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VOL. 29, NO. 7

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 13, 2021

AUGUST SUNRISE/SUNSET: 13 7:00 • 8:07 14 7:00 • 8:06 15 7:00 • 8:05 16 7:01 • 8:05 17 7:01 • 8:04 18 7:02 • 8:03 19 7:02 • 8:02

## Wildlife Society Plans Year Of Celebration

Facing staff shortages to handle its new administration building's welcome area in 1982, the JN "Ding" Darling National Wildlife Refuge on Sanibel started a volunteer program, but needed help. That's when the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) came together as a nonprofit organization to, at its inception, support the volunteer program. It incorporated on October 6, 1982, with volunteers stepping in as officers.

This year, DDWS, one of the first two friends group created for the National Wildlife Refuge System, begins celebrating its 40th anniversary. During the past 40 years, its support of "Ding" Darling has widened to embrace support of conservation education programs, research, land acquisition campaigns, internships and staffing through retail operations – two physical Nature Store locations and one online store – and



"Ding" Darling Wildlife Society 40th anniversary logo image provided fundraising.

The celebration begins with the reveal of a 40th anniversary logo for DDWS. The refuge joins the group in planning a calendar of events that include "Ding" continued on page 10

## Shell Museum Offers Three New Virtual Lectures

In celebration of its 25-year anniversary milestone, the Bailey-Matthews National Shell Museum's virtual lecture series continues with three new talks:

Tuesday, August 24, 5 p.m. – 8,000 Years of Shells in the American Southeast: Archaeological Insights on the Ecology, Diet, Architecture, and Ritual of Ancient Native Americans by Kenneth E. Sassaman, Hyatt and Cici Brown professor of Florida archaeology, University of Florida.

Ancestors of Native Americans began collecting freshwater shellfish in large numbers about 8,000 years ago. Marine shellfishing may have begun even earlier, but rising sea since the end of the Ice Age inundated the archaeological remains of coastal dwelling before about 5,000 years ago, when the rate of sea-level rise slowed. Beyond the value of shellfish meat to ancient diets, the inedible shells provided construction material for



Kenneth E. Sassaman

mounds, causeways and fish traps.

In addition, shells were valued as a ritual medium. Beads, gorgets and ceremonial vessels made from shell attest to cosmological connections among water, earth and sky, and between the living and the dead.

This overview of 8,000 years of



Dan Killam



José H. Leal

continued on page 6

## Swift Public Funding Inspires Major Donors

Despite ongoing environmental and regulatory challenges, advocates for Southwest Florida's water quality have good reason to breathe a sigh of relief. Thanks to the commitment of Lee County, the City of Sanibel and the generosity of a few longstanding donors, Sanibel-Captiva Conservation Foundation (SCCF) is able to fully replace and upgrade its RECON sensor network for the first time since its launch in 2007.

RECON – short for River, Estuary, and Coastal Observing Network – is a network of eight optical water quality sensors deployed throughout the Caloosahatchee and the Pine Island Sound estuary to provide real-time water quality data to scientists, policymakers and the general public.

"RECON has been a real game-changer for our region," said SCCF Environmental Policy Director James Evans. "Without its 24-7 data output on nutrients, dissolved oxygen, algae blooms, turbidity and other indicators of our regional water quality, it would be impossible to advocate for science-based water management policies and



From left, James Evans, Holly Smith and Kevin Ruane photos provided regulations."

When it first went online, the monitoring network was given an estimated life span of just seven years by the manufacturer. Through a steadfast maintenance program and some creative fixes along the way, the SCCF Marine Lab was able to double that life expectancy to 14 years.

"We reached 2021 and the manufacturer told us they would no



From left, Eric Milbrandt, Lucy and Paul Roth, and Deborah La Gorce aboard the RV Norma Campbell

longer be making replacement parts," said Marine Lab Director Eric Milbrandt, PhD. "We were looking at a \$400,000 price tag to create a new sensor network monitoring water up the Caloosahatchee, through Pine Island Sound as far as North Captiva, and into the Gulf of Mexico as

conditions warrant."

Recognizing that RECON's efficacy is held in high regard by local elected officials, SCCF CEO Ryan Orgera's first calls were to the City of Sanibel Mayor Holly Smith and Lee County Commission continued on page 2



# Community House Events

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. with a class offered from 10 to 11 a.m. There is no charge to attend the class; supplies range between \$3 and \$5.

Aerobics with Mahnaz Bassiri is offered in two sessions on Monday, Wednesday and Friday; 9 to 10 a.m. and 10:30 to 11:30 a.m. Bring your own weights (optional). Cost is \$5 per class.

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

Chair Stretching/Yoga with Mahnaz Bassiri is offered on Thursdays from 1 to 2 p.m. Cost is \$5 per class.

The Sanibel Hearts Club meets every Friday at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome. Suggested donation is \$5.

The Sanibel-Captiva Art League exhibit by Annie Wainwright will be featured for the month of August.

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

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

is \$8 additional.  
The Community House is located at 2173 Periwinkle Way. Visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155.\*

# Naming Opportunity

Friends of The Community House are planning on building a time bench instead of the usual time capsule. The bench will be designed to be waterproof and sealed against the elements for 25 years. Within the bench, there will be sealed boxes of various sizes, which will be opened and revealed to the public in 25 years. The boxes will be available for purchase through The Community House.

Friends of the Community House chairman for the project, Ken Burgener, said, "In addition to being a fundraiser, the bench will give the Sanibel community somewhere to sit until 2047." The time bench boxes will be filled with cultural and educational treasures from the present and saved for future generations.

Friends of The Community House invite you to name this upcoming project. You could win a large-size Sanibel time bench sealable box worth \$150.

If you are interested in being a part of the time bench committee, email Ken Burgener at [carefreebirding@aol.com](mailto:carefreebirding@aol.com).

Send your ideas for naming the time bench to Allison Davis at [office@sanibelcommunityhouse.net](mailto:office@sanibelcommunityhouse.net).\*

# Download App To Report Power Outages

Sanibel residents, property owners and visitors are reminded that the Smart Hub app is available from Lee County Electric Cooperative (LCEC) to report power outages. This customer service tool also provides access to view electric account information and usage history, and pay bills.

SmartHub allows customers to request a call or text when power is restored or to let you know when your power usage exceeds a self-determined threshold. This

is especially helpful for seasonal residents who may want to know if usage declines or spikes due to equipment failure at their location.

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

To register as a new user, visit SmartHub on the LCEC website, [www.lcec.net](http://www.lcec.net) or through the mobile app offered in the Apple Store or in the Android Market.\*

From page 1

# Donors

Chairman Kevin Ruane.

"Their public sector support was swift and substantial," said Orgera. "Mayor Smith shepherded a request through the Sanibel City Council for a \$50,000 grant, and Chairman Ruane secured \$82,000 in support from Lee County. It's tremendous validation that our elected officials want RECON to remain up and running."

Former SCCF Board President Paul Roth and his wife Lucy were heartened to learn of the public sector's financial support.

"It was important to us that our civic leaders knew private citizens also feel that RECON is essential for the ongoing monitoring and stewardship of our water

quality," said Lucy Roth in describing their decision to donate \$125,000 to the replacement effort.

Their quiet philanthropy came to the attention of an anonymous donor as well as SCCF Board Vice President Deborah La Gorce. They respectively donated \$100,000 and \$41,000.

"My late husband John and I funded one of the original sensors in 2007 and it was important to our family to do it again," said La Gorce. "The beauty of Sanibel and its surrounding waters have made this our family's gathering place for three generations. It's imperative that we protect it and I am forever grateful that the SCCF Marine Lab created a monitoring network to do just that. RECON truly is the lone guardian for our region when it comes to water quality monitoring."\*



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# Sea School Shows Campers The Art Of Fishing

submitted by Nicole Finnicum

Fishing is more than just hooking a fish on a line. It involves the practice of understanding fish behavior, habitat and learning how to read the water. It is truly an art form that requires patience and responsibility. In the last week of July, Sanibel Sea School hosted a week-long camp to learn about fish, fishing gear, and the techniques needed to be successful in the art of fishing.

Twelve fishing campers kicked off the week with a lesson on fishing from a biological perspective. They studied seagrass habitat ecology, fish identification, as well as some basic fish biology. Campers also practiced tying important fishing knots and learned how to be a responsible fisherperson using fishing etiquette.

On Monday afternoon, campers had a guest instructor, Ben Biery, from Sanibel-based Castabout Charters. Biery gave a tutorial on rod and reel fishing and led campers through an afternoon of casting along the shoreline.

After mastering the rod and reel, campers took on fly fishing. With help from The Sanibel Fly Fishers, campers spent Wednesday morning tying their own flies. Campers learned about different flies that mimic what specific fish eat and were able to create their own fly to take home. Afterwards, they practiced casting on dry land to hone their casting skills before hitting the water in the afternoon.

At the end of the week, campers ventured to the Sanibel River for some inland, freshwater fishing. Each camper



Campers learned how to fish responsibly  
photo provided

was successful at catching a fish, which included bass, bluegill, and also invasive tilapia and cichlids.

"We know that people enjoy the ocean in different ways, which can be through beachcombing, swimming, and even fishing," said fishing camp coordinator Kealy McNeal. "Since so many people enjoy fishing, we like to teach campers to fish responsibly and to understand fishing from a biological perspective."

As a Mind Your Line partner, McNeal also shared the importance of removing fishing gear and monofilament from the environment to protect local wildlife. "Birds can become entangled in monofilament, so it is crucial to teach young fisherfolk best fishing practices and the importance of properly discarding fishing gear."✧

## Active Part Of Hurricane Season Approaches

The hurricane season in the Atlantic Basin (Atlantic Ocean, Caribbean Sea and Gulf of Mexico) is June 1 to November 30. A storm can occur any time, however, the busiest period is mid-August to mid-October.

The City of Sanibel is still using the purple (residential) and tan (commercial) 2016 passes in 2021. People already issued those passes do not need to apply.

**Family Emergency Plan:** Completing this pre-formatted plan makes it your family's emergency plan. Following it will provide safety and improve your quality-of-life during the event. The plan is on the county website at [www.leeecoc.com](http://www.leeecoc.com).

**Special Needs Program:** Provides shelter from a tropical system to those who live in a home that isn't safe from storm surge or wind, and who have no other safe place to go. It can also provide transportation to a shelter if needed. The program is available to Lee County residents at no cost, but you must pre-register every year. Registration is suspended when the county enters the five-day forecast cone of a storm. The Sanibel Police Department urges Sanibel

and Captiva residents to register via FISH of SanCap at 472-4775, or with the county at [www.leeecoc.com](http://www.leeecoc.com).

**Lee County All Hazards Guide:** A great resource on a variety of topics like preparations, shelters and emergency contacts. View it online at [www.leeecoc.com](http://www.leeecoc.com), or get a hardcopy at these locations: Sanibel City Hall, Sanibel Recreation Center, Sanibel Public Library and The Community House.

Visit [www.mysanibel.com/emergency-management](http://www.mysanibel.com/emergency-management) for more information.✧

## Top 10 Books On The Island

1. *Float Plan* by Trish Doller
  2. *The Sound of the Sea* by Cynthia Barnett
  3. *You Belong Here Now* by Dianna Rostad
  4. *Hello Summer* by Mary Kay Andrews
  5. *The Book of Lost Names* by Kristin Harmel
  6. *Billy Summers* by Stephen King
  7. *Falling* by TJ Newman
  8. *A Perilous Proposal* by Jennifer Schiff
  9. *Survive the Night* by Riley Sager
  10. *One by One* by Ruth Ware
- Courtesy MacIntosh Books and Paper.✧

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Dickey Pier  
Captiva Island Historical Society

## Landmark: Dickey Pier

This pre-1940 photo shows the Dickey Pier, which was destroyed, rebuilt and destroyed again.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and

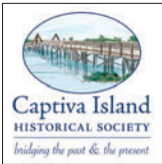


photo courtesy Captiva Island Historical Society Archives

video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane, and open during library hours. Call 533-4890 for information.

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

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

## Churches/Temples

### BAT YAM-TEMPLE OF THE ISLANDS

Shabbat Worship Services at 7 p.m. on the first Friday of the month for June, July and August. Services held in Fellowship Hall at Sanibel Congregational United Church of Christ. Masks and social distancing guidelines will be followed. Those who wish to Zoom the services can find the link in their email notice. Send any questions to [batyamsanibel@gmail.com](mailto:batyamsanibel@gmail.com). Rabbi: Stephen Fuchs, Cantor: Murray Simon, President: Alan Lessack 773-251-8862

### HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Outdoor services every Sunday at 11 a.m. Nov. 14, 2021 through April 24, 2022. Previous services posted on the chapel's website for viewing. [www.captivachapel.com](http://www.captivachapel.com), [www.facebook.com/Captiva-Chapel-By-The-Sea](https://www.facebook.com/Captiva-Chapel-By-The-Sea), 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** Services at the Christian Science Church of Sanibel-Captiva have resumed as follows: Sunday service at 10:30 a.m., Wednesday meeting at 4:30 p.m. Reading room open on Friday, 10 a.m. to noon. 2950 West Gulf Drive, 472-8684.

### SANIBEL COMMUNITY CHURCH

Sunday services at 9 a.m. in the Sanctuary and 11 a.m. in the Historic Chapel. View the Sunday services via livestream at 9 a.m. or

later online at [www.sanibelchurch.com](http://www.sanibelchurch.com). Sanibel Community Church is an evangelical, non-denominational congregation, 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. 10 a.m. Traditional Worship Service, [www.sanibelucc.org](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

### ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Pastor, Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. 3559 Sanibel-Captiva Road, 472-2763.

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, Rector. Summer service schedule, Saturday 5pm and Sunday 9:30 a.m. Masks will be optional for the fully vaccinated attending services. Masks are highly recommended for those who are unvaccinated. There will be some seating in the back of church spaced apart for those who wish to maintain physical distancing. The 9:30 a.m. Sunday service will also be live streamed. [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 third 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 or call 395-1213.✧

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# More Islanders In Need Of FISH Food Pantry

The FISH of SanCap Food Pantry is a vital service for many households, and the organization receives requests for assistance daily from island residents and workers, regardless of age.

Recently, Eric, a server at a local restaurant who just graduated high school, visited FISH. His housing situation changed dramatically post-graduation, and with his new rent responsibility, his living expenses were adding up, making it difficult to keep up with bills. Although Eric found a second job, he could barely afford a day's worth of food. At the recommendation of a co-worker, Eric sought assistance from FISH. He signed up for the food pantry in early May and stops by two times a week for groceries, and is working with FISH for additional resources and assistance.

"We are seeing more families and young adults seeking assistance," said Maria Espinoza, assistant executive director of FISH. Once qualified by FISH, households are able to shop for nutritious supplemental grocery items to sustain their family's food needs. The FISH Food Pantry is open Monday through Friday from 10 a.m. to 3:45 p.m. Each year, the organization distributes hundreds of thousands of pounds of food through the pantry program.

The recently remodeled pantry area



The FISH Food Pantry is open Monday through Friday photos provided

and addition of shopping carts, loaned by Bailey's General Store, makes the experience more enjoyable for users while increasing shelf space for additional product. FISH is grateful for donations to its food pantry program, both monetary or products to distribute. Products FISH needs for the pantry include perishable and non-perishable food, personal hygiene products and household cleaning items.

"This has been a particularly difficult



Donations are always needed to keep the pantry shelves stocked

18 months for our neighbors because of the pandemic and related restrictions, and we're not out of the woods yet," said Espinoza. "FISH has many food, financial and educational programs to assist our neighbors in their greatest time of need. We're here to help, and FISH has something for everyone."

For a list of pantry needs, visit the pantry page on the FISH website at [www.fishofsancap.org/food-pantry](http://www.fishofsancap.org/food-pantry).

For more information on FISH programs and services, contact Maria Espinoza at 472-4775.✪

From page 1

## Lectures

dwelling in the American southeast explores the myriad ways that shell structured the histories of ancient Native Americans.

Thursday, September 16, 5 p.m. – Why Am I Growing Giant Clams in the

Middle of the Arizona Desert? by Dan Killam, PhD, Biosphere 2, University of Arizona.

Giant clams are special among bivalve mollusks in using symbiotic algae within their bodies to speed up their growth, like corals do, yet little is understood of how they will fare in the face of climate change and ocean acidification. To look into the future and explore these questions further, Killam is growing smooth giant clams in a 700,000-gallon coral reef tank of the Biosphere 2 in Arizona to understand how they manage to grow their shells so quickly. In the Biosphere 2 "ocean," juvenile giant clams have more than doubled in size in just one year and will eventually reach two feet long.

The controlled conditions of the Biosphere 2 ocean reef tank provide a perfect setting to explore and experiment. As with corals, the partnership between giant clams and their internal algae only works within a narrow range of temperatures and pH levels. As the oceans grow warmer and more acidic, this relationship will be put under stress, reducing their growth.

In this talk, Killam will share insights from his groundbreaking research on the impacts of changing oceans on mollusks, featuring images and video of the singular Biosphere 2 facility.

Wednesday, October 20, 5 p.m. – Spooky Mollusks and Other Evils of the Deep: A Halloween Special by José H. Leal, PhD, science director and curator, Bailey-Matthews National Shell Museum.

To celebrate Halloween and in genuine vampire-seeking fashion, Dr. Leal will unmask the shocking lifestyles of ghastly and bloodcurdling mollusks. Get acquainted with vampire squid and snails, clams that live entombed for life, grave-robbing and corpse-eating snails, parasitic micromollusks addicted to blood, and other harrowing creatures of the molluscan universe.

The Celebrating 25 Years lecture series is free, but registration is required at [www.shellmuseum.org/lecture-series](http://www.shellmuseum.org/lecture-series).✪

# MEET THE SHELL MAKERS

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# Mask Mandate On City Property

by Wendy McMullen

A special meeting held on August 7 to discuss bringing back COVID-19 restrictions resulted in a mask mandate inside all city buildings. This includes all city hall buildings, including the Sanibel Recreation Center, owned by the city.

City council is blocked from requiring a city-wide mandate by Florida Gov. Ron DeSantis' executive order passed in early May of this year, which invalidated any restrictions that local governments had pertaining to COVID-19.

"This essentially handcuffs the city from issuing COVID-related restrictions against the population at large," City Attorney John Agnew told city council. "That does not affect in any way the city's ability to govern what it does on its own property."

It also does not restrict the city from requiring proof of vaccination from city employees or to message the general public regarding masks and vaccinations. It cannot demand vaccination from the population at large.

Councilman Mike Miller pointed out the number of cases, which had increased more than 1,000 percent in the past six weeks, and the impact of this on local hospitals.

"We do not have control over much, but we do have control over our own facilities," said Miller.

Councilman Dr. Scott Crater pointed out that 83 percent of people in the hospital right now are unvaccinated compared to 17 percent that are vaccinated.

"Things have changed very quickly," Dr. Crater told fellow councilmembers. "This is a new thing and even if we did have all our city employees vaccinated, you can still pass it around. The Delta variant is very transmittable. It is much more dangerous than the previous variants. You can pass it around even if you have no symptoms."

Dr. Crater also pointed out that youth is no longer as much of a protection with the new variant, stating that there are 60 people under the age of 40 in the hospital at present, and there are eight pediatric patients, including three in the intensive care unit. He pointed out that

the American Academy of Pediatrics recommends masks for everyone over 2 years old. He also advocated for requiring children in the after school program, held in the Sanibel Recreation Center, to wear masks.

There are 56 children registered in the rec center after school program, and Dr. Crater said that the after school program at the rec center mixes kids of all ages, rendering contact tracing all but impossible.

He was supported in this by Miller. However, Councilman John Henshaw, participating remotely in the council meeting, believed that masking children who are not being masked in school would not be effective. Mayor Holly Smith was also doubtful about its usefulness.

"I really struggle with asking children to mask," said Smith, advocating that parents make the decision as to whether their children wear masks.

The mayor's doubts were echoed by Vice Mayor Richard Johnson. However, he said he had to vote for masking if it means one child is saved from this virus. The final vote was 3 to 1 for requiring masks for all children inside the rec center, with Smith opposed.

Henshaw could not vote on the motions since he was participating remotely.

This decision regarding masks for children in the rec center will be revisited at the next city council meeting in three weeks. Face shields are acceptable for those who do not wish to wear masks, although Henshaw emphasized that face shields are considerably less effective than face masks.

Eight members of the public sent emails regarding COVID restrictions with four in favor of restrictions and four against.✱

## Seawall Issue Going To Council

by Wendy McMullen

A weary and divided planning commission voted on Tuesday to pass the seawall recommendations on to Sanibel City Council for discussion.

"We've been discussing this for more than a year," lamented planning commissioner Paul Nichols, urging the commission to make a decision and end debate.

"Time has passed and we're looking

at this as a money issue and not what should be done," said Commissioner Matt Kirchner.

The main problem with the seawall issue seems to be the use of vinyl in seawalls and the proposal to put a vinyl front on a decaying rock seawall, which could extend as much as 18 inches into a canal and extend beyond the property line.

"I see too many problems with it. We're taking away the rhythm and harmony of the canal system," asserted Kirchner.

Commissioner Karen Storjohann was even more adamant.

"I share Matt's reservation about the property line. And as the vinyl ages, we could have two failed seawalls, not just one," she said. "I find it inconsistent with the mission of our government. We're sticking vinyl in a marine environment in the hot sun, I can't square it."

Meeting attendee Claudia Burns echoed Storjohann's sentiment.

"Sanibel is all about the environment. We're all about water quality. To even consider adding something that could damage it is hypocrisy," she contended.

"I know that people are eager to get what they want, even when what they want is not good for the environment."

Other commissioners could see some advantages in passing the recommendations through to the city council.

"If someone wants to put a seawall in front of a seawall, they would have to go through a conditional use process," said Commissioner Laura DeBruce.

Fellow Commissioner Ty Symroski agreed, adding that concrete seawalls could also be hazardous to the environment.

"Applications for seawalls in front of seawalls are going to come at us as a conditional use," he said. "That gives us a lot of standards to use."

He added that each case could be reviewed on its own merit and that a vinyl seawall might be hazardous in one area but beneficial in another.

At present, the Sanibel Code does not specify with particularity what materials can be used so vinyl is allowed at present, but it cannot be added waterward of existing seawalls.

Planner Kim Ruiz pointed out that

there will be additional investigation and research in the metal inside of seawalls in light of the collapse of the Surfside Condominium last month on the east coast.

The motion to pass the recommendations on to city council passed with a 3 to 2 vote with Storjohann and Kirchner opposed. Chair Roger Grogman and Vice Chair Eric Pfeifer were not present at the meeting.✱

## Breakers West To Get New Parking

by Wendy McMullen

The board of Breakers West condominiums got permission to reconfigure their driveway, adding parking spaces and vegetation buffers, at the Sanibel Planning Commission meeting on Tuesday.

The board of the 18-unit condominium complex at 304 West Gulf Drive had to make some changes after a court granted adjacent Waterside Inn the right to cut off access from the eastern driveway to residents and guests of Breakers West. Waterside then placed a wooden fence, bicycle racks and vegetation across the driveway, making parking difficult for guests.

Breakers West is a lawful but non-conforming condominium complex on the south side of West Gulf Drive, but not right on the beach. That space is occupied by the historic Waterside Inn, a complex of small cottages and condominium units overlooking the Gulf of Mexico, dating back 50 years. The entrance driveway into the inn had been shared by the two developments for 40 years, with the narrow driveway west of Breakers West mainly used to exit the property.

In order to rectify parking and ingress and egress, Breakers West presented the city with a plan to add new parking spaces in the grassy area north of the swimming pool, widen the driveway to 17.5 feet to make the driveway two-way. They also proposed a new vegetation buffer between the parking area and the swimming pool, and West Gulf Drive.

The new arrangement will add a driveway to the left of the entry into Breakers West leading to six parking spots, continued on page 24

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## Historical Village Wraps Up A Great Season

The memory of a nearly lost 2020 faded as attendance and regular programs resumed at the Sanibel Historical Museum and Village in the late fall and early winter of last year.

While attendance declined 19 percent over 2019, April through July showed a 14 percent increase in attendance over the same period in 2019. "We feel good about the rebound in visitor numbers," said Executive Director Emilie Alfino. "The precautions we took to deal with COVID made visitors feel safe, and they slowly started to come back to the village and take part in our programs in ever-increasing numbers."

The village temporarily lost some volunteers who chose to isolate at home. Nevertheless, volunteers worked more than 3,000 hours last season. They worked in the gift shop, decorated for the holidays and helped guide people through the village. Regular docent-led tours, which usually take place twice daily, were suspended for safety's sake, but volunteers located in three key positions throughout the village helped guide visitors.

"We were lucky to be able to hold the gala fundraiser in February just in the nick of time before everything shut down," Alfino said. "It was a rewarding event with a sold-out, generous crowd."



Holiday decorating team

photo provided

Three Volunteer Updates were held. These are casual noon-time events with speakers who have various backgrounds and stories to tell about Sanibel. The topics were: The History of Shelling on Sanibel; Black History on Sanibel; and The Algiers. These updates are also open to members at the \$150 level or above, and they are posted on the website at [www.sanibelmuseum.org](http://www.sanibelmuseum.org).

Two Twilight Talks were held outdoors, in accordance with CDC guidelines; one on Fishy Stories of

Sanibel and the other on Taking a Bite Out of Sanibel: The Mosquito Story. Both were sold-out; these are also on the website.

The annual meeting was held, also outdoors due to CDC guidelines, at which three new board members were elected (Celina Kersh-MonteSano, James LaVelle, and Gary Kebbekus), and a change to the bylaws was approved. After the meeting, new officers were elected: Bill Rahe, president; Tracey Tenney,

vice-president; Annette Hendrick, treasurer; and Sherry Halleran, secretary.

Also joining the team is new Finance Administrator Magen Roberts. Roberts was previously development director and HR administrator for Webster's Catering in Estero.

A busy season is planned for 2021-22, including a Gala Movie Premiere on February 22 (2/22/22), four volunteer training sessions, a ribbon-cutting on a newly built pavilion, three Volunteer Updates (the topics are State of the Village, Our Buildings Have A Past, and Growing Up on the Bay).

Next season's Twilight Talks will be The History of Tarpon Bay, and God and Sanibel: The History of Religion on Sanibel. These will be held at The Community House.

The village is currently closed for the off season and will reopen on Tuesday, October 19. Hours will be 10 a.m. to 4 p.m. Tuesday through Saturday.

"We thank everyone and especially our members, donors and the community of Sanibel, all of whom make it possible for us to fulfill our mission to preserve, share and celebrate the history of Sanibel," Alfino said.

The Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS). Admission is \$10 for adults ages 18 and older; no charge for members and those under age 18. There is handicap access.

For information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).

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Native diamondflowers is a member of the madder family and is listed as imperiled in South Florida by the Institute for Regional Conservation photo by Gerri Reaves

Plant Smart  
**Diamondflowers**

by Gerri Reaves

Diamondflowers (*Houstonia missouriensis* var. *nigricans*) is a perennial wildflower of the madder family. The Institute for Regional Conservation lists it as imperiled in South Florida. Native to Florida and the eastern and

central U.S., it grows in dry, rocky areas and open woods and along roadsides. It's known by a number of pretty names that call attention to its delicate slender stems and appearance, including narrowleaf bluets, baby's breath and fine-leaf bluets. This species might be sprawling and vine-like or upright and a couple of feet tall. It forms clumps and is branched on the upper stems. The white or pinkish flowers are trumpet-shaped with four pointed petals

that resemble tiny crosses. Opposite leaves are extremely narrow and about a half inch long with rolled edges. They turn black when dry, thus the term *nigricans* in the binomial. This wildflower prefers full sun and sandy or alkaline soil. Sources: *Everglades Wildflowers* by Roger L. Hammer, [www.regionalconservation.org](http://www.regionalconservation.org), and [www.wildflower.org](http://www.wildflower.org). *Plant Smart* explores the diverse flora of South Florida.✱

From page 1  
**Celebration**

Darling Day in October, the unveiling of “Ding” Darling’s limited-edition Wild Daze Pilsner beer, the return of Project Refuge: A Couture Fashion Show Using Trash, a roseate spoonbill scavenger hunt in partnership with island businesses, four new specialty items (one for each decade) in the Nature Store, art exhibitions and lectures. “The refuge would be a very different place without the support of our society friends, so we are beyond excited to celebrate this milestone with them,” said Supervisory Refuge Ranger Toni Westland. “We will be honoring a long history of support that has helped make ‘Ding’ Darling one of the top, most robust refuges in the nation and its friends group a respected model for those that have followed.” Through the four decades, DDWS has added to refuge facilities starting

with the current Visitor & Education Center, which was later built in 1999 by leaders and community support. Most recently, DDWS helped the refuge bring the Wildlife on Wheel (WoW) mobile classroom project to fruition. Other major recent accomplishments include the Wildlife Education Boardwalk, the upgrading and addition of numerous exhibits and trails, the completion of the award-winning America’s Best Restroom, the addition of solar paneling to refuge buildings, and the acquisition of more than 92 acres of land on Sanibel. It has bused thousands of students each year for on site education and now reaches over a thousand more with WoW. “October 6, 2022 marks our official 40th anniversary, and we have a special committee headed by Terry Baldwin and Dick Levinson working on all the ways we plan to celebrate,” said Birgie Miller, DDWS executive director for more than 10 years. “We plan to include all the friends, partners and supporters we have worked with over the years, without whom we would not be able to accomplish all that we have.” Watch [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) events to learn more as plans unfold for the 40th anniversary celebration and to learn how to support needs for land acquisition, restoration, education and biology staffing. To support DDWS and the refuge with a tax-deductible gift, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) or contact Birgie Miller at 472-1100 ext. 4 or [director@dingdarlingsociety.org](mailto:director@dingdarlingsociety.org).✱

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## Another Success For Florida Python Challenge

The 2021 Florida Python Challenge yielded unprecedented results this year with participants removing 223 invasive Burmese pythons from south Florida. More than 600 people participated in the 10-day competition, designed to increase awareness about invasive species and the threats they pose to Florida's ecology.

Charles Dachton won the \$10,000 Ultimate Grand Prize for removing 41 pythons. The longest python removed in the competition was 15 feet, nine inches by Dusty Crum.

Under the leadership of Gov. Ron DeSantis, the Florida Fish and Wildlife Conservation Commission (FWC), South Florida Water Management District and the Fish & Wildlife Foundation of Florida host the Florida Python Challenge to continue raising awareness about invasive species in Florida and their impacts. The annual competition encourages people to get involved in Everglades conservation through invasive species removal.

"Everglades restoration and the protection of water resources has been a top priority of my administration since day one," said Gov. DeSantis. "Invasive Burmese pythons have wreaked havoc in the Everglades, negatively impacting the ecosystem and biodiversity. At my direction, FWC and the South Florida



Florida Python Challenge participants and representatives with Charles Dachton, center, winner of the \$10,000 prize

photo provided

Water Management District have taken steps to increase python removal efforts, and the unprecedented success of the 2021 Florida Python Challenge is a great example of the progress Florida has made battling these invasive species. Removing more than 200 Burmese pythons is a victory for our state as well as for the native animals that live here."

"Thanks to the leadership of Gov. Ron DeSantis, we have made great progress in removing invasive pythons from the Everglades ecosystem," said FWC Chairman Rodney Barreto. "Removing more than 100 recently hatched pythons from the wild has stopped these snakes before they could disperse and cause future impacts to our native wildlife. That's a great accomplishment with exponential

benefits."

"The fact that the Ultimate Grand Prize winner is a novice and not a professional python hunter demonstrates that, with the right training and education, even beginners can make a difference in removing Burmese pythons," said Chauncey Goss, chairman of the South Florida Water Management District Governing Board. "We thank Gov. Ron DeSantis for his leadership, inspiring people from all over the country to get involved with this effort."

This year, Virtual Business Services provided the \$10,000 reward for the Ultimate Grand Prize while the Fish & Wildlife Foundation of Florida provided the additional prizes. Visit [www.flpythonchallenge.org](http://www.flpythonchallenge.org) for more

information.

Prize winners include:

Ultimate Grand Prize – \$10,000, Charles Dachton, 41 pythons

Most Pythons Grand Prize, Professional – \$2,500, Donna Kalil, 19 pythons  
Novice – \$2,500, Tom Hobbs, six pythons

Most Pythons Second Place, Professional – \$750, Kurt Cox, 15 pythons; Novice – \$750, Derek Reynolds, two pythons

Longest Python Grand Prize, Professional – \$1,500, Dusty Crum, 15 feet, five inches; Novice – \$1,500, Brandon Call, 15 feet, nine inches

Longest Python Second Place Prize, Professional – \$750, Myron Looker, 12

continued on page 16



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By Dan Killam, Ph.D.  
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# Mangrove Snapper Mania



by Capt.  
Matt Mitchell

**L**ots of bait and lots of fish go hand in hand. The amount of hatch bait we are witnessing all through the area is just nuts. Taking a live well full of this generally small

bait and live chumming is giving our clients amazing nonstop action on a wide variety of species. Everything that swims is dialed in on this plentiful bait. What this bait lacks in size it makes up for in sheer numbers and is easily caught in large amounts.

For clients looking for a bag of fillets, mangrove snapper fishing has been the call. July and August are our best months for this outstanding annual fishery.

Though we have mangrove snapper here all year, the average size of these fish is much larger during these hot summer months. Mangrove snapper are very abundant with a 10-inch minimum size and a five fish-per-person limit. Although its legal to keep a 10-inch snapper, they yield very little meat, a 12-inch or larger fish is much more ideal to fillet.

Live shiners have been the most successful way to catch these fish. It takes small hooks, leader and baits to fool these snapper. Some of the largest ones we have been catching have been



Another successful morning of mangrove snapper fishing

photo provided

out on the open flats. Watch for these fish to swarm and pop on chum in the many white sand holes on the grass flats. Docks and creek mouths have also been a good choice to get in on the action. I've had one favorite dock in the southern sound that has an insane amount of snapper its holding. Basically, everyday this week, it's given up a limit of mangrove snapper. A few scoops of live chum and it just explodes with fish.

All summer long, mangrove snapper

are the favorite of my clients who want to cook the day's catch. Generally, I fillet them and describe the flesh as mild, sweet and firm. These fillets can be cooked lots of different ways and will even hold up well on a hot grill. Another option is to cook the fish whole after you scale, gut and gill them. Score the skin and season before you grill, fry, bake or even steam. Cooking the fish whole gives you not only a great presentation, it keeps the flesh extremely moist. Many of

my clients prefer to simply take the fillets to a local restaurant and have the catch cooked immediately after the charter. I personally can't think of a better lunch than the fresh fish you just caught.

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). ✨

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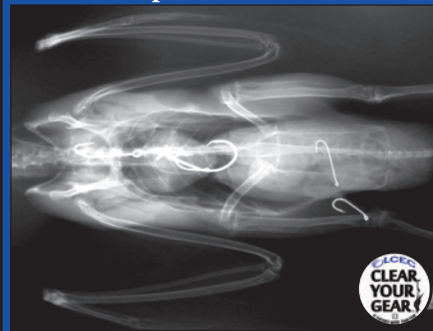


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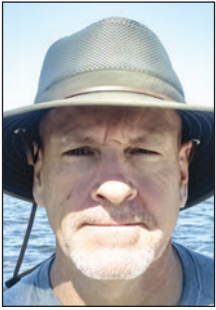


Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

## Black Crowned Night Heron



by Bob Petcher

The black crowned night heron (*Nycticorax nycticorax*) is a stocky, compact bird whose body is in stark contrast to long-legged relatives, such as the great blue

heron, grey heron or most egrets. This light gray bird with a dark back area and dark crown has a flat head and shorter legs to go with its heavy pointed bill.

Black crowned night herons are known to tuck their heads into their shoulder areas, especially in flight, to create a hunchback look with a neck that appears to have disappeared. They spend their days perched on tree limbs or hiding within foliage and branches, and reportedly forage during evenings and nights, either in water, on mudflats, or on land.

At CROW, an adult black crowned night heron was admitted after being found on Fort Myers Beach unable to move. Radiographs were taken and showed no abnormalities except mild gas dilation of its intestines and dehydration.

"We suspected this patient to be most



**Patient #21-4187 was successfully treated for brevetoxicosis**

photo by Haillie Mesics

likely suffering from brevetoxicosis," said Dr. Robin Bast, CROW staff veterinarian. "The neurotoxin in red tide can cause ileus or a slowing or standstill of the GI (gastrointestinal) tract. This could be causing the gas in the intestines."

During the initial examination, the patient had some abrasions on its legs and did show symptoms of ataxia, a

condition that can affect birds or other animals in different parts of its body.

"Brevetoxins can cause effects on both the central (brain) and peripheral (nerves in the body outside of the brain/spine) so its effect on the entire nervous system can cause ataxia, or uncoordinated gait," said Dr. Charlotte Cournoyer, CROW veterinary intern. "Based on clinical signs exhibited by

the bird, our primary suspected cause is brevetoxicosis. We cannot rule out underlying systemic diseases without further diagnostic tests."

Medications were given along with supportive care. "An intravenous line (IV) infusion of lipids was given to bind and eliminate toxins from the body quicker. Antibiotics, IV fluids and nutritional support are the mainstay of brevetoxicosis treatment," said Dr. Bast.

Sometimes, a condition such as brevetoxicosis can be deemed serious and life-threatening to many animals that are affected by it. Fortunately, the black crowned night heron appeared to bounce back quickly.

"Brevetoxicosis can be fatal if left untreated," confirmed Dr. Cournoyer. "This patient responded well to the IV lipids and supportive care."

The heron responded so well that, within a few days, it was seen standing on its own and eating well. It didn't take much longer than a week for the patient to be cleared to go back into the wild.

"Once off medications, it was moved to an outdoor enclosure for pre-release conditioning and has since been successfully released," Dr. Bast reported.

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

# The Common Violet Snail

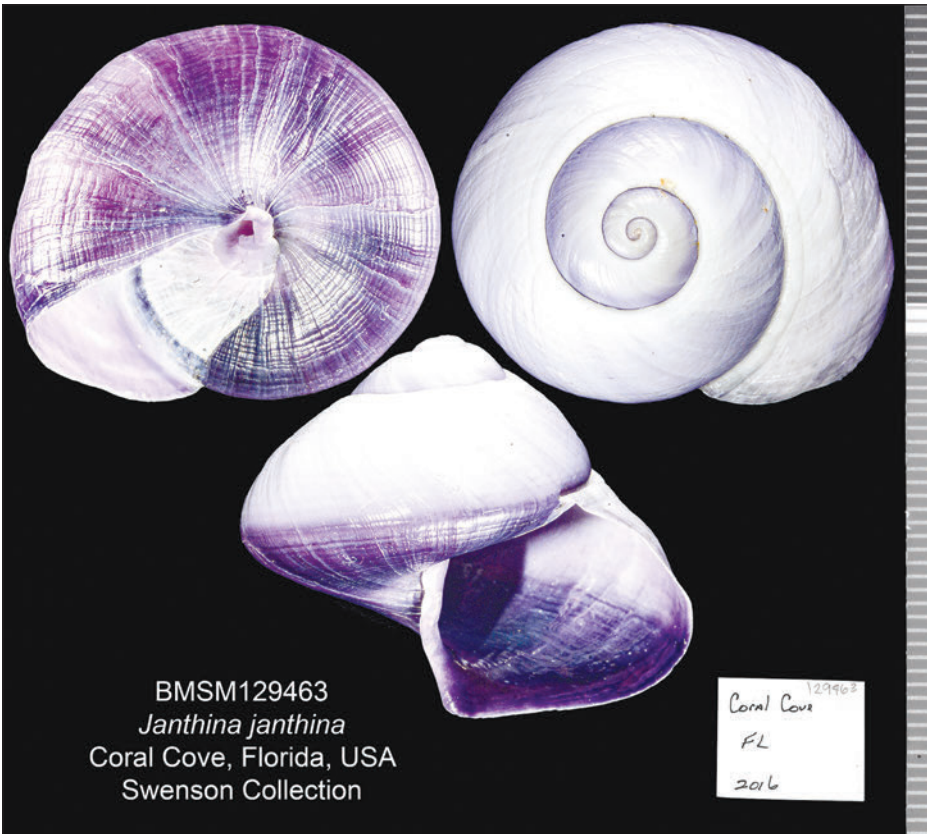


by José H. Leal, PhD, Bailey-Matthews National Shell Museum Science Director and Curator

*Janthina janthina* (Linnaeus, 1758) measures up to 38 mm (about 1.5 inches) in

height. The species is a member of the open-water, surface-dwelling community known as the *neuston*. Violet snails drift on the ocean surface using a raft of bubbles, feeding on other members of the neuston community such as the hydrozoans By-the-Wind-Sailor (*Velella velella*) and the Blue Button (*Porpita porpita*). The snail's dependence on a raft of bubbles affects its posture on the water: they rest upside-down on the surface, and the shell color is reverse-countershaded for camouflage, with a purplish base and grayish, lighter color spire. 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 Museum is open from 10 a.m. to 5 p.m. daily. Safety measures have been put in



The Common Violet Snail, *Janthina janthina*, from Coral Cove, Florida

photo by James F. Kelly

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 the museum's

website at [www.shellmuseum.org](http://www.shellmuseum.org).

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

## American Legion Post 123

American Legion Post 123 is having a Mardi Gras celebration from noon to 8 p.m. this Sunday, August 15. Stop by for shrimp gumbo, red beans and rice, and beignets for dessert. Barbecued ribs and chicken are on the menu for Sunday, August 22.



On Tuesdays, tacos are served all day. Steak and cheesesteak sandwiches are served on Fridays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m. Sunday specials are served from noon to 8 p.m.

The first Thursday of the month is Open Mic Night from 6 to 9 p.m. Locals and visitors are welcome to join in.

The 8-Ball Pool League plays at 5 p.m. on Monday nights. Two tables are in play. Come out and watch the action.

If you have a flag that needs to be retired, you can drop it off at Post 123.

American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome.

Post 123 is a non-smoking facility with an outside area available for smokers. It 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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Book concierge Ian Wainwright with his recommendations

photo provided

## Find Your Next Favorite Read At Sanibel Library

Sanibel Public Library offers a book concierge service for library patrons. You can call, stop by or request this service online. Fill out the Interests form, found on the website at [www.sanlib.org](http://www.sanlib.org), answer a few questions and you will get an email with a few book recommendations. You can also fill out the paper form at the library's service desks. Tell staff about

your reading history and preferences and they will select a few books for your personalized recommended reading list.

Readers can also try NoveList Plus, a book recommendation resource accessible from anywhere to all Sanibel Public Library cardholders. The database provides information on most book titles, including series information, reviews and a basic description. Additionally, you can see read-alikes for titles, authors and series. Its unique story elements, like appeal, genre and theme, help you understand what features you love in books. NoveList Plus is directly connected to the library's catalog. To start, go to the Books &

Reading section of the Resources Page at [www.sanlib.org](http://www.sanlib.org). Use your library card to log in to NoveList Plus. If you need help using any of the library's services, call 472-2483 or email [notices@sanlib.org](mailto:notices@sanlib.org) to schedule an appointment.

The library posts current lists of *The New York Times* bestsellers for fiction and nonfiction, to help guide patrons. Look for the bestseller lists in the New Books shelves, or ask staff for help.

Sanibel Public Library is now loaning videogames like Minecraft, Forza Horizon 4 and Spider-Man for Xbox or PlayStation. Anyone with a Sanibel Public Library card can borrow games for one week at a time, with the potential for up to two renewals, if another person does not place a hold on the game. More than 25 games are offered to take home. Teens can also come into the library to play on the Xbox Series S.

Another new initiative are the Lego Architecture kits for cardholders to take home. Build model skyscrapers of New York City, London Tower Bridge, Brandenburg Gate or Tokyo Skytree. The Lego Architecture kits are recommended for ages 12 and older.

Patrons can borrow items like cooking kits, birdwatching kits, GoPro videocamera, or mobile WiFi hotspots. Loaning videogames is the latest pilot project funded in part by the Sanibel Public Library Foundation.

Summer Reading programming is online with Take and Make activities available to pick up at the library. Families are asked to finish logging reading hours

by Saturday, August 7. More than 300 children, from babies to teens, were signed up this summer, logging over 115,053 minutes of reading.

From now through September, stop by the library to see 25 works of art in Sanibel-Captiva Art League exhibit, titled Home Sweet Home.

Jane Werner's collection of dolls from around the world is on display through the end of August. Look for the dolls in the display case near the glass elevator.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers. Contact-free curbside pickup is available. Materials can be placed on hold and picked up outside the building on weekdays from noon to 3 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).✱

## Hurricane Guide Available Online

The Lee County Electric Cooperative (LCEC) hurricane guide includes information about the storm restoration process, preparing your home and business, life support, evacuation protocol, disaster supply kits, portable generator safety, debris and vegetation, and important phone numbers and links.

To download, visit [www.lcec.net](http://www.lcec.net).✱

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## CROW Calendar Of Events

The Clinic for the Rehabilitation of Wildlife (CROW) has specialty programs available for residents and visitors. Meet the staff and learn what it takes to rescue, rehabilitate and release wildlife in Southwest Florida.

General admission is \$12 for adults, \$7 for ages 4 to 12, and no charge for ages 3 and under.

Guests learn about CROW's history and day-to-day operations through displays, interactive exhibits and video. The center also features live animal exhibits, children's areas and live camera feeds of the hospital intake room and several outdoor rehabilitation enclosures. General admission includes the daily presentation (see schedule) and no reservation is required.

Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

For the safety of the animals and other guests, masks are required at all times in the Visitor Education Center.

**Wildlife Walk Guided Hospital Tours** – \$25 (includes general admission)

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the



treatment process. The hour and a half program has two parts: the daily presentation in the Visitor Education Center and then a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds. This program is open to all, but it is not recommended for children under the age of 13. Masks are required at all times during the tour.

Tours are offered Monday through Friday at 12:30 p.m. Capacity is limited to eight participants. Advance Registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital.

To register, call 472-3644 ext. 229 or email [reservations@crowclinic.org](mailto:reservations@crowclinic.org). Payment is required to complete reservation.

### Daily Presentation Schedule Friday, August 13, 11 a.m.,

Why Animals Come to CROW (Daily Presentation) – Do you wonder how and why animals become patients at CROW? Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

**Monday, August 16, 11 a.m.,**

Species Profile: Snakes of Southwest Florida – Florida is home to 46 species of native snakes, only six of which are venomous. Although there is widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides, which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

**Tuesday, August 17, 11 a.m.,**

Species Profile: Sea Turtles – There are seven different species of sea (or marine) turtles and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility in between Sarasota and Marathon. From boat strikes to washback hatchlings, one of CROW's team members will discuss why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

**Wednesday, August 18, 11 a.m.,**

Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife,

playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

**Thursday, August 19, 11 a.m.,** Evolution of Birds – From their beaks, to courtship to hunting skills, birds are unique creatures. This presentation discusses the different ways birds have adapted and why they have been on earth since the age of dinosaurs. One of CROW's animal ambassadors will be present.✧

From page 11

## Python

feet, 4.5 inches; Novice – \$750, Shawn Allen, 13 feet, eight inches

Additional participants who are members or veterans of the U.S. military also received prizes.

Burmese pythons are not native to Florida and negatively impact native species. They are found primarily in and around the Everglades ecosystem in south Florida where they prey on birds, mammals and other reptiles. A female Burmese python can lay 50 to 100 eggs at a time. Since 2000, more than 13,000 Burmese pythons have been removed from the state of Florida.

The public can help control invasive species by reporting nonnative fish and wildlife to the FWC's Invasive Species Hotline at 888-483-4681, by reporting sightings online at [www.ivegot1.org](http://www.ivegot1.org) or by downloading the IveGot1 smartphone app. For more information, visit [www.myfwc.com/nonnatives](http://www.myfwc.com/nonnatives).✧

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# Shells Found



From left, Stephen, Liam and Paulette Brochet photo by Willow Peterson

Stephen, Paulette and Liam Brochet of Millsboro, Delaware found a junonia, angel wing, horse conch, two alphabet cones and three gaudy nauticas at Blind Pass Beach on August 5. This was the fourth junonia find for Paulette and Liam's first horse conch. The Brochets were staying at Loggerhead Cay.✧

# Poetry Corner



by Clay C. Ewell

## THE BEACH

From the glittering light playing upon the frothing waves  
As they curled and hung in hissing silence, then crashing  
Upon the churning sand, she emerged like a fever conjured  
Dream from the emerald sea.

And my heart tightened within my chest as she passed by  
The briny water clinging to her nakedness, glistening as she  
swayed.

Long hair trailing down her back in thick strands and

She smelled of the living ocean and the thick sweetness  
Of sun drenched skin.

In that moment I surrendered something of myself to her,  
To life, to fate, to destiny.

My life would never be the same again.

I would never feel entirely safe again.

She had passed by and in the passing,

Taken something from me, leaving me desperate

For her and without knowing it had begun,

Silently announcing the life I was to pursue.

Clay C. Ewell resides on Captiva with his wife and four-legged family. Self-employed as a consultant in the construction industry for 35 years, he flirts with retirement while enjoying time with Rita and pursuing his interests in reading, writing and cycling. Your comments and contributions to this feature are welcome at [press@islandsunnews.com](mailto:press@islandsunnews.com).✧

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# Advantages Of Adopting An Adult Dog



by Allison Havill Todd

If you're thinking about introducing a canine companion into your life, consider options other than the default of buying a cute little puppy. Adopting a mature dog from a shelter

or rescue organization comes with many advantages and rewards, and if it's a particular type you seek, reach out to a rescue group for that specific breed.

The most trying times, when training a new puppy, generally fall between the age of 4 months and 24 months where, without proper guidance, it can transform from an adorable ball of fur to a four-legged velociraptor. Perhaps this is why thousands of dogs, even purebreds, are turned into shelters during the first year of their lives. They simply become more work and require more time and patience than many people were expecting. "When bringing a new puppy or kitten into your home, it will grow up developing its own unique personality, which may or may not fit your lifestyle," explained Liz McCauley, executive director of Cape Coral Animal



Older dogs make wonderful companions Shelter.

While there will certainly be an adjustment period for dogs that have been adopted from a shelter, there are many benefits to providing a home for them. For instance, they have typically already outgrown the destructive puppy stage of chewing and are generally housebroken, or can be trained more easily than an energetic puppy. Since they are already grown, there won't be any surprise about what size they will be, and adult dogs can make perfect companions for seniors with a more relaxed lifestyle.

When adopting from a reputable

shelter or rescue organization, you will also have a better understanding of the dog's temperament and behavior. The volunteers and staff who have spent time with the dog will be able to share information about his level of energy and whether the pet gets along with small children, other dogs, cats, etc. They want the adoption to be successful and can assist in helping you find a pet that suits your lifestyle.

Your adopted adult dog will have also received proper medical attention from the shelter, and your minimal adoption fee will include the cost of having the animal

photo provided

spayed or neutered, fully vaccinated and microchipped. These expenses would otherwise add up to hundreds of dollars. Many organizations also have relationships with professional dog trainers who will offer their services at a substantially reduced rate for rescue dogs. Although, you may find that your newly adopted friend has already received quite a bit of training.

In addition to some of the benefits already noted, Jennifer Galloway, executive director of Gulf Coast Humane Society shared, "You will be making an impact on the homeless animal population, which is estimated at 70 million dogs and cats in the United States alone." For every dog that is adopted, it enables a shelter to provide a temporary, safe place for another animal that is awaiting its forever home.

Finally, an adopted adult dog recognizes that you have given it another chance. There is a sense of unspoken appreciation and gratitude; it seems they just know. Older dogs are ready to love and recognize the love you are bringing into their lives, which is the basis of a very strong bond between the two of you for however many years lie ahead.

Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggie mom and facebook.com/thedoggie mom.\*

## Electrical Outage Map Available

Lee County Electric Cooperative (LCEC) employees work around the clock to keep the lights on for customers, but even with that dedication, power outages can and do happen. They can result from a variety of causes including storms, animals, vehicle accidents, fallen trees and even

sailboats coming into contact with power lines.

When an outage is detected and/or reported, field crews are dispatched as soon as possible to impacted areas. Restoration begins with repairs that restore service to the largest number of customers in the least amount of time.

In the event of an outage, customers can view the LCEC Outage Map at [www.lcec.net](http://www.lcec.net) to stay informed as restoration takes place.\*

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Kerri Maw and Kelly Huguenin volunteering for Let's Pink Out in October 2019 photo provided

# Realtors To Speak At After Hours Networking Event

Community members are invited to attend Tips & Sips, an after hours networking and socializing event with the Sanibel Captiva Business Women's Association, on Wednesday, August 18 at 6 p.m. This month's meeting location is 400 Rabbits Mexican Kitchen and Tequilaria, located at 975 Rabbit Road on Sanibel. Realtors Kelly Huguenin and Kerri Maw of Pfeifer Realty Group will share tips on Do's and Don'ts in a Hot Market.

"We are both very active in the community and can speak to market trends as well as the local reaction," said Maw, who has been involved on Sanibel since the 1990s and a resident since 2003. "We'll share what we've learned and look forward to hearing others' experiences," said Huguenin, island

homeowner since 2012. "The real estate market, business conditions and daily life seem to be intertwined in our town," she said.

"Both Kelly and Kerri are award-winning realtors, but they come from diverse business backgrounds and bring that perspective," said Taylor Osborne, co-owner of Iris Print & Designs and president of the Sanibel Captiva Business Women's Association. "Kelly started in banking and construction; Kerri built her career in corporate travel and event management. I think we'll all benefit from their insights."

Tips & Sips is held on the third Wednesday of each month at rotating Sanibel and Captiva restaurants. Light appetizers will be provided by Pfeifer Realty Group. A cash bar will be available.

Advance registration is free at <https://sancapbwa.eventbrite.com> or email [taylor@irisprintdesigns.com](mailto:taylor@irisprintdesigns.com). Updates at <https://www.facebook.com/SanCapBWA>.✱

## ISLAND SUN BUSINESS NEWSMAKERS

### Royal Shell Real Estate

The top listing producers team for July at Royal Shell Real Estate was McMurray & Members; top listing producers individual/partners was Maureen Ahmed; top sales producers team was the Newman-Panico Team; and top sales producers individual/partners was Trevor Nette.✱



McMurray & Members



Maureen Ahmed



Newman-Panico



Trevor Nette



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### Guava No-Bake Cheesecake

2 cups graham crackers  
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 4 tablespoons peanut butter, melted  
 1/2 cup guava preserves, jam, or paste  
 1 tablespoons Key lime juice  
 1 tablespoons water (as needed)  
 1/4 cup guava preserves  
 16 ounces cream cheese, softened  
 1/3 cup sour cream  
 1 cup heavy cream, whipped to stiff peaks  
 2 tablespoons lemon juice  
 1 tablespoon vanilla extract  
 1/2 cup sugar  
 2 tablespoons powdered sugar

Place the graham crackers in a food processor and pulse until broken down into crumbs. Add the melted butter and peanut butter and pulse until thoroughly mixed. Press into a pie pan or other



### Guava No-Bake Cheesecake

dish that can be refrigerated, pack tightly so that it will form a pie crust. Store in refrigerator until ready for filling.

photo courtesy Fresh From Florida

Combine very cold heavy cream and powdered sugar into a mixing bowl. Whip or beat until stiff peaks form and store in

refrigerator until ready to use.

Mix topping by combining the guava preserves (or paste) and the lime juice. Melt over low heat until smooth, remove from heat and cool completely. If the mixture is too thin add a tablespoon of paste until desired consistency. If the mixture is too thick add water one teaspoon at a time until desired consistency.

Using a stand or hand mixer combine the cream cheese and sugar. Mix until the cream cheese is completely smooth. If there are lumps at this point it is because the cream cheese was too cold. Allow mixture to sit at room temperature for a few minutes and mix until smooth. Add the sour cream, lemon juice, guava preserves and vanilla extract and mix thoroughly. Fold in whipped cream by hand until combined. Do not overmix. Pour cheesecake mixture into the chilled pie crust. The guava topping can be piped on, spread on using a spoon, or poured over entire cheesecake. Allow to chill for at least two hours to properly set. Serve with more whipped cream if desired. ☆

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## The Community House

## Apples



by Chef Jarred Harris

The apple is a member of the rose family and related to almonds, apricots, cherries and plums. They are the third most popular fruit in the world, after bananas and mangoes.

Originally from Asia, apples have been around since 6500 BC and there are over 8,000 varieties grown worldwide. They range in size from a little smaller than a golf ball to as large as a softball.

Apples were the favorite fruit of the ancient Greeks and Romans. They were considered a sign of opulence and traditionally eaten during celebrations. The Romans introduced apples to Europe and sometime later, the first recipe for apple pie was born. This recipe dates to the early 1300s, from England. It includes instructions on creating a container or "coffin," made

of flour, lard and water. This was the first pie crust and was probably inedible. It was merely used as a cooking vessel for the delicious apples baked inside of it.

The first colonists migrated to North America and brought apple seeds with them. The seeds were planted by the Massachusetts Bay Colony in 1629.

Apples contain malic acid, which is a chemical used in teeth whitening products that helps dissolve stains.

There are powerful antioxidants in apples, including quercetin, procyanidins, pectin and vitamin C. They are all found in the peel. Apples can also help improve your memory. They contain high levels of boron, which stimulates electrical activity in the brain and increases mental alertness.

Here is a wonderful recipe for you to try using apples:

**Apple Cake****Ingredients**

3 cups all-purpose flour  
1 tsp. baking soda  
2 tsp. cinnamon  
½ tsp. nutmeg  
½ tsp. salt  
1 ½ cups vegetable oil  
1 ½ cups granulated sugar  
½ cup brown sugar

3 eggs  
2 tsp. vanilla  
3 large apples (peeled, cored and grated)

For the Glaze  
3 tbsp. butter  
3 tbsp. brown sugar

3 tbsp. granulated sugar  
3 tbsp. heavy cream  
¼ tsp. vanilla

**Directions**

Preheat oven to 325 degrees. Grease and flour a 9-inch cake pan and set aside.

In a large bowl, sift together flour, baking soda, cinnamon, nutmeg and salt. Sift two additional times and set aside.

In a mixing bowl, combine oil, both sugars, and mix until well blended.

Add eggs one at a time, mixing thoroughly after each addition. Add vanilla and mix again.

Add the sifted dry ingredients to the batter and mix thoroughly. By hand, fold in the apples and mix until evenly combined.

Spoon the batter into the prepared pan. Bake for 1 hour and 15 minutes or until a toothpick inserted into the center of the cake comes out clean.

Remove cake from the oven and allow to cool in the pan for 20 minutes.

While the cake is cooling, prepare the glaze. In a saucepan, over medium heat, combine all of the glaze ingredients. Bring to a boil and allow the mixture to boil for 1 minute.

Remove the cake from the pan, onto a serving plate. Spoon the glaze over the warm cake.

*Although I have retired early and am no longer the resident chef at The Community House, my heart is still with the members of SCA and the Sanibel community. I will continue*

to share my knowledge and recipes with you. Please be a patron of The Community House and visit the Culinary Education Center.\*

## Youth Basketball League Begins

The Youth Fall Basketball League at the Sanibel Recreation Center is open to boys and girls in kindergarten through eighth grade with an additional Tiny Tots division for 3- and 4-year-olds.

The league gives children the opportunity to learn the fundamentals while experiencing game play. The season starts Friday, August 13 at 5 p.m. and ends on Friday, September 24, with all grades in the gym at the same time for the first night. Games for kindergarten through eighth grade will be on Fridays between 5:30 and 8:30 p.m. Tiny Tots will be held on Saturdays beginning August 14 at 9:30 a.m. Grades four through eight will practice on Thursdays and grades kindergarten through third will practice on Tuesdays at 4:45 p.m.

The fee is \$46 per child for members or \$60 per child for non-members. Volunteer coaches, team parents, scorekeepers and referees are needed. Financial assistance is available based upon individual need. For more information, call 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.\*



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Book Review

The Thursday Murder Club



by Di Saggau  
Coopers Chase is a British retirement village in the lush, rolling countryside of Kent, where once a week four friends living there – Elizabeth, Joyce, Ibrahim and Ron – meet in the Jigsaw

Room to investigate unsolved murders. They call themselves the Thursday Murder Club. Joyce, is a widow and former nurse, pining for another resident, but not as innocent as she seems. We get to know her best, thanks to her many diary entries throughout the book. She keeps us updated on what's going on with the crime-busting quartet. Ibrahim is a former therapist who understands the darker side of human nature. He's fastidious and methodical. Ron is a former socialist firebrand who is still causing trouble. He has a warm heart and a hot head. And Elizabeth, well, no one is quite sure of who she really is, but she's definitely not a woman to underestimate as she was allegedly a spy in a past life.

When Tony Curran, a dangerous crook who's about to be fired from the village, is found bludgeoned to death, the

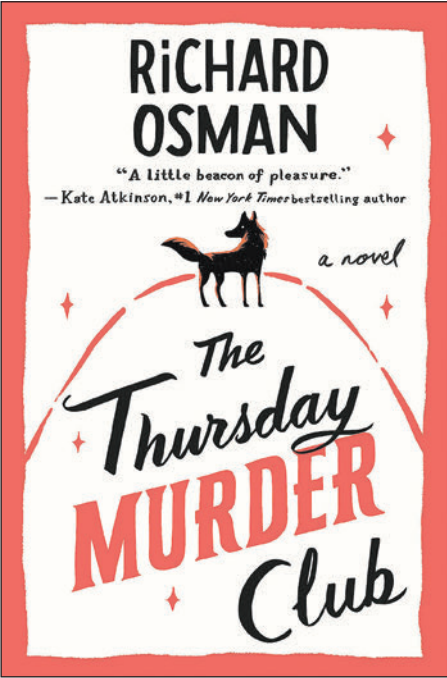


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aged sleuths become immersed in their first live case. This one has a real corpse and somewhere there is a real killer. The foursome charm Police Constable Donna De Freitas, a guest speaker at the village, and together they set out to get to the bottom of things. The members use their diverse skills to solve a series of interconnected crimes.

The book is full of dry wit and charming characters who draw you in and actually leave you wanting the book

not to end. Each member of the club contributes a different skill but all are together in their goal to get to the bottom of a violent crime that baffled the police and enabled someone to get away with murder. They end up with a long list of suspects including a rival Polish builder, a lapsed priest, Ron's boxer son and Curran's erstwhile business partner, the shady and slippery property developer Ian Ventham. When Ventham falls dead, they find themselves tracking two killers and questioning if one might even live within their retirement village.  
Osman allows his main characters to

experience senior moments and reflect on growing old, which adds humor along with poignancy. He blends in many of his own unique touches that make the book fiendishly clever and brilliantly funny. I can't remember when I have laughed out loud so many times reading a novel. As it says on the inside cover, Richard Osman has employed all of his considerable wit and intelligence to give us just the curl-up-and-read novel we need right now. It is pure enjoyment, so prepare yourself for the flat-out pleasure of this book. It's another one that is on my book club list.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Readers,

Most of you will be preparing to start a more typical new school year soon, after many months of differing school attendance configurations. Getting a new school year off to a good start can influence children's attitude, confidence and performance, both socially and academically. The transition from summer to school can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure and, for some, pressures associated with school life. The degree of adjustment depends on the child, but parents can help their children (and the rest of the family) manage the increased pace of life by planning ahead, being realistic and maintaining a positive attitude. Here are a few suggestions, from the National Association of School Psychologists, to help ease the transition during the first weeks and promote a successful school experience.

Clear your own schedule – To the extent possible, postpone business trips, volunteer meetings and extra projects. You want to be free to help your children acclimate to the school routine and overcome the confusion or anxiety that many children experience at the start of a new school year.

Make lunches the night before school – Older children should help or make their own. Give them the option to buy lunch in school if they prefer and finances permit.

Set alarm clocks – Have school-age children set their own alarm clocks to get up in the morning. Praise them for prompt response to morning schedules and bus pickups.

Leave plenty of extra time – Make sure your children have plenty of time to get up, eat breakfast and get to school. For very young children taking the bus, pin to their shirt or backpack an index card with pertinent information, including their teacher's name and bus number, as well as daytime contact information.

Prepare for after school – Review with your children what to do if they get home after school and you are not there. Be very specific, particularly with young children. Put a note card in their backpack with the name(s) and number(s) of a neighbor who is home during the day as well as a number where you can be reached. If you have not already done so, have your children meet neighbor contacts to reaffirm the backup support personally.

Review your child's schoolbooks – Talk about what your children will be learning during the year. Share your enthusiasm for the subjects and your confidence in your children's ability to master the content. Reinforce the natural progression of the learning process that occurs over the school year. Learning skills take time and repetition. Encourage your children to be patient, attentive and positive.

Send a brief note to your child's teacher – Let the teachers know that you are interested in getting regular feedback on how and what your children are doing in school. Be sure to attend back-to-school night and introduce yourself to the teachers. Find out how they like to communicate with parents (e.g., through notes, e-mail, or phone calls). Convey a sincere desire to be a partner with your children's teachers to enhance their learning experience.

Familiarize yourself with the other school professionals – Make it a priority to find out who in the school or district can be a resource for you and your children. Learn their roles and how best to access their help if you need them. This can include the principal and front office personnel; school psychologist; counselor and social worker; the reading specialist; speech therapist and school nurse; and the after-school activities coordinator. These professionals can provide guidance for many questions that you may have or any difficult situations your child may encounter.

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught 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 or at www.schoolconsultationservices.com.✧

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# Rotary Happenings

submitted by Cindy Carter

Every morning, we wake up, brush our teeth, jump in the shower, flush the toilet and have a cup of coffee, and we think nothing of it. It's something we have always done. Now, imagine having to start your day with no running water. You need to walk 30 minutes to the local water station to get your water, and then carry it back another 30 minutes to your house to use.

Many people on the island of Haiti do just that every day. Only 30 percent of people have potable water within a 30-minute walk of their home. In the rural villages, where most Haitians reside, only 24 percent have access to toilets, two million people practice open air defecation, resulting in water borne illnesses like typhoid, cholera, dehydration through chronic diarrhea, which accounts for 50 percent of Haitian deaths.

Don Thomas, our district's chairman for HANWASH (Haiti National Clean Water Sanitation and Hygiene Strategy), shared these sobering statistics with us to show the importance of clean water.

Charitable solutions have failed in the past, creating a need for sustainable



Don Thomas

photo provided

solutions in Haiti. Rotary has become involved with HANWASH, a multi-decade program, estimated at \$2.3 billion dollars, with a goal of providing clean, potable water and satisfactory sanitation to the entire nation of Haiti. HANWASH was established in January 2018, and the initiative is led by Rotary District 7020 and DINEPA (the Haitian government's national water and sanitation agency), along with other non-governmental organization partners, such as Haiti Outreach and Pure Water for the World, who specialize in providing water and sanitation solutions. They dig wells, create city water systems and build micro-flush toilets. HANWASH will serve

as the blueprint to help other countries who also have clean water needs.

HANWASH is helping to create a social and financial buy-in from the citizens of Haiti helping to create a culture of sustainability, transparency and accountability. Citizens now pay for their water that they receive, a very new and different concept to them. There is an 80 percent successful collection rate, exhibiting a massive culture shift on the perspective of paying for clean water. With continued support from the Haitians themselves, the HANWASH project has a very bright future to help all Haitians receive clean water.

Thomas is a charter member of the Rotary Club of Cape Coral Goldcoast, was the charter secretary and is a past president of his club. He is an alumni of the Rotary Foundation, district governor 2010-11. He was assistant governor 2002-03 and 2003-04. He was a delegate to the council on legislation in 2016. He is a charter member of the Rotary Leadership Institute Sunshine Division and was director of training development 2012-16. Thomas was honored to receive the district Service Above Self Award and was twice named Rotarian of the Year by his club. He is past president of Gift of Life of Florida.

*The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 7 a.m. and the meeting begins at 7:30 a.m. Email william.harkey@gmail.com by the Tuesday before the meeting if*

*you would like to attend in person. All are welcome. For more information, visit [www.sanibelrotary.org](http://www.sanibelrotary.org).*

## Captiva Community Panel Report

Alison Hagerup and Turner Beach parks will be both be closed in full and partially during the Captiva Island Beach Renourishment Project. Captiva Erosion Prevention District (CEPD) apologizes for any inconvenience while this important project is completed. The scope of the project includes the restoration of Captiva Island beaches and dune systems from Blind Pass to Redfish Pass. The dates for closure are:

### Turner Beach

Full closure – August 9 to 21

Partial closure – August 21 to September 6

Full closure – September 6 to 13

### Alison Hagerup Beach

Full closure – September 6 to 13

Partial closure – September 14 to October 10

Full closure – October 11 to 25

Dates are estimated and subject to change.

The Captiva Community Panel is accepting nominations for the panel-appointed seat that will be vacant at the end of this year. This is also an opportunity to be considered for future

continued on page 26

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# CHR Appoints New Board Member

Community Housing and Resources (CHR) has appointed Sanibel resident Erika Steiner to its board of directors.

Steiner is a retired CFO, most recently of the Connecticut State Colleges & University system. In this capacity, she worked with the state's governor and legislatures to make higher education affordable for residents.

Steiner has a bachelor's degree in mathematics from University of California, Riverside, and a master of business administration from University of Southern California. She was born in Budapest and speaks fluent Hungarian.

She is a CPA and started her career with Deloitte & Touche, an international accounting firm. Her career spanned several industries, primarily in aerospace



Erika Steiner

and automotive manufacturing. She worked and lived in Germany for two years as a finance executive in the automotive industry.

Steiner has been on the faculty of the University of New Haven and the American Management Association, teaching finance courses at both institutions. She is currently a member of Zonta Club of Sanibel-Captiva and has served as the treasurer of the Zonta Foundation of Southwest Florida for two years.

Steiner's husband, Greg, is a retired aerospace executive and Air Force pilot. They have owned a home on Sanibel since 2014 and became residents in 2019 after retiring. They have five children and one grandchild.

"I am excited and honored to be joining an organization who is committed to providing affordable housing and resources to families and individuals here on Sanibel, said Steiner.

Laura DeBruce, CHR's board vice president and secretary said, "On behalf of the board of directors, we are very fortunate to have Erika join us here at CHR. She brings with her great financial strength and expertise, and her strong leadership and dedication to our community is greatly appreciated."

For more information, visit [www.sanibelchr.org](http://www.sanibelchr.org).

# Generator Denied On Gulf Shores Property

by Wendy McMullen

Permission was denied for a generator to be placed on an elevated platform within 10 feet from the border of the property, because planning staff determined that there are other alternatives open to owners of the home at 1051 Blue Heron Drive in Gulf Shores.

The Sanibel Planning Commission was told that the Sanibel Code requires that any accessory structure must be at least 10 feet from the side of the property and at least five feet from any opening in the building.

Planner Kim Ruiz determined that there were two other areas where the generator could be placed and which would require a lesser variance.

Variances to the city code are only granted when enforcement of the code would cause unnecessary hardship and the variance is the minimum necessary. The planning commission was convinced on Tuesday that this was not the case.

Two of the commissioners were concerned that the owners of the property were not present at the meeting and suggested continuance to give the owners the opportunity to attend. However, they were satisfied when planners told them that the owners received notice of the meeting and were advised at the beginning of the process that they probably could not place the generator at the edge of the property if a less intrusive alternative

was available.

The commission voted unanimously to deny the application without the opportunity to reapply in the same location.

# Blood Donations Needed

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are low. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and other conditions.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on where to donate, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).

From page 8

# Parking

and decreasing the size of the parking spaces south of the building to provide 25 spaces in total. This is two short of the city's required formula which would have needed 27 spaces.

The variance granted by the planning commission was contingent upon approval of the vegetation plan by Dana Dettmar, the city's environmental specialist. The parking lot must be screened from West Gulf Drive and from the pool area. A 20-foot buffer is required between the condominium development and West Gulf Drive.

Breakers West was created in 1974 by developer Myton Ireland, known as the former owner of Sanibel Marina.



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Will Power

Do I Need A Trust?



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

One of the most common questions I encounter in my practice. That question goes something like this, “I’m not a millionaire and my estate is not taxable, so I don’t need a trust, do I?”

Whether you would benefit from a revocable living trust does not really have any relation to whether your estate might be subject to tax. A revocable living trust helps you if you should become disabled, for example. In the event of your disability, or if you are simply unable to manage your investments or pay your bills because of age or infirmity, the successor trustee of your

revocable living trust can step in and do these things for you.

Revocable living trusts are also private documents. In contrast to wills, which are filed with the probate court after your demise, and are available for anyone to review, trusts are not filed with any public court in the event of your disability or in the event of your death.

Further, Florida statutes enhance the privacy of your revocable trust when transferring assets into your trust. Brokerage firms have, in the past, requested a copy of your trust when you transferred your brokerage account into the trust. The new Florida statutes provide that the brokerage firm may rely upon a brief “certificate of trust” and a “trustee’s affidavit” to verify the trust and trustee.

Many of you already know that trusts help avoid the probate process for the assets that have been transferred into the trust. If you own real property in more than one state, trusts help avoid not only the domiciliary proceeding here in Florida, but also avoid the necessity for an ancillary proceeding in the states that you own real property. If you own a home in Indiana, commercial real estate in Ohio, and your primary residence is here in Florida, a revocable living trust could help your family avoid a probate process in three states.

The types of assets that you own also speak to whether a trust may assist you and your family. If most of what you own is in an IRA account, for example, then you have a beneficiary designation and a trust may not be as useful.

The ages and relative condition of your beneficiaries speaks to whether a revocable living trust would benefit you or your family. If you have minor children or grandchildren, for example, it is easy to create provisions inside of a trust that take care of them until they become old enough to handle their inheritance. If you want to

provide asset protection features for your surviving spouse, children or grandchildren, trusts are often easier than wills.

If you are concerned about someone challenging your will, then a trust could benefit your family. Trusts are harder to challenge than wills are because you operate under the trust during your life, as opposed to a will that doesn’t have legal significance until your death. Since you have been operating under the provisions of your trust for your lifetime, the theory goes that you had a greater understanding of the trust contents and that it was likely consistent with your intent.

So, all of the previously mentioned reasons speak to the benefits of a revocable living trust without consideration to whether you are a millionaire or have a taxable estate.

©2021 Craig R. Hersch. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✴

State Attorney To Address Progressive Club

Dave Aronberg, state attorney for the 15th Judicial Circuit, will address members of the Progressive Club of the Islands on Thursday, August 19 at 4 p.m. The meeting will be held via Zoom with time provided for questions.

Aronberg is a former assistant attorney general, White House fellow and Florida senator. His leadership has led to a significant increase in conviction rates for both felonies and misdemeanors, a decrease in the number of juveniles filed into adult court, and improved working relationships with local, state and federal

law enforcement agencies.

Elected to the State Senate in 2002 as its youngest member, Aronberg served until 2010, focusing on criminal justice and consumer protection issues. He also served as chair of the Everglades Restoration Committee. In 2010, Aronberg returned to the Florida attorney general’s office as a special prosecutor for prescription drug trafficking.

To attend the meeting, email [pcisancap@gmail.com](mailto:pcisancap@gmail.com) to receive the Zoom link, or watch live at [www.facebook.com/pcisancap](http://www.facebook.com/pcisancap). Annual dues for the Progressive Club are \$30 for an individual or \$60 per couple. To renew a membership or join, mail a check payable to PCI, P.O. Box 898, Sanibel, FL 33957. For more information, visit <https://pcislands.com>, call 994-3175 or email [pcisancap@gmail.com](mailto:pcisancap@gmail.com).✴

From page 23

Captiva Panel

panel appointments.

The panel’s nominating committee – Tony Lapi, Jim Piggott Jon Rosen and Jeff Brown – will consider nominations from the community in developing a slate to be recommended by the committee to the panel.

The panel seats are for a three-year term commencing at the January meeting. Panel members can serve two three-year terms before being termed out, and must be off the panel at least one year before they can be considered for re-appointment.

Anyone interested in being considered by the panel should submit their name, contact information and a brief resume or description of interest via email to [captivacommunitypanel@gmail.com](mailto:captivacommunitypanel@gmail.com) no later than Tuesday, August 17. The

nominating committee will review the applications prior to the panel’s October 12 meeting, where a recommendation will be made. You can contact the panel by email with any questions. Information about the panel (including its bylaws) is available at [www.captivacommunitypanel.com](http://www.captivacommunitypanel.com).

Upcoming Captiva Events

- Monday, September 13, 1 p.m. – CEPD board meeting, ‘Tween Waters Inn and Zoom
  - Monday, September 13, 5:01 p.m. – CEPD budget hearing #1, “Ding” Darling Room, ‘Tween Waters Inn
  - Tuesday, September 14, 9 a.m. – Captiva Community Panel meeting via Zoom
  - Thursday, September 23, 5:01 p.m. – CEPD budget hearing #2, “Ding” Darling Room, ‘Tween Waters Inn
- For information about the CEPD events, visit [www.mycepd.com](http://www.mycepd.com).✴

## How’s The Market? Ask Ann

**Special Offer for Buyers & Sellers Continues! No Catch! 4.5% Commission.**

Early in my career, a mentor took me aside and suggested that I should always “lay the groundwork” in covering unknown issues faced by both Buyers and Sellers, keeping in mind that the majority of resale homes and condos may have some “age” issues that surface during the due diligence and inspection period. The average age of a residence on Sanibel is 30-40 years old.

Items that come up are age of roof, location and age of circuit breaker, condition of AC system and quality of pipes used in plumbing. In addition, be prepared for Insurance issues, which include flood elevation certificates, surveys and four-point inspections, and cost of current policies. It’s common for Buyers to ask these types of questions. Home Inspections are almost always conducted as a part of the sale. Recently, Inspectors are reporting on repair work needed on wood pilings. All of these issues have solutions. The point I am making is to be transparent. The Buyers and the Sellers should become knowledgeable about these issues. I recommend that these points be addressed early. By doing so, the sales experience will be a good one. Let me know what you think about “laying the groundwork.”

**Ann Gee**  
Broker/Owner

### 11 Closed Sales Going Back One Week 7 Homes, 3 Condos & 1 Lot

1610 Middle Gulf Dr. Spanish Cay F2 - <b>\$325,000</b>	4516 Bowen Bayou Rd. - <b>\$1,005,000</b>
809 Pyrula Ave. Vacant Land - <b>\$420,000</b>	2777 West Gulf Dr. 313 Nutmeg Village - <b>\$1,295,000</b>
1717 Atlanta Plaza Dr. - <b>\$650,000</b>	539 North Yachtsman Dr. - <b>\$1,300,000</b>
1605 Sand Castle Rd. - <b>\$625,000</b>	5809 Sanibel-Captiva Rd. - <b>\$1,351,000</b>
827 East Gulf Dr. 17 Sanibel Arms West - <b>\$651,000</b>	1101 Schooner Pl. - <b>\$1,600,000</b>
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**Have a good week and call me with any comments or questions.**

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Health First

# A Medal-Worthy Lesson From The 2020 Olympics



by Julie Rosenberg, MD

Olympic gold was in sight at the 2020 Tokyo Olympic games when Simone Biles unexpectedly announced her decision to “take a step back.”

The superstar gymnast withdrew from Olympic competitions unexpectedly, indicating that she was suffering from the “twisties.” Gymnasts describe the twisties as a sense of losing control of their body mid-trick and losing sense of where they are in the air. Such a situation can lead to serious and even catastrophic injury.

Prior to her decision to withdraw from both the team final and the women’s individual all-around, Biles had openly spoken about the monumental pressure and mental strain that she endured during Olympic competition. She said of her decision to withdraw: “It’s OK sometimes to even sit out the big competitions to focus on yourself, because it shows how strong of a

competitor and person that you really are, rather than just battle through it.” Biles’ decision to prioritize her mental health and wellbeing above all else is a medal-worthy lesson for us all – we must protect our bodies and minds to achieve peak performance.

A recognition of the need to prioritize mental health and wellbeing is not new among elite athletes. Tennis star Naomi Osaka pulled out of the French Open in May for similar reasons. In an essay for *TIME* magazine, she wrote: “I think we can almost universally agree that each of us is a human being and subject to feelings and emotions.” Swimmer Michael Phelps, the most decorated Olympian in history, has openly suffered from anxiety and depression, and is now a prominent advocate for mental health.

One of my personal sports heroes is football great Tom Brady. Brady has publicly discussed the lifestyle practices that keep him in top shape – emphasizing sleep, mindfulness and a plant-based diet. Brady attributes his massive success both on and off the football field and off to his disciplined lifestyle. In his 2017 book *The TB12 Method* (which refers to Brady’s No. 12 jersey number), Brady focuses on natural, healthier ways of exercising, training and living. He also addresses the need to stay mentally engaged to succeed.

The strong connection between self-care and performance applies not only to top athletes, but to all of us. It’s

OK to take care of yourself; in fact, it’s the only way to win.

What is self-care? Self-care is any action or behavior that helps you to sharpen your mental and physical health. Self-care requires discipline, tough-mindedness, an understanding of personal priorities and respect for oneself.

Five examples of self-care include:  
1) Remind yourself that you matter and therefore it is important to spend time and energy on taking care of yourself.

2) Be patient with yourself and recognize that you are human; you will make mistakes.

3) Say no to situations or people that could trigger you in a negative way or jeopardize your wellbeing. (Simone Biles said “no” to participating in Olympic events when she believed that her mental state could lead to an unsafe performance).

4) Invest in yourself. Follow your dreams and ambitions.

5) Focus forward. Don’t dwell on the past but rather learn from past events and experiences.

In conclusion, one of the most important take-aways from the 2020 Tokyo Olympics was that it is essential to prioritize self-care especially when the stakes are high. Self-care is imperative for good health and wellbeing, but it does not come easy for many of us. Engaging a coach or therapist for support may be helpful as you proceed along your self-care journey.

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).

one-year complimentary membership to the recreation center. Financial assistance is available based upon individual need. For more information, call 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly and annual memberships are available.✪

## ISLAND SUN BUSINESS NEWSMAKERS

### Kingfisher Real Estate



Valerie Tutor



Kate Stone

The top listing agent for July at Kingfisher Real Estate was Valerie Tutor. The top selling agent was Kate Stone.✪

### New Agent At Real Estate Firm

Carter Smith has joined the Pfeifer Realty Group team. Smith is a native of Fort Myers and attended Florida State University, where he obtained an undergraduate degree in international relations with a concentration in intelligence policy. He also played Division I baseball and played in the 2019 Baseball College World Series.✪



Carter Smith

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### After School Program Open

The Sanibel Recreation Center After School fall trimester opened on August 10 and runs through November 5. The program is offered Monday through Friday from 2:10 to 5 p.m. for children in kindergarten through eighth grade. Every child registered in the program will receive a

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Frankly Speaking



by Howard Prager

This week, I'm sharing more on the Olympics and a "post preview" of the Field of Dreams game, based on the movie. My wife, Laurie, and I drove out to Dyersville, Iowa from Chicago to see

what preparations Major League Baseball (MLB) was making for the Thursday night, August 12 game with the Yankees facing the White Sox, the first time MLB game played a game in Iowa. Beyond the original Field of Dreams, we found a huge temporary baseball stadium being constructed, surrounded by 159 acres of Dekalb corn. In fact, the 8,000 fans lucky enough to snag tickets will walk on a specially constructed path through the cornfields from the original Field of Dreams to the new temporary stadium. Once they are settled, the ballplayers will appear through the rows of corn, just like in the movie. Temporary tent clubhouses have been built, the scoreboard is hand-operated, and the bullpen is designed to look like Old Comiskey Park, 12 feet behind the padded wall in center field. Dimensions are 335 feet down both lines, 380 to the alleys and 400 feet to dead center. All the seats face the original Field of Dreams, providing a great view from the movie to reality. A "corn maze" adorned with MLB's iconic silhouetted batter logo is located beyond the right

field fence, part of an immersive fan experience. Iowa-based Musco Lighting is providing a first-of-its-kind LED system that will also spotlight much of the 159 acres of corn that surround the ballpark. The right field fence has a unique design that accentuates the corn through a fine mesh seven-foot-high green chain link fence with offset vertical support posts – meaning the posts will actually be in the corn.

From the MLB press release, a little background on the movie and the site. "Since 1989, the Lansing Family Farm has been a popular tourist attraction, now known as the Field of Dreams Movie Site. In 2011, the field was purchased by Denise Stillman and a group of investors with the goal of preserving the Field of Dreams and creating a special place for baseball fans, tournament players and families. The 1989 movie *Field of Dreams* starred Kevin Costner, Ray Liotta, James Earl Jones and Amy Madigan. It was nominated for an Academy Award for Best Picture in 1990 and was selected to the National Film Registry of the Library of Congress in 2017. The film tells the story of Iowa farmer Ray Kinsella, a husband and father who is tending to his cornfield when he hears a mysterious voice intone, "If you build it, he will come." According to the American Film Institute (AFI), those words are the 39th top film quote of all-time. The White Sox and the Yankees are the two favorite clubs of Ray's father, John Kinsella, at different points of his life."

I hope you saw and liked the movie and this provided background. The site is a remarkable place to visit. One can only imagine how the traffic was on the country roads.

Speaking of crowds, as we know there were none at the Tokyo Olympics. Despite no fans, the consensus was that the games were a success, but 294 players unfortunately were quarantined or sent home due to testing positive for COVID-19, including Florida tennis star Coco Gauff. In all, a total of 11,091 athletes, representing 206 countries, competed in 41 different sports and 339 events. The U.S. won the most medals by far and the most gold medals, besting China by one, 39 to 38, and 88 countries won at least one medal with 63 countries winning their first gold medals ever, both new Olympic records. Bermuda, the Philippines and Qatar won their first gold. Burkina Faso, Turkmenistan and San Marino, with the fifth smallest population in the world, all won medals for the first time. Congrats to them.

What moments stood out for you? Several athletes stood out for me and CBS Sports. Alyson Felix broke Carl Lewis's record of most medals in track and field, winning 11. This was her fifth and final Olympics. Katie Ledecky placed fifth in the 200-meter swim but rebounded just over an hour later, dominating the Olympics' first ever women's 1500-meter final. Suni Lee was the first ever Hmong-American Olympic gymnast, and made history by becoming the ethnic group's first medalist, winning gold in women's gymnastics individual all-around when Simone Biles stepped down due to the "twisties." But Biles came back and won a bronze in the women's balance beam. Men's and women's "dream teams" both brought home the gold, with the men getting revenge on France in the finals, who beat them earlier in the tournament. Xander Schauffele and Nelly Korda gave

the U.S. its first men's and women's gold medals in golf since 1900, although golf was not in the Olympic program from 1906 through 2012 for the men and 1904 through 2012 for the women. Lydia Jacoby, a 17-year-old Alaskan, won the women's 100-meter breaststroke, giving Alaska its first ever Olympic swimming medal. Jacoby also took home silver in the 4x100-meter medley relay, joining alpine skier Tommy Moe as the only Alaskans to win more than one medal in a single Olympics. Speaking of two, speedskater-turned-baseball infielder Eddie Alvarez did what only two other Americans have ever accomplished – win medals at both the Summer and Winter Olympics. At the Sochi Winter Games in 2014, the Cuban-American athlete won silver as part of the U.S. 5,000-meter relay team. He also won a silver medal in Tokyo when the U.S. lost to Japan in the baseball finals.

Reagrnding good news stories coming out of the Olympics, this is from *The Bridge*. "Heartbreaking and inspiring stories of the refugee team this year following the first ever participation of 10 refugee athletes at the Rio Games in 2016. This year's 29 athletes belong to 13 National Olympic Committees and competed in 12 different sports, including six athletes who had competed in Rio." Although they came close to winning a medal in taekwondo, the refugee team has yet to medal at the games. Still, what a great humanitarian thing to do.

*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 to press@islandsunnews.com.\**

Superior Interiors

Make The Teen Room Mature



by Marcia Feeney

As kids grow older, their tastes change. They start to like different music, new styles of clothing. With maturity comes a need to mix things up, specifically in a way that mimics their evolving likes,

wants and needs.

Revamping their bedroom design and decor is the perfect opportunity to embrace this change in life, giving them a place to relax and retreat after a long day. Teens crave a space that not only looks great but makes them feel comfortable too. After all, do you really think your teen is still into the bright walls and decals of their favorite cartoon characters?

Making your teen's room look more mature does not have to involve a construction zone on the top level of your home. With a few simple tips and tricks, you can make the necessary arrangements to get this room to the place it needs to be.

Start with the foundation – The wall color and carpeting may be the biggest features holding the room back

from growing up with your teenager. We recommend going with a neutral tone, such as off-white or light gray, and speaking with color through the accessories and details.

If you want to keep the original carpeting but still feel like the flooring needs a change, add an area rug. You can put a large one under the bed or add a small carpet to the foot of the bed or near another seating arrangement in the room.

Create a study or hobby space – While we recommend that the bedroom space remains free of distraction for adults, teens are still kids at heart who do more in their bedrooms than sleep. Creating a small space that they can retreat to for fun, such as a book nook, vanity, or desk for studying and homework, will be utilized often. Think of it as an upgraded activity table if you will.

Upgrade the bed – Now that you have a teenager in the house, it may be a good time to think about retiring the twin bed. This will automatically add maturity to the room, and you can also invest in a new headboard for more impact.

Let your teen accessorize – While your teenager should be present for the entire project, be sure to let them take the reins when it comes to all the final touches. Wall art, lighting, window treatments and tabletop accessories will bring the room together and give your teen the satisfaction of a complete space, that reflects their tastes and interests.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindceden.com.\**

Sporting Clays Tournament

Grampy's Charities is partnering with Kids & Clays for the 2nd annual Grampy's Sporting Clays Tournament, benefiting Ronald McDonald House Charities of Southwest Florida, at Sarasota Trap, Skeet & Clays on Friday, October 15.

Registration, which includes breakfast, socializing and a safety orientation, begins at 8:30 a.m. The shotgun start is

at 10 a.m., while lunch, bluegrass music and a raffle will follow the tournament's completion with anticipated departure by 1 p.m. All attendees will leave with Grampy's Charities famous Ditty Bag, which includes an event shirt, hat, pocket knife and tumbler.

Sarasota Trap, Skeet & Clays is located at 3445 Rustic Road in Nokomis. Foursomes and individual spots are available at <https://give.classy.org/grampysclays>. For sponsorship opportunities, contact Karen Zelden at 437-0202 or karenz@rmhcswf.org.\*

SPORTS QUIZ

1. In a 2004 ESPN special called *Utilityman: The Quest for Cooperstown*, comedians Randy and Jason Sklar campaigned to get what player into the National Baseball Hall of Fame?
2. Pro Football Hall of Famer Steve Atwater was a hard-hitting safety for the Denver Broncos from 1989-98, but he played his final season in 1999 with what team?
3. In November 2014, what 47-year-old goaltending coach for the Buffalo Sabres suited up as an emergency backup netminder?
4. What Ohio State Buckeyes men's basketball player was named Big Ten Co-Player of the Year in 1999 and won the Frances Pomeroy Naismith Award (for the best shorter-than-average player)?
5. In 2001, the Baltimore Ravens were featured in the first season of what long-running HBO documentary series?
6. In roller derby, the players who score points and wear stars on their helmets are known as what?
7. "You got a beat-up glove, a homemade bat and a brand-new pair of shoes" are lyrics to what 1985 song by John Fogerty?

ANSWERS

1. Jose Oquendo. 2. The New York Jets. 3. Arturs Irbe. 4. Scoonie Penn. 5. Hard Knocks. 6. The jammers. 7. Centerfield.



dearRPharmacist

## Four Natural Antihistamine Foods



by Suzy  
Cohen, RPh

**Dear Readers:**

I was visiting Florida recently and was taken aback by how many people were blowing their nose. It was due to allergies. So many

people in all states suffer with allergies year round, but it may be especially harder in hot, humid conditions where mold spores, weeds, flowers and grasses are abundant.

It's good to know ways to help your body produce it's own antihistamine and how to mitigate all the sneezing, itching and runny nose problems. When histamine and other cytokines get out of control, you can experience anaphylaxis, which is a life-threatening reaction. Histamine is an 'exciting' chemical, as it excites and wakes up the brain. This is why antihistamines often cause sedation. How about eating your way to better health?

The following are some good ideas – four antihistaminic foods to eat – to help you improve your diet:

**Capers** – These delicious treats are something I like to put on top of a bagel with some cream cheese and nova, as well as everything seasoning spice. The capers are rich in quercetin. Quercetin and its cousin compound called DHQ (dihydroquercetin) are one of the strongest natural antihistamines known to man. Quercetin-rich fruits like apples and most vegetables will help attenuate allergic reactivity in almost everyone. Supplements are available too, if the capers aren't enough.

**Pineapples** – Bromelain is the enzyme that fresh pineapple confers, and it's a strong anti-inflammatory enzyme. It can help with a runny nose and itchy, swollen eyes. It will help with mucus production and allergies by blocking chemicals that cause misery. Bromelain is a popular

natural post-surgical supplement because it speeds healing of tissue. Just a note of caution because some people are actually allergic to pineapple. If you are one of those people, then you may also have a cross reactivity to bananas, so be careful.

**Ginger** – I like those Ginger Chews and also crystallized ginger, as well as the type in sushi cuisine. My favorite form of ginger is ginger tea, which is easy to make. Ginger is a natural antihistamine and it's strong. It also helps immediately with a scratchy, raw throat that may occur if you have a lot of phlegm dripping down. Ginger is also thought to help with DNA damage, that's why some oncologists recommend it. Again, this is a very strong herbal remedy when it comes to controlling cytokines of all sorts, including histamine.

**Navel Oranges** – Vitamin C is a powerful water-soluble antioxidant with many well-documented antihistamine effects. It helps prevent your body from making so much histamine while improving collagen production and immune function. Eating a grapefruit, or orange each day could provide enough C for a mild allergy. Navel oranges are higher in C than blood oranges, generally speaking. If you need supplementation, those are widely available at health food stores. If you'd like to read the extended article I wrote, sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com).

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

## Repairing Relationships

**N**arconon reminds addicts and alcoholics that those relationships that you managed to destroy with your addiction can be repaired. Stop talking about it and making broken promises. Seek treatment and start making a change to mend those relationships.

For more information on repairing relationships, visit [www.narconon-suncoast.org/blog/repairing-relationships-damaged-by-addiction.html](http://www.narconon-suncoast.org/blog/repairing-relationships-damaged-by-addiction.html). Call 1-877-841-5509 for a no cost screening or referral.✱

## Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** My mother has dementia, and my father can no longer take care of her himself. What do you recommend as the next step to help them?

**A:** When the care of a loved one with dementia gets to this level, your father needs all the support he can have. Not only is he losing his loved one, some physical changes are in order for the next steps as, most likely, they cannot remain in their home unless they hire home health services. There are the options of home health care and placing your parents in a home for memory care. You might want to start exploring facilities and get information on level of care, cost and if your parents can still live together in the same dwelling.

While it is not an easy time for the family, your priority is that they get the best care and that your mother gets the best treatment for her dementia as possible. Check for the conditions of the facility. Is it new, clean, do there appear to be adequately staff? As our parents age and live longer, there are more and more facilities accommodating seniors, and you should have a good feeling about where

your parents are placed.

If you are uncertain, you may want to contact your family attorney, family physician and check ratings of these facilities before you decide on the facility that would best suit them. If you happen to know any family members whose loved ones are in a facility, check with them to find out their overall feelings about the facility and care. Are there in-house physicians and nurse practitioners who make rounds or are they expected to be transported to outside physicians? What all is included in the cost? What is extra?

Regarding home health, if your parents remain in their home, health care workers would have to cook, clean and, depending on your mother's overall health, assist with her immediate care.

The bottom line, you need to feel that your parents will receive the kind, compassionate care they deserve while receiving great medical care. And you need peace of mind with your decision on placement. Many of these facilities have a wait list, so it is a good idea to start interviewing for good placement sooner than later. Take a notebook and have a list of questions to ask and make sure that you are comfortable before you place them. You can be their best advocate at this challenging time. You will be glad you did.

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

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Doctor and Dietician

# Summer Zoodle Bowls



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

When we lived in the north, the summer represented a time when you could get fresh produce at farmer's markets and farm stands. We are blessed to be able to have access to farm-fresh produce year-round here in Southwest Florida. With the Florida summer heat comes a decreased desire to heat up the kitchen, thus we love making salad for dinner.

Eating summer salads is a great way to get your veggies and fruits in. As you know, adding fresh produce to your daily meals provides many health benefits. Vegetables are low in calories, high in fiber, and contain many of the vitamins and minerals the body needs for optimal health and well-being. Eating five to seven

cups of vegetables and fruits each day will transform your health and maybe even your life. Remember, consume more vegetables than fruit... and ketchup does not count.

The health benefits of eating more veggies are well documented, such as regular bowels, healthier skin, better weight, improved gut health, improved energy and mood, enhanced immune function, more rapid recovery and reduced risk for development of various chronic diseases.

We are going to share one of our favorite recipes for Zoodle bowls. Now, feel free to use your imagination and make a bowl with your favorites, but here is one of ours.

**Zoodle, Shrimp and Veggie Bowl:**  
What you need – For the salad: 2 zucchinis spiralized; 1 to 2 tbsp. olive oil; 2 garlic cloves; 8 or so mini peppers; 2 ears of sweet corn; ½ pint cherry tomatoes, halved; ½ cup small fresh mozzarella balls; 2 tbsp. fresh chopped basil; 2 tbsp. fresh chopped oregano (and/or cilantro); salt and pepper. Shrimp: 1 pound raw peeled/deveined shrimp; ½ tsp. salt; ½ tsp. pepper; ½ tsp. smoked paprika; ¼ tap cumin; 4 tbsp. butter; 2 tbsp. garlic cloves, minced. Serves four.

What to do – Spiralize zucchini and place on a towel and cover with another towel. Let sit for at least 15 minutes to release moisture. Press to soak up moisture. Grill corn and mini peppers or place in the broiler on a baking sheet. Remove corn from cob and deseed the peppers. (You can also use frozen corn,

but grilled is so darn tasty.) Completely dry the shrimp after cleaning them. Season with salt, pepper, paprika and cumin. Heat skillet and add butter. Add shrimp and cook on both sides. Stir in garlic. Remove from pan. Quickly toss your zoodles with a little olive oil and the garlic in the shrimp pan over medium heat for just a minute or two. Salt and pepper to taste. We like them barely cooked.

Build your bowl – Place zoodles in a bowl, add tomatoes, fresh mozzarella, grilled corn and peppers. Top with shrimp and chopped herbs.

If you like dressing, we recommend “the green stuff” which is a blend of olive oil, fresh herbs, lemon juice/zest, and garlic with a splash of red wine vinegar whirled together in a mini food processor.

Happy last days of summer! Enjoy!

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.✪*

## Beautifulife: You Do You



by Kay Casperson

It just amazes me to see how our society has changed so drastically over the years in terms of how we judge others or form an opinion about someone. When I was growing up, I remember how I accepted everyone. I never disliked someone just because they were different from me or believed in something I did not.

Today, however, I see this as a bizarre and dangerous thing happening in our relationships, communications and connections. I am seeing opinions about individuals because of their various beliefs, whether religion, politics, health choices, raising their children, handling relationships, and everything in between. Someone is right around the corner, ready to tell you if you are doing it right or wrong.

We live in a crazy digital world now where we can see and hear people's opinions, whether we want to or not. Some individuals put it all out there to let the world know exactly how they feel, and I am not OK with that. There are just some things that I think should remain unsaid. Why would you want the world to know everything you're feeling at every moment?

I believe that we are all entitled to our own opinions and our own choices. Everyone has the opportunity to educate themselves enough and do extensive research to make the best decisions for themselves in every aspect of their lives. And, in doing so, there should be no reason to question other people's choices.

Your love life, political beliefs, health

choices and every aspect of your being should be exclusive to you. Don't be influenced by others. It would be best if you always did you, and I will always do me. Anything other than that does not work.

Make your choices, believe what you will and live your life to the fullest. Don't worry about what others think about your decisions, and continue to live your best and most beautiful life.

My affirmation for you this week is: “I will always stand strong in my beliefs regardless of what others think or feel.”

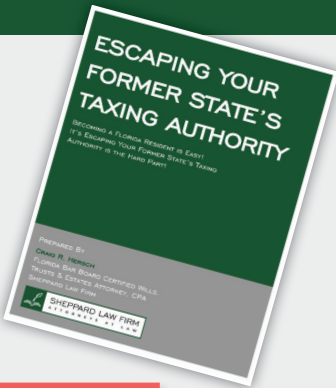
*Kay Casperson is a beauty and lifestyle expert, founder and CEO of Beautifulife by Kay Casperson. She owns resort spas on Sanibel and Captiva islands and manufactures beauty and lifestyle products sold across the country. To stay inspired, visit www.kaycasperson.com or follow on social media @kaycasperson.✪*

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## Camp For Grieving Youth

Hope Healthcare will host its Rainbow Trails Camp at the Alliance for the Arts on Sunday, October 24 from 9:30 a.m. to 3 p.m. Children ages 6 to 17 who have experienced the loss of a loved one are welcome to attend.

The day camp offer creative, stress-reducing activities like crafts, recreation and singing, along with activities to support the grieving process. Led by Hope counselors and music and art therapists, campers will receive healing care while learning to cope with complex emotions after the loss of a loved one.

There is no charge for the camp and Hope will host an orientation via Zoom prior to the start. Lunch will be provided. Deadline for applications is October 18.

To learn more or to register, visit [www.hopehcs.org/rainbowtrailscamp](http://www.hopehcs.org/rainbowtrailscamp).✪

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# Island Sun

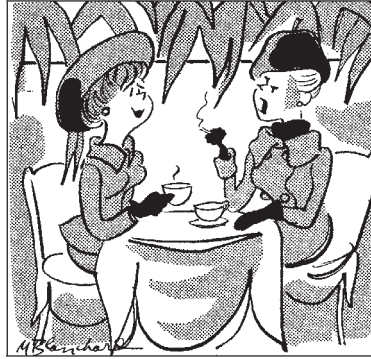
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Art League Of Fort Myers.....	275-3970
BIG ARTS.....	395-0900
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Naples Philharmonic.....	597-1111
Sanibel Music Festival .....	336-7999
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Southwest Florida Symphony .....	418-0996
Symphonic Choral of Southwest Florida .....	560-5695
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Optimist Club.....	472-0836
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Rotary Club .....	472-7257 or 472-0141
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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
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Zonta Club .....	728-1971

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## PUZZLES

Answers on page 38 and 39



"I'd admire his grim determination if it  
weren't to remain \_\_\_\_\_."

### SCRAMBLERS

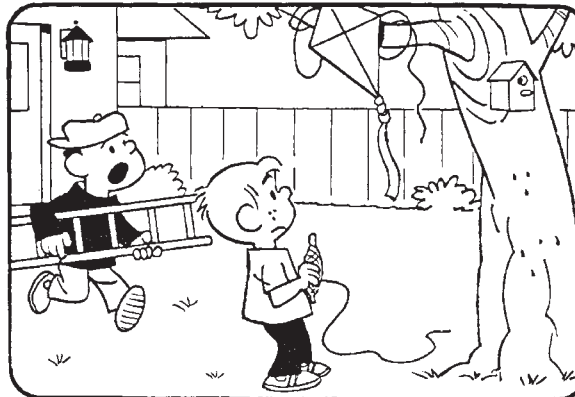
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Curio \_ \_ \_ \_ \_ \_ \_ \_  
 FILTER \_ \_ \_ \_ \_ \_ \_ \_  
 Curve \_ \_ \_ \_  
 RUNT \_ \_ \_ \_  
 Austere \_ \_ \_ \_  
 BORES \_ \_ \_ \_ \_ \_ \_ \_  
 Shiver \_ \_ \_ \_ \_ \_ \_ \_  
 GENTIL \_ \_ \_ \_ \_ \_ \_ \_

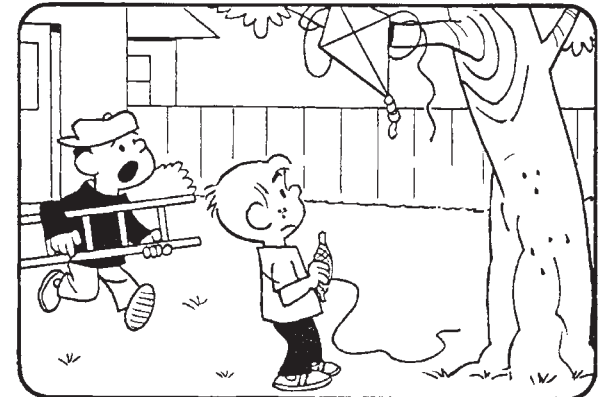
**TODAY'S WORD**

### HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Light fixture is missing. 2. Ladder is shorter. 3. Bird house is missing. 4. Kite tail is shorter. 5. Bush is missing. 6. Body is slimmer.

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

### 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.



PUZZLES

Answers on page 39

Super Crossword

HIDDEN STAIRS

- ACROSS
- 1 Hindu monks

7 Gorilla or gibbon

10 Baby doll call

14 Ignominy

19 Wound antiseptic

20 Nothing

22 Chilled

21 Tabloid VIP

23 Long poems in which animals speak and act like humans

25 Figure skater's jump

26 Drizzles, e.g.

27 Beethoven specialty

28 Much-shared GIF, maybe

29 Murmur continuously

30 Bodega, e.g.

33 Detecting of sweetness, flavor, etc.

36 Spiny-crested lizard

39 Place atop

40 Not busy

41 Installments of TV series that were not preserved

44 Biology and ecology, e.g.

48 It may be loose-leaf

49 Clan carvings

51 "— found it!"

52 Pub. houses hire them

53 One of the Judds

57 Cannes' Palme —

58 Actress Lena

59 Iris' place in the eye

62 Hindu social classes as they relate to government affairs

66 Cherishes

69 Taverns

70 Lord's home

71 1 Peter and 1 Timothy, in the Bible

73 Armory stuff

74 Sister of Luke, in sci-fi

75 Seville cheer

76 Masterful

78 Fan noise

81 In time past

82 Dry gully

85 Road part for cyclists

89 "Huzzah!"

91 Crusty, cheesy brand in the frozen food aisle

95 Salinger's "love and squalor" girl

96 Philosopher with a logical "razor"

97 Surrendered

98 It may result in landfills

104 Get a look at

105 ET and such

106 Dried out

107 Sea demigod

110 Future pupa

111 Pre-'91 world power

112 Enter ... or what each of seven long answers in this puzzle has

116 Prepare to pray, say

117 Go higher

118 Old Olds

119 Conductor of impulses

120 Composer Camille

121 Direct

122 Age-verifying docs.

123 Trees that tremble

DOWN

1 Sis, say

2 Adversity

3 Org. for a periodontist

4 Say wrongly

5 Gung-ho on

6 In view

7 Ekberg of Hollywood

8 Blue Period artist Pablo

9 Overhead rails

10 Highway distance marker

11 Keen insight

12 Rhythm

13 Lumber tool

14 High ethical standards

15 Encourage

16 Court excuse

17 — Park (Edison's lab site)

18 Jed Clampett

24 Singer Benatar

28 Parcel (out)

29 Make obscure

30 Pooh creator

31 Put up — fight

32 Undergoes oxidation

34 TV's Turner

35 Orator of old Rome

37 Neighbor of Colo.

38 GI address

42 Scottish isle

43 Pop music of Jamaica

44 Quits

45 Eyelashes, anatomically

46 Give the boot

47 Awareness

50 Danish port

54 Irish playwright Sean

55 Ale grain

56 Capri, e.g., to a Capriote

58 Filmmaker Preminger

59 Stellar bear

60 Dog healer

61 Ending for journal

63 Three- — sloth

64 NASA moon lander

65 Ending for journal

66 Insurer with a duck mascot

67 San — Bay

68 Stellar hunter

69 Grain storers

72 Redcap, e.g.

73 On the job

77 "POV" airtel

78 Fogs

79 Open, as some jackets

80 John Irving's "A Prayer for Owen —"

82 Armories

83 Tavern exit inclines

84 Came to pass

86 Tavern cask

87 Green gp.

88 Adds pep to

90 Take revenge

92 "Behold!" to Brutus

93 Brutus' lang.

94 Sent forth

96 Ukraine city

98 Goes on foot

99 "George & —" (1990s talk show)

100 "Yes, —!" ("For sure!")

101 Actor Davis in many Spike Lee films

102 Creme-filled cookies

103 Puppy bite

108 Funny Fey

109 Wallet singles

111 Internet ID

112 — Lankan

113 Fury

114 Comedian Rickles

115 USNA grad.

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																				
116																				
120																				

King Crossword

- ACROSS
- 1 Glitz partner

5 Body powder

9 Use a straw

12 Andean land

13 Jannings of old films

14 Travail

15 Former Cubs slugger

17 Tolkien creature

18 Porgy's love

19 Witherspoon of "Wild"

21 Inventor Nikola

24 Pugilist's weapon

25 Yard tool

26 "CSI" procedures

30 Egg (Pref.)

31 Topped with froth

32 Picnic dessert

33 Like ghost towns

35 Dog's treasure

36 Cambodia neighbor

37 "What the Butler Saw" playwright

38 Ink stains

40 Onetime "This Old House" host Bob

42 Back talk

43 "Georgia on My Mind," for

one

48 Mine material

49 Sunrise direction

50 Counterfeit

51 Petrol

52 Obligation

53 Meditative practice

7 Fleur-de- —

8 Gem's feature

9 Ideal place on a tennis racket

10 Charged bits

11 Seeger or Sampras

16 Verily

20 Jargon suffix

21 Walked (on) hang

22 Roof over- —

23 Aspen attractions

24 Notoriety

26 "— you're told!"

27 Rebel Turner

28 Ex-Yankee

Martinez

29 Beheld

31 Heeded dental advice

34 Feedbag morsel

35 Obstreperous

37 Flamenco cheer

38 Online journal

39 Turkish money

40 Expansive

41 — -bitty

44 Greek cross

45 Discoverer's call

46 Pester

47 "Today" rival, briefly

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		

DOWN

- 1 Family docs
- 2 Grazing land
- 3 Branch
- 4 Speak unclearly
- 5 Dick Tracy's love
- 6 Hebrew prophet

MAGIC MAZE ● — GATE

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: **Must Pay Before Passing Through**

- AND
- Brandenburg
- City
- Departure
- Flood
- Garden
- Golden
- Head
- Iron
- Moon
- Sluice
- Starting
- Tail
- Water
- Wooden



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 FRIDAY Cloudy High: 92 Low: 81	 SATURDAY Chance Showers High: 90 Low: 82	 SUNDAY Cloudy High: 89 Low: 79	 MONDAY Mostly Cloudy High: 90 Low: 81	 TUESDAY Cloudy High: 88 Low: 77	 WEDNESDAY Partly Cloudy High: 87 Low: 78	 THURSDAY Mostly Cloudy High: 88 Low: 77
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	5:03 am	10:57 am	5:29 pm	11:14 pm
Sat	5:36 am	12:12 pm	6:50 pm	11:43 pm
Sun	6:15 am	1:38 pm	8:48 pm	None
Mon	7:04 am	12:09 am	None	3:09 pm
Tue	8:06 am	4:31 pm	None	None
Wed	9:19 am	5:40 pm	None	None
Thu	10:33 am	6:36 pm	None	None

Point Ybel Tides				
Day	High	Low	High	Low
Fri	4:08 am	10:59 am	4:34 pm	11:16 pm
Sat	4:41 am	12:14 pm	5:55 pm	11:45 pm
Sun	5:20 am	1:40 pm	7:53 pm	None
Mon	6:09 am	12:11 am	None	3:11 pm
Tue	7:11 am	4:33 pm	None	None
Wed	8:24 am	5:42 pm	None	None
Thu	9:38 am	6:38 pm	None	None

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	5:28 am	11:32 am	5:58 pm	11:46 pm
Sat	5:46 am	12:19 pm	6:49 pm	None
Sun	6:04 am	12:13 am	7:43 pm	1:17 pm
Mon	6:29 am	12:38 am	8:40 pm	2:23 pm
Tue	7:06 am	12:58 am	9:48 pm	3:30 pm
Wed	7:54 am	1:09 am	None	4:43 pm
Thu	9:00 am	6:03 pm	None	None

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	7:13 am	1:59 am	7:39 pm	2:13 pm
Sat	7:46 am	2:30 am	9:00 pm	3:28 pm
Sun	8:25 am	2:59 am	10:58 pm	4:54 pm
Mon	9:14 am	3:25 am	None	6:25 pm
Tue	10:16 am	7:47 pm	None	None
Wed	11:29 am	8:56 pm	None	None
Thu	12:43 pm	9:52 pm	None	None

My Stars ★★★★★  
FOR WEEK OF AUGUST 9, 2021

**Aries** (March 21 to April 19) You still might have to deal with some lingering confusion that marked a recent workplace situation. But for the most part, you should now be well on your way to your next project.

**Taurus** (April 20 to May 20) A new commitment might demand more time than you'd expected to have to give it. But rely on that special Bovine gift for patience, and stick with it. You'll be glad you did.

**Gemini** (May 21 to June 20) You're earning the admiration of a lot of people who like the way you handle yourself when your views are on the line. Even one or two of your detractors are being won over.

**Cancer** (June 21 to July 22) Taking your responsibilities seriously is what you do. But ease up on the pressure gauge and make time for much needed R & R. Start by making this weekend a "just for fun" time zone.

**Leo** (July 23 to August 22) Some recently uncovered information might make a change of plans inevitable. If so, deal with it as quickly as possible, and then

find out what went wrong and why. What you learn might surprise you.

**Virgo** (August 23 to September 22) Aspects favor moving carefully and deliberately when making any significant changes. Could be there are more facts you need to know, which you might overlook if you rush things.

**Libra** (September 23 to October 22) A problem neighbor might be looking to goad you into an action you don't want to take. Ask someone you both respect if he or she would act as an impartial arbitrator for both of you.

**Scorpio** (October 23 to November 21) A recent workplace accomplishment

hasn't been overlooked by those who watch these things. Meanwhile, start making travel plans for that much-too-long-deferred trip with someone special.

**Sagittarius** (November 22 to December 21) Those money matters continue to move in your favor. Now would be a good time to start putting some money back into the house, both for esthetic as well as economic reasons.

**Capricorn** (December 22 to January 19) A changing workplace environment can create job pressures. But, once again, follow the example of your birth sign and take things a step at a time, like the

continued on page 38

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From page 36

# My Stars

sure-footed Goat you are.

**Aquarius** (January 20 to February 18)  
Cheer up. You could soon have the funds you need for your worthy project. Your generous gifts of time and effort are well known, and someone might decide it's time to join with you.

**Pisces** (February 19 to March 20)  
Your inner scam-catcher is right on target, and you're absolutely right to reject that too-good-to-be-true offer. Meanwhile, something positive should be making its way to you.

**Born This Week:** You are generous and also sympathetic to people who find they need the help of other people.

## NOW HERE'S A TIP

- Coffee filters make wonderful glass cleaners. They leave behind no streaks and no residual lint.
- Berries are in season, and there's no greater time to stock up. But don't feel like you have to make jam out of all the berries. Freeze in a single layer and transfer to a freezer-safe bag or container. Later they can be popped into muffins and quick breads, as well as eaten straight out of the bag for a delicious treat.
- "Do you love burgers? Here's a great thing our family does that saves money and is very handy: When ground beef goes on sale, we buy a large quantity and premake many burger patties, seasoned and shaped just as we like them. Then we separate

them with butcher's paper cut into squares. We put them in stacks, and then into empty bread bags to store in the freezer. When we are getting ready to cook out, the patties don't have to be all the way defrosted, just put on the grill and cooked up!" – AJ in Florida

- Okra, which is at its peak July through September, makes an excellent stew thickener. But it's quite yummy on the grill as well, brushed with olive oil and lightly seasoned. Just be sure you don't wash it until you are ready to use it. There's a natural protective coating on it, and if you wash it off, it'll get slimy.
- Old socks can be fitted around the head of an old mop or Swiffer base. Spray with cleaner and clean away. When you are done, remove the sock and launder.

## STRANGE BUT TRUE

- The oleander is the official flower of the city of Hiroshima. It was the first to bloom again after the explosion of the atomic bomb in 1945.
- The Greek name for the mosquito is *anopheles*, which means "good for nothing."
- The earliest written record that mentions the practice of medicine is Hammurabi's Code from the 18th century BC in Mesopotamia, which includes information for physicians about payments for successful treatments and punishments for medical failures. For example, payment was better for curing the wealthy, but failing to do so could result in the loss of a hand.
- Live next door to a lottery winner?

You might want to use caution while shopping: A 2016 study by the Federal Reserve Bank of Philadelphia found that you're more likely to go bankrupt thanks to trying to keep up with your neighbor's new spending habits.

- Charlton Heston was cast as Moses in the 1956 blockbuster movie *The Ten Commandments* partly because he resembled Michelangelo's famous statue of Moses.
- Calvin Graham was just 12 years old when he enlisted in the U.S. Navy following the attack on Pearl Harbor. He won a Bronze Star and a Purple Heart before the Navy found out how old he was (courtesy of his mother) and discharged him two days before his 13th birthday.
- Rocky Road ice cream was originally marketed during the Great Depression as a metaphor for coping with the economic crash.
- The term coccyx (more familiarly known as your tailbone) is derived from the Greek word *kokkux*, or *cuckoo*, because its curved shape resembles the bird's beak.
- Benjamin Franklin introduced tofu to America in 1770.

## THOUGHT FOR THE DAY

"The life given us, by nature, is short, but the memory of a well-spent life is eternal."  
– Marcus Tullius Cicero

## TRIVIA TEST

1. **Geography:** In which European city would you find the Spanish Steps?
2. **Television:** What were the names of

the parents on the animated TV show *The Jetsons*?

3. **Literature:** Which 20th-century novel begins with the line, "This is my favorite book in all the world, though I have never read it"?
4. **U.S. States:** What is the state capital of Nevada?
5. **History:** What was the pen name used to publish *The Federalist Papers* in 1787-88?
6. **Advertising:** What product is advertised in commercials that feature The Most Interesting Man in the World?
7. **Movies:** Which movie features the often-quoted line, "Round up the usual suspects"?
8. **Food & Drink:** What kind of fish produces caviar?
9. **Entertainers:** What were the names of the sock puppets used by ventriloquist Shari Lewis?
10. **Science:** How many elements are on the Periodic Table?

## TRIVIA ANSWERS

1. Rome, Italy 2. George and Jane Jetson 3. *The Princess Bride* 4. Carson City 5. Publius 6. Dos Equis beer 7. *Casablanca* 8. Shogun 9. Lamb Chop, Charlie Horse, Hush Puppy and Wing Ding 10. 118

## SCRAMBLERS ANSWER

1. Trifle 2. Turn; 3. Sober; 4. Tingle  
*Today's Word*  
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8/13 ★ 8/13

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www.governmentjobs.com/careers/sanibel  
8/6 ★ 8/27

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8/13 ★ 8/20

**YOUTH LIBRARY CLERK (PT)**  
Sanibel Public Library seeks a library clerk focusing on youth services. This part-time (20-24 hours per week) position provides Library use guidance, programming, and special events support. Previous public service experience, working with youth, basic computer skills preferred. Weekend and some evening work required. Job description is available online at [www.sanilib.org/employment](http://www.sanilib.org/employment).  
Deadline August 31, 2021  
8/13 ★ 8/20

**PART-TIME TECH**  
Tech position for church on Sanibel needed on or before 9/1/21, a part-time person qualified for video, sound, streaming, and formatting overhead screen projections. Experience preferred. Additional training provided. Up to 20 hours per week including Sunday mornings. Must be flexible. Compensation commensurate with experience. Email [crhp194@gmail.com](mailto:crhp194@gmail.com) to submit resume or request additional information.  
7/30 ★ 8/20

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8/13 ★ 8/13

**LIBRARY CLERK TECHNOLOGY (PT)**  
Sanibel Public Library seeks a library clerk with a working knowledge of personal computers. This part-time (20-24 hours per week) position assists patrons and staff on use of public computer equipment, software, Library Catalog, printing, and the Internet. Performs other duties as required. Evening and Saturday hours required. Job description is available online at [www.sanilib.org/employment](http://www.sanilib.org/employment).  
Deadline August 31, 2021.  
8/13 ★ 8/20

## GARAGE SALE

**MOVING SALE**  
Antique Singer Sewing Machine, 4 piece Lanai set, Biria Bike, Beach items, Tools, Floral supplies, Jewelry, Kitchen items.  
1536 Bunting Lane, Sanibel, 9 a.m. to 4 p.m. August 20-22.  
8/13 ★ 8/20



PETS OF THE WEEK



Tucker ID# A869107  
photos provided



Pepsi ID# A876846

Lee County Domestic Animal Services

Tucker And Pepsi

Tucker is a 3-year-old male pit bull mix. He is a big boy who loves to play with toys, splash around in the doggie pool and seems to like other pups. His adoption fee is \$20.

Pepsi is a 2-year-old female domestic shorthair. She is trained and gets along well with other felines. Her adoption fee is waived.

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

HORTOONS



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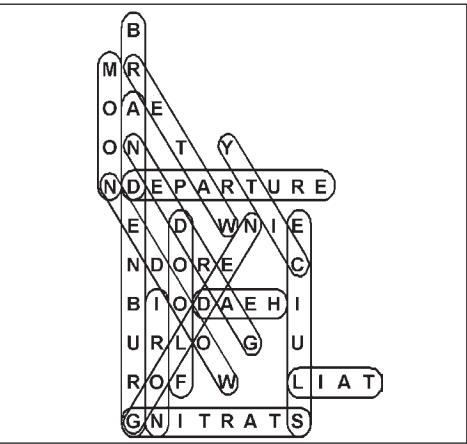
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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Imperial Shores	Bonita Springs	2017	4,501	\$3,999,000	\$3,900,000	13
Esplanade Lake Club	Fort Myers	2022	3,299	\$2,306,600	\$2,306,600	0
Harborage	Fort Myers	2016	3,429	\$1,900,000	\$1,900,000	0
Cape Coral	Cape Coral	2006	3,635	\$1,747,000	\$1,649,900	43
Cape Coral	Cape Coral	2017	2,701	\$1,850,000	\$1,625,000	24
Cape Coral	Cape Coral	2004	2,778	\$1,599,900	\$1,600,000	7
Bonita Beach	Bonita Springs	1969	1,700	\$1,500,000	\$1,500,000	0
Palm Acres	Fort Myers	1992	3,071	\$1,599,999	\$1,500,000	4
Jose's Hideaway	Upper Captiva	2009	2,172	\$1,395,000	\$1,395,000	116
Metes And Bounds	Sanibel	1974	1,938	\$1,350,000	\$1,351,000	5





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