textured depending on your

preferences.  
Marble – Smooth marble is typically associated with kitchen countertops, but this natural product can also be used around the home in other furniture and accessories. From marble tables to statues, desk accessories and vases, the polished, level surface of marble is a clean and soothing addition to any room.

Greenery – Plants are often overlooked in the decor process, but well-placed greenery can breathe life into any room. From bamboo and spider plants to palms and ivy, accessorizing with vegetation brings personality into your design.

Wool – Both a tactile and visual texture, wool is a cozy and inviting product to use in your home. It’s best suited for interior use accessories such as throw pillows, blankets, rugs and even wall art.

As you can see, many natural textures can be used for both furniture and accessories. Stone, wicker and clay are products that can stand up the elements, so they can also be incorporated into your exterior decor as well. Clay, especially, can make for a beautiful outdoor fireplace or flowerpots. Using natural textures in your home is all about finding the balance between them and other décor present in the space.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at [katie@coindecnden.com](mailto:katie@coindecnden.com).

# Top 10 Books On The Island

1. *Squeeze Me* by Carl Hiaasen
  2. *Auntie Poldi and the Handsome Antonio* by Mario Giordano
  3. *Caste* by Isabel Wilkerson
  4. *All the Devils are Here* by Louise Penny
  5. *Her Last Flight* by Beatriz Williams
  6. *The Second Mother* by Jenny Milchman
  7. *Trouble in Paradise* by Jennifer Schiff
  8. *The Book of Lost Names* by Kristin Harmel
  9. *The Order* by Daniel Silva
  10. *The Second Sleep* by Robert Harris
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Health First

# What You Need To Know About Colon Cancer



by Julie Rosenberg, MD

August 28 marked the unfortunate passing of beloved *Black Panther* star, Chadwick Boseman, from colon cancer at age 43. Boseman was diagnosed

with stage III colon cancer in 2016 and battled it over a four-year period until he ultimately succumbed to the disease. He fought valiantly until the end; enduring surgeries and chemotherapy as he continued filming movies.

Boseman's untimely death supports the need to raise greater public awareness about colorectal cancer. Here's what you need to know:

Colorectal cancer is the third most commonly diagnosed cancer in men and women. It is the third leading cause of cancer death in both men and women. In 2020, there will be an estimated 104,610 new cases of colon cancer and 43,340 cases of rectal cancer diagnosed in the United States. While colorectal cancers occur in adults age 50 and over, about 12 percent will be diagnosed in individuals younger than age 50.

More than half (55 percent) of all colorectal cancers are attributable modifiable lifestyle factors, including body weight (overweight and obesity), an unhealthy diet, insufficient physical activity, high alcohol consumption and smoking. In fact, the highest incidence rates are seen in affluent nations where obesity and sedentary lifestyles are common.

Nonmodifiable factors that increase a person's risk for colorectal cancer are related to heredity and medical history, including a personal or family history of colorectal cancer or precancerous polyps and/or a personal history of chronic inflammatory bowel disease.

There is evidence that long-term regular use of aspirin or other nonsteroidal anti-inflammatory drugs lower one's risk of colorectal cancer. This reduction in risk appears to be stronger among individuals younger than 70 years of age and without excess body weight. However, there are no guidelines to support routine use of aspirin or non-steroidal anti-inflammatory agents for cancer prevention in the general population due to potential serious side effects, namely serious gastrointestinal bleeding.

Screening for colorectal cancer can prevent cancer through both the detection and removal of precancerous polyps and detection of disease at an early stage. Screening also reduces mortality. There are several recommended methods for colorectal cancer screening, including colonoscopy and high-sensitivity stool-based tests. All available tests have a comparable ability to improve life expectancy when performed at the appropriate time intervals and with the recommended follow-up. The 2018 American Cancer Society screening guidelines for colorectal cancer recommend that adults ages 45 years and older undergo regular screening with a high-sensitivity stool-based test or visual examination (colonoscopy), depending on patient preference and test availability. For routine screening, colonoscopy should be performed every 10 years. Stool-based tests for occult blood should be performed annually, although the newer Cologuard multitargeted stool DNA test should be performed every three years, per the manufacturer's recommendation. All positive results on

stool-based tests should be followed up with a colonoscopy. Delays in follow-up of abnormal results increase the risk of advanced disease and death.

Early-stage colorectal cancer is often asymptomatic. This is one of the reasons why screening is so important. As the tumor increases in size, it may bleed or block the intestine. The most common signs and symptoms of colorectal cancer are:

- Bleeding from the rectum;
- Blood in the stool or in the toilet following a bowel movement;
- Dark or black stools;
- A change in bowel habits;
- Cramping or pain in the lower abdomen;
- Ongoing urge to have a bowel movement even when the bowel is empty;
- Constipation or diarrhea that lasts for more than a few days;
- Decreased appetite;
- Weight loss that is unintentional.

If you experience any of these signs and symptoms, please consult with your doctor, as timely evaluation is key to early diagnosis and can be lifesaving.

In sum, a colorectal cancer diagnosis and treatment carries significant individual and societal burden. More widespread screening will help to ensure early disease detection and rapid initiation of treatment. A substantial proportion of colorectal cancer cases might be prevented by more widespread adoption of healthy lifestyle practices. Why not start now to reduce your risk? Eat a high fiber, low fat diet, watch your weight, don't smoke, limit alcohol and get regular exercise.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, *Beyond the Mat* and *Be True*. For more information, visit her website at [www.drjulierosenberg.com](http://www.drjulierosenberg.com). For consulting and speaking requests, email inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).✪

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## Will Power

# Health, Education, Maintenance And Support



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

For those of you who have wills and trusts that contain testamentary (post-death) trusts that continue on for your loved ones, you may notice that the trustee often has a written standard by which she can make income or principal distributions. It's common to find that the standard relates to the beneficiary's health, education, maintenance and support-based needs.

Attorneys from all over the country commonly use those terms – health, education, maintenance and support. Is this because we all use the same form book?

No, that's not the answer.

The reason that distribution standards are tied to those four words is found in the Internal Revenue Code. When distributions to a beneficiary are limited to that beneficiary's health, education, maintenance and support, then the trust is said to have an "ascertainable standard." Interestingly, including the words "for that beneficiary's comfort and general welfare" are not considered an ascertainable standard.

Why would it be important for a trust to limit the distributions to a beneficiary under an ascertainable standard? Oftentimes, the beneficiary and the trustee are one and the same person. Consider if Harry created a testamentary trust that, upon his death, provides for his wife, Sally. Sally is to receive income from the trust and the trustee may invade the principal of the trust for Sally's health, education, maintenance and support. Assume further that Harry has named Sally as the trustee of this trust.

Even though Sally is the trustee of the trust, she does not legally own the trust assets because her distributions are limited to an ascertainable standard. This could be important for a variety of reasons. If Harry and Sally do not want the assets of the testamentary trust included in Sally's estate for estate tax purposes, it is important that she is not deemed to own the trust assets. This could also be true for liability protection. If Sally were to run over someone in her car causing injury to another, assets in a discretionary trust that are limited to an ascertainable standard may fall outside of the reach of a judgment creditor. Another important protection may include protecting the inheritance from a future divorce should

Sally remarry.

By limiting distributions to an ascertainable standard, you can give your beneficiary a great deal of control over the assets of a trust as the trustee, but not subject those assets to a variety of dangers mentioned earlier. The trustee of a trust generally has the ability to decide what investments, assets or property the trust will own, and when to sell or distribute trust income or principal. So it might be very important in your estate plan to give your beneficiary these trustee powers, yet at the same time protect the inheritance for that beneficiary.

Sometimes, clients will voice concern whether the language is too limiting. The trust document can broadly define health, education, maintenance and support. Those words encompass almost any need that your beneficiary might have short of luxury goods or leisure travel. When you have your attorney draft your trust, you can restrict the distributions by requiring the trustee/beneficiary to first consider other income or resources available to him, or you could open up the distributions for any reasonable request notwithstanding other income or resources available. It's all in how you want your document drafted.

Another consideration is to ask who might challenge a distribution as improper. Generally speaking, the remaindermen beneficiaries would have the opportunity to review annual accountings and to question any distributions as falling outside of the written standard. A remaindermen beneficiary is someone who inherits once the initial beneficiary's interest is terminated, usually after a term of years or upon death. A marital trust, for example, may continue on for the lifetime of the spouse, and then terminate to the children upon the spouse's death.

If you grant your beneficiary a power of appointment that allows him or her to alter the remaindermen beneficiary's inheritance, then for a remainderman beneficiary to challenge a distribution could end up jeopardizing that beneficiary's economic interest in the trust. Suppose, for example, that Harry gave Sally the power to appoint the trust at Sally's death among their descendants, spouses and charities. Assume Sally's daughter, Denise, believes that Sally is making distributions to herself outside of the health, education, maintenance and support standard.

When Denise confronts Sally, Sally's answer is, "Well, Denise, I suppose you could question my distributions. But if you do, remember that I have the power to write you out of the trust!"

There are many nuances and considerations to evaluate when creating and drafting trusts, even when the ascertainable standard of health, education, maintenance and support are used. But at least now you know why those words are so common in estate planning documents, and what choices you might have even when using such "standard" phrases.

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## How's The Market? Ask Ann

Last week, we looked at the single family canal homes for sale on Sanibel. This week, let's take a look at 2 bedroom gulfside condo units that allow weekly rentals. Historically, many buyers purchased this type of unit with the goal of collecting rental income and for some limited personal use. For example, let's use Loggerhead Cay, a 168-unit development. There are nine units currently for sale at Loggerhead, priced between \$549,000 and \$739,000. Why the price difference?

VIEW, condition and floor level. VIEW influences price more than anything. A unit with no view (limited) could be at \$500,000 while a unit with a full view of the gulf could be at \$1,000,000. VIEW also has a major influence on rental income. Units with great views could influence gross income by 75-80%.

A recently remodeled unit (kitchen, baths, flooring etc.) may add \$125,000-\$150,000 to the market price. Worth noting due to the pandemic, 2020 gross income receipts were impacted severely (\$20,000-\$30,000 in lost income). Under normal circumstances (prior to 2020), a buyer may make between 1-3% on the investment. In many cases, they don't make this amount, but still enjoy the use of a condo on Sanibel.

Another popular option is to purchase in a "resort" atmosphere like Sundial Resort, which features restaurants, organized tennis, pickleball and planned children's activities. Sundial markets to small conventions, weddings, etc., creating extra occupancy levels to their units. The owner pays a higher rental commission split but in return gets a greater gross rental income.

### Closed Sales Going Back A Week:

1890 Farm Trail - <b>\$524,000</b>	2321 W. Gulf Dr. Villa Sanibel 3A - <b>\$625,000</b>
5304 Umbrella Pool Rd. - <b>\$750,000</b>	2737 W. Gulf Dr. Sand Pointe 223 - <b>\$735,000</b>
5422 Shearwater Dr. - <b>\$750,000</b>	2721 W. Gulf Dr. Kings Crown 306 - <b>\$825,000</b>
2417 Wulfert Rd. - <b>\$945,000</b>	

Thank you for reading my column. Feel free to call or email me with any questions comments. Stay safe.



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## Overlooked Pets Need Adoption

Lee County Domestic Animal Services (LCDAS) is joining Petfinder.com to celebrate Adopt-A-Less-Adoptable-Pet Week from September 21 to 25. LCDAS will reduce the adoption fees on all adult

dogs and cats to \$25 and all senior pets age 6 and older to \$10 with an approved application. Hours are 10 a.m. to 4 p.m. Monday through Friday by appointment only to ensure appropriate social distancing. Call 533-7387 to schedule.

To view pets and complete an online application, visit [www.leelostpets.com](http://www.leelostpets.com). The shelter is located at 5600 Banner Drive in Fort Myers.✱

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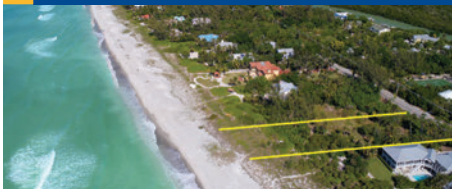


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**SANIBEL ISLAND****4995 JOEWOOD DR., SANIBEL**

- Huge Gulf Lot, Cleared - Plans Available
- Aerial Video: [www.4995Joewood.info](http://www.4995Joewood.info)
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- Bob Radigan 239.691.6240

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- 1 Bedroom, 1 Bath
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**HIGH TIDE****2659 W. GULF DR. #B302, SANIBEL**

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- Best of the Best Location
- \$2,295,000**      **MLS 220009343**
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**POINTE SANTO****2445 W. GULF DR. #C3, SANIBEL**

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# Frankly Speaking

by Howard Prager



**P**icture the cloverleaf of expressways converging and going off in different directions in any big city. That's what I feel is happening in sports today. It sort of looks like I

remember it – lots of sports happening all over the place – and so much more as records are broken and epic matchups take place.

Let me start with baseball as the season already is winding down. September is the right time of year, but doesn't it seem like we just started? (We did!) In the National League, the Cubs, Dodgers and Braves lead their divisions. A couple of highlights from the past week. The Braves scored a team record 29 runs last week against the Marlins, just one shy of the major league record. Adam Duvall had 3 HRs including a grand slam and 9 RBI. Not scoring at all were the Milwaukee Brewers who were no-hit by Cubs starter Alec Mills. Just think about this one – Mills had only one complete game in his career, and that was in the minors. He was a walk-on for unknown University of Tennessee-Martin in college. A 22nd round pick by the Royals, Mills will be expected to do more and stabilize the starting rotation. This is the first time in

baseball history that two Chicago teams had no hitters in the same season. Lucas Giolito had one for the White Sox earlier.

Speaking of the American League (AL), Tampa Bay, Oakland and the Sox are on top, with the Twins trailing the Sox by just 1 game as of this writing. And the Rays made their own history last week. For the first time since 1901 (perhaps the first time ever), a team fielded an entire left-handed hitting lineup with no switch hitters against the Red Sox and a righty they had not faced before. They won 11-1, and are the first team in the AL to reach 30 wins this year.

Football has started. One of the key games: the battle of ageless quarterbacks Tom Brady, 43, now of the Bucs versus Drew Brees, 41, of the Saints. Just think of the stats between these two competitors, the first time in NFL history both starting QBs were over 40... 13,000 completions; 150,000 passing yards; 1,000 passing TDs. It's mind boggling. The game wasn't nearly as exciting, as the Saints handed Brady his first loss as a Buc. Brady's replacement in New England, Cam Newton, did just fine, leading the Patriots to victory. Only a couple of pro games had some fans in attendance, although the sound systems worked just fine, thank you. Otherwise as we saw starting on Saturday, empty or ¾-empty stadiums were most common to ensure social distancing with frequent testing of all players. On the college side again an eerie feeling – no Big Ten and Pac 12 games. Of the rest, Clemson hasn't

missed a beat in winning, and Florida State started with a loss. Again. The other statistic people were watching was what's going to happen during the anthem. Seven teams chose to stay in the locker room to avoid any controversy. Other teams had varying examples of kneeling, standing, sitting and fists raised. Many teams played the Black Anthem, *Lift Every Voice and Sing* after the Star-Spangled Banner.

In the playoffs, Denver becomes the first NBA team to play four Game 7s, as they fought back from being two games down to the LA Clippers to even the series at three games apiece. Tuesday will determine if they make it to the Conference Finals. The Lakers will most likely face whomever wins in the west. In the East, the Celtics are back, beating the champion Raptors in seven games and now face off against the Heat in the semifinals. In the NHL, Tampa Bay and Dallas appear headed towards a first-time matchup in the Stanley Cup Finals. Both teams took a 3-1 series lead over their opponents going into this past Monday and Tuesday games.

And over at the U.S. Open, we have Dominic Thiem from Austria winning his first grand slam tournament after coming back from being down two sets in an exhausting four-plus hour match. This was just the fifth time since 1974 that a player has fought back from being two sets down. On the women's side, Naomi Osaka won her second U.S. Open by battling back after losing the first set.

Do you like good fresh-roasted coffee? So does Cubs outfielder Ian

Happ. A finance major in college, Happ and his brother seek to find businesses to partner with. He discovered Connect Roasters in 2016, after one of their roasters posted a picture of their coffee with Happ's baseball card on Instagram. He then asked them for some coffee. He didn't know then that the Guatemalan coffee founder Caleb Benoit invests money from each sale to non-profit partners in Guatemala. After chatting with Benoit, Happ suggested the idea of "Quarantine Coffee for COVID Relief." Happ and Connect Roasters are donating \$3 from each \$15 order to COVID-19 relief. Well done (actually it's a medium roast) Ian!

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

## Naming Contest For Hawk Mascot

**A**naming contest is taking place at Hodges University for its hawk mascot. The fierce bird with global vision and a laser focus to the future represents the essence of Hodges University students.

The contest, open to all legal residents of the United States, will remain open through September 30. To see all the rules and how to enter, visit <https://hodges.edu/name-the-hawk/>.

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### SPORTS QUIZ

1. Which team won more head-to-head games in the Michigan vs. Ohio State "Ten Year War" football rivalry from 1969-78?
2. Retired boxer, kickboxer, wrestler and mixed martial arts star Eric Esch is better known by what nickname?
3. What was Colorado Rockies rookie shortstop Clint Barmes carrying up the stairs of his apartment when he fell and broke his collarbone in 2005?
4. In 2017, what English footballer performed his signature robotic dance to celebrate his 100th Premier League goal?
5. What was the name of the 1984 Los Angeles Summer Olympics' official mascot?
6. A computer worm created by Dutch student Jan de Wit in 2001 was named after what popular pro tennis player?
7. What actor played Pop Fisher, manager of the fictional New York Knights, in the 1984 baseball drama film *The Natural*?

### ANSWERS

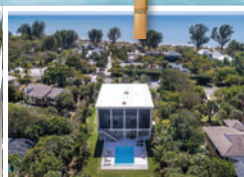
1. Neither. The series tied at 5-5. 2. Butterbean. 3. A package of deer meat. 4. Peter Crouch. 5. Sam the Olympic Eagle. 6. Anna Kournikova. 7. Wilford Brimley.

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dearRPharmacist

## How To Balance Your Hormones



by Suzy  
Cohen, RPh

### Dear Readers:

At a certain age, we all lose those youthful hormones, and start to think about replenishment. That's a great idea, but determining

what hormones you need to replenish based upon your test results is very tricky, and there may be trial and error involved.

There's a lot of confusion about hormones, testing and natural supplements to help shift patterns.

The route of administration matters in terms of testing yourself. So for example, if you take oral estrogen, then a blood test is fine. If you do use transdermal hormones, a patch, pellet or injection form, then I highly recommend you do urine metabolite testing as in the "DUTCH Complete" test. This is a home test kit that required you to urinate on a little strip. It's available at my website because I'm one of their licensed providers.

Here's guidance about each hormone. My goal right now is to help you break it down properly, which in turn improves health and reduces risk for cancer-causing metabolites.

**Estrogen** – Men and women have all three types of estrogen in their body, and each of these exhibit varying degrees of activity and target different tissues. Dramatic reductions in estradiol may lead to a decrease in mental sharpness and muscle mass. In excess, estradiol is associated with heavy periods, fibroids and endometriosis. DIM and glutathione supplements help break this down well, depending on the specific metabolite you make. The DUTCH test will tell you your ratios of estrogen and the way you break them down.

**Progesterone** – Benefits of progesterone impact mood and sleep. Stroke victims are sometimes given progesterone to help recover because it plays a role in neurogenesis. Progesterone keeps women looking more youthful by improving elasticity and stimulating collagen production. Excessive amounts

cause mood swings, fatigue, dizziness, yeast infections, bloating, fluid retention, acne and drowsiness.

**Testosterone** – Adequate amounts help both men and women, although this hormone is predominately male. It is required for sperm production therefore playing a role in fertility. It gives people a competitive spirit. Benefits include energy, libido, strong bones and fat-burning capabilities. During andropause when levels plummet and men suddenly notice problems in the bedroom, or with prostate function. Excessive amounts of testosterone in women cause cystic acne, deepening of the voice, PCOS, facial hair and menstrual irregularities.

Some people have an androgenic preference in the way they break down testosterone, and this can be corrected with natural remedies such as saw palmetto and stinging nettle. Some people have poor Phase I metabolism and therefore create cancer-associated estrogen by-products which are like trash in your body. You have to take the trash out. By that, I mean you need to open up that pathway using natural remedies such as DIM and others. If you don't methylate well, you could benefit from some methyl donors like TMG, methylcobalamin (vitamin B12) or natural folate. It's really about detoxifying the hormones you have, not total estrogen or testosterone levels. There is more about this in my free hormone ebook available to you right now at [www.suzycohen.com](http://www.suzycohen.com).

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

## Grief Support Group Meetings

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

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

## Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** I have been more angry than usual lately at everything. I am worried about how this is affecting my health. What can I do to lessen this anger?

**A:** Anger is intensely, primarily physical, and one of the most difficult impulses to control because of its evolutionary value in priming us to defend against danger. Anger is also a mask for fear, and that is what our world seems to be feeling a lot of these days.

For optimal health to come out of this, you have to address your anger as you are the first step. When anger becomes chronic, cortisol – the stress hormone – contributes to its slow burn. Remaining in this condition makes you edgy, quick to snap and gives you the instinct to fight or flight, depending on your coping style in the situation. A Johns Hopkins Medical Center study reports that young men who habitually react to stress with anger are more likely than their counterparts to have an early heart attack, even without a family

history of heart disease.

One solution can be to cultivate self-compassion and compassion for others as it can improve your health and biologically reprogram your approach to anger by training you to view this emotion differently. You have to ask yourself how can you be kind to yourself when angry, rather than to react vindictively when in an argument with someone or reacting to something you heard or witnessed.

This leap of consciousness subdues the fight-or-flight response, calms your nervous system, and you gain longevity and optimal health.

It's not that this doesn't take some practice, it does. Just by becoming more aware and wanting to make a shift, you can and the health benefits are worth it. It also helps to breathe and slowly count to 10. Take a cooling off period by listening to soothing music, take a warm bath, meditate and do some aerobic exercise or yoga to expel anger from your system and wind down. When you use these tools on a regular basis, you can diffuse your anger and increase your self-compassion and compassion for others.

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:Constance@drconstanceclancy.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).\*

Read us online at [www.IslandSunNews.com](http://www.IslandSunNews.com)

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Doctor and Dietician

# Alternative Ways To Treating Pelvic Or Groin Pain



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

Pelvic and groin pain can be devastating, preventing mothers from caring for their babies, athletes from advancing in sports, and can leave otherwise healthy people unable to get out of bed without horrible pain and embarrassing symptoms. Whether you have sustained a sports injury, experienced difficulties since giving birth, or suffered a traumatic incident, it is vitally important to understand the role that joint instability and ligament laxity play in worsening or complicating your situation. Just like any other joint in the body, the pelvic region is made up of joints, ligaments and tendons. These joint complexes can loosen and thus lead to pain. The pelvic region includes the

bony pelvis, the pelvic cavity, the pelvic floor and the perineum below the pelvic floor. The pelvic skeleton is formed in the area of the back by the sacrum and the coccyx and, anteriorly, to the left and right sides by two hip bones. Our approach to alleviating painful pelvic conditions at Caring Medical has been to correct underlying instability around the pelvis and restore tissue strength and integrity. In our experience, this can take a team of practitioners looking at the case from multiple angles to create an individualized treatment plan for each patient. We specialize in diagnosing patients, identifying the damaged tissue that needs to be targeted, and treating those areas with comprehensive prolotherapy, an injection technique that stimulates the body to repair the injured area(s) – sort of like spot-welding. We also address the alignment and muscle imbalance issues that may have resulted from an accident or long-term inappropriate body mechanics through exercise regimens to help keep things in the right place. Using unique comprehensive injection, chiropractic and exercise protocols, we regularly see pain alleviated and lives restored. Pelvic floor dysfunction, ischial tuberosity pain, hamstring syndrome, vaginal pain, groin injuries and other pelvic pain conditions can be resolved without surgery or long-term use of pain medications. There is no need to suffer from chronic pelvic or groin pain – no matter the cause. There is always a solution!

*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.*

## Beautifulife: Keep Dreaming



by Kay Casperson

I am a big believer in dreams. No matter how old or young you are, it is an absolute necessity in life to continue to dream. Dreaming about what you want to accomplish and the directions you want

to go is another critical factor in having your best and most beautiful life. It is so much fun to hear about the dreams my kids and husband come up with every day, from what they want to do soon to years from now. I love their imaginations and their confidence in knowing that these dreams will definitely take shape. I remember when I was a young girl and spent many hours daydreaming about how I wanted my life to look and where I wanted to be. I remember imagining myself right there in my dream and smiling about the outcome.

Dreaming about your life, either present or future, is powerful and is not just for the young, but for everyone at every age, and here is why. Dreaming can: Fuel your creativity and open your mind to new possibilities; Keep you optimistic and hopeful for a bright future; Instill a motivation to accomplishing goals along the way; Help to steer you on the path to your destiny regardless of the outcome; Ensure that your mind and your imagination continue to evolve. I will never ever say to anyone, you can't do that, or that is not possible in terms of someone's goals or dreams. Dreams are for all of us, individually, to discover, live and change at any given time. They are the fuel that keeps us all going and growing. No matter how crazy something sounds, try your best to never squash someone's dreams by telling them, that

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).✱

is impossible. This is something that can be very devastating to someone who has a world of opportunity awaiting them. Instead, encourage them by saying something like, "that sounds amazing," and "I think you would be great at that," or "I know you can do it!" Yes, daydreaming, night dreaming, or anytime dreaming is essential and necessary to continue in the best and most positive direction. Don't ever think your dream is unattainable because every one of them is valid. If you find that your dream has to lead you in a different direction than you thought, don't be discouraged because your dreams may have just brought you to your destiny. As long as you search your heart, pray for answers and listen quietly, you will ultimately end up where you belong. My affirmation for you this week is: "I will never stop dreaming because I know that dreams are the fuel to my soul." 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.✱

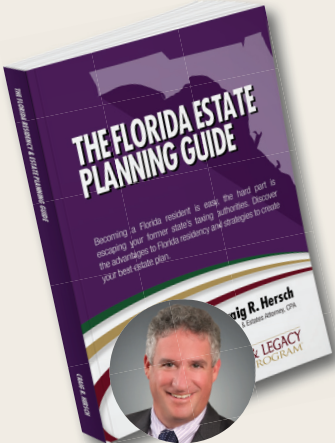
## Program On Managing HIV

Lee Health's Lee Health Solutions is offering a Positive Self-Management Education program for individuals with HIV on Wednesdays, beginning September 23 from 1 to 3:30 p.m. The free virtual workshop is 2.5 hours once a week for six weeks. The research-based program, originally developed at Stanford University Patient Education Research Center, is designed for people ages 18 or older with HIV to help them learn ways to better manage their chronic condition and the related symptoms. For more information or to register, call 343-9264.✱

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



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

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# PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

## Trooper And Godiva



Trooper ID# A826971

Hello, my name is Trooper. This handsome boy is no joke in the snuggle department. I am a 9-year-old male Catahoula mix who thinks that alone time is highly over-rated. I am a perfect combination of rugged good looks, witty charm and maturity, which makes me a great fit for any family. My adoption fee is just \$25 with an approved application.

Hi, I'm Godiva. I am a pint-sized cutie that is full of spunk. I am a 4-year-old female French bulldog mix who loves playing fetch. I will bring the tennis ball back... after a few laps around the



Godiva ID# A827255

yard. I will climb onto your lap for cuddles – or at least try to – but with my short legs, I may need a boost. I like my canine friends and would be good in a home with a playmate. My adoption fee is \$75.

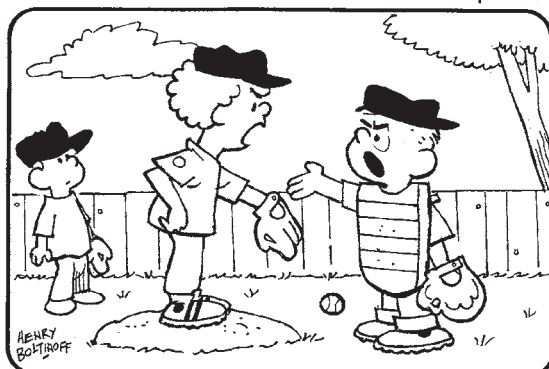
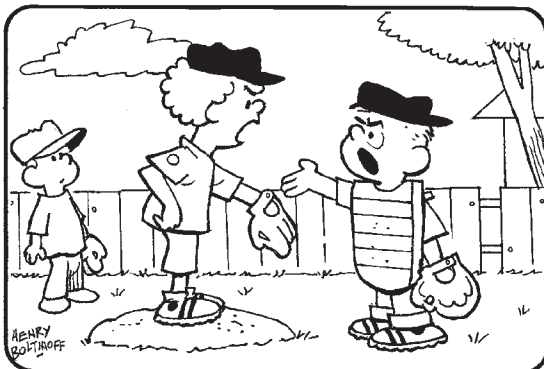
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.✪

## PUZZLES

### HOCUS-FOCUS

BY  
HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Baseball has been added. 2. Building is gone. 3. Catcher's shoes are different. 4. Fence has been repaired. 5. Pitcher's pants are longer. 6. Boy's hat is different.

### 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!

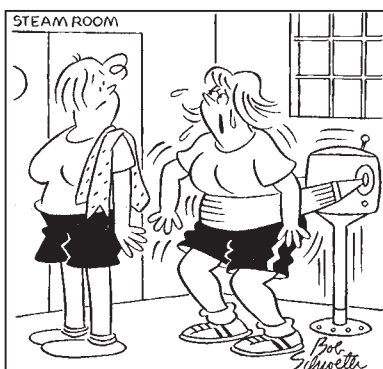
Scold  
**REBATE**

Origin  
**ACUSE**

Adorn  
**SHARING**

Emanate  
**DEUXE**

TODAY'S WORD



"Sometimes I wonder if finding a  
\_\_\_\_\_ is worth all this!"

Answer on page 39

**Island Sun**  
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Emergency .....	911
Sanibel Police, .....	472-3111
Lee County Sheriff's Office .....	477-1200
On Call Captiva Deputy .....	477-1000
Fire Department, Sanibel .....	472-5525
Fire Department, Captiva .....	472-9494
Florida Marine Patrol .....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control .....	1-800-282-3171
Chamber of Commerce .....	472-1080
City Council .....	472-4135
City Building Department .....	472-4555
City Manager .....	472-3700
City Planning & Code Enforcement Department .....	472-4136
City Public Works .....	472-6397
Library, Sanibel .....	472-2483
Library, Captiva .....	239-533-4890
Post Office, Sanibel .....	472-1573
Post Office, Sanibel (toll free) .....	800-275-8777
Post Office, Captiva .....	472-1674
Sanibel Community House .....	472-2155
Center 4 Life, Senior Center .....	472-5743
ARTS	
Arcade Theater .....	332-4488
Art League Of Fort Myers .....	275-3970
BIG ARTS .....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony .....	277-1700
Herb Strauss Schoolhouse Theater .....	472-6862
Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic .....	597-1111
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	sancapart.org
Southwest Florida Symphony .....	418-0996
Symphonic Chorale of Southwest Florida .....	560-5695
CLUBS & ORGANIZATIONS	
ABWA .....	<a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a>
American Legion Post 123 .....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
Audubon of SWFL .....	<a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>
Audubon Society .....	472-3744
Bailey-Matthews National Shell Museum .....	395-2233
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	274-5900
COTI Committee of the Islands .....	<a href="mailto:coti@coti.org">coti@coti.org</a>
CROW, Clinic For The Rehabilitation of Wildlife .....	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211 .....	984-5920
FISH OF SANCAP Neighbors Helping Neighbors .....	472-4775
FISH OF SANCAP 24-hr service .....	472-0404
Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Kiwanis Club .....	677-7299
League of Women Voters .....	<a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
MOAA, Military Officers Assc. of America, Alex MacKenzie .....	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club .....	472-0836
PAWS, Protection of Animal Welfare Society .....	472-4823
Progressive Club of the Islands .....	<a href="mailto:pcisancap@gmail.com">pcisancap@gmail.com</a>
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Sanibel Beautification Inc. ....	470-2866
Sanibel-Captiva Orchid Society .....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
Sanibel-Captiva Republican Caucus .....	395-0819
Sanibel-Captiva Shell Club .....	267-7291
Sanibel Historical Museum & Village .....	472-4648
Sanibel Island Fishing Club .....	472-8994
Sanibel Youth Soccer .....	395-2040
SCCF Sanibel-Captiva Conservation Foundation .....	472-2329
SCCF Sea Turtle Hotline .....	978-728-3663
Shell Islands Garden Club .....	246-8875
United Way of Lee County - 24 hour helpline 211 .....	433-2000
Zonta Club .....	728-1971

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PUZZLES

Answers on page 39

Super Crossword

SONG SPAN

- ACROSS**

1 Neighbor of Niger

5 Comical bits

9 Work group

14 PLO chairman Mahmoud

19 Europe's "Eternal City"

20 Blind as —

21 Common typeface

22 — Polo

23 App-based ride option

24 — fide (real)

25 Grilled steak with thin, diagonal cuts

27 Neighbor of Niger

28 Alternative to toffee

30 County in New Mexico or Colorado

31 Aeneas' lover, in myth

32 Link two disparate things

35 Once — while

37 Gp. backing firearms

38 Has the helm

39 Revered one

40 Terminated

42 "Wild Thing" rapper

43 \$20 dispenser

45 "Really?"

48 Natty scarf

52 Palmtops, e.g., for short

56 Internet ID

57 Goggles

58 Not breaking the rules

61 Fast glance

63 Lizard that may be a pet

64 Terrible fate

65 Refuses, as a chance

69 "Norma —" (Field film)

70 Initial amount required by a creditor

74 Suffix of sugars

75 Hold sacred

78 Verse writer

79 One dodging

82 Slovak coin

83 1969 Stevie Wonder hit

86 "Geez!"

89 — Paulo

90 Crooner Redding

91 Exaggerated and

92 Reasonable advance notice

96 Facial locale

98 Prefix with gender

99 Ringlike isle

100 Soda shop drink

104 Sells virtually

109 Surg. locales

110 Vote in favor

111 England's "Nine Days' Queen"

113 Tel. or elec.

115 Statesman Stevenson

118 High points

119 Advance

120 Watercourse associated with the starts of eight long answers in this puzzle

123 Rabbit's kin

124 Part of A.D.

125 Attend

126 Greek vowel

127 Clear out of

128 Marsh plant

129 Elia piece

130 "The Balcony" playwright

131 Old flames

132 Slips up
- DOWN**

1 Cookie bits

2 Tasmania's capital

3 2001 Audrey Tautou film

4 Sneer at

5 Rap session

6 See

7 76-Down

7 India's Rajiv

8 Like plays

9 Mineo of movies

10 Outpost unit

11 "That — happenin'!"

12 Get dimmer

13 Ocala's state

14 Envoy: Abbr.

15 Verse writer

16 Sib acquired via marriage

17 Late-'60s music genre

18 One-person bands, e.g.

26 Nine-person band, e.g.

29 Self-image

33 Potatoes au —

34 Frazier foe

36 Folk sayings

40 To be, to Fifi

41 Flames' org.

44 Car ad abbr.

46 SPF part

47 Ersatz

48 Blazing

49 Astronomer Carl

50 Hints

51 Schnozz or boff ender

53 "Where — go wrong?"

54 Auth. unknown

55 Feed in a sty

59 Low point

60 Windows ad statement

61 Frying vessel

62 Perfumer Lauder

65 — dish (lab item)

66 City that Lot fled from

67 Deplete

68 Matthew of "Friends"

71 Tokyo-born Yoko

72 Pirate chant opener

73 Run across

76 With 6-Down, catch wind of

77 Airport strip

80 Clear out of

81 Dr.'s gp.

83 Postal stack

84 Over there

85 Mag. printing

86 "Naturally!"

87 Scrunchies

88 Long letters

89 TV inits. since 1975

93 Vexed a lot

94 Selfish driver of a sort

95 TV inits. since 1975

97 Multipiece gifts for calligraphers

101 Cavity-fighting org.

102 Fruit of a Chinese tree

103 Discount department store chain

105 Blazing

106 Clothes smoother

107 Less fatty

108 Church councils

111 Feudal lord

112 Eagle's nest

114 "— hundred flowers bloom"

116 Half-baked

117 Prayer ender

121 "Hee Haw" co-host

122 Used a chair

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			

King Crossword

- ACROSS**

1 Drink heartily

5 Coffee, in slang

8 Snatch

12 Maze option

13 Possess

14 Elderly

15 Not all one kind

17 Clinton's Arkansas hometown

18 Delivery co.

19 Source

21 Song of praise

24 "East of Eden" character

25 Charged bits

26 Lit into

30 Explosive letters

31 External

32 Eisenhower

33 Lent a hand

35 Appear

36 Dud

37 Familiar form of address

38 1954 doo-wop hit for The Crew-Cuts

41 Pirouette pivot

42 Deserve

43 Transferred, in law

48 List-ending

9 Quite eager

10 Military visored hat

11 Paradise

16 Spinning stat

20 Bellow

21 Pocket bread

22 Half of the offspring

23 Picnic invaders

24 — in the right direction

26 Convert to computers

27 Told a tale

28 — out (supplemented)

29 Showroom

31 Norway's capital

34 "I wish"

35 Prolonged attacks

37 Japanese pond carp

38 Caraway, for one

39 Loathe

40 Cereal choice

41 Despot

44 Vast expanse

45 Sister

46 Mound stat

47 Pooch
- DOWN**

1 Hot tub

2 Existed

3 Part of FWIW

4 Grave robbers

5 Writes quickly

6 Have bills

7 Backed

8 Sesame paste

MAGIC MAZE ● SEAFARING WORDS

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

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

- Disease

Inseam

Loveseat

Nausea
- Research

Seal

Sealants

Seaman
- Seams

Search

Seasick

Seasoning
- Seat belt

Seats

Useable

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FRIDAY  
Partly Cloudy  
High: 87 Low: 82




SATURDAY  
Sunny  
High: 86 Low: 83




SUNDAY  
Sunny  
High: 87 Low: 81




MONDAY  
Mostly Cloudy  
High: 86 Low: 82



TUESDAY  
Mostly Sunny  
High: 87 Low: 81



WEDNESDAY  
Partly Cloudy  
High: 89 Low: 85



THURSDAY  
Cloudy  
High: 86 Low: 80

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	2:20 am	7:51 am	2:39 pm	8:40 pm	Fri	1:25 am	7:53 am	1:44 pm	8:42 pm	Fri	2:30 am	8:48 am	3:04 pm	9:21 pm	Fri	4:30 am	11:07 am	4:49 pm	11:56 pm
Sat	2:42 am	8:43 am	3:35 pm	9:08 pm	Sat	1:47 am	8:45 am	2:40 pm	9:10 pm	Sat	3:02 am	9:36 am	4:02 pm	9:57 pm	Sat	4:52 am	11:59 am	5:45 pm	None
Sun	3:07 am	9:39 am	4:37 pm	9:33 pm	Sun	2:12 am	9:41 am	3:42 pm	9:35 pm	Sun	3:36 am	10:20 am	4:54 pm	10:31 pm	Sun	5:17 am	12:24 am	6:47 pm	12:55 pm
Mon	3:37 am	10:40 am	5:52 pm	9:55 pm	Mon	2:42 am	10:42 am	4:57 pm	9:57 pm	Mon	4:10 am	11:04 am	5:42 pm	11:02 pm	Mon	5:47 am	12:49 am	8:02 pm	1:56 pm
Tue	4:13 am	11:51 am	7:41 pm	10:09 pm	Tue	3:18 am	11:53 am	6:46 pm	10:11 pm	Tue	4:45 am	11:50 am	6:29 pm	11:33 pm	Tue	6:23 am	1:11 am	9:51 pm	3:07 pm
Wed	4:57 am	1:14 pm	None	None	Wed	4:02 am	1:16 pm	None	None	Wed	5:21 am	12:44 pm	7:20 pm	None	Wed	7:07 am	1:25 am	None	4:30 pm
Thu	5:56 am	2:41 pm	None	None	Thu	5:01 am	2:43 pm	None	None	Thu	6:00 am	12:05 am	8:15 pm	1:52 pm	Thu	8:06 am	5:57 pm	None	None

# My Stars ★★★★★ FOR WEEK OF SEPTEMBER 14, 2020

**Aries** (March 21 to April 19) Careful, Lamb. Taking on too many tasks at one time can cause you to create more snarls each time you try to work your way through the tangled mass. Best to handle one job at a time.

**Taurus** (April 20 to May 20) Making bold moves is what Bovines do. But the best moves are made with lots of data to provide backup just in case you charge into an unexpected complication. A new relationship shows promise.

**Gemini** (May 21 to June 20) Sharing credit for a job well done is easy for you to do, but not necessarily for your partner. But fair is fair. Don't let yourself be denied the right to have your contributions recognized.

**Cancer** (June 21 to July 22) Communication is important to help bridge a gap that can lead to problems at home and/or at the workplace. Find a way to get your points across before the breach becomes a chasm.

**Leo** (July 23 to August 22) Relationships, whether business or personal, need to be watched carefully for

signs of trouble. Any negative indications should be dealt with before they become too burdensome.

**Virgo** (August 23 to September 22) Congratulations. A more positive aspect highlights much of the Virgo's week. You should find others more receptive to your suggestions, and also more likely to act on them.

**Libra** (September 23 to October 22) All work and little play could wear the Libra's usually positive attitude down. Take some much-needed time off. Perhaps a short jaunt with someone special is the way to go.

**Scorpio** (October 23 to November 21) This is a good time to expand your view from the known to the unfamiliar. Confronting new situations could be challenging, but ultimately also could be extremely satisfying.

**Sagittarius** (November 22 to December 21) Giving advice to those who just want validation for what they're doing can be unsettling. So back off and save your counsel for those who really appreciate it.

**Capricorn** (December 22 to January 19) Cultivating a more positive attitude not only makes you feel better about yourself, but also has an upbeat effect on

those around you, especially that certain someone.

**Aquarius** (January 20 to February 18) Keeping the lines of communication open and accessible is the key to establishing the right foundation on which to build an important and meaningful relationship. Stay with it.

**Pisces** (February 19 to March 20) Before agreeing to act on a request, consider using your perceptive Piscean talents to see what might lie hidden beneath its surface and could possibly cause problems later on.

**Born This Week:** You're a friend who, if you err at all, does so on the side of concern for those you care about.

**MOMENTS IN TIME**

- On Sept. 24, 1789, the Judiciary Act of 1789 is passed by Congress and signed by President George Washington, establishing the Supreme Court of the United States as a tribunal made up of six justices who were to serve until death or retirement. The number of justices was changed in 1869 to nine.
- On Sept. 25, 1894, President Grover Cleveland issues a presidential proclamation pardoning Mormons who had previously engaged in unlawful

polygamous marriages. His proclamation ensured that their property and civil rights were restored.

- On Sept. 23, 1908, a game between the New York Giants and Chicago Cubs ends in 1-1 tie after a controversial call at second base. The officials ruled that Giants first baseman Fred Merkle was out because he failed to touch second base, a call that has been disputed ever since.
- On Sept. 21, 1942, the B-29 Superfortress makes its debut flight in Seattle. The long-range heavy bomber contained a pilot console in the rear, in the event the front pilot was knocked out of commission.
- On Sept. 22, 1953, the first four-level (or "stack") interchange in the world opens in Los Angeles at the intersection of the Harbor, Hollywood, Pasadena and Santa Ana freeways, 32 lanes of traffic weaving in eight directions at once.
- On Sept. 26, 1960, for the first time in U.S. history, a debate between presidential candidates is shown on television. The presidential hopefuls, John F. Kennedy and Richard M. Nixon, met in a Chicago studio.
- On Sept. 27, 1989, Hollywood

continued on page 38

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From page 36

## Moments In Time

socialite Zsa Zsa Gabor, on trial for slapping a police officer during a traffic stop, storms out of the courtroom. Gabor had been pulled over for expired tags, expired license, open alcohol container then attempting to leave the scene. She slapped the officer when he caught up with her

### NOW HERE'S A TIP

• “In my shop, I have stored small bits of hardware in baby-food jars. They were all on a shelf together, and when I needed one, I would have to move bottles around until I found the right one. I took a piece of 1-by-4 and cut it into 2-foot sections. Then I glued the bottoms of the bottles in a row to the wood. Now, they still sit on the shelf, but all I have to do is slide the 1-by-4s out and find the right jar. I can still see in the sides, and it makes them so much easier to deal with.” – JN in Missouri

• “My child has so many toys that they were starting to take over his room and our house. We got three big plastic

storage tubs and distributed the toys among them. Now the rule is that only one tub can be open at a time, so if he wants to play with other toys, he must pick up all the toys from the tub he is playing with first. It has made such a difference since the house gets picked up at least once a day.” – CI in Tennessee

• Here’s a boating safety tip: Make sure you check the weather before you head out for a day on the water. And everyone needs a life vest, large or small.

• “Lots of people are selling things online now to make a few bucks, and that’s cool. I know I have things I’ve picked up that I don’t use. Why not make a little money? Here’s a tip though: Do a little research on price for your item. You want to avoid listing it for too much (no interest) or too little (yes, it gets snapped up quickly, but you could have gotten more for it). A little homework goes a long way.” – CA in Florida

• No red wine for your recipe? You can substitute an equal amount of grape juice or beef broth in most recipes.

### STRANGE BUT TRUE

• An armadillo’s shell is so hard that

it can deflect a bullet, as a Texas man discovered to his chagrin when he took aim at one. The bullet ricocheted into his jaw and he had to be airlifted to a hospital. The armadillo, on the other hand, strolled away unscathed.

• One million U.S. dogs hold first place in their owner’s last will and testament.

• The original time machine in *Back to the Future* was not a DeLorean, but an old refrigerator. According to *HuffPost*, “Ultimately, it was determined that it probably was not a good idea to use a refrigerator in such a manner as kids might want to reenact the scene.”

• Napoleon introduced brass buttons on soldier uniforms’ sleeves to discourage them from wiping their noses.

• The first webcam was created to check a coffeepot. In 1993, researchers in the University of Cambridge’s computer science department really didn’t like getting up from their chairs to check the coffeepot just to find it empty, so they wired a system that would stream three images per minute from the Trojan Room, where the pot was kept, to the internal computer network. By the end of that year, the stream made it onto the new

World Wide Web, endowing the Trojan Room coffeepot with international, if brief, fame.

• The asteroids in *Star Wars* were actually painted potatoes.

• When English Romantic poet, painter and engraver William Blake was just four, he claimed to see God through a window. Throughout the rest of his life, Blake said he often communed with angels, incorporating these visions into his art.

• According to the U.S. Food and Drug Administration, the stickers on fruit are edible. We haven’t tried them ourselves, though.

### THOUGHT FOR THE DAY

“The best teachers remain students all their lives.” – John Stott

### TRIVIA TEST

1. **Geography:** Where are the Azores Islands located?
2. **Games:** In poker, what is a “dead man’s hand”?
3. **Ad Slogans:** Which company has a series of advertisements asking the question, “What’s in your wallet?”
4. **U.S. Presidents:** Who was the only

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7/10 ★ 9/25

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- president who never married?
5. **Literary:** The pet rat Scabbers belonged to which character in the Harry Potter book series?
6. **Music:** Which American singer/songwriter was nicknamed “The Hardest Working Man in Show Business”?
7. **U.S. States:** Which state is home to the only active diamond mine in the United States?
8. **Math:** What is the date of the annual Pi Day?
9. **Astronomy:** After the sun and moon, what is the third brightest object in Earth’s sky?
10. **Movies:** What was the name of Quint’s boat in *Jaws*?

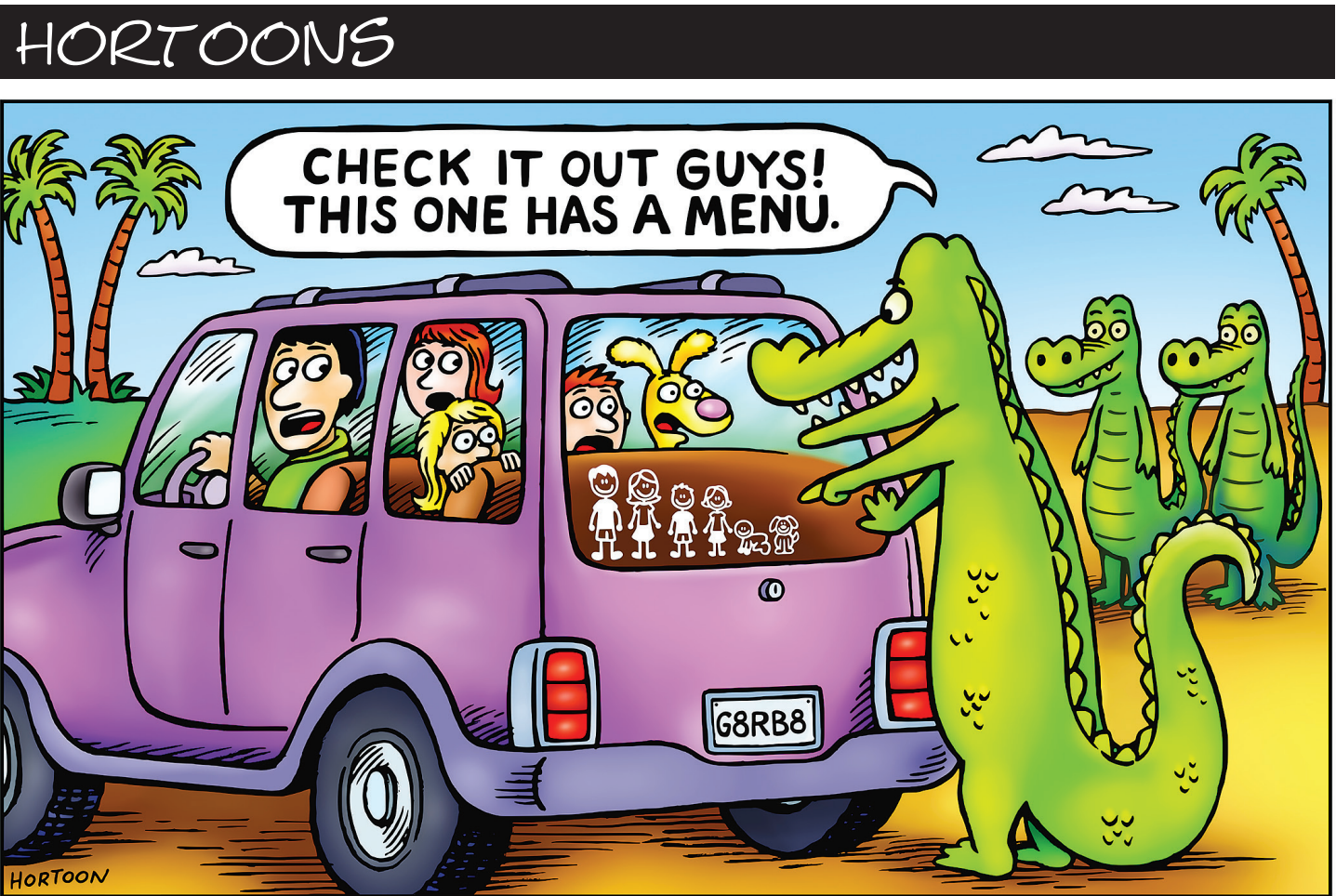
TRIVIA ANSWERS

1. Atlantic Ocean, off the coast of Portugal  
2. Two pair of black aces and black eights, named after the hand Wild Bill Hickok reportedly held when he was shot to death.  
3. Capital One 4. James Buchanan 5. Ron Weasley 6. James Brown 7. Arkansas 8. March 14 (3.14) 9. Venus 10. The Orca

SCRAMBLERS ANSWER

1. Berate 2. Cause;  
3. Garnish; 4. Exude

Today's Word  
**HUSBAND**



PUZZLE ANSWERS

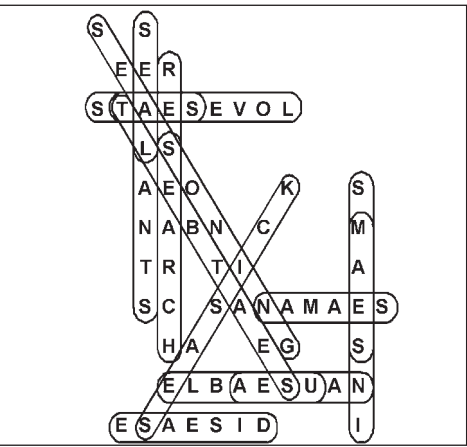
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Beach Homes	Captiva	1974	2,204	\$3,000,050	\$2,775,050	108
Portofino	Miromar Lakes	2017	3,428	\$2,400,000	\$2,325,000	353
El Sol	Fort Myers Beach	1961	2,183	\$1,650,000	\$1,499,000	157
Rose Garden	Cape Coral	2018	2,892	\$1,575,000	\$1,575,000	36
Longlake	Bonita Springs	1993	3,913	\$1,275,000	\$1,180,000	64
Cape Coral	Cape Coral	2001	3,594	\$1,249,900	\$1,175,000	71
Sanctuary At Wulfert	Sanibel	1993	3,469	\$944,500	\$945,000	198
Charlotte Shores	Bokeelia	1995	3,060	\$939,000	\$870,000	4
Bonita Lakes	Bonita Springs	2013	3,122	\$799,900	\$779,000	7
Herons Landings li	Sanibel	2001	2,621	\$799,000	\$750,000	271



*Randy Wayne White ©*

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