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VOL. 29, NO. 11

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 10, 2021

SEPTEMBER SUNRISE/SUNSET: 10 7:12 • 7:39 11 7:12 • 7:38 12 7:13 • 7:37 13 7:13 • 7:36 14 7:14 • 7:35 15 7:14 • 7:33 16 7:14 • 7:32

New Jersey Artist Creates Mosaics On The Beach

Andy Parsons from Pennington, New Jersey was busy creating shell mosaics on the beach at Sandpiper Beach Condominiums recently.

Parsons is an artist who designs and builds theater sets and creates outdoor furniture, screens and gardens from recycled pallets. He first came to Sanibel in 2008 with his wife, Melanie, and their two children, Gabriel and Sophia. This was Andy's fifth trip to the island.

Melanie Parsons said, "Andy is always inspired to create shell mosaics on the beach for all to enjoy. Each shell mosaic takes approximately two days to complete as there is a good amount of shell collecting involved. This type of project is very labor intensive and could not be accomplished without the additional creative input from the family."

"This year's trip was especially poignant as Andy learned upon arrival to Sanibel that his workshop in New Jersey



Dragon mosaic by Andy Parsons completed on August 24 photos provided

had been completely destroyed by flooding caused by Hurricane Henri. The sting of this loss was lessened by being on Sanibel and creating shell art, as it is one of



Andy Parsons' shell mosaic of a royal tern

Andy's favorite things to do."

The family claims to be "out of their shells" because this was the first time since January 2020 they had been on a plane and taken a vacation since the start

of the pandemic. Next year, they hope to organize a community shell art project where residents and visitors can take part in the creation of a huge mosaic on the beach. Stay tuned.✧



Dink for Pink is a friendly pickleball tournament for a local cause

photo provided

Pickleball Fundraiser Open To All Players

by Allison Havill Todd

Sundial Beach Resort & Spa will host the 1st annual Dink for Pink pickleball tournament on Friday and Saturday, October 8 and 9 as part of the Let's Pink Out Sanibel & Captiva

Islands benefit. Funds raised will provide support for those affected by cancer in our community.

The tournament will include matches for ladies, men and mixed doubles over the course of the two days followed by a Pink-A-Ball Gala at the resort on the evening of October 9. Players of all skill levels are encouraged to register for what promises to be a fun and friendly event with a purpose.

Let's Pink Out Sanibel & Captiva

continued on page 16

Coastal Cleanup Next Saturday



Volunteers are needed to help clean up island beaches

photo provided

Sanibel-Captiva Conservation Foundation is coordinating efforts for this year's International Coastal Cleanup (ICC), which will be held at various locations across Lee County on Saturday, September 18.

Volunteers are needed from 9 a.m. to noon for the beaches of Sanibel and Captiva. To register, visit <https://www.signupgenius.com/go/10c0d4dabae2ea7fac43-sanibelcaptiva1>.

com/go/10c0d4dabae2ea7fac43-sanibelcaptiva1.

As part of the Ocean Conservancy's annual International Coastal Cleanup, volunteers work along Sanibel and Captiva beaches, picking up any garbage and debris they find along their designated section of beach. The islands' beaches are divided into 25 sections for this cleanup.

continued on page 32

Highlights From CHR Give Back Wednesday At Bailey’s General Store



Calli Johnson photos provided



Richard Johnson



Baillie Johnson



Kate Sergeant and Melissa Rice



Tyler Haas



Josh Stewart



Jerry and Linda Davenport



Steve Maxwell



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Editions of *Gift From The Sea*

Captiva Island Historical Society

Looking Back: *Gift From The Sea*

This week's image shows various editions of the book *Gift From The Sea* by Anne Morrow Lindbergh. A 60th anniversary celebration of the publication of *Gift From The Sea* was held on Captiva in 2015. The speaker was Eiluned Morgan, niece of Anne



photo courtesy Captiva Island Historical Society Archives

Morrow Lindbergh.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane, and open during library hours. Call 533-4890 for information.

Visit the website at www.captivaaislandhistoricalsociety.org/archives/research to view many more images to bring you

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Shabbat Worship Services at 7 p.m. on the first Friday of the month. 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. 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, 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 7:30 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 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. 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, 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, 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, 2050 Periwinkle Way, 472-4901.

Email changes to press@islandssunnews.com or call 395-1213.*

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Community House Events

The Community House has hired John Wolff as the new executive chef for the Culinary Education Center of Sanibel.

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. A shell crafting class is offered at 10 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 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.

There are fresh batches of mango chutneys, salsas, barbeque sauces, hot jellies and jams available for purchase. All proceeds from the kitchen go toward scholarships for the Culinary Education Center.

Sanibel-Captiva Art League members Anita Force Marshall and Bob Marshall are the featured artists of the month.



The Community House photo by Logan Hart

Their original works are on display throughout September.

The Community House is looking for sponsorships for Line Dancing classes taught by Marie DiRosa in the amount of \$200 per month and for Aerobics with Mahnaz Bassiri in the amount of \$1,500 (or a portion thereof for the weekly classes offered). Contact Allison at office@communityhouse.net if you are interested in sponsoring either of these programs.

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 following the current CDC guidelines.

*The Community House is located at 2173 Periwinkle Way. Visit www.sanibelcommunityhouse.net or call 472-2155.**

Bobtail Squid Hatchlings Soon Ready For Display

In early July, 10 hummingbird bobtail squid, *Euprymna berryi*, arrived at the Bailey-Matthews National Shell Museum from Woods Hole Marine Biological Laboratory, along with a clutch of viable eggs. While the adult bobtail squid went directly on exhibit, the clutch of eggs stayed in quarantine and, 16 days after their arrival, they began to hatch.

Now, eight weeks later, the young squid are about the size of a pea. These tiny, compact cephalopods have eight arms, two tentacles and large eyes. Their background color appears translucent, with several tiny chromatophores distributed over the entire body.

"The hummingbird bobtail squid are actively hunting on their own and displaying normal coloration and behaviors," said Carly Hulse, senior aquarist at the museum. "We are very pleased with their progress, but they will have to get a little bigger before we can display them on exhibit."

In recent years, bobtail squid have become important subjects in biological research. Guests can see the adult bobtail squid on display in the living gallery.

The Bailey-Matthews National Shell Museum is a natural history museum, and the only museum in the United States devoted solely to shells and mollusks. Permanent exhibitions on view include



Closeup of one of the hummingbird bobtail squid hatchlings, which is currently about the size of a pea photo provided

the Great Hall of Shells, which displays highlights of the museum's collection of some 500,000 shells, as well as the Beyond Shells living gallery of aquariums with over 50 species of marine life.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open daily from 10 a.m. to 5 p.m. Admission cost is \$23.95 for ages 18 and over, \$14.95 for ages 12 to 17, \$8.95 for ages 5 to 11 and no charge for children under age 5. Active-duty military and their families are admitted at no charge and discounts are available for seniors through AAA and AARP. For more information, visit www.shellmuseum.org or call 395-2233.*

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Local Hospitality Award Winners And Nominees

On August 26, the Lee County Visitor & Convention Bureau awarded two employees from Sanibel and Captiva islands and honored 111 other island nominees at its 21st annual Elaine McLaughlin Outstanding Hospitality Service Awards (E Awards), reported the Sanibel & Captiva Islands Chamber of Commerce. The awards honor tourism professionals for their extraordinary customer service and dedication – hospitality industry employees who go above and beyond to take care of visitors.

Residents, visitors and colleagues wrote 627 nominations for 467 individual nominees throughout Lee County this year. Awards were presented in seven categories: Other Services/Businesses, Restaurants, Transportation, Good Samaritan, Attractions, Accommodations, and Best Tourism Boss.

Among the nine awards presented, Christopher Comer with Tree West of Sanibel Island won the Other Services/Businesses category award for assisting a cyclist in a biking accident by transporting him to a medical center.

The Honor of Distinction award goes to a nominee who overall exemplifies the best in customer service and hospitality professionals who love their jobs, love the destination but, more importantly, love people. Marina Bloetz, a six-time nominee

with South Seas Island Resort on Captiva Island, won this year's award for personally caring for a family dealing with a child involved in a near-drowning accident. She assisted the family at the hospital until they were able to take the child home.

Staff from the Sanibel & Captiva Islands Chamber of Commerce attended the awards breakfast at the Caloosa Sound Convention Center & Amphitheater in downtown Fort Myers to support island nominees, including two of its own visitor center staff: Anne Liese and Nancy McDole received nominations in the Other Services/Businesses category.

Other island businesses with nominees include: Bailey's General Store, 26 nominees; Beachview Cottages, two nominees; Billy's Rentals & Bike Shop, four nominees; Captain Bubby's Island Tours, four nominees; Casa Ybel Resort, eight nominees; Doc Ford's Rum Bar & Grill, one nominee; Inns of Sanibel, three nominees; The Island Cow, one nominee; Island Inn, one nominee; JN "Ding" Darling National Wildlife Refuge and "Ding" Darling Wildlife Society, five nominees; Matzaluna Restaurant, one nominee; Royal Shell Vacations, three nominees; Sandalfoot Beachfront Condominium, one nominee; Sanibel Moorings Condominium Resort, 12 nominees; Sanibel's Song of the Sea, three nominees; Shell Island Beach Club, one nominee; Sundial Beach Resort & Spa, 18 nominees; Tarpon Bay Explorers, 11 nominees; and Tween Waters Island Resort & Spa, four nominees.

"Congratulations to island winners and nominees alike for this great honor demonstrating the level of commitment,

care and service that prevails throughout the Sanibel and Captiva business communities," said John Lai, chamber president and chief executive officer. "I can't begin to express the pride my staff and I felt sitting among such a great representation of employees who come to work on the islands each day with a sense of duty toward the hospitality and tourism industry that is so important to our economy and wellbeing."✪

Guide To Sanibel From A First-Year Rookie

submitted by Laura Lawler

New to Sanibel? Your package includes a multitude of red welts on your legs within a few days. The welcoming committee aims to leave you with a lasting impression.

Look like a local by participating in the courteous driver program. Let vehicles pull into traffic on Periwinkle, it's the unwritten Sanibel code.

Sanibel is shaped like... a shrimp! The tiny lizards that are part of the landscape are called anoles but nobody really knows how to pronounce anoles.

When someone says they are Off Island, this does not mean they are on vacation, it just means they are at Target or Costco.

If you are into monster trucks, look no further than the Causeway Islands each weekend.

Treat February like a zombie

apocalypse... be sure to stockpile goods. Do not, I repeat, do not drive on Periwinkle Way until March 1st. Just don't leave the house. Netflix.

Your phone displays a storm icon each day in the forecast snapshot during the summer. This is a ruse to deter visitors and give Islanders a break.

Speaking of summer weather, each day is like a moody teenager. I'm happy. I'm mad. I'm happy again, no wait, I'm mad. I'm going to bed. Rinse, repeat.

You'll learn that liquor is sold separate from wine/beer. Nobody knows why, I've asked.

Floridians are really proud of their license plates. There are about 50 different kinds.

Do not fall for any product claiming to be rust-proof and mildew-resistant. This claim is null and void in Florida.


Oh, and just go ahead and consume the entire contents of crackers or cereal in one sitting as it'll be stale no matter how well you re-sealed the box. Do not feel guilty about this. Blame Florida.

If you hang around long enough, you'll learn about The Florida Man. It will enrich your life.

Lastly, if you find yourself strangely obsessed with mailboxes or the Merlin Bird app, you are no longer a Sanibel rookie.

Laura Lawler is from Arizona and refers to herself as a noseum magnet. She likes going to the Sanibel Post Office and waving at the Sanibel police and traffic control officers. She enjoys giving unsolicited decorating advice to unsuspecting homeowners, and looks forward to weekly factoids and Hortoons in the Island Sun.✪

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from residents, as well as regional and national artists. Shell Point residents enjoy designated studios for music, painting, pottery, photography, glass, quilting, crafts, and the performing and literary arts, along with an on-site arts library and lounge. A café, gift shop and outdoor sculpture garden complete this exciting hub of creative and cultural activity at Shell Point®.

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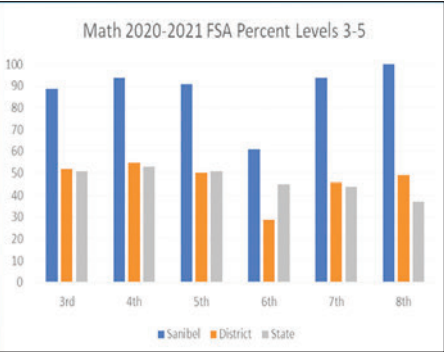
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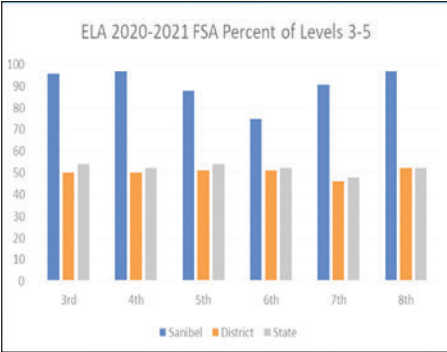


Sanibel School FSA Scores 2021
images provided

Enrollment Drops At School Despite High FSA Scores

by Wendy McMullen

The president of the Sanibel School Fund, Jeff Muddell, asked city council to join a task force to protect the future of The Sanibel School at the city council meeting of August 24. According to Florida Standards Assessment (FSA) test scores, students in The Sanibel School were number one in the Lee County School District in math, English, civics and science, achieving outstanding results at every grade level. The tests, completed in the spring this year, showed The Sanibel School students had scores far exceeding other schools in Lee County and in the state as a whole. Students graduating from eighth grade at The Sanibel School scored in the 100th percentile in math and 95th in English. Yet declining enrollment may threaten its future, Muddell told the council. The Sanibel School, which expanded from an elementary to a middle school in the late 1990s, was built to house around 400 students, the number enrolled in the early 2000s. Since that time, the number of students has dropped 30 percent to 273 on Sanibel, while increasing 15 percent in Lee County School District as a whole. Part of the the problem this year is that the school board is refusing waivers for students to attend the school unless



Sanibel School FSA English Scores 2021

the parents are residents or working on the island. In 2019, the school board allowed any child to attend whose parents were able to arrange drop-off and pickup. This year, the school board refused to issue such waivers. “You would think the school board would want as many students as possible to attend the highest performing school in the region,” Muddell said. He told city council that many parents fear a downward spiral as the decline in enrollment leads to funding cuts. Public schools are funded on a per-pupil basis and the decrease in enrollment has led to teacher and staff cuts, and combined classes in recent years. It also limits special programs that make the school more attractive to current or prospective residents with children. Muddell pointed out the decline in the school’s reputation may have far-reaching consequences, affecting island real estate values as young families move off island, and directed the council to look at the city’s mission statement which aims for a diverse population on the island. Although the Lee County School District has cut some funds to The Sanibel School, it has raised funds from the Sanibel community to support a Science, Technology and Engineering (STEM) program, now in its third year. This year, the fundraiser for the dedicated STEM program exceeded the goal of \$125,000. Councilmember John Henshaw promised to look at the metrics and help develop an action plan with local

businesses and employers to ensure that Sanibel remains a small town, family-friendly community. Parents who want their children to attend The Sanibel School are urged to register as early as possible. Parents needing help can contact School Enrollment Specialist Donna Marks at 472-1617.*

Council On Board With Rec Center Consultant

by Wendy McMullen

City councilmembers approved a request for proposals for a thorough review of the Sanibel Recreation Center at their meeting on August 24. “Making this rec center what it can and should be is going to be a lot of work for us and I think it’s going to be good work overall,” said Mayor Holly Smith, introducing the topic. The consultant will study demographics and population trends as well as recreation programming trends to develop options and alternatives to present to city council. Particular emphasis is to be given to programming that will enhance Sanibel as a community attractive to younger people with growing families as well as senior activities designed to enhance the physical and mental health of older people, and to alleviate problems of social isolation. “Programming should embrace the concept of fitness for all and every citizen regardless of their age, abilities, skill and/or physical limitations,” the request for proposals stated. The study will include a review and analysis of other recreation departments in Florida with lessons that may be applied to Sanibel and cite successful case studies. It will also include alternative methods of operating the recreation department. This may include operating it as a traditional city department or contractually by a third-party nonprofit or for-profit corporation. It will also evaluate the role of independent contractors

operating at the recreation center. The consultant is also charged with finding effective targeted marketing alternatives and promotion strategies to increase the visibility, brand awareness, membership pride and community support of the recreation center. Membership in the recreation center has been dropping for some years. Prior to the pandemic, a budget cap was introduced with concomitant staff and program cuts. Membership decreased as a result. When COVID-19 began, the city closed all the recreation facilities and furloughed all but two employees. The recreation center is now partially open but recovery is slow due to lack of staff and low membership. The consultant will provide a comprehensive assessment, analysis and evaluation of the recreation center and prepare a detailed report and present a range of options and alternatives to city council consideration. The City of Sanibel Recreation Department currently includes weight room, lap pool, tennis courts, gym, an exercise pool, a kiddie pool with water slide and other water features, a game room and a playground. It operates after school youth programs and a summer day camp and coordinates various programs on the adjacent ballfields. The city and the school board have an interlocal agreement to share the facilities during and after school hours, and a contractual relationship with the nonprofit Sanibel Youth Sports to operate the Sanibel ballfields. The city also operates adult league and pick-up play on the fields. In addition to the recreation center, the city operates Center 4 Life, focusing on senior programming in a separate free-standing building on Library Way. The city recently purchased a former bank building with the plan to relocate the existing senior programming into the facility. An architect has been selected to complete the design of the new Center 4 Life and the city has secured a \$5 million loan to complete these renovations. The consultant would be instrumental in pioneering a new plan to augment the city’s Parks and Recreation System Master Plan developed in 2002.*

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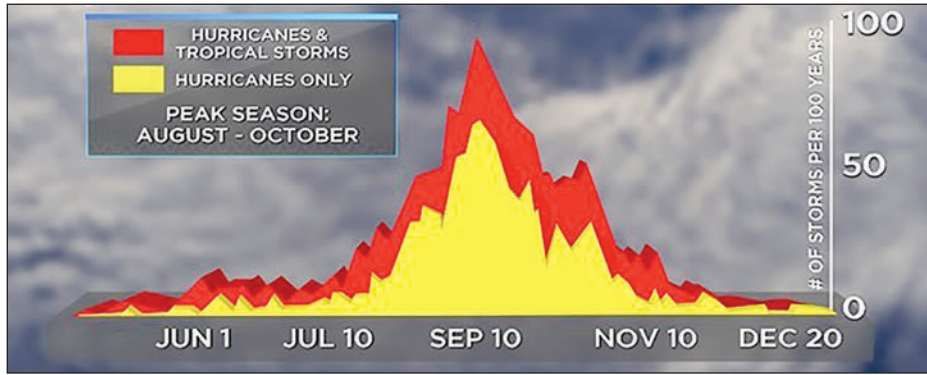
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Hurricane Season At Its Peak



The busiest period of hurricane season is mid-August to mid-October. As shown on the NOAA graph, it is now the peak of hurricane season.

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

Lee County All Hazards Guide is a great resource on a variety of topics such as preparations, shelters, videos and emergency contact information. View it

at <https://www.leegov.com/publicsafety/emergencymanagement/plan/ahg> or get a hardcopy at these Sanibel locations: Sanibel Police Department, Sanibel Recreation Center, Sanibel Public Library and The Community House.

The Federal Emergency Management Agency lists the entire City of Sanibel as a Special Flood Hazard Area. Floods kill almost 200 people a year in the U.S. and 50 percent of those are vehicle related.

Visit www.mysanibel.com/emergency-management for more information.✱

Sea School Hosts Manatee Week



Coconut manatee painted by campers
photo provided

From August 23 to 27, Sanibel Sea School held its last week of summer camp at the flagship campus on the east end of the island. Campers learned about the different threats that manatees face in the wild and what they can do to help.

Campers met virtually with biologists from the Florida Fish & Wildlife Conservation Commission (FWC) Manatee Program. Through an interactive virtual session, campers learned about the equipment and strategies that biologists use to rescue and rehabilitate injured manatees.

"Seeing the boat and truck that FWC uses was very exciting for campers. It helped them visualize the skill and manpower that it takes to rescue a large animal safely," said Shannon Stainken, youth education director.

Campers spent time searching for manatees from shore, snorkeling, and crafting using natural materials. They painted coconuts to look like manatees munching on seagrass.

Summer camp has come to an end but winter camp is just around the

corner. If you would like information about future camps, visit <https://www.sanibelseaschool.org/contact-us> to request to be added to the holiday camp mailing list.✱

County Reinstating Fee For Toll Bridges

Lee County Government is increasing public outreach efforts to bring awareness among residents, business owners and motorcyclists during September about the now-permanent All-Electronic Tolling for the Midpoint, Cape Coral and Sanibel Causeway bridges.

Lee County has used All-Electronic Tolling since the pandemic began in 2020. The Lee Board of County Commissioners voted in June and August this year to maintain this to align with the state's SunPass program, to return to the same tollway fee structure that was in place before the pandemic, and to adjust motorcyclists' toll pricing to align with vehicles.

This means that on October 1, the county will be reinstating the \$3 administrative fee for pay-by-plate customers, which affects motorists who do not have a transponder or do not maintain a positive balance in their LeeWay account.

Transponders used for all-electronic tolling are available, free of charge, at www.leewayinfo.com. LeeWay transponders also are available at the customer service center.

Motorists with transponders are not charged the administrative fee. Several other toll agency transponders work at county toll plazas as well. Motorcycle customers also are eligible to obtain a transponder. For more information, visit www.leegov.com/tolls.✱

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Plant Smart

Coinvine

by Gerri Reaves

Native coinvine (*Dalbergia ecastaphyllum*) gets its common name from the one-seeded flat rounded pods. About an inch across, they ripen from green to a coppery color.

Because they travel by water, they are easily transported to various coastal habitats, such as dunes, hammocks, the edges of mangroves, or shell mounds, where it helps to stabilize the soil.

Coinvine's native range is tropical and subtropical America, and west tropical Africa to Angola.

It is one of three species in the genus *Dalbergia* that are native to the state. The others are the trees Indian rosewood (*D. sissoo*) and Browne's Indian rosewood (*D. brownie*), which are noted for the lumber.

Coinvine, however, is a liana, a term which refers not to a plant classification but to a growth habit.

Lianas are stemmed woody vines rooted in the ground that use trees and other vertical supports to search for sunlight. This habit reduces the health and success of the trees they climb.

Coinvine is a fast grower and can reach up to 30 feet long, sometimes out-competing native trees.

Nevertheless, it is beneficial. It provides many forest animals – from ants and lizards to climbing mammals – mobility to and within tree canopies.



At center are coinvine's unripe round flat seed pods

photo by Gerri Reaves

The alternative ovate leaves are leathery in texture, often with pointed tips, and measure one to three inches long.

In spring and summer, branched clusters of small white flowers, sometimes with a pinkish tint – appear in the leaf axils.

Coinvine is the host plant for the statura sulphur and a nectar plant for the gray hairstreak butterfly, as well as other pollinators.

This vine is salt and drought tolerant but not usually used in the home

landscape.

The toxic bark was used by Native Americans to stun and catch fish.

Throughout its native range, the plant has been used for various medicinal purposes, including as a diuretic and emetic.

Sources: *Growing Native* by Richard W. Workman, *The Shrubs and Woody Vines of Florida* by Gil Nelson, <https://en.wikipedia.org>, and www.wildsouthflorida.com.

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

FWC Issues Executive Order

The Florida Fish and Wildlife Conservation Commission (FWC) issued executive order #21-19 that states the take or transport of all freshwater softshell turtle species or yellow-bellied sliders is currently prohibited until the order is repealed.

These temporary regulation changes were made to help conserve freshwater turtle species that continue to be affected by a fatal disease caused by a virus called Turtle Bunyavirus (TBV). The virus has been detected throughout the state in Florida softshell turtles, peninsula cooters, Florida red-bellied cooters, yellow-bellied sliders and red-eared sliders.

All currently permitted activities may continue under the order. This includes the purchase and transport of turtles from registered breeders, with proper documentation. Under this executive order, members of the public may continue to bring sick or injured turtles to wildlife rehabilitation facilities for evaluation, treatment and TBV testing. The FWC should be notified before transport by calling or texting the FWC Turtle Hotline at 352-339-8597.

The FWC began monitoring TBV in 2018 due to reports of sick and dead freshwater turtles, and has issued updates periodically. The FWC is working with partners to learn more about this virus as well as the overall effect it is having on turtle populations throughout the state.*

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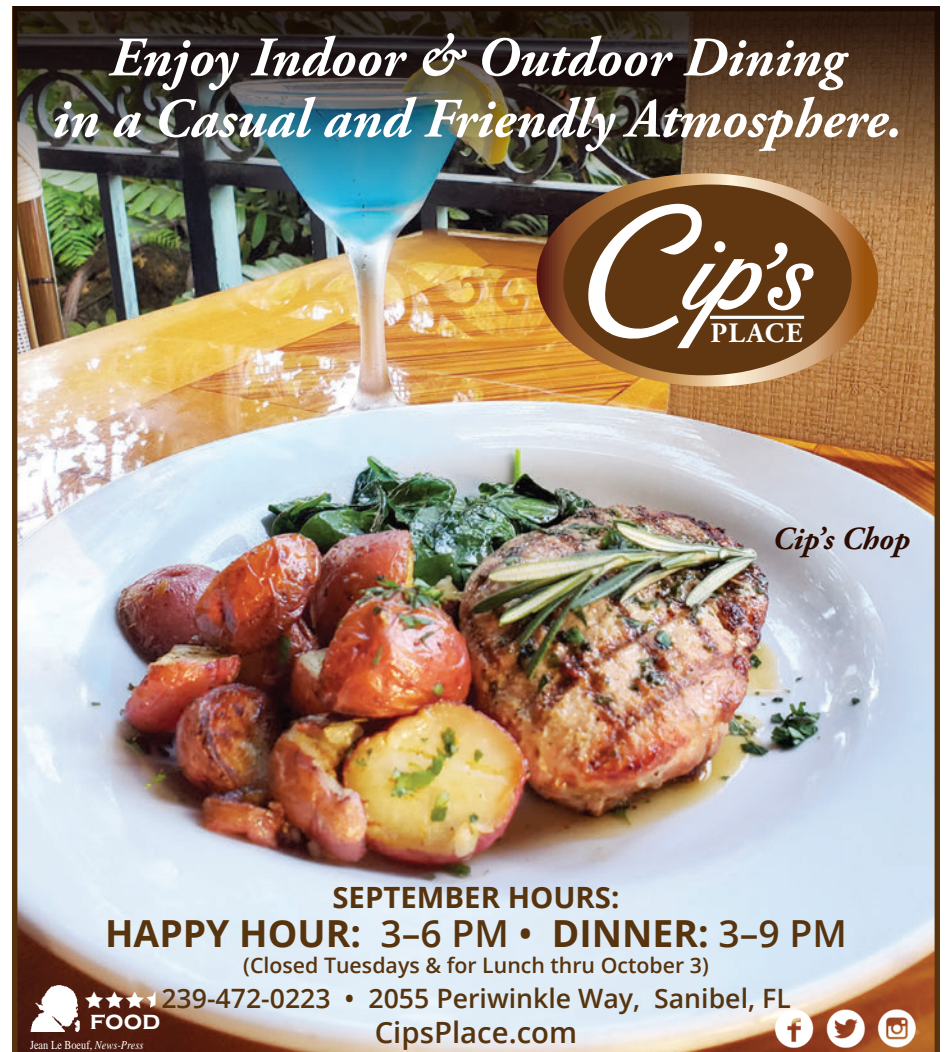
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Nicole McHale of FISH with Rick Winningham of Jerry's Foods photo provided

Jerry's Foods Supports FISH

Jerry's Foods is a silver sponsor of the 10K Race 4 FISH, a benefit to support programs and services offered by FISH of SanCap.

Jerry Paulsen, founder of Jerry's Foods, was the neighborhood butcher in his hometown. He knew all of his customers by name and cut their steaks and chops to order. Paulsen was dedicated to personalized service and was

passionate about feeding the members of his community. While wintering on Sanibel, Paulsen noted that the community had only one food store. In 1983, he opened a 41,000-square-foot shopping center that included 10 smaller shops anchored by Jerry's Foods. Since then, Jerry's Foods has been a popular neighborhood market.

Rick Winningham of Jerry's Foods said, "There's two things we are passionate about – food and our neighbors. By supporting FISH, we know we are giving back to the community through their 'neighbors helping neighbors' philosophy, and food pantry."

Jerry's Foods remains committed to sustaining Paulsen's dedication to personalized service, a passion for food and a family environment. "We are honored to partner with FISH to ensure no one goes without food necessities. Growing up, I witnessed people struggle to put food on the table. If Jerry's can help families avoid that struggle, then we're doing what we should be doing," said Winningham.

The 10K Race 4 FISH is scheduled for Saturday, October 23. It will begin and end at The Community House. A virtual option is also offered where runners can participate anytime from their date of registration through October 23. To register, visit www.ftmyerstrackclub.com.

For information on sponsoring the race, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com.✱

New Education Intern For Refuge Mobile Classroom

Kimi Birrer recently joined the team at JN "Ding" Darling National Wildlife Refuge on Sanibel, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). She fills the role of educator and bilingual interpreter for the refuge's WoW (Wildlife on Wheels) mobile classroom and other educational programs.



Kimi Birrer

Born in northern Kentucky near Cincinnati, Ohio, Birrer graduated from Hanover College in Indiana in May, majoring in environmental biology and Spanish. This summer, she did some field work in Wisconsin and worked on a Kentucky horse farm before arriving to "Ding" Darling last week.

"Kimi is fluent in Spanish, so she will be such a valuable asset in helping us fulfill our mission to reach the local Latino community," said "Ding" Darling urban education leader Melissa Maher. "Our first priority with WoW outreach is to travel to underserved schools and other venues where kids and adults don't

have the opportunity to visit the refuge."

"I've been studying Spanish seriously since entering college and have volunteered at a local nonprofit at my school that aids immigrants in many ways, mostly with learning English and civics," Birrer said. "I also spent a year abroad in Costa Rica, where I worked with biologists on various projects. I really enjoy language learning and being able to communicate with more people as a result. I'm looking forward to being able to combine my passions for conservation, cross-cultural understanding and learning."

An avid birder and traveler, Birrer anticipates spending the upcoming winter season on Sanibel. "I'm excited to inspire others to be passionate about the things that matter to me and everyone here at the refuge," she said.

DDWS provides living stipends and other benefits for about a dozen interns each year. For more information about the internship programs and supporting them, contact Lynnae Messina, DDWS associate director, at 472-1100 ext. 233.

DDWS currently stewards two named internships for the 2020-21 year and is accepting donations for three future named intern funds at \$12,500 a year, which is the cost for supporting one intern including stipends, travel, tolls, recreation center membership and other expenses. To support DDWS or the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at director@dingdarlingsociety.org.✱



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Schooling Redfish Time



by Capt.
Matt Mitchell

September and October are the prime months to target schooling redfish in our waters. This fall fishery will bring the best redfish action of the year. Once

located, hungry schools of rampaging fish will eat every and any bait you can get to them. These are larger spawning size fish averaging from 25 inches to well over 30 inches.

To find these fish, start your hunt both in the passes and on the flats inside the passes. What makes finding these fish in the shallows so cool is that they are such a visual bite. Once you locate a school, try to get close enough to cast out in front of them. There is a competition between these fish to eat, so that means multiple fish will charge your bait.

My go-to when sight fishing these redfish on the flats is a chunk of fresh cut ladyfish or mullet. On a few other rods, I have them rigged with half ounce weedless gold spoons. What both of these set-ups have in common is they can be cast accurately a great distance when the opportunity arises. Often



Renee Miller from St. James City got in on the redfish action while fishing with Capt. Matt Mitchell this week photo provided

these schools of redfish will be in not much more than a foot of water with long grass on the bottom. Any kind of live bait or non-weedless artificial will hang up in the grass.

When looking for a weedless spoon to target these big redfish, you should look for one that the hook is both screwed and welded to the spoon. Cheaper spoons just don't hold up and result in parting ways with these bigger fish as they have incredible crushing power. When rigging up a weedless spoon, I like to attach a high quality clip on a ball bearing swivel to the split ring to eliminate line twist.

Deeper water in the passes can also offer amazing redfish action both while anchored or drift-fishing. All of our local passes will have big breeder stock redfish traveling in and out. From the Sanibel Fishing Pier all the way up to Boca Grande, anglers will have the opportunity to hook into some of the biggest redfish of the year. When in the passes, a live pinfish on either a knocker rig with a half ounce sinker or a jig head is hard to beat. Pinning your bait down close to or on the bottom is where these redfish eat. With our redfish still closed to harvest after roughly four years, this fishery just keeps improving.

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

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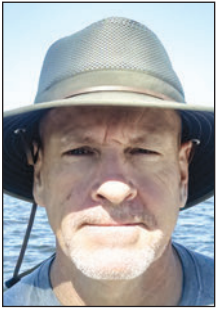
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Wood Stork



by Bob Petcher

The wood stork (*Mycteria americana*) is a large black-and-white waterbird with long legs and black flight feathers. It breeds in Florida, Georgia and the Carolinas, while non-breeding wood

storks can be found throughout North America and into northern Argentina.

While they are often the same size, wood storks differ from herons by the size of their bills (thicker) and shape of their bills (more curved than herons). A wood stork also has a featherless neck and head, with gray rough, scaly skin covering that area.

At CROW, an adult wood stork was admitted after being found immobile for several days in Matlacha. Upon examination, the patient was unable to lift its head, had muscle weakness and some inflammation of the eyes. At first, veterinarians suspected red tide poisoning.

The muscle weakness may have increased due to the patient's immobility for a number of days.

"Muscle atrophy is a slow process that occurs over time and the longer a patient is debilitated, the more muscle



Patient #21-4617 sitting in a manmade swing to help it stand on its own and build strength in its legs

photo by Haillie Mesics

atrophy we can see," said Dr. Laura Kellow, CROW veterinarian intern. "This particular patient was weak on initial examination, but also became progressively weaker over the course of two days after admission despite intensive care, leading us to believe that the weakness was from the systemic disease or neurotoxin rather than directly from muscle atrophy.

The wood stork was given supportive care and medications, and a swing was built for the patient to sit in and strengthen its legs.

"The wood stork is receiving IV fluids, IV antibiotics, antifungal medications (and) supportive care such as physical therapy with the technicians twice a day," said Dr. Kellow. "The wood stork receives force feedings of whole fish. Eventually, it could transition to a more varied diet, if eating on its own.

"The swing is a great tool to allow the wood stork to complete physical therapy in a lower-stress manner, and it has been making daily improvements in overall strength. For instance, over the past week, the wood stork has been placing its

feet better and been able to bear its own weight unsupported occasionally. (It) is also holding its head up on its own, when initially it presented hanging its head."

Red tide poisoning may not be the overall cause of the bird's illness.

"Although this patient was initially treated with intralipids for brevetoxicosis or other lipid-soluble toxins, we do not believe it is the cause of the patient's illness given its presentation and response to therapy," said Dr. Kellow. "Unfortunately, the list of potential causes of the wood stork's symptoms is long – including viral diseases such as West Nile Virus, other toxins outside of red tide, and bacterial and fungal diseases."

Due to this uncertainty, the patient remains under close watch without any timetable tied to its recovery.

"The prognosis at this time is still guarded, particularly given the severity of the patient's disease," said Dr. Kellow. "The wood stork will continue to receive medications and supportive care at this time. When we feel that (it has) clinically improved and able to stand on (its) own without support, we will move the patient outside for muscle conditioning."

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.*

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Shell Of The Week

The Atlantic Trumpet Snail



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

Charonia variegata (Lamarck, 1816) reaches about 50 mm (about 2 inches)

and is one of the largest gastropods found in the Atlantic Ocean. Atlantic Trumpet Tritons can be found from North Carolina to Brazil, and feed on, among other large sea stars, the red cushion sea star *Oreaster reticulatus*. The museum displays the world record-size shell of this species, a shell measuring 388 mm (about 16 inches), collected off Fortaleza in northeastern Brazil. (A large reproduction of this illustration is on display in the In Focus exhibition at the National Shell Museum.) Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and 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 place, and staff and visitors are



The Atlantic Trumpet Snail, *Charonia variegata*, from off Sombrero Key, Florida

photo by James F. Kelly

required to wear face masks.

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.

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

Hurricane Guide Available Online

The Lee County Electric Cooperative (LCEC) hurricane guide includes information about preparing your home or business for a storm, plus important phone numbers and links.

Download a copy at www.lcec.net.✧

American Legion Post 123

American Legion Post 123 is serving free lunch and dinner for Sanibel and Captiva first responders from noon to 8 p.m. on Saturday, September 11. Barbecued ribs and chicken are on the menu from noon to 8 p.m. on Sunday, September 12.



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.

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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From left, Cathie Lewis, Dr. Dave Nichols, Marcus Preece, Alison Charney Hussey and Charles Grover photo provided

Restaurant And Foundation Support CROW

On behalf of the Boler Family Foundation, Marcus Preece, general manager of Cielo Restaurant, presented a donation to the Clinic for the Rehabilitation of Wildlife (CROW) recently.

The \$5,000 donation will go toward general funds to support CROW's mission of saving wildlife through state-of-the-art veterinary care, research,

education and conservation medicine.

"We are so thankful for the Boler Family for their generous and continuing commitment to CROW, the community and our beautiful wildlife in Southwest Florida," said Alison Charney Hussey, executive director for CROW.

As a 501(c)3 nonprofit, CROW relies on donations from the community, funds raised through events, admission to its visitor education center and foundational grants to treat thousands of animals admitted to its hospital each year.

To support CROW with a tax-deductible donation, visit www.crowclinic.org or CROW's Facebook page.✱

Battle Of Fort Myers Topic For Virtual Luncheon

FISH of SanCap continues its Friendly Faces luncheons in a virtual format. The virtual Zoom platform includes games, conversation and guest speakers.

The next interactive virtual lunch will be held on Tuesday, September 21 featuring guest speaker Duane Shaffer from Sanibel Public Library. Schaffer will discuss strategies and tactics used during the Battle of Fort Myers, an important historical event. Shaffer said, "The Battle of Fort Myers was a Civil War battle that happened on February 20, 1865 and is considered to be the southernmost battle of the Civil War war."

George & Wendy's will prepare the lunch and FISH volunteers will deliver the meals to islanders. The cost of the September luncheon is waived and complimentary to all participants.

"We hope community members join the fun, catch up with friends from the past and make new connections," said Susan Alexander, senior services and community engagement director for FISH. "It's been difficult on our community, particularly our seniors, during COVID social distancing measures. We hope everyone will use this platform as a safe way to socialize."

The Friendly Faces lunch consists of a cold entree, side, bottle of water and dessert. Meal choice details are



Duane Shaffer photo provided

provided upon sign-up. Reservations and meal choices are required by Friday, September 17 by calling the FISH Walk-In-Center at 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access. For more information or for assistance with registration and/or Zoom instructions, contact FISH.

For information on FISH of SanCap programs and services, contact Alicia Tighe Orgera, executive director, at 472-4775 or visit www.fishofsanap.org. FISH of SanCap is located at 2430-B Periwinkle Way on Sanibel.✱

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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. Payment is required to complete reservation.

Daily Presentation Schedule

Friday, September 10 – Closed

Monday, September 13, 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.

Tuesday, September 14, 11 a.m., Evolution of Reptiles – Reptiles originated approximately 300 million years ago and through time have evolved into unique forms, such as turtles, snakes and dinosaurs, but they also have taken on the appearance and habits of other vertebrate groups, such as sharks and dolphins. Delve into the past and see how this diverse group came to be. One of CROW's animal ambassadors will be present.

Wednesday, September 15, 11 a.m., The Misunderstood Animals – There are some animals that humans are

not so fond of. Most of these animals are not cuddly and fluffy, but they do have environmental importance. This presentation discusses some of these misunderstood animals and why they aren't so bad after all. One of CROW's animal ambassadors will be present.

Thursday, September 16, 11 a.m., Birds of Prey – Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.✱

From page 1

Pickleball

Islands was founded by breast cancer survivor Mary Bondurant and continues to grow since its inception in 2010. With the support of then Fire Chief Danny Duncan, it began with offering free mammograms to uninsured women and men who live and/or work on the islands via Radiology Regional Center's Mobile Mammogram Bus at the fire station on Palm Ridge Road. The fundraiser has continued to blossom as it has garnered support from many local island businesses. The nonprofit organization has gained 501(c)3 status and is able to distribute proceeds from fundraising activities directly to those who are dealing with cancer in our community. Along with offering free mammograms, Let's

Pink Out Sanibel & Captiva Islands provides uplifting gift baskets, assistance and ongoing emotional support for cancer patients. Bondurant emphasized that efforts are not limited to incidents related solely to breast cancer but are intended to extend a helping hand along the journey to victims of all types of this disease.

Join in the fun and fellowship by participating in the tournament for as little as \$50, or attend the ball for a \$100 contribution which includes a cash bar followed by a three-course plated dinner, live entertainment and raffle prizes. Dress for the ball is "island casual" with an emphasis on pink. For further information and to register for either of the events, visit www.sundialresort.com. Hurry, spaces are quickly filling up for these exciting events.✱



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Library Now Has Birdwatching Kits For Children

Sanibel Public Library is now loaning birdwatching kits for children. The Sanibel-Captiva Audubon Society (SCAS) donated child-size binoculars for the kits. Phyllis Gresham and Bette Harig of SCAS presented the binoculars to Youth Services Librarian Deanna Evans. Gresham said, "The entire board of Audubon supports birding initiatives and we hope families will join us on our birding walks, Saturdays starting in January."

Cardholders can now borrow the kits, birdwatching books and laminated guides, and other tools to help children enjoy birdwatching. The kits include a copy of *The Young Birder's Guide to Birds of North America*, which is full of color photographs, drawings showing typical behaviors, range maps, an easy-to-use checklist, fun facts, information about each bird, its vocalizations and its habitat. The guidebooks were donated by *Bird Watcher's Digest*.

The library loans four birdwatching kits for adults. Library staff also worked



From left, Bette Harig, Phyllis Gresham, Annabel Wakeling, Olive Horowitz, Deanna Evans, Sam Horowitz, Lola Wakeling and Max Wakeling photo provided

with the Audubon Society and local birdwatching guide Ken Burgener to select the contents of the kits.

Patrons can borrow cooking kits, GoPro videocamera, LEGO Architecture kits, videogames or mobile WiFi hotspots.

This month, the library will participate in an educational exhibition that presents the history of 9/11, its origins and its ongoing implications, through the

personal stories of those who witnessed and survived the attacks. September 11, 2001: The Day That Changed the World includes archival photographs and images of artifacts from the permanent collection of the 9/11 Memorial & Museum. Staff has selected material for further reading, in a book display near the posters.

Sanibel-Captiva Art League's exhibit Home Sweet Home is on display through

September.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers. Contact-free curbside pickup is available.

Library cards are available to all residents of 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.

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Sports Craze That Is Sweeping The Nation



by Allison Havill Todd

What happens when you combine dinks, drop shots and lobs all while staying out of the kitchen? The answer is: The fastest growing sport in North

America! Originating by happenstance in 1965, pickleball continues to gain the attention of the country and has grown in popularity on an international level. The United States of America Pickleball Association (USAPA) lists nearly 4,000 locations nationwide where this sport is played, and it continues to grow as many parks and recreation departments, clubs and community associations re-purpose existing courts to accommodate the demand, recognizing that this is not a fad that is going to go away. But what is this game, and what makes it so well liked?

Pickleball, named after the founder's dog "Pickles," who used to fetch the stray balls used for the game, is a mix between tennis and ping pong played on a badminton-sized court. It requires minimal equipment with players needing



Pickleball players gather after a tournament at Sundial Beach Resort & Spa

only a racquet (similar to an oversized ping pong paddle), a plastic perforated ball and comfortable athletic clothing to engage in a game. The sport attracts players of all ages and skill levels and can be enjoyed in a quick, fast-paced, competitive manner, or in a more casual, relaxed setting. Either way, a welcoming and social atmosphere is at the core of this sport and many lifelong friendships are formed on the courts.

Many have been drawn to this game as a way to connect with others while getting some exercise. Dispel the myths of this being a game for seniors only though; the top pickleball professionals around the country are in their 20s, and the sport continues to engage people of

all age groups. While it is easier on the body than playing tennis, don't be fooled! You can expect to get a good cardio workout and break a sweat when playing at a more competitive level. Pickleball has many benefits for those who participate in the sport. It improves balance, agility, reflexes and mental focus along with hand-eye coordination.

For those living on or visiting Sanibel and Captiva islands, there are many options for enjoying this sport. To name a few, the Sanibel Recreation Center was the first on the island in 2013 to introduce pickleball courts by re-purposing indoor basketball courts and outdoor tennis courts, and currently has six courts on which to play during designated days

photo courtesy Sundial Beach Resort & Spa

and times. They have also hosted several tournaments for those who want to take their game to the next level. Different membership options are available at a very modest fee and also include full use of the facility's pool, indoor weight room and exercise classes. Longtime Sanibel resident and veteran pickleball player Joe Salatino volunteers his time there a few days a week introducing newer players to the sport and teaching them the rules and tips for improving their game.

If you prefer to play outdoors, Sundial Beach Resort & Spa boasts the largest pickleball facility in Lee County with 12 permanent courts dedicated solely to the use of this sport. In a recent meeting with

continued on page 24

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Cub Scout Pack 1740 at Kennedy Space Center this past April

photo provided

Scouts Ready To Start New Season

The island Cub Scout Pack 1740 (kindergarten to fifth grade) and Boy Scout Troop 1740 (grades six to 12) are gearing up for another great year in scouting, starting with the first meeting on Tuesday, September 21.

Highlights for this year's events include camping trips and a climbing adventure at Tree Umph in Bradenton, Florida, as well

as special presentations from members of the community.

The scouts thank chartered organization Sanibel Community Church for their continuing support.

The pack meets at the church on the first and third Tuesday of the month from 5:30 to 7 p.m. The troop meets at the church on the first, second and third Tuesday of the month from 5:30 to 7 p.m.

For more information, contact Kim Kouril at 233-4180 or kouril2013@gmail.com.✴

Realtors Attend Convention



From left, Tina DiCharia, Jim Hall, Ted Benjamin, Connie Walters and Denise Vaughn

photo provided

Last month, several realtors with VIP Realty Group traveled to Orlando for the annual Florida Realtors Convention & Trade Expo. It is a time for

top industry leaders to share their success strategies, and a chance for real estate professionals to network and boost their business opportunities.✴

Business Awards Luncheon

Tickets are available for the 2021 Industry Appreciation Awards, to be held at the Caloosa Sound Convention Center on Friday, October 22 at 10 a.m. Tickets are \$50 and include VIP networking, a plated lunch

and attendance to the awards program. Reserve by Friday, October 8 at www.industryappreciationawards.com.

For more information, contact Horizon Foundation Chief Fundraising Consultant Dilman Thomas at 810-1948 or dthomas@horizon-foundation.com.

Caloosa Sound Convention Center is located at 1375 Monroe Street in downtown Fort Myers.✴

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Spiny Lobster Tomato Mac and Cheese

1 pound spiny lobster, cooked and cut into medium sized chunks
 3 large tomatoes, sliced
 1 pound pasta (your favorite shape) cooked
 4 tablespoons unsalted butter
 2 large garlic cloves, minced
 1/2 cup red onion, chopped fine
 1/4 cup all-purpose flour
 3 cups milk, at room temperature
 1 1/2 cups sharp Cheddar cheese, grated (or your favorite)
 1 1/2 cups grated Gruyere cheese, grated (or your favorite)
 1 tablespoon Dijon mustard
 1/2 cup fresh chives, chopped fine
 1/4 teaspoon cayenne pepper
 1 cup panko (Japanese breadcrumbs)
 1 tablespoon olive oil



Spiny Lobster Tomato Mac and Cheese

1/4 cup flat leaf parsley, chopped fine
 Sea salt and fresh ground pepper, to taste

photo courtesy Fresh From Florida

Cook pasta until al dente according to package directions. Drain and set aside. Place 4 tablespoons melted butter

in a saucepot over medium-low heat, add garlic and onion and cook until onion is translucent. Next, whisk in flour and cook flour for several minutes. Carefully pour in milk and bring to a boil over medium heat, whisking constantly. Continue to cook and whisk until sauce is smooth and thick enough to coat a spoon. Remove sauce from heat and slowly whisk in cheese, a handful at a time. Season cheese sauce with mustard, chives, cayenne pepper, salt and pepper, to taste. In a large mixing bowl combine cheese sauce and cooked pasta then fold in chopped lobster. Lightly spray a baking dish with pan release spray. Pour pasta mixture into baking dish. Arrange sliced tomatoes on top of the pasta mixture. In a small bowl combine panko, olive oil and parsley and sprinkle over the tomatoes. Bake the lobster-tomato mac and cheese in a preheated 375 degree oven for about 10 to 20 minutes or until topping is crisp and cheese sauce is bubbly. Let cool slightly before serving.*

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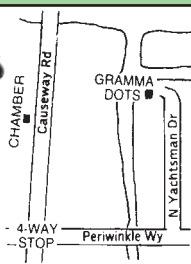
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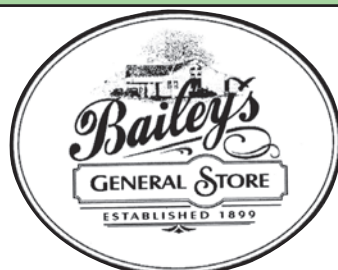
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Chamber Returns To Virtual Meeting Format

Due to the spike in COVID-19 cases locally, the Sanibel & Captiva Islands Chamber of Commerce has pivoted its scheduled in-person September business meeting to a free virtual format. The meeting will be held via Zoom on Wednesday, September 15 at 12 p.m. with speaker Stephanie Stovall, chief quality and patient safety officer with Lee Health. She will provide a system update on Lee Health and discuss what can be expected for the upcoming season. She will also make business recommendations for members who deal heavily with the public. Bailey's General Store is the sponsor of the meeting.



Stephanie Stovall

the staff of Golisano Children's Hospital of Southwest Florida in 2011 as an attending physician for pediatric infectious diseases. She assumed her chief position in January of 2021. She often appears in the media to address topics like vaccines, antibiotics and COVID-19.

A fellow of the American Academy of Pediatrics and the Infectious Diseases Society of America, Dr. Stovall earned her medical degree from University of Arkansas for medical sciences and attained a master's degree in patient safety and healthcare quality from Bloomberg School of Public Health at Johns Hopkins University. She completed a fellowship in pediatric infectious diseases at University of Tennessee Health Science Center and St. Jude Children's Research Hospital.

"Dr. Stovall's qualifications and various roles past and present with Lee Health qualify her as a top expert in what we are dealing with right now with the latest iteration of the coronavirus' impact on our community," said John Lai, chamber president and chief executive officer.

"This is information we all need to hear as we figure out where we are going and how to deal with the latest medical crisis in the workplace."

The chamber will send its members Zoom invitations to register for the virtual event. When members RSVP, they will receive a link to the Zoom meeting in advance. For more information, contact Landen Drake, communications and marketing manager, at 472-8255 or landen@sanibel-captiva.org.

Poetry Corner

by Clay C. Ewell



A DREAM

It looms before and above me in the cool air
The sky is soft, a hazy blue or gray expanse.
The sun has set or is about to breach the far horizon.
A wind moves the air about and upward from the
Emptiness beneath me that, in its shimmering,
Reveals itself to be slowly moving water.

In the misty air I see far below the vague outline
Of a coast, mountainous, verdant, indifferent,
While I cling to a braided cable that beginning

And ending in nothingness, suspends me over
The void with others who appear about me
Each clinging, hanging, while others teeter upon a strand.

There is a shared sense of the place, but each makes of it
Something unique. One struggles and slips and regains
At least for a moment, another moment to gather in the
Enormity of this plight, this vision, this truth.
Others accepting, invent the means to sleep while
Hanging, hammock like among the threads.

And I awake, breathless with a fleeting sense
Of redemption, salvation from some hapless fate.
Relief that what seemed so real was now speedily
Fading from memory, as nightmares will do.
But could it be that I have glimpsed life released from the
Bondage of thought, suspended above the unknowable,
Between no beginning and no end, entirely present?

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.



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Book Review

The Paper Palace



by Di Saggau

The Paper Palace is a debut novel from Miranda Cowley Heller. The narrator, Elle Bishop, has spent every summer of her 50-odd years in a family cabin in the backwoods of Cape

Cod. Heller interweaves two narratives: one, a single day unfolding on the Cape; and the other, various scenes from the past, presented chronologically.

The book begins with Elle taking an early swim in a freshwater pond below the house. As she glances at the house, she sees the uncleared table from the previous night's dinner, and remembers the laughter of family and friends. Diving into the cold water, she remembers a passionate encounter she had the night before, while her husband and mother entertained guests inside.

The story unfolds over 24 hours and across 50 years. The past traces Elle's infancy, childhood, adolescence and eventual marriage. We learn the family histories of both Elle's father and mother, and get to know her grandparents on both sides. Peter, Elle's English husband, along with her mother Wallace, is one of the more vivid characters in the book. The

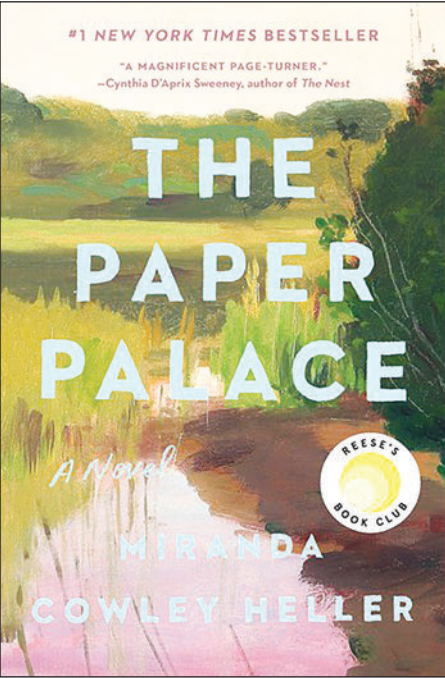


image provided

love of Elle's life is green-eyed Jonas, a "brilliant painter" who seems more exciting to Elle than Peter.

Elle faces a life-changing decision, staying with her husband or the man she always thought she would marry. Her memories reveal why she feels this way. There is also a connection of food to her memories. Martinis, cheese and crackers, and Pasta Bolognese are mentioned in detail.

The Paper Palace is a story of secrets,

love and lies in the course of a singular day on Cape Cod. One woman must make a life-changing decision that has been brewing for decades. Author Cynthia D'Aprix Sweeney said, "Miranda Cowley Heller has written a magnificent page-turner, a love story that shimmers with desire, intelligence and humor. Lush and gorgeously written, The Paper Palace is as intoxicating as a summer night by the sea. I didn't want it to end."**

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I keep reading that you should ask your kids open-ended questions to help them learn how to think. What does that mean, and

could you give me some examples? My kids are in elementary school. Thank you.

Lori B, Fort Myers

Lori,

This is such a great question! Avril McMonagle, an expert in early childhood and education says, "Children who are taught to think about things at an early age through open-ended questions are better equipped to understand the world around them and relate this new information to past or present experiences. Open-ended questions have no right or wrong answers, but help to broaden children's thinking processes, to develop their speech and language skills, and to build confidence in their ability to express themselves using words".

Open-ended questions benefit children in many ways. They help to:

Encourage children to think beyond the obvious.

Encourage children to think of as many possibilities as they can.

Increase co-operation and understanding.

Allow children to include more information, feelings, attitudes and understanding of the topic.

Provide children with opportunities to explain or describe something, thereby expanding and developing their speech, language and vocabulary.

Recall recent or past events which develops children's short and long-term memory skills.

Open-ended questions help children with comprehension, application, analysis, knowledge and creativity.

Here are some examples for each category. For open-ended knowledge questions here are some examples:

What happened when...?

What happened before/after...?

What did it look/feel/sound/taste/smell like?

What do you remember from...?

Describe what you know about...

Tell me about your...

For comprehension:

Why do you think...?

Which one do you have more/less of?

How can you tell the difference between ___ and ___?

Can you give me an example of ___? How do you know that...? What happened first, second, third, etc.?

Tell me what happened...

How could you say that differently?

For application:

How can we organize these?

How can we/you find out?

Show me what you could do with it.

How can we solve this problem?

What do you think will happen if...?

How else would/could you...?

For analysis:

Why is this important?

In what ways are these different/similar?

What do you think will happen?

How much/many ___ will we need to...?

Is there anything that you would change? If so, why?

Why do you think...?

What comes next in the pattern of ___?

What could we do differently next time?

For evaluation:

What other ideas do you have to add?

What other ending to the story can you come up with?

How will you organize ___?

What else could you do/use?

How will you prepare for...?

What could we have done instead?

What's one solution to the problem?

For creativity:

What changes would you make to...?

How many ways can you...?

Why did you choose... (those materials, that order, etc.)?

How could we make the/this ___ (stronger, better, etc.)?

How will you make a new... (design, pattern, etc.)?

Why do you think it is important to...?

Rank these ___ according to ___.

How are you planning to do that?

Asking open-ended questions is a habit you can adopt as part of your daily conversations with children. You and your kids will enjoy discussing both silly and serious topics using this technique.

Shelley Gregg 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 may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.**

Top 10 Books

1. A Perilous Proposal by Jennifer Schiff
 2. All the Little Hopes by Leah Weiss
 3. The Authenticity Project by Clare Pooley
 4. Float Plan by Trish Doller
 5. The Madness of Crowds by Louise Penny
 6. Big Summer by Jennifer Weiner
 7. The Exiles by Christina Baker Kline
 8. The Clover Girls by Viola Shipman
 9. Pack Up the Moon by Kristan Higgins
 10. The Lions of Fifth Avenue by Fiona Davis
- Courtesy MacIntosh Books and Paper.**



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SEPTEMBER 16 · 5 PM

WHY AM I GROWING GIANT CLAMS IN THE MIDDLE OF THE ARIZONA DESERT?

By Dan Killam, Ph.D.

Biosphere 2, University of Arizona



Biosphere 2



SEPTEMBER 28 · 5 PM

SHELL DRESSED: SEASHELLS IN FASHION AND JEWELRY

By Jean M. Burks, Curator Emerita, Shelburne Museum; and Kory Rogers, Francie and John Downing Senior Curator of American Art, Shelburne Museum

OCTOBER 20 · 5 PM

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Rotary Happenings

submitted by Cindy Carter

Ever notice the average age of a Rotarian, especially on Sanibel? Do you see a common denominator? If you guessed the politically correct answer of "older," you are correct. One goal of Rotary, actually of any service organization, is to appeal to younger professionals as a way to sustain the club as well as to keep the club relevant. Rotary has developed a new Rotarianship program, a Rotary intern program to do just that.



This new Rotary program was introduced to us by Kelsey Mitchell, the District 6960 Rotarianship chair. It is designed to deliver educational opportunities to the "Roterns," young professionals about different vocations, develop skills related to administration, enhance public image and give knowledge about the Rotary Foundation and Rotary membership.

The program runs 16 weeks with shadowing opportunities with the club, the Rotarians and their Rotern. Expectations for each Rotern are set in week one and monitored throughout the program. Each club manages and funds its own intern program with the structure and guidelines provided by the district. Each Rotern receives a one-year Rotary membership funded by the club and a membership to ToastMasters, a public speaking group. This program may educate young professionals about what Rotary is and does, and create lasting relationships between young business owners and their mentors.

Mitchell has been very active within Rotary District 6960 and is a Paul Harris Fellow plus five. She started her Rotary journey as the vice president in the Rotaract Club of Naples. She was awarded



Kelsey Mitchell

photo provided

Rotarian of the Year in 2014-15 from the Rotaract Club.

As her love for helping others grew, Mitchell joined the Rotary Club of Fort Myers South as the satellite club of Fort Myers South Sunset committee chair. She continued to grow this new club and eventually became charter president of the Rotary Club of Fort Myers Sunset. During this time she was named as District 6960 Rookie of the Year for 2015-16. In 2017, Mitchell served as District 6960's Peacebuilding Exchange chair and focused on engaging young Rotarians. She currently serves as Rotary District 6960 Rotarianship chair and the assistant Rotary public image coordinator for the state of Georgia, and Southwest Florida, Tampa and Orlando in Rotary Zone 34.

Mitchell is married to Bruce Mitchell and is the mother of four: Audrey, Morgan, Caleb and Brooks. Her passion for helping the community is evident in her volunteer work with organizations like Better Together. She has opened her home and heart to children all across Southwest Florida in times of struggle for their families. In addition, she provides mentoring to young mothers who have been through a temporary crisis.

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.

Progressive Club To Meet

The Progressive Club of the Islands will hear from Lee County School Board member Betsy Vaughn via Zoom on Thursday, September 23 at 4 p.m. Vaughn will discuss the issues currently facing the school board and what local citizens can do to help.

Vaughn was elected to the Lee County School Board, Precinct 6 (at large) in November 2018. In 2014, Vaughn retired from a career as a secondary English

language arts teacher, which included 19 years as an English department chair at a Dallas high school, plus eight years in Lee County at Estero High School.

Vaughn has been a tutor and mentor in the schools, a volunteer at the Foundation for Lee County Public Schools, and a Community Conversations discussion leader. Presently, she volunteers as a Guardian Ad Litem child advocate and education surrogate, and is scholarship chair for the Haitian-American Community Coalition of Southwest Florida.

Time will be provided for questions. To attend, email pcisancap@gmail.com to receive the Zoom link, or watch live at 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.

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Superior Interiors

A Family-Friendly Kitchen Without Sacrificing Style



by Linda Coin
The kitchen is a versatile haven where family dinners take place, the kids sit down to complete their homework and family members put their skills to the test with new recipes. In addition

to being functional and stylish, the hardest working room in your house should be kid-friendly to ensure your furniture and decor aren't undergoing unnecessary wear and tear. People don't often think of stylish and family-friendly as two characteristics that go hand in hand, but with a little planning, you can turn your space into an escape that meets that criterion.
Eat-in kitchens are key components to a versatile and fully functional space. Not only do they offer extra room for dining, but they provide a convenient gathering area for friends and family, and additional space for food prep. There are a variety of styles and setups that you can choose from. You may want to arrange the eating area by the window

for a captivating outdoor view that brings in plenty of natural lighting. Including a window seat in your breakfast nook can create an element of comfort and a charming, cottage-style feel. If you're going for a sleek, chic eating area, a center island with a quartz or granite countertop and tall, modern stainless steel bar stools will provide a casual, yet head-turning space.
When deciding on your kitchen window treatments, there are a few key elements to consider. Along with decorative factors like color and style, think about the amount of sunlight you want illuminating your space, the length of your drapery and your privacy needs. While most kitchens work best with shorter drapery for enhanced functionality, floor-length options could work for your breakfast nook or when framing a large bay window or French doors. Sunlight may be effective at making the space feel brighter and larger, but don't forget to take your furniture into consideration, as UV rays can quickly fade materials. This sun exposure can also cause the temperatures in your kitchen to rise, which isn't ideal, as active ovens and stoves already give off a lot of heat. Consider performance fabrics that are most durable to ensure sunlight isn't going to compromise the window treatments themselves or your furnishings. Today's market offers options that allow you to be able to see outside and daylight to enter while still blocking views inward to ensure privacy. Roman shades, a popular option, are

often made from woven or translucent fabrics that also meet these standards.
Do you have sleek hardwood or tile floors installed throughout your kitchen? Area rugs make it easy to introduce a bold new hue or pattern into your kitchen. They also can create a cozy and inviting kitchen, adding texture along with your chosen window treatments. For high-traffic locations, area rugs made from sea grass, sisal, or jute (an especially durable fabric) are perfect. All-wool or wool-blend rugs are also very stain-resistant and soft. There are many indoor/outdoor rugs that are very suitable for kitchen use. Whichever material you choose, look for a product that's easy to clean for when those

inevitable accidents occur.
Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindecnden.com.✧

New Flights Coming This Fall

Avelo Airlines will soon begin service to Southwest Florida International Airport (RSW). Avelo will bring the first nonstop service between New Haven, Connecticut (HVN) and RSW on November 11. The flights will operate twice a week on Thursdays and Sundays utilizing a 737-700 aircraft. For more information, visit www.aveloair.com.✧

From page 18
Sports Craze

Josh Jeffcott, racquet sports manager at the resort, he encouraged anyone interested in learning the game to get past the name and give it a chance. He said, "It's only as competitive as you want to make it" and he's never met anyone that he couldn't teach how to play the game. International Pickleball Teaching Professional Association (IPTPA) Pro Brad Thompson, also with Sundial Resort, emphasized the sport's "ability to connect all age groups and skill levels." The resort continues to expand its racquet sports staff and has recently added IPTPA Pro Peter Redpath to the team. Daily, monthly and annual

memberships are available, and the resort offers a multitude of clinics, tournaments and social mixers throughout the year. Those interested in learning the game can elect to sign up for group clinics or individual lessons.
No matter what your skill level may be, pickleball is a great way to connect with other active-minded individuals both athletically and socially, but, beware... It's addictive!
Allison Havill Todd lives on Sanibel with her husband and two rescue dogs. She is an avid dog lover, business coach and outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on [@thedoggiemom](https://www.instagram.com/thedoggiemom) and [facebook.com/thedoggiemom](https://www.facebook.com/thedoggiemom).✧

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Sandalfort Unit 5B1

Beautiful 1BR/1BA unit with walk out to pool and beach. Updated with open floor plan. Excellent rental income potential. Located on the quiet East End of Sanibel, Sandalfort is a wonderful complex with an on-site rental/management office. On-site amenities include heated pool, tennis, shuffleboard, grills, bike rentals, and WiFi.
\$769,500

4020 West Gulf Drive

Exceptional 3-bedroom, 2-bath home with heated pool across from beach access on one of the larger West Gulf Drive lots. Updated kitchen includes granite countertops, custom kitchen cabinetry, stainless appliances including warming drawer and wine cooler. The Bamboo and travertine tile flooring throughout and theater surround system are just a few exceptional features. Custom hurricane-rated windows and doors throughout.
\$2,795,000

The Sanibel Captiva Trust Company

Staying Bullish At A Market Peak



by Timothy P. Vick, Director of Research

Take note of the past 18 months: We all just experienced one of the more confounding roller-coaster markets of our careers. No doubt, investors

can wipe their foreheads in relief that stock prices not only recovered all their early 2020 losses but have touched record highs consistently since November. Undeniably, too, anxiety levels have risen in tandem with the rally. In the aftermath of any recession, investors tend to fear a relapse and naturally turn gun-shy – always on the lookout for another bubble forming, even when no bubble exists.

But before you get caught up in the hype of wondering how stock prices can be so strong today, we want to lay out a few truisms that should guide your thinking:

First, markets always should move toward new highs. That is the natural course of stock prices. As long as the U.S. economy is growing, businesses are selling more goods and generating more profits, thus making their shares more valuable. This trendline of growth gets

interrupted occasionally by economic slowdowns, unexpected geo-political events, or sudden bouts of panic selling, but a market moving to new highs on the back of a growing economy and rising corporate profits is the norm.

Corrections are not to be feared. A short-term stock market correction, where prices drop 10 to 20 percent, is always a possibility and tends to happen several times a decade. But corrections tend to be fleeting and result in the market reversing itself and pushing toward its old highs again. Corrections also have been unpredictable, not only in their causes, but in their depth and duration. Trying to anticipate the next correction often results in being underinvested at the wrong time and yields poorer portfolio results.

The U.S. stock market has been top-heavy. The 18 percent return of the S&P500 in 2020, followed by a more than 10 percent return so far in 2021, has been fueled by a handful of mega-cap technology companies that today impart an undue influence on index returns. The 10 largest stocks in the S&P500 provided most of 2020's 18 percent return and traded for 33 times their projected earnings by December 31. This gave the appearance of a stock market that was overheating and expensive, though the other 490 stocks in the index traded for just 20 times projected earnings and experienced 2020 returns averaging just four percent. Top-heavy markets tend to conceal numerous less-risky opportunities below the surface.

We remain closer to the bottom of the economy than the peak. That's a key

point to consider when investors worry about future returns. We are less than a year removed from the type of painful recession and bear market that occurs once every 10 to 20 years. If history is any guide, the economy is more likely to provide several more years of expansion now, rather than fall back into recession. Recessions tend to cleanse excesses in the economy, lead to lower interest rates and government stimulus, and prompt consumers and businesses to take more prudent risks with capital – events that set the stage for a long recovery.

Our clients don't own "the market" but instead own a collection of companies and bonds that are hand-selected to achieve the absolute return goals we set for each client. The short-term oscillations and valuation levels of the S&P500 or the Dow Industrials may be irrelevant to your personal portfolio.

Finally, the stock market has been exceedingly "efficient" in valuing companies since the onset of COVID-19. Stocks that fell the most during COVID-19 were in the hardest hit consumer discretionary industries such as restaurants, airlines, real estate, hotels and cruise ships. Stocks that rose throughout the recession tended to lie in non-cyclical technology sectors where demand for products kept rising. Indeed, never before had America suffered a recession whose beginning and end, and causes and effects, were as easy to predict and quantify. That fact has removed many early cycle "grey areas" and given us more confidence we can locate and value suitable investments for you.

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

Airport Traffic

During July, a record-breaking 814,471 passengers traveled through Southwest Florida International Airport in Fort Myers. This was an increase of 218 percent compared to July 2020 and 42.6 percent more than the passenger traffic in July 2019. Year-to-date, passenger traffic is up 60 percent compared to last year.

The traffic leader in July was Southwest Airlines with 205,598 total passengers. Rounding out the top five airlines were Delta (156,658), American (149,918), United (114,151) and Spirit (66,167).

Southwest Florida International Airport had 7,020 aircraft operations, an increase of 51.9 percent compared to July 2020. Page Field saw 10,115 operations, a 1.4 percent decrease compared to July 2020.

Southwest Florida International Airport served nearly six million passengers in 2020 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit www.flylcpa.com or www.facebook.com/flylcpa.

Wisdom.

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

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When To Dispose Of Old Estate Planning Documents



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

My father-in-law, Ronald, is a pack rat. He and my mother-in-law can't park their cars in the garage of their condominium because of all his stuff cluttering it up. There are old transistor radios, televisions (the black and white variety), kitchen appliances and a host of other things that you couldn't sell on eBay if you tried.

"What's this?" I asked picking up a large plastic bottle off of a folding table overflowing with all sorts of junk.

"Vitamins!" Ronald replied, "I got those on sale at Eckerd's!"

"Eckerd's hasn't been around in how many years?!" I asked

examining the faded label on the old bottle. "These expired in 1994! Why don't you throw them away?" I said tossing them into the garbage can. From the look on my father-in-law's face, I could tell he wasn't happy with me.

Which leads me to today's topic – when to throw away old estate planning documents. Often, when I update clients' documents, they ask me what of their old documents should they get rid of?

Let's address ancillary documents first. Generally speaking, you can get rid of most old durable powers of attorney, healthcare surrogates and living wills if they have been updated. The one thing that you have to be careful about in this group is the durable power of attorney. Generally speaking, it's okay to get rid of old durable powers of attorney. Where this general rule doesn't apply – and you need to take other action – is when one of three things has happened: 1) the power holder has a copy of it; 2) it has been used; or 3) a copy of the power of attorney is on file with a bank or financial institution.

If any of those three things is true, then you should have your attorney go through the legal steps necessary to actually revoke the power of attorney. Florida law provides step-by-step instructions that must be followed to properly revoke an old durable power of attorney, including sending notice to the power holder as well as to the proper offices of any financial institution where it has been used. Failure to legally revoke an old durable power of attorney could result in its continued use by the power holder – and unintended and possibly adverse consequences.

Next, let's talk about wills. When you update your will, you might update it by adding

an amendment to it – called a "codicil," or you may revoke the old will in the new one, and create a whole new will. When you amend your will with a codicil, you should retain the old one, since it (or parts of it) remains valid. When you update a will by restating it in its entirety and revoking the old one, then it is usually okay to throw out the old one.

The only reason you may wish to keep an old will (or a copy of it) when it has been restated in its entirety, is when you want to show a history of some act – such as disinheriting a certain friend or relative.

If you have a revocable living trust, you usually want to retain the old trusts, even if they have been restated in their entirety. This is due to the fact that new trusts usually build on old ones. As an example, let's say that I have a trust dated January 1, 1996. I restate that trust in its entirety on July 1, 2011. I want to keep the old trust because it has a provision in it that allowed me to amend it – and usually the new trust keeps the date of the old trust so that I don't have to retitle all of the assets that have been transferred to it. So, if the IRS or a financial institution needs to see the old trust to make sure that the new one amending it is valid, it's a good idea to have that old trust around for that proof.

Never throw away Form 706 Estate Tax Returns of anyone you inherited from, including your spouse, parents and grandparents. Also don't throw away Form 709 Gift Tax Returns that you and your spouse have ever filed. Give copies of those to your estate planning attorney.

When you're like my father-in-law, who likes to keep things, then this column is of little use to you. But if you are like me and like to clean out useless clutter from your life, then you should ask your attorney which documents you can safely dispose of.

And, by the way, if you would like an old blender that won't work, give me a call. I can get you a great deal on one.

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.✴

Workshop On Tracking Impaired Elderly

FISH of SanCap, along with United Way of Lee, Hendry, Glades and Okeechobee and the Lee County Sheriff's Office, will host a workshop titled ReUnite Scent Kit on Tuesday, September 28 at 11 a.m. The workshop will be held at The Community House and all attendees must wear a mask throughout the presentation and adhere to social distancing guidelines.

The United Way ReUnite program uses a scent kit to aid first responders in search and rescue operations for individuals, particularly those at-risk with cognitive disabilities, and who may be prone to wandering or getting lost.

Scent kits will be provided complimentary to participants wishing to obtain one. The process is easy and uses a scent swab that can be stored in a refrigerator for up to 10 years.

Prisca Mendez Asaro, program manager for United Way, will introduce the program. She said, "I know all too well the worry of what might happen to

a loved one with a cognitive disability." Asaro's mother, diagnosed with Alzheimer's disease, has wandered from home a few times. "The scent kit can reduce emergency response time when attempting to locate and reunite loved ones with family members," she said.

When someone goes missing, the single most important factor is time, and ReUnite has the ability to reduce search time. Information is accessible to law enforcement in seconds rather than the minutes. The scents are introduced to the Lee County Sheriff's K9 bloodhounds who have the ability to catch the scent hours or days later, according to the sheriff's office.

A multi-layered approach uses the latest technology as well as the oldest practices that have proven to be most effective when searching for missing persons. GPS, drones and helicopters, combined with highly-trained bloodhounds, utilize Scent Evidence K9 pads, already containing the missing individual's scent, to begin tracking. Bloodhounds supplied to the Lee County Sheriff's Office by the Jimmy Ryce Center are specifically trained to track over great distances. So far this year, two missing and endangered children have been reunited with their families thanks to the Lee County Sheriff's Office and the ReUnite program.

For more information, call 472-4775 or visit www.fishofsancap.org.

The Community House is located at 2173 Periwinkle Way on Sanibel.✴



Prisca Mendez Asaro



Ann Gee
Broker/Owner

How's The Market? Ask Ann Real World...

With only 15 condos and 22 houses for sale on Sanibel, it makes it very challenging for potential buyers. Understandably, many of these prospects are going to wait for the right "new" listing to come on the market. If you asked me my advice, it would be as follows: be aware that you are competing with several potential buyers "waiting" for the right house or condo to come on the market. You are forced to be decisive. If you conclude that what you like is priced to current market conditions, either make a full price offer or offer over the listing price, or continue to wait for more new listings, which will be at a higher price.

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8 Closed Sales Going Back One Week 3 Homes & 5 Condos

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937 East Gulf Dr. 3511 Sanibel Inn - \$695,100	1795 Middle Gulf Dr. C101 Sanddollar - \$1,150,000
1702 Bunting Ln. - \$749,500	2721 West Gulf Dr. 102 Kings Crown - \$1,550,000
527 East Gulf Dr. 106 Gulf Beach - \$893,000	2367 Wulfert Rd. - \$1,850,000

Have a good week and call me with any comments or questions.

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16280 CAPTIVA DRIVE



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15138 WILES DRIVE



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 - Private Oasis, Pool with Putting Green
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1266 & 1268 PAR VIEW DRIVE



BEACH VIEW ESTATES

- Fabulous 4 Bedroom, 4 Bath, Private Pool
 - Remarkable Eastern View, Near Beach
 - Property Consists of 2 Lots
 - Drive or Walk to Deeded Beach Access
- \$2,295,000**

1033 BAL ISLE DRIVE



TOWN & RIVER

- Stunning Modern 5 BR, 3.5 BA
 - Deep Water Dock, Boat/Jet Ski Lifts
 - High End Appliances, Coffered Ceiling
 - Pool/Spa, Kiddie Pool, 3 Car Garage
- \$2,995,000**

1272 PAR VIEW DRIVE UNDER CONTRACT



BEACH VIEW ESTATES

- Single Family Buildable Lot
 - East Facing, Golf Course Views
 - Great Beachview Location, Walk to Beach
 - Private, Deeded Beachview Beach Access
- \$459,000**

15867 & 15879 CAPTIVA DRIVE



CAPTIVA GULF TO BAY ESTATE

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Health First

Causes And Treatment For Bad Breath



by Julie Rosenberg, MD

Bad breath, also called halitosis, can be an upsetting and embarrassing problem. Chronic bad breath can have a major impact on a person. People may back away from an

individual with bad breath. This can lead to a loss of confidence and self-esteem.

Causes of Bad Breath – The origin of halitosis is found in the oral cavity in about 85 percent of cases.

Food – The breakdown of food particles in the mouth can increase sulphur-producing bacteria that colonize the tongue and cause a foul odor. Eating certain foods, such as onions, garlic, cauliflower and broccoli can cause a bad odor in the mouth, although the effect is usually short-lived.

Poor dental hygiene – If you don't brush your teeth and floss at least once daily, food particles will remain in your mouth. Accumulation and putrefaction of food remnants can cause bad breath. Dental plaque on your teeth, if not

brushed away, can irritate your gums and lead to periodontal disease. Unclean dentures (worn at night or not regularly cleaned or with rough surfaces) can also contribute to bad breath.

Dry mouth – Saliva helps cleanse your mouth, removing food particles that cause odors. People with a dry mouth, also known as xerostomia, have decreased saliva production and often show an increased volume of plaque on the teeth and tongue. This can lead to bad breath.

Other oral causes – Stomatitis (an inflamed and sore mouth), intraoral cancer, crowding of teeth (favoring food entrapment), oral ulcerations and herpetic gingivitis have all been described as causes of bad breath.

Ear, nose and throat conditions – About 10 percent of the overall cases of bad breath originate from the ears, nose and throat region. Infections or chronic inflammation in the nose, sinuses or throat contribute to postnasal drip and can lead to bad breath.

Smoking – Smoking depletes the mouth of oxygen and leaves a characteristic odor in the mouth, which can lead to bad breath.

Other causes – Metabolic disorders, such as renal disease and diabetes (specifically, diabetic ketoacidosis) can cause a distinctive breath odor. Gastroesophageal reflux may also be associated with bad breath.

Management of bad breath – There is no one treatment for bad breath. The treatment will depend on the cause of the

problem. In general, the following tips will help you to eradicate symptoms of bad breath.

Brush your teeth after you eat – Brush your teeth at least twice daily, especially after meals. Toothpaste with antibacterial properties has been shown to reduce bad breath odors. Change your toothbrush often – at least once per month. The toothbrush itself can harbor bacteria.

Floss at least once daily – Proper flossing removes food particles and plaque from between your teeth, helping to control bad breath.

Brush or scrape your tongue – Your tongue harbors bacteria, so brushing it may reduce odors. People who have a coated tongue (which is an overgrowth of bacteria) may benefit from using a tongue scraper. The tongue should be brushed or scraped in a gentle but thorough manner, from the back towards the front of the tongue.

Clean dentures or dental appliances – If you wear dentures or use a dental appliance, clean it thoroughly at least once daily, or as directed by your dentist.

Keep hydrated – Drink plenty of water throughout the day. Be aware that drinking coffee, soft drinks with caffeine, and alcohol can lead to a drier mouth. If you suffer from chronic dry mouth, you may benefit from an artificial saliva preparation or oral medication that stimulates the flow of saliva. (Consult your doctor or dentist).

Avoid certain foods – Avoid foods such as onions and garlic, which can cause bad breath. If you do eat these foods, be sure to brush your teeth after meals.

Don't smoke – There are many negative effects from smoking. Among them are cough, shortness of breath, reflux, dryness of throat, taste disorder and bad breath.

Treat underlying conditions – Treating conditions that may be associated with bad breath is essential in eradicating the problem.

In conclusion, if you suffer from bad breath and it persists after making the

lifestyle changes noted, visit your doctor or dentist to identify the cause of your halitosis and find the most effective treatment for you.

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

New Racquet Sports Manager At Sundial Resort

Sundial Beach Resort & Spa has added Josh Jeffcott to its racquet sports program. He will manage the resort's tennis and pickleball programs.

An area native with an impressive resume as both a player and event organizer, Jeffcott played his first tournament at Sundial at age 8 as a top junior tennis player. After a career as a competitive player and United States Professional Tennis Association (USPTA) professional, Jeffcott became interested in the fast growing sport of pickleball and gained International Pickleball Teaching Professional Association (IPTPA) certification. He spent the next several years as a head pickleball pro, tournament organizer and 5.0 rated sponsored player.

"Josh joins us as an accomplished and energetic professional with a solid history of achievement in racquet sports, and we're thrilled to welcome him to our Sundial team," said Becky Miller, general manager. "Our active tennis and pickleball programs are a popular resort guest activity but our courts and programming are also open to the public. We look forward to growing our award-winning facilities and programs under Josh's direction."

For more information on Sundial's offerings, call 395-6037.✧



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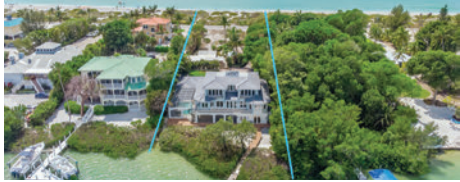
Should the Island Senior club have a permanent home in the existing facility they have enjoyed since 1993 and operate independently at the discretion of their Board?

YES

Should the City of Sanibel have a new multi-million-dollar Center 4 Life building to compete with the Recreation Center and Community House?

NO

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Frankly Speaking



by Howard Prager
Welcome back college football! Only a few upsets last weekend with Georgia defeating Clemson and Penn State beating Wisconsin in Madison. Notre Dame and Florida

State was a classic, with the Irish winning in OT. My beloved Wildcats and Ed's beloved Hoosiers were crushed, and someone had a challenge spelling Indiana on at least one jersey. Next week, I'll have thoughts about the US Open, the NFL's first week, and the few baseball races left, Dodgers-Giants and Braves-Phillies. In last weekend's series between the Dodgers and Giants, San Francisco took two out of three.

Now for a baseball story closer to home. From a Mighty Muscles press release: "The Fort Myers Mighty Mussels are proud to announce Minnesota Twins VP of Player Personnel Mike Radcliff as the 2021 inductee into the Killebrew Root Beer Professional Scouts Hall of Fame. Radcliff becomes the 16th member of the heralded group, and will be formally inducted prior to a Twins' spring training game in 2022, where his plaque will join the 15 members already enshrined outside the main entrance to

Hammond Stadium. "It's always great to be recognized by your peers in the baseball community," Radcliff said. "This one has more prominent meaning to me because it has the name Killebrew in it. Harmon Killebrew was such a great player in our organization, but beyond that – he's someone that's so looked up to by everybody in the organization for the way he handled himself, the way he respected the game."

Requirements for induction include: strong professional scouting background; represented the scouting community in a professional manner and contributions to growing the game of baseball; made a significant impact within their organization; and worked and resided in Florida for a significant portion of their career.

"As a scouting director, I spent more time in Florida than any state in the union," Radcliff said. "The combination of our complex and scouting in general, I'd always go to spring training in the Fort Myers area. I'd always try to scout as much of Florida as possible in February and March. Even though I live in Kansas City, I feel like I'm a part-time resident of Florida."

"What scouts can offer most is the vetting of the player, the makeup of the player – what he's about," he said. "His different personality traits are going to impact and affect how he applies his physical tools to the game. The best teams are incorporating all of that into one giant process."

According to the press release:

"Radcliff dedicated over three decades of his life to the Minnesota Twins' organization, and still oversees draft operations and various scouting ventures. He was hired by Twins' scouting director Terry Ryan in 1987. Radcliff started his tenure as the Midwest area scout but quickly ascended to scouting director in 1993. He became the longest-tenured scouting director in Major League Baseball, holding the position until 2007 when he transitioned into the role of VP, Player Personnel. In his 14 years as scouting director, the Twins won four division championships in a five-year span from 2002-06, one of the most successful stretches in franchise history. Radcliff oversaw the selections of several legendary Twins' players including Joe Mauer, Justin Morneau, Torii Hunter, Denard Span, Todd Walker, A.J. Hinch, A.J. Pierzynski and many others."

"After his title change in 2007, Radcliff continued to be a significant voice inside the Twins' draft room and scouting efforts. Through both turnover and changing technology, Radcliff's testimony holds as much weight as anyone in the organization. In 2011, his MLB peers voted him the Midwest Scout of the Year. In 2014, he was inducted into the Professional Sports Hall of Fame. He received the George Genovese Lifetime Achievement Award in Scouting in 2016 – a tremendous honor given by the Professional Baseball Scouts Foundation."

The Paralympics that just concluded in Tokyo had 4,400 competitors from nearly 160 countries and territories competing in Japan for the Paralympics with 12,000 staff, officials and journalists taking part in the 13-day event. Almost every story in the Paralympics is a profile in courage as these athletes trained and prepared while dealing with their own physical disability. It's truly miraculous and has good news all over it.

The Paralympic Movement classifies athletes with physical, vision and/or intellectual impairments that have at least one of the following 10 eligible impairments: impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, muscle tension, uncoordinated movement, involuntary

movements, vision impairment and intellectual impairment. Altogether there were over 539 events in 22 sports. Here are some of the most moving stories as reported by *The Bridge*.

"The world was watching intently for Afghanistan to make its Paralympic debut, and when they finally arrived, it was like a medal-winning moment itself. Zakai Khudadadi and Hossain Rasouli were the two athletes who somehow made it out through a top secret evacuation and were granted visas to compete. They came, took part, did not speak to the media and did the best they could. This, in itself, was a moment to cherish for the sporting world who had given up hope of ever seeing them once the Taliban took over."

"Running, swimming and cycling in a triathlon is tough in itself. Doing it with a partner attached to you is a feat that several athletes accomplished at the Paralympics. Brad Snyder is one of them, and he has been consistently winning medals for the past three editions of the Paralympics despite being a visually impaired competitor. The former Marine lost his eyesight in a mine blast in Afghanistan back in 2011. After competing in two other Paralympics, he won Gold in Tokyo."

Have you ever played table tennis at a professional/amateur level with no arms to hold the racket? Egyptian Ibrahim Hamadtou can answer in the affirmative. He has done the unthinkable by playing the sport with his mouth. It is simply brilliant to watch him and how he navigates the unthinkable by setting a precedent for all of us to follow in our daily lives.

The youngest athlete at the Tokyo Paralympic games, Husnak Kunkuwade from Uganda at age 14, wanted to set a benchmark for all other para-athletes from her country and Africa especially. She might not have won her medal but her goal at the Paralympics was to inspire, and that is exactly what she did.

Inspiring all.

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

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SPORTS QUIZ

1. What Baseball Hall of Fame infielder, nicknamed "Old Shufflefoot," won the American League MVP award in 1948 as a member of the Cleveland Indians?
2. What name did Muhammad Ali give to his strategy of tiring out an opponent by repeatedly absorbing or evading his punches?
3. Norm Chow, the Tennessee Titans offensive coordinator from 2005-07, was head football coach for what college team from 2012-15?
4. Who was the last active NHL player to have played for the Quebec Nordiques?
5. What is the name of the official mascot of the NBA's Orlando Magic?
6. What sports equipment and sportswear manufacturer was founded in Osaka, Japan, in 1906?
7. The United States led the medal table with a record 83 gold medals at the 1984 Summer Olympics in Los Angeles. What nation came in a distant second with 20 gold medals at those Games?

ANSWERS

1. Lou Boudreau. 2. Rope-a-dope. 3. The University of Hawaii Warriors. 4. Adam Foote. 5. Stuff the Magic Dragon. 6. Mizuno. 7. Romania.

dearRPharmacist

Folate Helps With Brain And Personality



by Suzy Cohen, RPh

Dear Readers: Everyone knows how important B vitamins are, especially for energy and nerve health. One of the most famous vitamins

is B9 or what you see on store shelves as "folic acid." This is a nutrient that's required for proper spinal development in fetuses, and very commonly suggested by obstetricians. Folic acid is a synthetic precursor to natural folate or 5-MTHF, which your body manufactures in a very complex biochemical process.

Now there's a new scientific paper that shows folate can help your brain. Researchers examined a bunch of clinical studies in what's called a "meta-analysis" and discerned from all the data (across all 60 studies/publications) that folate can help with Alzheimer's disease. The article is published in *Frontier's in Neuroscience*. More specifically, they found that folate levels (tested via blood) were reduced in Alzheimer's patients compared with healthy controls.

Alzheimer's is a memory disorder that affects more than six million Americans according to the the Alzheimer's Association. On an interesting side note, I can't help but question how people with memory disorders are suffering from the 'drug mugging' effect of other medications they started a few years ago. Did you know that certain drugs impact your ability to absorb folate, as well as other nutrients needed to make acetylcholine, your memory chemical? Folate is mugged by at least 178 different drugs, and probably more. This is well documented in my world, and I've studied and written a famous book about it called *Drug Muggers*, which is available on Amazon. A folate deficiency can change your personality.

As for folate versus folic acid,

the choice is clear to me. Take the biologically active form (folate, also called 5-MTHF) and spend the extra money to buy the body-ready form of it, otherwise you won't get optimal effects. Don't believe people who tell you that your body will convert the folic acid to folate. If you are short on riboflavin for example, the pathway comes to a screeching halt. To see what I mean, visit my website and read the longer version of this article where I have posted a graphic to show you how difficult this process actually is. Most people are not short on folate. But if you are, then you should be supplementing with the very best and eating foods rich in folate like salads, leafy greens, peas, broccoli and hummus.

If you would like to read the longer version of this article, and find out more about other herbs that can support your brain function and cognition, sign up for my free newsletter at 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.

Lee County Rated Top Recycling Spot

Lee County residents and businesses recycled 76 percent of the waste generated countywide in 2020, earning second place in the state. Charlotte and Pinellas counties tied for the top spot with 78 percent recycling rates.

Lee County received credit for recycling 1.6 million of the total 2.2 million tons of waste generated locally in 2020, according to numbers recently released by the Florida Department of Environmental Protection.

The amount of material Lee County residents recycled in 2020 would be enough to fill 152 football fields with material 70 feet high, as high as the tallest point of the Sanibel Bridge.

"Lee County has been in the Top 10 recycling counties ever since Florida began tracking in 2000," said Lee County Solid Waste Director Doug

Whitehead. "And, we enjoy a healthy competition with Charlotte and Pinellas over who can recycle the most each year."

Recycling credits include curbside recycling by residents as well as business recycling of materials such as cardboard, yard waste, scrap metal and construction

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I dated a man for four months and I broke it off because he became so possessive. He is now stalking me. It's frightening me, and I am fearful. What should I do?

A: The first thing you can do is notify your local police department and inquire what resources there are in your community for counseling assistance and help. Your local authorities should know and have them refer you. You can also inquire about getting a restraining order against him if the stalking doesn't stop once you notify police.

It could be this has happened before with other victims and the police may

already have a file on him. This is quite common. Regardless, you do have to take matters into your own hands and protect yourself.

Overall waste generation in the county decreased 63,000 tons, or 2.76 percent, from 2019 to 2020.*

Keep your phone near you in case you have to call the authorities, and do not hesitate if you feel you are in danger. You did not ask for this and the sooner you take control, the better you will get a resolution. If you feel unsafe and live alone, you may want to have a roommate or a friend stay with you temporarily.

If you have suffered any trauma through this, please seek a therapist who is trained in trauma therapy. I highly recommend you get help to work through this so the trauma doesn't remain locked in your body. You are not alone and there is support out there for you. Stay safe and get all the support you can during this challenging time.

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

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Doctor and Dietician

The Squat Challenge



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

Have you ever heard that squats are the “perfect exercise?” Our team was recently encouraged by our nurse Brad to participate in the Squat Challenge! You may ask why? Squats build muscle. Performing squats will increase muscle thereby making you stronger, as well as increase agility and flexibility. We all know how vitally important this is as we age.

The health benefits of daily squats: Building muscle – The main purpose of squatting is to develop strong legs, specifically the quads, hamstrings, calves, and lower back muscles and abs. Squats will also promote muscle mass throughout your entire body because correctly performing them will increase your heart rate and increase secretion of anabolic (muscle-building) hormones such as human growth hormone and testosterone. If you squat with added hand weights, it will mimic life tasks such as picking up something heavy and lifting with your legs.

Squats not only increase muscle but can also work your cardiovascular system. You can eventually increase the speed at which you perform them, which will increase heart rate, helping regulate lipid and insulin levels.

One of the great things about living in Southwest Florida is our ability to be outside year-round and participate in many different outdoor activities. Our Caring Medical patients often come in to see us because they want to return to performing activities such as

tennis, golf, pickleball, bicycling, run/walking, swimming, kayaking, fishing, hiking, and so much more. As regular squatting improves muscle strength, you improve balance and speed. Stabilizer muscles are strengthened and flexibility increases, thus reducing the risk of sports injuries. Another side benefit is that because squats keep you moving, your bowels will keep moving as well. Never underestimate the power of a good poop.

Nurse Brad shared a very interesting study with our Caring Medical team titled Cancer-Specific Mortality Relative to Engagement in Muscle-Strengthening Activities and Lower Extremity Strength. We all know that cancer is one of the leading causes of death and disease in the U.S. Many healthcare dollars are spent on treatments and research. Sarcopenia or progressive and generalized loss of skeletal and muscle mass and strength is especially prevalent in cancer patients. Results of the study showed that about one out of every five cancer deaths could have been avoided if the individuals had been in the top quarter for strength. Researchers state that more study is required, but the take-home message is to work on strength training to decrease risk of death from cancer BEFORE that diagnosis even hits home.

Will you join our team in the Squat Challenge? Go as low as you can comfortably go, holding onto something for balance if necessary. Squat until you feel a burn or until the squats become difficult. Do not focus on the number of squats as much as “feeling the burn!” This workout will take one to two minutes per day. Lowering cancer risk (and all cause mortality) by strengthening your legs may sound silly at first, but remember anyone who gets ill, eventually needs to get out of bed, walk and return to daily living. Already having strength dramatically improves our chances of going through difficult times, especially recovering from illnesses or surgeries.

*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@carimgmedical.com.**

Beautifulife:

Clouds



by Kay Casperson

Have you ever found yourself saying, I actually really appreciate a cloudy day now and then? I know most people who visit our islands from another place come for the sunshine

and the beaches. But, when you live in a relatively sunny area and especially during a hot summer, you tend to pray for a bit of cloud cover now and then.

When I travel by plane, I often find myself getting lost in thought while staring out into the clouds. There is just something so soothing and relaxing about them. When trying to wind down for a quick nap once in a while, I close my eyes and envision myself lying in a bed of clouds. I feel the soft, fluffy clouds around me with nothing else to disturb me, just a peaceful, silky feeling.

It is also fun to sit now and then and look for different shapes in the clouds, especially right before sunset. Spotting an animal, an angel, or even the resemblance of a person can be pretty unique and fun, either alone or with a

loved one. It could even be a fun game with friends.

I believe that clouds are a gentle reminder of the following things: Sunshine is right behind it – there will always be light after the darkness. The calm before the storm – A reminder to appreciate the quiet but prepare for the chaos.

An escape from the heat – Stop sweating the small stuff and don’t be so hard on yourself.

There is always beauty – Look for the beauty first in everything; it is always there.

Regardless of where you are in life, I encourage you to find the time to grab a seat outside, look up at the sky and cherish the clouds. Enjoy the shapes, sizes, speed and density of each one. Take a deep breath and daydream about all the beautiful things you are planning to do very soon. From power naps to visiting your next destination, savor every moment.

My affirmation for you this week is: “I appreciate the clouds as I know that my sun shines bright right behind them.”

*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.**

Pet Adoption Drive Begins

Lee County Domestic Animal Services will participate with hundreds of shelters across the country to host Clear the Shelters, a nationwide pet adoption drive on Saturday, September 18. The drive helps find homes for animals in need with more than 551,000 pets finding their forever homes since 2015.

The adoption center will feature a Pet of the Day whose adoption fee will be waived with an approved application each day leading up to the event day, when all adoption fees are waived.

For more information, visit www.leelostpets.com. To schedule an appointment leading up to or on the day of the event, call 533-9216. Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers.*

groups or families can participate together.

Every year, SCCF keeps track of the amount and kind of garbage collected using the CleanSwell app or provided data sheets.

Parking and transporting collected trash to SCCF will be the participant’s responsibility. Garbage bags, gloves and data sheets will be available during the week prior to the cleanup at Sanibel Sea School, located at 455 Periwinkle Way. Hours are Monday through Friday, 9 a.m. to 4 p.m. On the day of the cleanup, collected garbage may be dropped off from 9 a.m. to noon at SCCF, located at 3333 Sanibel-Captiva Road. A limited amount of free event T-shirts will be available.

Because of the ongoing beach renourishment project on Captiva this year, SCCF is unsure of the access and availability of beach to clean. Partners at Tween Waters Island Resort and Spa will have a volunteer coordinator on site for check-in, parking and trash disposal. Volunteers will cover as much beach as possible on September 18, depending on the current construction activity.

You will be able to collect trash bags, gloves, T-shirts and water at this location, and dispose of your collected trash afterwards.

Any interaction with the general public poses an elevated risk of being exposed to COVID-19 and SCCF cannot guarantee that you will not be exposed while in attendance. SCCF is not responsible for health and safety at this event and encourages you to follow CDC safety policies, as well as local laws and restrictions.*

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From page 1

Cleanup

You can upload your data via the Cleanswell App (preferred) or track it on a data sheet.

At least two people are needed for each section. There is no limit to how many can join the effort. Residents and visitors are welcome.

Many of the smaller sections of beach are just right for a family to handle and larger sections will allow for several small groups to participate in an independent manner. Although many sections have been limited to two sign-ups, larger

Island Sun

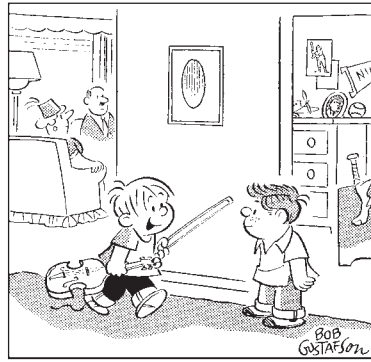
NEWSPAPER
Sanibel & Captiva Islands
CALLING CARD 239-395-1213

Emergency	911
Sanibel Police.....	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy.....	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol.....	332-6966
Florida Highway Patrol	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	472-1080
City Council	472-4135
City Building Department.....	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
Library, Sanibel	472-2483
Library, Captiva	239-533-4890
Lee County Mosquito Control	239-694-2174
Post Office, Sanibel	472-1573
Post Office, Sanibel (toll free)	800-275-8777
Post Office, Captiva.....	472-1674
Sanibel Community House.....	472-2155
Center 4 Life, Senior Center.....	472-5743
ARTS	
Arcade Theater.....	332-4488
Art League Of Fort Myers.....	275-3970
BIG ARTS.....	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony.....	277-1700
Herb Strauss Schoolhouse Theater.....	472-6862
Lee County Alliance for the Arts	939-2787
Naples Philharmonic.....	597-1111
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.org
Southwest Florida Symphony	418-0996
Symphonic Chorale of Southwest Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA.....	http://abwasanibelcaptiva.org
American Legion Post 123.....	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL.....	https://www.audubonswfl.org/
Audubon Society.....	472-3744
Bailey-Matthews National Shell Museum	395-2233
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW, Clinic For The Rehabilitation of Wildlife.....	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 211	984-5920
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FISH OF SANCAP 24-hr service.....	472-0404
Horticultural Society of the Islands.....	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
JN "Ding" Darling National Wildlife Refuge	472-1100
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald.....	302-521-1158
Master Gardeners of the Islands	472-6940
Military Officers Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society	239-313-6918
Progressive Club of the Islands	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus.....	395-0819
Sanibel-Captiva Shell Club.....	267-7291
Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club	472-8994
Sanibel Youth Soccer.....	395-2040
SCCF Sanibel-Captiva Conservation Foundation.....	472-2329
SCCF Sea Turtle Hotline.....	978-728-3663
Shell Islands Garden Club	246-8875
United Way of Lee County - 24 hour helpline 211	433-2000
Zonta Club	728-1971

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PUZZLES

Answers on page 38 and 39



"I must be improving... the
_____ are still here!"

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!

Fiend

TUBER

Collect

GREAHT

Rush

SLEUTH

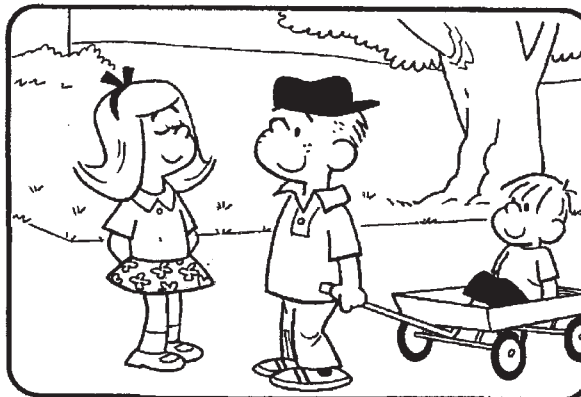
Outcome

LUSTER

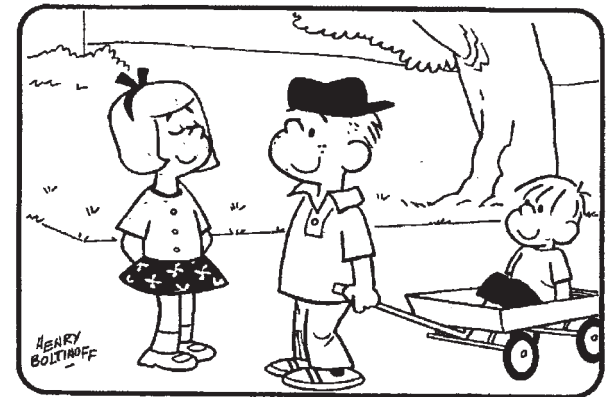
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Skirt is different. 2. Wheel is missing. 3. Limb is removed. 4. Collar is different. 5. Buttons are added. 6. Hair is different.

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

To Play Sudoku:

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

PUZZLES

Answers on page 39

Super Crossword

LEAVES AND SHEDS

ACROSS

1 Is lacking	partner in	113 Contract
6 Colombia's	films	sealer: Abbr.
national	49 Riddle, part 3	114 Blemish
airline	55 Crooner	115 1040 pro
13 Vid recorder	Perry	118 Title sorority
16 Q-Tip's music	56 "Prolly not"	of a 1985 film
19 Sound from	57 High-flying	119 Riddle's
Sneezy	eagles, e.g.	answer
20 Wheels on	59 "Just —	124 Uno plus due
swivels	feared"	125 Tandoor-
21 Ring great	62 Bishops of	baked bread
Muhammad	Rome	126 French
22 Australian	65 Hair clump	"Stephen"
bush bird	68 Et — (and	127 Ham it up
23 Start of a	others)	128 Prov. on
riddle	69 Riddle, part 4	Hudson Bay
30 Company	75 Prefix with	129 Agcy.
employee	-syncratic	130 Mailed, e.g.
27 Prefix with	76 Sod	131 Tender spots
plop	77 Bursting stars	
28 Pvt.'s	78 Kisses, on	DOWN
superior	love notes	1 Bird of prey
29 Frankenfood	79 Discard	2 Nagging dull
item, in brief	83 Gp. giving	pain
30 A tailor may	tows	3 Robin Hood's
take it up or	85 In addition	forest
down	87 Riddle, part 5	4 Prefix with
31 Riddle,	95 Human	74-Down
part 2	96 Pro-firearm	5 "Skoal!", say
37 Goopy mass	gp.	6 Perfumery
39 Really silly	97 Phone again	compound
40 Nada	98 Lone Star	7 Kilmer who
41 Toward	State sch.	played
sunset	102 U.N. Day mo.	Batman
42 Shared living	103 Minneapolis	8 Lanai, e.g.:
quarters	suburb	Abbr.
45 Crime that	105 Flubs it up	9 From — Z
gets MADD	106 End of the	10 Just-hired
mad	riddle	man, e.g.

DOWN

- 1 Bird of prey
- 2 Nagging dull pain
- 3 Robin Hood's forest
- 4 Prefix with 74-Down
- 5 "Skool!," say
- 6 Perfumery compound
- 7 Kilmer who played Batman
- 8 Lanai, e.g.: Abbr.
- 9 From — Z
- 10 Just-hired man, e.g.

11 Pinch into small ridges
12 Part of ASAP
13 Measures of business profitability
14 Make changes to
15 Marlins' home
16 Distill, e.g.
17 Makes changes to
18 Most sinless
24 String after E
26 Took to the sky
32 Desktop introduced in '81
33 Pantheon figures
34 Shutout, e.g.
35 Gibson garnish
36 Blazing thing
37 Bikini top
38 Chaney Sr. or Jr.
43 Split to unite
44 "Dogma" co-star Matt
46 "Meh"
47 August sign
48 Day, in Peru
50 "Ixnay"
51 "Chicago" actress Queen

52 Mardi —
53 Coiled shape
54 Overdone
58 Cheekiness
59 Just slightly
60 “Hawaii”
co-star Max
von —
61 Stilted reply
to “Who’s
there?”
63 Office phone
no., often
64 Erwin of early
films
66 Bogland
67 Even if, for
short
70 Parasite site
71 Dragnet
72 Cole Porter’s
“Well, Did
You —?”
73 Knightly trait
74 Point of
debate
80 Unit of
resistance
81 — -Aztec
(language
family)
82 Crowding
into
84 “Storage
Wars” airtel
86 More mature
88 Cut in glass
89 Works by
painter Henri
90 Expedition

91 Yemen's capital
92 Film VIP
93 "Yuk" cousin
94 Raised train lines
98 In the practice of
99 Gin joint
100 Hole to receive a shoelace
101 Kick a football
103 Sidle through, say
104 Band around a sleeve
107 Harpsichord relative
108 About even (with)
109 Seven, in Spain
110 Mai —
111 Compels
116 Folk singer Seeger
117 Greek war deity
120 Despite this
121 Yoko from Tokyo
122 First prime minister of Burma
123 Network of med. providers

King Crossword

ACROSS

1 Wee dollop
4 "I smell —!"
8 Lose it
12 Single
13 Only
14 Chantilly, e.g.
15 Vitamin stat
16 Frost
17 "—"
18 Misbehavin'"
21 Existed
22 Squid squirt
23 Song of
praise
26 Frequently
27 "Lion" actor
Patel
30 Intends
31 Dinner for
Dobbin
32 Seethe
33 Sample
34 "Shoo!"
35 Crazy Horse,
for one
36 Mountain
pass
37 Hot tub
38 Insignificant
sum
45 Car
46 "Who —?"
47 Ultimate
48 Leisurely
49 Fashion mag-
azine

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		

50	Multipurpose truck	10	Teen's woe		attendees
51	Bottom lines?	11	Favorites	32	Edict
52	Lushes	19	They give a hoot	34	Guy's date
53	Melancholy	20	Busy insect	35	Sudden bursts
		23	Bit of butter	36	Radiates
		24	Knightly address	37	Long-legged shorebird
DOWN					
1	Campus digs	25	Actress	38	Obi
2	"The King —"		Adams	39	Stubborn
3	Noggin	26	Feedbag morsel		beast
4	Hindu retreat			40	Molecule part
5	Hotel units	27	Pair with an air	41	Norway's capital
6	Jai —	28	Outback bird	42	Burden
7	Fill with intense fear	29	Irritate	43	Jazz singer
8	Not taut	31	Many		James
9	Hammer target		Woodstock	44	Molt

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

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

Chestnut	Moccasin	Spaniel	Supply
Fountain	Ouzel	Spider	Treatment
Level	Repellent	Sports	Witch
Logged	Resistant	Spout	

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FRIDAY
Partly Cloudy
High: 86 Low: 76




SATURDAY
Sunny
High: 87 Low: 78




SUNDAY
Partly Cloudy
High: 89 Low: 79




MONDAY
Cloudy
High: 90 Low: 82



TUESDAY
Partly Cloudy
High: 89 Low: 79



WEDNESDAY
Partly Cloudy
High: 90 Low: 81



THURSDAY
Mostly Cloudy
High: 87 Low: 77

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	3:28 am	9:48 am	4:37 pm	9:50 pm
Sat	3:57 am	10:49 am	5:49 pm	10:12 pm
Sun	4:32 am	12:02 pm	7:34 pm	10:24 pm
Mon	5:17 am	1:30 pm	None	None
Tue	6:16 am	3:03 pm	None	None
Wed	7:40 am	4:24 pm	None	None
Thu	9:22 am	5:26 pm	None	None

Point Ybel Tides				
Day	High	Low	High	Low
Fri	2:33 am	9:50 am	3:42 pm	9:52 pm
Sat	3:02 am	10:51 am	4:54 pm	10:14 pm
Sun	3:37 am	12:04 pm	6:39 pm	10:26 pm
Mon	4:22 am	1:32 pm	None	None
Tue	5:21 am	3:05 pm	None	None
Wed	6:45 am	4:26 pm	None	None
Thu	8:27 am	5:28 pm	None	None

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	4:03 am	10:34 am	5:05 pm	10:45 pm
Sat	4:26 am	11:15 am	5:53 pm	11:12 pm
Sun	4:49 am	12:00 pm	6:42 pm	11:36 pm
Mon	5:18 am	12:57 pm	7:35 pm	11:55 pm
Tue	5:54 am	2:10 pm	8:34 pm	None
Wed	6:41 am	12:07 am	9:45 pm	3:23 pm
Thu	7:52 am	12:05 am	None	4:36 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	5:38 am	12:40 am	6:47 pm	1:04 pm
Sat	6:07 am	1:06 am	7:59 pm	2:05 pm
Sun	6:42 am	1:28 am	9:44 pm	3:18 pm
Mon	7:27 am	1:40 am	None	4:46 pm
Tue	8:26 am	6:19 pm	None	None
Wed	9:50 am	7:40 pm	None	None
Thu	11:32 am	8:42 pm	None	None

My Stars ★★★★★
FOR WEEK OF SEPTEMBER 6, 2021

Aries (March 21 to April 19) As tensions ease on the home front, you can once more focus on changes in the workplace. Early difficulties are soon worked out. Stability returns as adjustments are made.

Taurus (April 20 to May 20) A new romance tests the unattached Bovine's patience to the limit. But Venus still rules the Taurean heart, so expect to

find yourself trying hard to make this relationship work.

Gemini (May 21 to June 20) It's a good time to consider home-related purchases. But shop around carefully for the best price – whether it's a new house for the family or a new hose for the garden.

Cancer (June 21 to July 22) A contentious family member seems intent on creating problems. Best advice: Avoid stepping in until you know more about the origins of this domestic disagreement.

Leo (July 23 to August 22) A recent

job-related move proves far more successful than you could have imagined. Look for continued beneficial fallout. Even your critics have something nice to say.

Virgo (August 23 to September 22) Ease up and stop driving yourself to finish that project on a deadline that is no longer realistic. Your superiors will be open to requests for an extension. Ask for it.

Libra (September 23 to October 22) You should soon be hearing some positive feedback on that recent business

move. An old family problem recurs, but this time you'll know how to handle it better.

Scorpio (October 23 to November 21) Some surprising statements shed light on the problem that caused that once-warm relationship to cool off. Use this newly won knowledge to help turn things around.

Sagittarius (November 22 to December 21) Your spiritual side is especially strong at this time. Let it guide you into deeper contemplation of aspects

continued on page 38

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END OF SUMMER AC TUNE-UP
Have you done your
AC Tune-Up Yet?

From page 36

My Stars

about yourself that you'd like to understand better.

Capricorn (December 22 to January 19) Your merrier aspect continues to dominate and to attract folks who rarely see this side of you. Some serious new romancing could develop out of all this cheeriness.

Aquarius (January 20 to February 18) You're always concerned about the well-being of others. It's time you put some of that concern into your own health situation, especially where it involves nutrition.

Pisces (February 19 to March 20) Just when you thought your life had finally stabilized, along comes another change that needs to be addressed. Someone you trust can help you deal with it successfully.

Born This Week: You have a sixth sense when it comes to finding people who need help long before they think of asking for it. And you're right there to provide it.

MOMENTS IN TIME

* On September 17, 1796, President George Washington prepares a final draft of his farewell address. Two days later, his words appeared in Claypoole's American Daily Advertiser, officially notifying the American public that he would voluntarily step down as the nation's first president. Rarely in the history of Western civilization has a national leader voluntarily relinquished his title.

* On September 18, 1893, New Zealand becomes the world's first country to grant national voting rights to women. The United States granted women the right to vote in 1920, and Great Britain followed in 1928.

* On September 16, 1932, in his cell near Bombay, Mohandas Gandhi begins a hunger strike in protest of the British

government's decision to separate India's electoral system by caste. Gandhi worked all his life to spread his own brand of passive resistance.

NOW HERE'S A TIP

- Use club soda on a damp rag to wipe down your stainless-steel sink. It will help bring back the shine.
 - Fresh versus frozen in the seafood aisle: Unless you're at the docks, most seafood in the grocer's fresh fish case is thawed from frozen. Always ask. It's much cheaper to buy frozen and thaw it yourself.
 - "My mother swears by wrapping her feet in a vinegar-soaked rag once a week to soften calluses. She does this before her bath, and uses a pumice stone to rid her heels of hardened spots on the skin. It seems to work for her, so I thought I would pass it on!" – CD in Colorado
 - "If you need to keep your 1-year-old corralled in the bath, try using a laundry basket. The water flows in, but she has only so much room to roam. And it lessens the odds she could slip away from you to the other side of the tub. Always stay with baby from the first drop to the last!" – WH in Texas
 - To distinguish all the cords plugged into a power strip, write the appliance name (TV, DVD, speakers, etc.) on a plastic bread tab, and attach it to the cord at the plug. A quick look at the power strip, and you can unplug any appliance without having to follow the cord through the jungle behind your entertainment center!
 - "Save on children's clothes by buying after-season. Summer and winter clothes can be purchased a size or two ahead for next to nothing." – MM in Idaho
- STRANGE BUT TRUE**
- Kite flying is an official sport in Thailand.
 - It's not unusual to cry at weddings,

but in certain parts of China, weeping is a required part of preparation for the big day. A month before they tie the knot, Tujia brides will cry for one hour each day. Ten days in, they're joined by their mothers; ten days after that, grandmothers, and eventually other female family members. The practice is said to date to China's Warring States era when the mother of a Zhao princess broke down in tears at her wedding.

- The Chinese soft-shelled turtle urinates from its mouth.
- Fashion designer Michael Kors' first project was a redesign of his own mother's wedding dress, at her second marriage. He was 5 years old at the time.
- Too much sunlight can damage the algae that live inside shallow-water coral and are the main source of its sustenance. To protect this algae, the corals fluoresce, creating proteins that essentially serve as a sunscreen.
- The Greek national anthem consists of 158 verses.
- We all know hiccups can be annoying, but at least they tend to pass quickly – unless you were Charles Osborne, who began hiccupping in 1922 after a fall while attempting to weigh a hog before slaughtering it, and continued doing so for a total of 68 years. That's an estimated 430 million hiccups!
- Leeches have a brain in each of their 32 body segments.
- Looking to expand your ice-cream palate? Masiwa, a cafe chain in South Korea, offers a black-hued, squid ink-flavored version, served in glasses with an octopus mascot.

THOUGHT FOR THE DAY

"The path of peace is not a passive journey. It takes incredible strength not to open a can of 'whoop-ass,' justifiably, when one's button is pushed."

– TF Hodge

TRIVIA TEST

1. **Movies:** What is the name of the trouble-making fraternity in *National Lampoon's Animal House*?
2. **Literature:** What kind of pet does Neville have in the *Harry Potter* book series?
3. **Music:** Which singer/songwriter is nicknamed the Queen of Soul?
4. **Games:** In the NFL, how long is the halftime?
5. **Television:** What is the name of Mork's planet on *Mork & Mindy*?
6. **Geography:** Tokyo is located on which of Japan's four main islands?
7. **Medical:** What is the common name for deglutition?
8. **Animal Kingdom:** What is a group of tigers called?
9. **General Knowledge:** What word represents the letter "U" in the NATO phonetic alphabet code?
10. **Science:** What is the "powerhouse" of the cell called?

TRIVIA ANSWERS


1. Delta Tau Chi or Delta House 2. A toad named Trevor 3. Aretha Franklin 4. 12-15 minutes, except for the Super Bowl 5. Ork 6. Honsu 7. Swallowing 8. A streak or 9. Uniform 10. Mitochondria, the organelle responsible for energy production

SCRAMBLERS ANSWER

1. Brute 2. Gather; 3. Hustle; 4. Result

Today's Word
GUESTS

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<p>Read us online at www.islandsunnews.com</p>				



Casey ID# A881452
photos provided

Lee County Domestic Animal Services

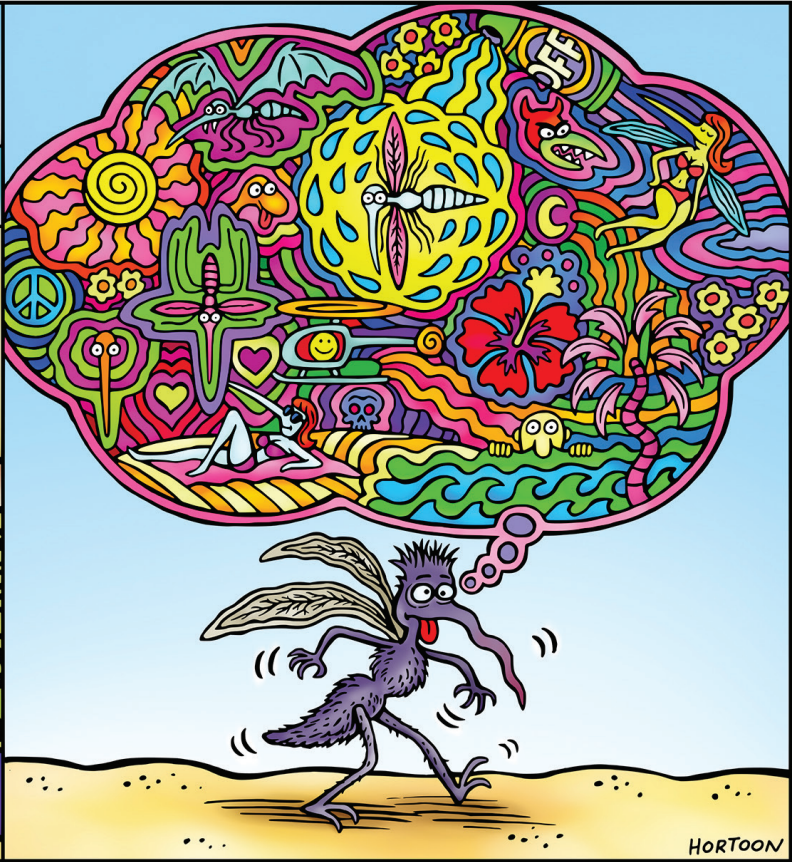
Casey And Plum

Casey is a 9-year-old male pit bull. He needs a little help getting around sometimes because he has low vision. His adoption fee is \$25.

Plum is a 2-year-old female shorthair patch tabby. She is independent and low maintenance. 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 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



PUZZLE ANSWERS

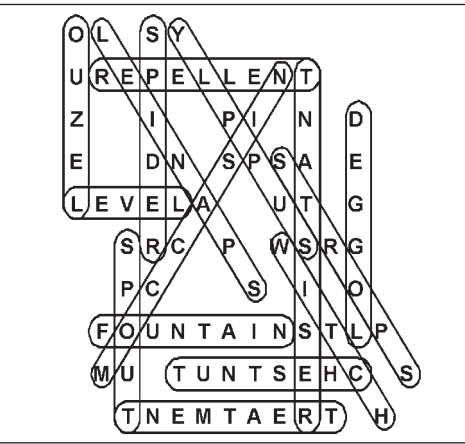
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H	A	S	N	T		A	V	I	A	N	C	A			C	A	M		R	A	P
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Catalpa Pointe	Fort Myers	2000	4,234	\$2,750,000	\$2,675,000	16
Edgewater	Fort Myers	1997	4,677	\$2,257,000	\$2,200,000	1
Castaway Key Unrecorded Subdivision	Upper Captiva	1994	2,014	\$1,999,000	\$1,979,000	0
Sanctuary At Wulfert	Sanibel	1995	4,069	\$1,928,000	\$1,850,000	2
Palmetto Point	Fort Myers	1974	3,092	\$1,749,000	\$1,749,000	4
Bonita Beach	Bonita Springs	1975	2,685	\$1,795,000	\$1,650,000	20
Sandpiper Point	St. James City	2000	3,972	\$1,600,000	\$1,600,000	0
Edgewater	Fort Myers	2001	3,916	\$1,500,000	\$1,500,000	0
Cape Coral	Cape Coral	1990	4,869	\$1,499,900	\$1,450,000	26
Renaissance	Fort Myers	2011	3,599	\$1,500,000	\$1,425,000	19



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