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VOL. 29, NO. 12

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 17, 2021

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Songwriter Fest Begins This Friday

The festival schedule for the 10-day Island Hopper Songwriter Fest has been released. The largest songwriter festival in Southwest Florida kicks off on Captiva Friday through Sunday, September 17 to 19, then moves to downtown Fort Myers from September 20 to 23 and wraps up on Fort Myers Beach on September 24, 25 and 26.

For the Captiva slate, singer-songwriters will perform at seven venues: Doc Ford's Rum Bar & Grille, poolside at Tween Waters Island Resort and Spa, Key Lime Bistro, The Mucky Duck, RC Otter's, South Seas Island Resort and The Green Flash. Two ticket-required special performances and book signings at other venues are sold out.

Island Hopper Songwriter Fest, in its seventh year, offers a unique experience to interact with songwriters at pool parties and beachside venues. This year, more than 60 singer-songwriters from around the country will perform more than 100



Dave Pahanish photo provided shows in the local area.

Jimmie Allen and Michael Ray, with five No. 1 songs combined, are the headliners. Other award-winning performers include Jay Allen, Aaron Barker, Hannah Ellis, Frank Myers, Dave Pahanish and Fort Myers native Sheena

continued on page 26

News Anchor To Emcee Benefit For Breast Cancer

Lisa Spooner, NBC2 News Today morning anchor, will serve as mistress of ceremonies at the Pink Flamingo High Tea at Sundial Beach Resort & Spa on Tuesday, October 5.

"We are delighted Lisa is able to join us," said Mary Bondurant, founder of Let's Pink Out, the leading breast cancer fundraising organization on the islands. "Lisa and the NBC2 News team have a history of supporting cancer awareness month. It is an honor to have them on board for the launch event of this year's October activities."

"Besides our signature mobile mammogram program for uninsured individuals, Let's Pink Out will field a series of lively events in October," said Bondurant. "Watch for news on the Dink for Pink pickleball tournament October 8 to 9, the Pink-a-Ball dinner dance October 9 and the popular Pink Out Picnic at the



Lisa Spooner photo provided Firehouse October 28. Anyone interested in joining the team can email us at pinkoutsanibel@gmail.com."

Spooner is a longtime advocate of continued on page 28



"Ding" Darling Day with the refuge WoW mobile interactive experience, will be rescheduled for spring 2022

photos courtesy "Ding" Darling Wildlife Society-Friends of the Refuge

'Ding' Darling Day Postponed

Due to federal restrictions regarding the coronavirus, the 33rd annual "Ding" Darling Day at Lakes Park in Fort Myers on Sunday, October 10 has been postponed until spring 2022.

"Public health and safety are at the forefront of our concerns," said Toni

Westland, supervisory refuge ranger of the JN "Ding" Darling National Wildlife Refuge on Sanibel, which was to host the event along with "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), Tarpon Bay Explorers, local conservation partners and community sponsors. "We regret the necessity to change plans, but with recent spikes in coronavirus cases locally, we do not feel comfortable risking a crowd, regardless of the fact that we



Martha Huard won third place in the 2020 "Ding" Darling Day Amateur Nature Photography Contest with her photo of a roseate spoonbill titled *Pretty in Pink*

carefully planned an outdoor, distanced event this year."

The "Ding" Darling Day Amateur Nature Photography Contest has been extended to an October 15 deadline. Winners will be announced on November 15. For more information, contact Sierra Hoisington at shois@dingdarlingsociety.org or 472-1100 ext. 4.

"We thank the local organizations and generous sponsors who helped plan and support our best efforts to bring this outreach event to the greater community," said DDWS Executive Director Birgie Miller.

The rescheduled spring 2022 "Ding" Darling Day will have a Conservation continued on page 18

SCCF Partnering With University On Coastal Studies

As part of the Sanibel-Captiva Conservation Foundation (SCCF) new memorandum of understanding with the University of Florida (UF) Center for Coastal Solutions, an inaugural fall semester course called Coastal Policy Lab is bringing together six law students from the UF Law Conservation Clinic and six engineering graduate students affiliated with the Center for Coastal Solutions to address coastal resiliency on Sanibel and Captiva islands.

UF Law Professor Tom Ankersen and UF Environmental Engineering Professor Christine Angelini are focusing the first Coastal Policy Lab in Charlotte Harbor. “We are excited to make SCCF the Coastal Policy Lab’s first partner,” said Ankersen, who directs the UF Levin College of Law’s Conservation Clinic. “While we both have a lot of experience working with students in real-world settings, and in bringing actionable solutions to the table from our respective disciplines, this is the first time these two applied disciplines have formally partnered at UF in this way.” The Coastal Policy Lab is an experiential learning program in which law and graduate engineering and science students work together in teams on projects of importance to a local



Tom Ankersen photos provided partner – in this case SCCF. They are exploring nature-based solutions that address sea level rise and water quality, such as living seawalls and shorelines, oyster and sponge gardening, mangrove management and navigation channel design. Financial support for the program is provided by Florida Sea Grant. SCCF CEO Ryan Orgera said the Coastal Policy Lab comes at a pivotal time for SCCF, which has accelerated its focus on its coastal resiliency program. “We are eager to see what types of solutions and natural interventions the Coastal Policy Lab creates,” he said. “The best way to



SCCF Environmental Policy Director James Evans and UF Environmental Engineering Professor Christine Angelini address climate change-driven impacts is by having a visionary long view of building resiliency in Southwest Florida.” Students are also researching institutional design options for coastal resiliency programming such as “adaptation action areas” and “coastal resiliency districts.” The student teams will present their results to SCCF stakeholders by early December. SCCF staff advising the project teams include SCCF Coastal Resiliency Program Manager Carrie Schuman, SCCF Environmental Policy Director James Evans and SCCF Marine Laboratory Director Eric Milbrandt. “This course and the student projects are just a small part of a much greater commitment to the partnership and to addressing water quality hazards in Charlotte Harbor,” said Angelini, who directs the Center for Coastal Solutions, which houses the Coastal Policy Lab. “We will be bringing the best science and the latest technology to bear as we work with SCCF and other partners to ensure water quality in Charlotte Harbor. The challenge is enormous, but so too are the rewards.”**



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Community House Events

The Community House is looking for volunteers to help with Fall Fest, which will take place on Sunday, October 31. This family-friendly event is scheduled to be held in person, however, if the need arises, Fall Fest will be hosted as a drive-through.

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



The Community House photo by Logan Hart

Anita Force Marshall and Bob Marshall are the featured artists of the month. 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.*

Draft Budget Heard By Council

by Wendy McMullen

A draft budget for fiscal year October 1, 2021 to September 30, 2022 was presented to Sanibel City Council at a special meeting on September 13.

The document presented to city council proposed a budget of \$75,304,820. This included the general, special revenue, capital project and enterprise funds as well as inter-fund transfers, reserves and beginning fund balances.

The budget was prepared with an operating millage rate of 1.8922, which is the same operating tax rate that was assessed to taxpayers last year.

The fiscal year 2022 draft budget was prepared in the expectation of continued recovery from the coronavirus pandemic. It is 12.1 percent higher than the 2021 adopted budget when the effects of the pandemic on local, state and national economies were undetermined, and the city took immediate action to reduce expenses, and cancel or postpone projects.

In actuality, the effects on most revenue streams for the city were not as significant as in other governmental agencies. The city experienced better than expected revenues and this,

along with expense saving initiatives in previous years, placed the city in a good economic position heading into this budget cycle.

Financial staff noted, however, that revenue trends in 2021 may be outliers in response to pandemic fatigue and may not continue to increase at the same rate in fiscal year 2022.

The 2022 budget includes expenses and capital projects that were previously delayed because of the pandemic. It does not include funding from the American Rescue Plan Act of 2021 since there had not yet been any official notification that the city would receive the funding at the time of the publication of the draft budget.

The City of Sanibel's taxable property value for fiscal year 2022 (calendar/tax year 2021) has been assessed at \$5,615 billion by the Lee County property appraiser. This is 3.74 percent higher than fiscal year 2021 value of \$5,413,118,602. Property values on Sanibel again reached an all-time historical high, previously set in fiscal year 2021.

Since fiscal year 2013, the operating millage rate levied by the city has decreased approximately 10 percent to the 1.8922 proposed for fiscal year 2022. The total tax rate has decreased 15.6 percent from 2.5570 mills in fiscal year 2013 to a proposed 2.1584 in fiscal year 2022.*



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Sanibel Historical Museum And Village

Looking Back: Record Tarpon

This week's image shows Sam Woodring weighing an impressive tarpon on Useppa Island.

Edward von Hofe, pictured here with the handlebar moustache, developed fishing tackle. While fishing from the "floating hotel" in Captiva Pass, he caught a 210-pound tarpon, the record for many years.

The struggle using his leather thumb brake reel was so desperate that he invented his automatic handle drag reel, an ingenious design that is now used on all large fishing reels. His reels are collectors' items today.

Tarpon fishing at the turn of the century involved rowing the client to the fishing grounds -- usually Boca Grande or Captiva Pass -- in 16- or 18- foot boats. Later, a steamer towed a string of rowboats to the grounds until gasoline engines took over.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available by reservation, based on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.✱



Sam Woodring, left, weighing the tarpon caught by Edward von Hofe, right
photo courtesy Ralph Woodring

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. Service schedule through October, Saturday 5 p.m. and Sunday 9:30 a.m. We follow CDC guidelines regarding masks and other covid protocols. The 9:30 a.m. Sunday service is also livestreamed at www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 239-472-2173.

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, 433-4901.

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The Community House Hires New Resident Chef

by Allison Havill Todd

When longtime Community House Resident Chef Jarred Harris announced his retirement earlier this year, the nonprofit organization had some big shoes to fill. Now, in what seems to be a perfect match, John Wolff has recently taken on the role of resident chef for The Community House and is excited about this new endeavor.

A Chicago native, Wolff first learned of Sanibel Island when his parents retired here in the 1970s and, like many of us, fell in love with our barrier islands. When the time was right, Wolff left a career in real estate to pursue his family's ideal of living and working in this area. He is no stranger to the field of culinary arts, though, as his father was chef at the island's former Quarterdeck restaurant.

Wolff began his professional career in the restaurant industry at Sanibel Harbour Resort which, at the time, was a hotbed of culinary talent in the area, and where he was able to work side by side with some of the best chefs in the field. Wolff continued to work in many different roles at the resort's restaurant, learning all of the angles of running a well-oiled machine, until Marriott Hotels



John Wolff photo by Allison Havill Todd

took over the business. This is when Wolff felt it was time for a change as the corporate, bottom line-focused management limited any creative endeavors.

Keeping in contact with his many connections in the industry, it wasn't long before Wolff accepted the position of executive chef at Casa Ybel Resort's Thistle Lodge Restaurant on Sanibel. Wolff remained in this role for over a decade until he felt he had done as much as he was going to be able to do there. After a brief stint at a club in Naples at the beckoning of another



One of Chef John Wolff's creations photo provided

restaurant connection, Wolff was forced to move on when the restaurant shut down during the 2020 pandemic.

On September 1 of this year, Wolff accepted the position of resident chef for the Culinary Education Center of the Sanibel at The Community House, and both parties couldn't be happier. Wolff is delighted to be working back where he feels most at home, and Executive Director Teresa Riska-Hall said, "We're really excited to have such a talented new chef who is ready to go and grow the program."

Wolff loves the creative outlet this

opportunity provides and embraces the variety of roles that will be placed upon him. One of his strengths is his ability to shift from being solo in the kitchen to coordinating a whole team for larger events. He shared that he also "loves teaching the art of cuisine, especially to children" and looks forward to continuing to host the Kid's First after school culinary education program. Other events Wolff is planning include a multi-week wine course, where participants will learn about food and wine pairings while enjoying a gourmet meal, and themed gastronomic evenings with guest presenters from the surrounding community sharing their knowledge in many areas that influence the culinary arts. Wolff will also be providing a weekly column for this newspaper, sharing some of his imaginative recipes and culinary expertise.

Watch for the announcement of upcoming exciting events at The Community House or sign up for their newsletter at www.sanibelcommunityhouse.net, so you don't miss out on experiencing the culinary talents of Chef John Wolff.

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

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From left, FISH 10K committee members Roger Timm and Nicole McHale with Sanibel Community Church representatives Jeramie Rinne, Doug Hummer and Beth Winters photo provided

Church Supports Race To Benefit FISH Of SanCap

Sanibel Community Church is a sponsor of the 13th annual 10K Race 4 FISH, which supports programming and services offered by FISH of SanCap. Pastor Jeramie Rinne said, “Sanibel Community Church is delighted to partner with FISH again this year, not only in supporting the road race,

but in continuing to meet the needs of our island together.” Sanibel Community Church is a congregation with a wide range of ages, life experiences and faith backgrounds. It has been an integral part of the Sanibel community for more than a century. Locals and visitors gather on Sunday mornings for services at the church, located at 1740 Periwinkle Way. “We are thankful to Sanibel Community Church for supporting FISH, the race and the community as they have been for many years,” said Diane Cortese,

chair of the 10K race committee. The community church leads by example in their generous spirit and support of their neighbors in need.” The 2021 race, scheduled for Saturday, October 23, will be held in two formats – an in-person running event and a virtual option where runners can participate and submit their time at any point from when they register through October 23 at 11:59 p.m. Registration is

open through the Fort Myers Track Club at www.ftmyertrackclub.com. Cost is \$40 for those who register before October 17; prices increase after October 17 at 11:59 p.m. Participating runners will receive a commemorative shirt with the Hortoon 10K logo on the front. For more information or if you are interested in sponsoring the race, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com.

Ten Reasons Why We Blow The Shofar

submitted by Tanya Hochschild

The sound of the shofar (ram’s horn) is blown on the High Holidays of Rosh Hashanah and Yom Kippur. It is a plaintive and primitive sound, unlike any a human could produce. Jews wait in anticipation, year after year, for the privilege of hearing the sound of the shofar, produced by blowing into a ram’s horn without the intervention of a mouthpiece. The atmosphere at the service is palpable. There is a pregnant pause as congregants wait to hear the first sound of the ram’s horn. Some congregants say they feel transported back to the biblical times of Babylonia; they feel the ancient and powerful sound so deeply. Others imagine the gates of heaven opening or they hear the cry of their soul.

What is the intention of this universal clarion call? Yes, it does inspire one to try to be your best self. Yes, we feel it helps us grow in motivation to be better, to love more easily, not to wound others intentionally. Is this what the call of the shofar intends? This year on Rosh Hashanah, at Bat Yam Temple of the Islands on Sanibel, Rabbi Stephen Fuchs’ sermon was entitled Ten Reasons Why We Blow The Shofar. 1) It is a reminder of creation. We celebrate the anniversary of the world’s birth and resolve to live in a certain way. 2) It is a call to repentance. We question how we put our pride away. 3) We recall the events of Mt. Sinai and remember the Torah’s teaching and its attempt to civilize the world. 4) The sound of the shofar makes us think of the prophets, those champions

of social justice and, hopefully, they still inspire us today to do right. 5) We remember the destruction of the Temple in Jerusalem and how a religion based on prayer and kindness took the place of human sacrifice, for now the Temple is in our minds. 6) We recall the story told every Rosh Hashanah – the binding of Isaac – and we remember how many times our people have been forced to sacrifice themselves throughout the ages. We are forced to think about our fellow citizens today and how, although circumstances have changed, people are still being sacrificed for others’ beliefs. 7) The sound of the shofar brings us up short and we feel fear, and we should approach this day with fear, because we know we have done bad things. And we know we will hear the words later in the service, “The gates are closing, the gates are closing” and we want to walk through those gates and be inscribed in the book of life for another year, and so we are fearful. 8) The High Holidays often take place later in September, under the sign of Libra, the balance scales, which measure both good and bad deeds. The shofar again urges us to think of this and if we are to be judged, we should be as sheep and as a group pass under the shepherd’s staff, and be counted and be inspired to do better. 9) Along with the fear, the shofar directs us to hope; to redemption. This is the day to pray for redemption, not only of our people, but of all the people in the world. Hope has existed for 4,000 years. We imagine our Messiah on wings of eagles bearing us to the promised land. This is a strong image and it serves to comfort and inspire us. 10) The shofar reminds us of generations passed, and we think of our parents and ancestors and other loved ones, and they become alive again, if

continued on page 12

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Manager Discusses City Challenges

by Wendy McMullen

Retiring City Manager Judie Zimomra told city council that current major challenges to the city are staffing, retaining a sense of community, taking action on empty storefronts and protecting Sanibel's vision statement.

Zimomra was answering a range of questions posed by Councilmember Mike Miller.

Zimomra said that the number of positions vacant within the city was unprecedented and was influencing the city's ability to provide services. She attributed the shortage in staff to budget and union negotiations.

A future challenge mentioned by Zimomra was maintaining the strong sense of community unique to Sanibel.

"Nothing says that we're a community more than a school," she said, alluding to the declining enrollment at The Sanibel School. "We should do everything we can do to maintain Sanibel as an attractive location for families."

"Now would be an excellent time to aggressively market Sanibel as a place younger people can work from home," she continued.

Zimomra also mentioned the challenge of empty and unkempt commercial buildings, and suggested asking the county for funds to help attract businesses to the islands.

"The county has the dollars and we tend to be the silent one. We don't ask a lot and when we do, we tend to ask in the environmental area. We need grants for the average small business person," she said, emphasizing that although the bulk of property taxes come from residential homes rather than commercial property, the mental and psychological impact of empty buildings was tremendous.

The greatest challenge she felt were threats to the vision statement

of Sanibel. She pointed out that while many communities were facing challenges in developing a vision for their cities, Sanibel's challenge is protecting its 40-year-old vision statement.

For those not familiar with it, Sanibel's vision statement reads: "Sanibel is and shall remain a small town community whose members choose to live in harmony with one another and with nature, creating a human settlement distinguished by its diversity, beauty, uniqueness, character and stewardship."

Zimomra urged the city council not to lose momentum on that vision.

"Don't compromise on your principles," she told city council. "When the staff holds the line, back them up."

Zimomra also suggested that in order to prevent dilution of that vision, Sanibel may need to use technology to control the number of cars coming on to the island and encourage biking. She recommended that rather than increasing parking fees, the city consider introducing reserved parking so that visitors would not be driving around the islands, clogging up traffic when there is no place to park. Roadside parking is not permitted anywhere on the island.

"Rather than just raising the rate for parking, we should tell them they shouldn't come if they don't have a reservation," Zimomra suggested.

Asked about changes in her job and in city staffing generally, Zimomra said that her job and those of her staff had changed considerably in her 20-year tenure. She noted that more positions in the city are technology oriented and that the public expects a quicker response. Because of that, the city needs redundancy in staffing so that one staff member can step in for the other when immediate answers are needed. She also recommended cross training for staff so that they could fill in for each other for better effectiveness.

Each of the councilmembers also expressed an interest in speaking with Zimomra privately before she leaves office.*

Inducement Sweetens Deal For City Staff

by Wendy McMullen

City council has been walking on a tightrope trying to get city staff vaccinated. Now, it's attempting to sweeten the pill by offering a \$500 incentive for all city staff who have a vaccine certificate.

Florida businesses and governments that require proof of vaccinations face a \$5,000 fine. The federal government has required vaccination or weekly testing. Vaccine passports are banned by the state.

Sanibel City Council got around the various mandates and restrictions by offering a substantial inducement to city staff who voluntarily provide proof of vaccination before October 30 of this year. The \$500 incentive has been ratified by the Association of Municipal Employees.

City Manager Judie Zimomra reported that 78 city employees had been fully vaccinated, six had one vaccination, 43 were unvaccinated and 38 did not respond.

These figures are much lower than vaccinations among Sanibel residents, which are around 97 percent, but similar to those in Lee County. Councilmember Dr. Scott Crater said that the number of people vaccinated in Lee County is lower than in the neighboring counties of Charlotte and Collier, and lower than in Broward County on the east coast. Lee County was averaging 10 deaths a day from COVID-19.

Dr. Crater provided information about the 10 vaccinations that children must have before they attend school and the diseases that have been all but eradicated as a result.

Planning Commission Chairman Roger Grogman said that employers can require drug tests for safety reasons and COVID presents the same safety issues.

"Safety, safety, safety. Not safety for

you, but safety for everyone around," he said, speaking in public comment.

Applicants for city jobs are required to be tested at the time they are hired but vaccination is not required. Zimomra estimated that it would reduce the pool of applicants by between 25 and 30 percent.

A suggestion from Councilmember Mike Miller that unvaccinated city employees get tested weekly was considered impractical. City council decided that it would encourage city staff to get vaccinated, track vaccinations, require K95 or N95 masks for the unvaccinated and reward those that are vaccinated now or who get vaccinated. The decision was unanimous.*

City Manager Candidates

by Wendy McMullen

A proposal from Mayor Holly Smith to ask current Sanibel City Manager Judie Zimomra to continue in her position until a replacement is found was withdrawn after other councilmembers disagreed.

"The decision was made for her to retire at the end of September. It's not fair to her and I don't want to take the pressure off us to make a decision," said Councilmember John Henshaw. "We should honor her decision. We respect her decision. We have confidence in the existing staff. I think we should allow them to be active during the time that we have no city manager."

"She will do anything for us, but I don't want to be part of taking advantage of her kindness," said Vice Mayor Richard Johnson.

Asked for her opinion, Zimomra said that she was never asked if she thought it necessary to stay on, but that the city has an excellent staff and it was not necessary.

A special public meeting at 5 p.m. on Wednesday was planned to discuss the candidates for city manager. Executive recruiting firm Colin

continued on page 10

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—a FISH client

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Pay Increases For Staff Go To Police Department

by Wendy McMullen

The only pay increases recommended in the city's new pay schedule plan is to go to unionized Sanibel police officers, Sanibel City Council was told on Monday.

The schedule presented to Sanibel City Council suggested a six percent increase for "sworn" positions in the Sanibel Police Department, but no increases for any other city staff. This despite a shortage in city staff that is stressing employees and delaying functions.

The increases bring the annual pay range for police officers on Sanibel to \$54,191 for a detective to \$155,947 for the police chief.

Asked by Councilmember Dr. Scott Crater why the police officers were getting an increase and not other city staff, Director of Administrative Services Crystal Mansell said there had been no direction from city council to adjust pay for other city employees because that 'pay band' is not subject to collective bargaining."

The city has 30 percent fewer employees now than five years ago. City Manager Judie Zimomra said that in 2016, the city had 215 employees. Now it has 151, a situation which she described as "beyond serious to

hemorrhaging."

Public commentator Karen Storjohann asked what the lowest hourly rate paid in the city was and suggested that the simple answer was to raise salaries for all employees. The minimum rate paid is \$12 an hour for a clerk and \$42 for a police chief or city engineer. Maximums are \$19 and \$77 respectively.

Almost all the positions paying less than \$15 an hour are in the recreation department. Almost all positions in the police department pay a minimum of \$26 an hour.*

City Council Asks For Respect

by Wendy McMullen

City councilmembers lamented the loss of unity in the country and the city itself as they looked back 20 years to the time after 9/11, when the country and the community were united in a spirit of grief and togetherness.

"Let's embrace our differences and put our ideologies aside as we focus on the health, wealth and wellbeing of all of us," urged Councilmember John Henshaw, alluding to disrespectful behavior including swearing and cussing, which he said was "unbecoming of any American" that city councilmembers have had to face in the past few years.

"Unfortunately we operate today in a place that is not united," said Vice Mayor Richard Johnson.*

Loving The Causeway To Death

by Wendy McMullen

As work begins on the reimagining of the Sanibel Causeway, city councilmembers warned that the beaches on the spoil islands are already being damaged by overuse.

Councilmember Dr. Scott Crater mentioned at Monday's city council meeting that parking on the beach had already caused erosion of the beaches on the spoil islands. He also pointed out that some visitors were attracted to the islands because many activities, such as partying with alcohol and dog walking, were permitted.

"These are all things they cannot do in Miami-Dade and other counties," Crater pointed out.

There is currently no charge for parking on the causeway islands but fees are envisioned for the future. City councilmembers asked that user fees engendered be used to enforce restrictions, not as an additional revenue stream.

Activities that will no longer be allowed are cars with trailers and launching jet skis. Councilmembers also asked for permeable pavers and less pavement, and bathrooms that could be hooked up to the Sanibel sewer system.

Vice Mayor Richard Johnson pointed out that even though the causeway is Lee County property and not owned by the city, most people think of it as the Sanibel Causeway. Nevertheless, he said, islanders rely on the resiliency of the causeway for access, so preventing the causeway islands from eroding is essential.

The county has already started stringing yellow tape to mark the areas where jetties will be built to prevent erosion.

Part of the revenue that comes from the tolls on the Sanibel Causeway goes to Sanibel and Captiva. Sanibel currently receives 21 percent plus the three percent administration fee from credit cards.

Transponders are being made available free of charge now that Lee

County has stopped manning the toll booths. This may mean easier access for many visitors, with concurrent increases in traffic control and pressure on beach parking.

"The revenue from the causeway is vital, but more people coming across the causeway put an additional burden on our resources," said Johnson.*

Entertainment Licenses Granted

by Wendy McMullen

Entertainment licenses were approved for Traders, 400 Rabbits and Blue Giraffe restaurants at Monday's city council meeting. Licenses are issued for indoor use only between the hours of 5 and 9 p.m. and are valid for one year unless revoked because of illegal activity.*

View Hurricane Seminar Online

The City of Sanibel annual hurricane seminar, presented by the Sanibel Police Department, can be viewed online at <https://www.youtube.com/watch?v=oR52lf-MjK0>.

For more information on hurricane preparedness, call the Sanibel Police Department at 472-3111.*

From page 8

Candidates

Baenziger whittled down the 96 candidates to nine, one of which is Community Services Director Keith Williams, who has been employed with the city for nine years, first as public works director.

Zimomra said in answer to a later question that Sanibel had been recognized as one of the best managed cities in the nation partly because of its record of promoting from within its team.

Councilmember Mike Miller asked that information about all the candidates be disseminated to the general public, and it is now available on Wednesday's agenda at www.mysanibel.com.*

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September Brings Black Terns



Black tern

photo by Aaron White

The ending of the shorebird breeding season on Sanibel signals the beginning of the fall migration. A lot of different birds have already made the long trek south from their northern nesting grounds. A few common species that spend their winters on Sanibel and Captiva include royal terns, Sandwich terns and short-billed dowitchers. Sanibel-Captiva Conservation Foundation (SCCF) shorebird monitors have also been seeing a less common visitor, the black tern.

Unlike other terns, black terns don't truly spend their winters here. These birds nest in large freshwater wetlands across the northern United States and Canada. After breeding season, they migrate to the Pacific coast of Central America and upper coasts of South America, where

they flock together in the thousands.

They are only seen for about a month in Southwest Florida because they move quickly along their migration route, stopping at shorelines and nearby inland freshwater bodies to forage and rest up for their next journey.

"At this time of year, you'll most likely see black terns in their nonbreeding plumage or in the molting stage," said SCCF Coastal Wildlife Intern Aaron White.

Nonbreeding adults have gray wings and back, white breasts and bellies, with a dusky crown, ear patch and marking along the side of the breast. Molting adults also have gray wings and back but will have a speckled black-and-white pattern from the head to the belly.

"They won't be here for too long so keep your eyes peeled for the black tern," said White.✱

Special Events Permits Issued

by Wendy McMullen

Special events permits were issued for the Sanibel-Captiva Lions Club to sell Christmas trees, for the Military Officers Association to gather around the flag, for the Sanibel Historical Museum & Village to serve alcohol in its new pavilion, and for the Luminary celebration to take place on December 3. All events are outdoors.

The city has not yet finally signed off

on the ultra popular Luminary Holiday Stroll, which takes place in and outside all the stores and community buildings along Periwinkle Way and Palm Ridge Road on the first Friday in December. Sanibel & Captiva Islands Chamber of Commerce President John Lai said that based on the current surge, the chamber will be requesting masks at all indoor and outdoor events where social distancing is not possible, and they will be prepared to adjust the event if necessary.

The Lions' annual Christmas tree sale outside Bailey's Shopping Center in the weeks before Christmas has become an island tradition. Equipment needed for the sale include wood tree racks and a shade screen. Proceeds from the sale go to Lions charities.

The historical museum requested permission from the city to serve alcohol at a ribbon-cutting event at the new pavilion on the museum grounds. The city owns the ground on which the museum is placed. The request was approved.

The Military Officers Association was granted permission to gather on November 11 at the Sanibel City Hall flagpole to celebrate Veterans Day. Seating for the event will be socially distanced.

Friend in Service Here (FISH) organizes a 5K race in October to raise funds for the charitable organization helping families in need, but has decided to make this annual event virtual again this year due to the surge in coronavirus cases in the area.✱

MEMORIAL SERVICE



JEFFREY A. LYSIAK

A memorial service will be held for Jeffrey A. Lysiak on Saturday, September 25 at 11 a.m. at Center Point Church, located at 6599 Golden Gate Parkway in Naples, Florida. Lunch will follow in Fellowship Hall at the church. All are welcome.

Jeff passed away on September 4, 2021 with his wife, Laura, and brother, Adam, at his side.

Jeff was a longtime reporter and feature writer for the *Island Sun*.✱

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Plant Smart

Coastalplain Staggerbush

by Gerri Reaves

Coastalplain staggerbush (*Lyonia fruticosa*) is a native multi-stemmed shrub of the heath family.

Also called poor-grub, it occurs in pine flatwoods, pine-oak scrubs, palmetto flats and bogs throughout the state.

Depending on the habitat, it might take a low scrubby form or develop into a shrub six feet tall.

Slow-growing but long-lived, this evergreen has stiff upright branches.

The alternate leaves vary in shape: ovate, or egg-shaped; obovate, with tips wider than base; or elliptical, with a middle wider than the tapered ends.

The undersides of young leaves have rust-colored scales, a characteristic similar that the species shares with its relative, rusty staggerbush (*Lyonia ferruginea*).

The undersides of mature leaves are usually grayish.

Fragrant white to pinkish flowers are five-lobed and urn-shaped with 10 stamens and hairy filaments.

They appear in long umbrel-like clusters in the leaf axils of new leaves – that is, usually on wood from the current season.

They bloom most of the year except



Native coastalplains staggerbush produces clusters of white to pinkish urn-shaped flowers

photos by Gerri Reaves

the coldest months, attracting a variety of bees, butterflies and other pollinators.

The tiny cylindric fruit is five-angled.

This shrub prefers full sun to partial shade and acidic sandy soil. It is not salt tolerant.

It works well as a screen in dry location.

It can be propagated with seeds.

Sources: *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *The Shrubs and Woody*

Vines of Florida by Gil Nelson, www.coastalplainplants.org, www.fnps.org, www.regionalconservation.org, and www.wildsouthflorida.com.

Plant Smart explores the diverse flora of South Florida.✧

County Approves Land Acquisition

The Lee Board of County Commissioners recently voted to acquire about 22 acres in Cape Coral near county-owned Judd Community Park for Conservation 20/20.

The property is located south of Pine Island Road and a quarter-mile west of U.S. 41. Yellow Fever and Hancock creeks converge on the west boundary of the property, which includes both upland and wetland plant communities.

The purchase price is \$1,485,000, plus costs to close. The Conservation 20/20 Land Acquisition and Stewardship Advisory Committee (CLASAC) voted in July to forward this purchase agreement for board consideration.

The acquisition is contingent upon the release of all obligations pertaining to the Declaration of Covenants for Judd Creek Preserve, Assignment of Developer Rights for Judd Creek Preserve, South Florida Water Management District's Environmental Resource Permit and a Deed of Conservation Easement. All of these would be at the seller's expense.

There are currently about 31,340 acres within Conservation 20/20, Lee County's land acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat.

For more information, visit www.conservation2020.org.✧

Researchers Survey Currents To Create Model

In early September, a group of researchers from the University of Florida Center for Coastal Solutions (CCS) and the Sanibel-Captiva Conservation Foundation (SCCF) Marine Laboratory conducted a 24-hour survey of water quality and currents between the Sanibel Lighthouse and Bunche Beach to calibrate a 3D model of water currents. When it's completed, the model can be used to predict water quality conditions and the transport of blooms and drift macroalgae.

Tides and currents transport algal blooms and drift macroalgae along the coast and shoreline. The exact location of bloom transport and macroalgae stranding is complex and difficult to predict. The phase of the moon, wind speed and direction, and the bathymetry of the seafloor strongly influence the velocity and direction of currents around Sanibel. Of particular interest is the water between the lighthouse and Bunche Beach, which acts like a catcher's mitt for red tide and drift macroalgae.

The model being created by this research can be used to target specific areas for additional sampling and to better understand effects from local runoff and discharges from Lake Okeechobee.✧

From page 6

Shofar

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Rabbi Fuchs based his presentation on the teachings of the renowned Babylonian Jewish thinker of the ninth and 10th centuries, Saadia Gaon.✧

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Green sea turtle hatchling

photo by Cheri Hollis

Endangered Green Sea Turtle Lays Latest Nest

Sanibel-Captiva Conservation Foundation (SCCF) sea turtle monitors last observed a new sea turtle nest on August 22, which turned out to be a rare green sea turtle nest. Green turtle nesting season in Florida runs from June through September. While this nest comes later than usual, green sea turtle nests were documented at later dates in August in three previous years.

Overall, while Hurricane Ida impacted 106 sea turtle nests, 171 are still incubating on island beaches.

Hurricane Ida washed over 105 nests but only one was completely washed

away. Storm season coincides with Florida's loggerhead sea turtle nesting season, which runs from mid-April through October. Sea turtles have adapted to storm events by laying multiple nests across a season and distributing the location of those nests along the beach profile, positioning some in the dunes and some closer to the water. This strategy helps increase the probability that some of a female's nests will survive the storms (as well as predators, extreme heat and other threats) and incubate successfully.

As evidence of this strategy's success, despite this year's storm activity, 40,408 hatchlings have emerged on beaches to date. Of those hatchlings, 1,029 have been green sea turtle hatchlings from 26 nests.

The record number of hatchlings was in 2019 at 48,337.✱

Lead Sponsor Returns For Taste Of The Islands

Bank of the Islands/Edison National Bank return as presenting sponsor for the 40th Taste of the Islands to benefit Clinic for the Rehabilitation of Wildlife (CROW). This marks the 12th year for the bank as presenting sponsor of CROW's signature fundraiser.

Last year's "Reimagined" Taste of the Islands was so successful that CROW has adopted the new format for the 40th year. The event will continue in the restaurants and last throughout the entire month of November.

Each participating restaurant will be offering their "Taste" items to showcase their cuisine throughout the month of November. A portion of the proceeds from those designated food and beverage items sold will be donated to CROW.

Additionally, every Saturday a CROW Crawl will feature different restaurants in the same area for patrons to visit. The CROW tent, along with animal ambassadors, will be situated in front of

one of the restaurants with Taste of the Islands sponsors featured outside other restaurants in the region.

In lieu of admission, participants can purchase a Taste Passport with a listing and map of participating restaurants. Each restaurant will stamp or punch the passport so patrons can track their progress. Only passport holders will be eligible to vote for their favorite restaurant to win the coveted People's Choice Award and be entered into a drawing for prizes including vacation stays and gift certificates. Passports will be available for purchase at CROW or at participating restaurants, or online for pick up both on and off island.

Proceeds from Taste of the Islands ensure CROW's continued success in providing the highest quality care and treatment of injured, ill and orphaned wildlife through state-of-the-art veterinary care. Funds also support public educational exhibits at the visitor education center.

For more information about the event, sponsorships, advertisements or to become a participating restaurant, email development@crowclinic.org.

CROW thanks lead media sponsor Waterman Broadcasting, ABC7/NBC2.✱



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Muskie Fishing In Wisconsin



by Capt. Matt Mitchell

After a long hot Florida summer, I've been planning to get away both from the heat and to take some time off. The plan was to drive to Boulder Junction in the very northern part of Wisconsin during the beginning of September. This place is the Muskie capital of the world. Once there, I had three days of fishing booked with my long-time client Tom who guides and manages Wittig's Point Resort. Tom has lived year-round in Boulder Junction, guiding/running a fishing camp that's been in his wife's family for three generations.

This is a part of the country I had never seen. After some research, I booked a private cabin on five acres on the Cisco Chain of Lakes. Mary and I took our time and made the roughly 1,400-mile drive up over four days, then made a large loop coming back through the Upper Peninsula (UP) of Michigan.

On our first day of fishing, Tom planned on marking off some of the easier fish off my bucket list. Small mouth bass, walleye and lake perch made for some great action, but he



Mary Laser with a northwoods smallmouth bass

explained the water temperature being in the high 60s was going to make our next few trips targeting muskie tough. Heading back to the cabin that

afternoon, we had plenty of walleye and panfish for a fish fry that night, which was outstanding.

During the next few trips, we fished

photo provided

different lakes casting both custom-made big spinner baits and plastic baits made to resemble a sucker fish. On day one, I had one muskie follow the bait all the way to the boat. I failed to make the classic figure eight moves once the fish was next to us. On day two, on an even prettier lake, I had another muskie follow the spinner all the way to the boat again, but just not eat. Then about an hour later, I had one hit the huge plastic sucker out from the boat and, after a hook set and a few cranks, it just came unhooked.

I had done some research on these "fish of a thousand casts" and knew our odds of getting one were pretty low. As a fisherman, I understand the hunt and was thrilled to even seeing a few of these elusive prehistoric giants. Getting to spend time on the water in this beautiful remote place was amazing. It was the perfect spot to wind down and cool off as we lit a fire nightly.

One day, we rented a side-by-side ATV and rode trails for miles into northern Michigan. This whole area is full of hundreds of miles of snow mobile/ATV trails. What an amazing untouched place the northwoods are. After seeing these muskie and the thousands of lakes to fish, I'm more fired up than ever to mark this species off my bucket list.

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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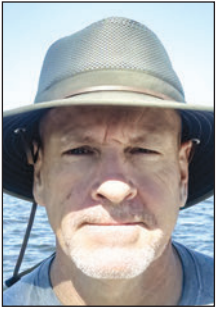
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Striped Skunk



by Bob Petcher

The striped skunk (*Mephitis mephitis*) is a medium-sized mammal with a glossy black coat, a thin, white stripe between its eyes and two stripes on its back. Skunk

babies are blind and deaf when they are born.

At CROW, two newborn striped skunk siblings were admitted after being found outside of their burrow in Cape Coral. Finders reported not seeing the mother for over two days. Upon examination, the skunks were dehydrated and thin.

"The skunks are currently a little over 2 weeks old and are growing very quickly," said CROW Rehabilitation Manager Breanna Frankel. "With them being so young, they can't regulate their body temperature yet, so they are living in a temperature-regulated incubator. We are currently providing them milk formula six times a day, and they require stimulation as they can't go to the bathroom on their own. We are monitoring their hydration and health status daily and providing any additional care that may arise."

Veterinarians suspect the baby skunks



Patients #21-4744 and #21-4745 are so young that their eyes have yet to open

photo by Haillie Mesics

were orphaned. Frankel stated the most common cause of babies being orphaned is their mother passing away, and acknowledged the finder was correct in bringing the skunks to the clinic. If someone is unsure in considering if an animal should be left alone or not, they can always call CROW or send photos so that medical staff can determine a potential patient's health status.

"They were found right outside a burrow, which was likely theirs but they were too small to move themselves out of the burrow," Frankel said. "The finder spent quite a while playing baby skunk

sounds and trying to locate mom but was unsuccessful. With no evidence of mom coming back and with the infants being dehydrated and thin, it became obvious they had been without care for a period of time."

The two baby skunks will remain in CROW's care until they are old enough to be released. That process may take time to assure that the patients are ready to go it alone in the wild.

"These skunks will likely wean off milk by 7 to 8 weeks old and move to an outdoor enclosure soon after that," said Frankel. "At this point, they will be

fully eating on their own, but it will take several months after that for them to learn adequate survival skills before they can be released."

Until then, the youthful skunks may be undergoing various diet changes under a watchful eye.

"They have a specific milk formula that provides necessary nutrients as they grow. Their eyes are still currently closed and they will continue on milk only until their eyes open," said Frankel. "Once their eyes open, we will start to offer a slurry diet of milk formula and soaked chow to help acclimate them to eating on their own. Their dietary needs may change day to day, so they are under careful observation."

When the siblings have matured and are ready to be released, careful consideration will again be taken in determining habitat.

"Typically, we like to release animals where they are found, but each situation is different," said Frankel. "When we get to that point, we may decide to release them at a different location, on ideal habitat for their species, if we determine their original location was not safe or suitable."

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 Scaly Scallop



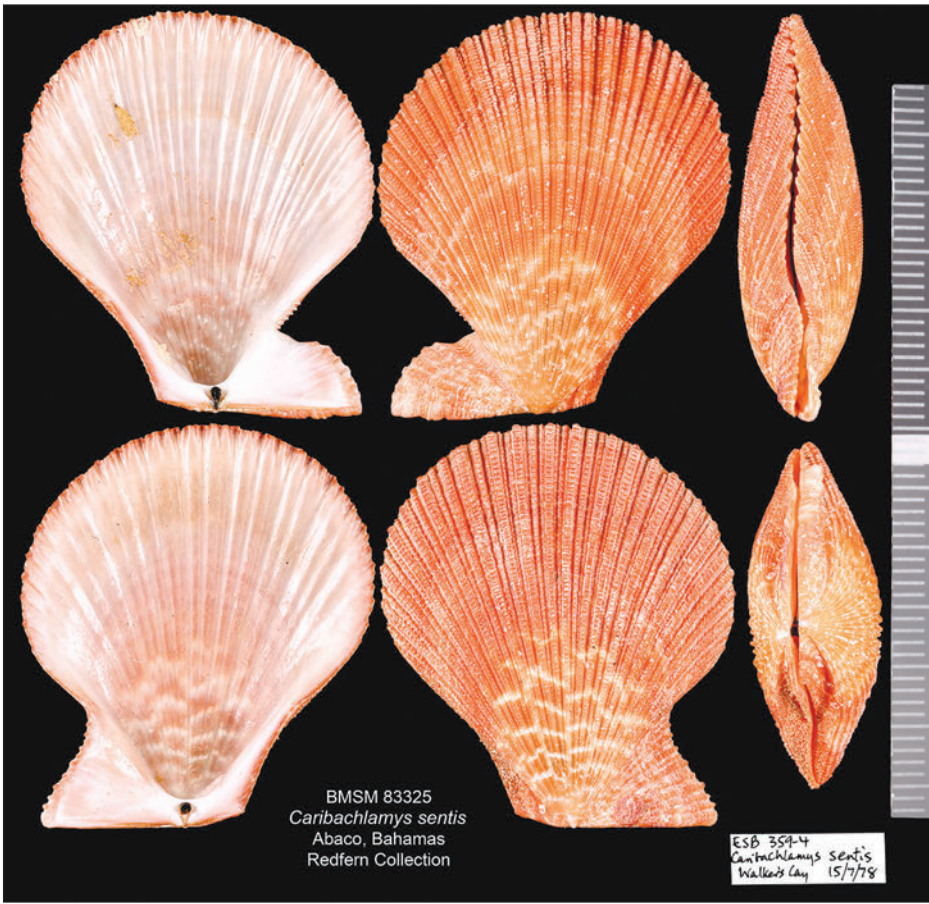
by José H. Leal, PhD, Bailey-Matthews National Shell Museum Science Director and Curator

Caribachlamys sentis (Reeve, 1853) is a shallow-

water scallop (family Pectinidae) that may reach about 45 mm (about 0.5 inch). The shell fan-shaped, with one auricle ("little ear") much larger than other, the left valve is reddish to brown, evenly colored, right valve of roughly the same color. The basic sculpture pattern includes about 18, regularly spaced, radial ribs. The species is present in South Florida, Florida Keys, Caribbean down to South America. (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 required to wear face masks.

Your gift helps ensure that our staff



The Scaly Scallop, *Caribachlamys sentis*, from Abaco, Bahamas photo by James F. Kelly

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.*

American Legion Post 123

American Legion Post 123 is serving a meatloaf dinner from noon to 8 p.m. on Sunday, September 19. The band Pocket Change plays from 3 to 6 p.m.



Barbecued ribs and chicken are on the menu for Sunday, September 26.

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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The most common species observed were Sandwich terns, laughing gulls and sanderlings photo provided

Results From Shorebird Count

On September 7, Sanibel-Captiva Conservation Foundation (SCCF) staff and 10 volunteers divided into small groups to cover the east end of Sanibel for shorebird counts as part of World Shorebirds Day. A total of 1,532 individuals of 25 species of birds was counted.

"The terns and gulls were in a feeding frenzy over the water, making the count especially challenging," said SCCF Shorebird Biologist Audrey

Albrecht. "The most common species observed were Sandwich terns, laughing gulls and sanderlings." Eight federally threatened red knots and four state-threatened snowy plovers were also observed.

Next year, Albrecht plans to expand the survey by enlisting more volunteers to cover a larger area. "We are grateful to all the volunteers who came out to help," Albrecht said. "There was so much interest in this event, we will be planning a virtual shorebird ID class in October as well as guided walks."

See SCCF's tally at <https://ebird.org/checklist/S94363237>.✱

Joint Hire For Island Nonprofits

In the newly created role of physical plant manager, Dan Valentine came on board in July to ensure smooth operations for both the Sanibel-Captiva Conservation Foundation (SCCF) and Bailey-Matthews National Shell Museum.



Dan Valentine

Valentine devotes four days a week to SCCF and one day to the shell museum as the first joint hire between the neighboring nonprofits.

"Dan is a terrific addition to help keep the museum's building and campus looking good and operating well, and we value this partnership with SCCF," said Sam Ankersen, shell museum director. "It makes sense to pool resources where we can, and this is a novel and effective example."

Valentine is happy to be working with both organizations because he has a deep connection to nature. "I'm proud to be supporting both institutions in furthering scientific research and the awareness of the importance of our unique island environment," said Valentine.

Originally from Indianapolis, Indiana,

Valentine began visiting Sanibel and Captiva with family at the age of 3. From summers spent on the French River in Ontario, Canada to learning about the wilderness and being a good steward of the planet through the Boy Scouts of America, he is aligned with the missions of both organizations.

After graduating from the University of Indianapolis with bachelor's degrees in anthropology and archaeology, Valentine worked in plumbing and maintenance for nearly a decade. An avid fisherman and advocate for clean water and maintaining a healthy sustainable fishery, Valentine moved to Florida full-time in 2014 and became an island resident in 2018.

"We are happy to have Dan working for both organizations and appreciate both his efficiency in his work and his dedication to our nature ethic," said Ryan Orgera, CEO of SCCF.

Valentine is married and the father of two children. "I believe we need to provide them with a healthy planet for their generation and those who come after," he said.

Valentine provides assistance to SCCF Facilities Manager Jeff Siwicke in the maintenance of various operations, including the main office, Bailey Homestead Preserve, Sanibel Sea School, coastal wildlife/wildlife habitat offices, a propagation facility, marine lab, intern housing and a guest cottage. "It's great to have Dan on board," said Siwicke. "He's got a positive attitude and knows his profession well."✱

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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 17, 11 a.m., Island Aquatic Environments – Sanibel Island is a barrier island famous for its wildlife. Ever wonder why Sanibel provides such a great home for so many species of animals? This presentation discusses the aquatic environments around Sanibel and what makes them a vital part of the ecosystem. One of

CROW's animal ambassadors will be present.

Monday, September 20, 11 a.m., Enrichment – When animals are recovering, they need certain things to help feel "at home." Whether it's a branch, hamster wheel, a hollowed-out tree or a pool of ice, wildlife patients need things to keep them occupied and enhance their skills. This presentation discusses what the CROW team does for enrichment and why this is important. One of CROW's animal ambassadors will be present.

Tuesday, September 21, 11 a.m., Patient Profiles: Sea Turtles – There are seven different species of sea (or marine) turtles, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered. CROW is the only licensed sea turtle facility between Sarasota and Marathon. From boat strikes to washback hatchlings, one of CROW's team members explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Wednesday, September 22, 11 a.m., Animal Defenses – Animals have evolved in numerous ways to defend themselves against predators. This talk focuses on the often overlooked but interesting methods of defense, which involve deception and chemistry. Three main methods discussed in this talk will be the use of toxic chemicals, camouflage and mimicry. One of

CROW's animal ambassadors will be present.

Thursday, September 23, 11 a.m., Patient Profiles: Owls of Southwest Florida – 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, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.*

From page 1

'Ding' Day

Carnival theme, as earlier planned. Watch www.dingdarlingday.com for the new date and more details.

Sponsors included: Great Egret: Doc Ford's Rum Bar & Grille; Great Blue Heron: John R. Wood Properties, *Island Sun/The River Weekly News*; Reddish Egret: 400 Rabbits, Mike and Terry Baldwin, Bank of the Islands, Media Source, Mitchell's SandCastles; Snowy Egret: Florida SouthWestern State College Foundation, *Florida Weekly*, Jensen's Twin Palm Cottages & Marina Resort, McCallion & McCallion Realty, Sanibel Moorings Resort, Southern SnoBalls.

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgitte Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.*

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Burn Boss Air Curtain Incinerator being loaded with debris

photo provided

SCCF Has New Incinerator For Debris Removal

The Sanibel-Captiva Conservation Foundation (SCCF) Wildlife & Habitat Management Program team recently used its air curtain burner incinerator for the first time at the Bailey Homestead Preserve to burn a pile of woody debris. This machine allows staff to burn debris from trees and shrubs with minimal smoke effects, and to eradicate debris on site. SCCF purchased its Burn Boss Air

Curtain Incinerator earlier this year. This diesel-powered incinerator has a 12- by four-foot burn space that is attached to a trailer and can be transported with a pickup truck. Its mobility will allow staff to move it from site to site instead of leaving debris piles on site to breakdown naturally or undertake the time-consuming process of physical debris removal.

The machine traps smoke particles in the machine and reburns them inside, reducing smoke impacts outside. Debris is simply loaded into the box and is lit on fire with diesel as the fuel accelerant. When the fire has become sustainably robust, the machine is turned on and a powerful

fan forces air over the top to trap smoke particles from escaping while reburning them.

Although this machine cannot be used for very large items, it will help with most

of the debris. Getting rid of organic debris has always been an issue on Sanibel because of the sheer volume SCCF staff is tasked with removing, which is logistically more complicated on an island.✱

New Visitor Services Intern

Tucker Phillips joined the team at JN "Ding" Darling National Wildlife Refuge recently as a Jim & Liz Birmingham 2022 Visitor Services Intern. Phillips is working fulltime with Supervisory Refuge Ranger Toni Westland through the 2021-22 season.



Tucker Phillips

Phillips arrived from his hometown of Herndon, Virginia. He graduated from George Mason University in Fairfax, Virginia where he majored in environmental science with a concentration in conservation.

"My favorite part about Sanibel is definitely the weather, and my favorite thing about the refuge is how important the work we do here is," said Phillips. "I'm really looking forward to meeting all the people who come to visit and helping to show them why the refuge matters, as well as getting a little more involved with the

wildlife."

The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) provides living stipends and other benefits for about a dozen interns each year. The refuge supports interns with free housing. For more information about the refuge's internship programs, contact Westland at 472-1100 ext. 237.

"We welcome our new interns' energy and enthusiasm," said Westland. "We thank our friends group for making their internships possible. With our shrinking staff, due to federal budget cuts, this sort of partnership is crucial to keep the refuge running."

The Birminghams, of Sanibel and Colorado, donate in support of an annual refuge internship. They have been coming to Sanibel for many years and believe in the importance of supporting their communities, especially when it comes to giving the younger generation an appreciation for conservation.

DDWS currently stewards two named internships for the 2021-22 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, Sanibel Recreation Center membership and other expenses. For information about supporting refuge internship programs, contact Lynnae Messina at 472-1100 ext. 233.✱

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Honoring The Children Of Our Fallen Soldiers



by Allison
Havill Todd

Freedom is a privilege that many of us take for granted. We are fortunate to live in this idyllic island paradise because of the sacrifices of those who have

gone before us. Each day, we are able to choose our own beliefs, practice our own religions, follow our own politics, decide where we want to live and what we want to do for a living, but none of these opportunities would exist without the personal commitment and dedication of the members of our U.S. military. What happens to their children, though, when these soldiers die while serving their country, or as a result of a PTSD-related illness?

Honoring the children of our fallen American defenders of freedom is a responsibility that Daryl Mackin, founder and executive director of A Soldier's Child Foundation (ASC), has made his mission since 2007. Mackin, a military veteran himself, was moved to take action when his neighbor's son, Marine



Christian Golczynski receiving the flag at his father's funeral

photo provided

Staff Sgt. Marc Golczynski was killed in combat in Iraq, leaving behind his 9-year-old son, Christian. Just before his death, Golczynski had written this in a letter to his mother: "We are warriors; we fight and sometimes die so our families don't have to; stand beside us because we would do the same for you." But Golczynski would never get to celebrate

another birthday with his son or take him to a baseball game, or see him graduate from high school. When asked, "How do we stand beside the fallen?" Mackin replied, "We care for their children!"

ASC was formed to acknowledge and care for the surviving children of our fallen heroes, letting them know they are not forgotten and their parents' sacrifice

will be remembered. Mackin is passionate in his commitment to celebrate these children and remind them that they are important; they are worthy. ASC, a 501(c)3 organization, does not receive any government funding but instead relies on fundraising efforts in conjunction with corporate events and private donors, with 86 percent of all dollars raised going directly to programs and services that support the children. Serving over 4,000 children in all 50 states, ASC sends a birthday present to each of these survivors until the age of 18. Each year, every child also receives a scroll wrapped in purple (designating the color of royalty) and tied with shells. The message inside the scroll varies from year to year but always reiterates the fact that they are the most important children in our nation, and they are loved and cared for.

The organization offers support to these children by celebrating their birthdays, offering mentorship programs and camps, as well as providing college scholarships. Many of the children who attend mentorship camps come back to be mentors to others, helping to guide other children through the inexplicable horror of losing a parent.

What can be done locally to support the efforts of ASC? Every month they have to shop for, wrap and ship birthday gifts to the tune of \$30,000 to \$35,000. With corporate sponsorship participation lagging due to the effects of the pandemic, ASC is encouraging local volunteers to organize mini events in their

continued on page 24

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Shell Found



Amy Weiss photo provided

Amy Weiss from Miami found a junonia near Gulf Pines beach access on September 5. She said, "The sun was just about to set, the tide was low and I was knee-high in the water. I looked down into the water and the waves that evening were so gentle that it was easy to see the junonia just sitting on the sand in front of me."✱

Shell Found



Chelsea Swiss photo provided

Chelsea Swiss found a horse conch buried in the sand in two feet of water at Gulfside City Park on September 11. Swiss moved from California to Sanibel Island in July.✱

Virtual Cooking Class Thursday

The next Cooking With Leslie virtual cooking class offered by FISH of SanCap will be held on Thursday, September 23 from 2 to 3:30 p.m. Sign up by calling FISH at 472-4775. Registration is required.

Leslie Adams, chef and owner of Sanibel Captiva Catering, LLC/Catering by Leslie Adams, leads the class.

Adams presents her recipes in a cooking class style as participants cook together, virtually, as a group. Recipes are geared toward smaller portions and include a dessert.

FISH can purchase and deliver items on the day of the event to those living on Sanibel or Captiva. FISH will provide a shopping list prior to the class for those who wish to purchase their own ingredients.

This month's recipe is snapper with citrus beurre blanc, cauliflower garlic mash, butter Brussels with bacon and jam, and baked cinnamon apples for dessert.

Adams is the former owner of Rosie's Deli on Sanibel. She was trained at the California Culinary Academy in San Francisco, California and expanded her



Leslie Adams photo provided

training by attending classes at Le Cordon Bleu in Paris. She has been a caterer and private chef on Sanibel and Captiva for 14 years.

Register is required by Monday, September 20 by calling 472-4775. Once registered, FISH will provide a link and meeting ID number for access to the Zoom webinar.✱

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3 teaspoons fresh squeezed Key lime juice

1/2 teaspoon Florida Key lime zest

1/3 cup red onion, finely chopped

3 tablespoons mayonnaise

2 tablespoons fresh cilantro, finely chopped

1/2 teaspoon ground cumin

Hot chili oil and cilantro oil, as needed (optional)

Mix together red onion, mayonnaise, cilantro, lime juice, cumin, and lime zest in medium sized mixing bowl. Gently mix in crab meat. Season salad with salt and pepper. Drizzle avocado halves with remaining 1 teaspoon lime juice

Blue Crab Salad With Avocado

to prevent discoloration and season with salt and pepper. Arrange avocado

halves, cut side up, on plates. Fill tops of avocado with crab salad. Garnish

photo courtesy Fresh From Florida salad with cilantro oil and hot chili oil, if desired.**



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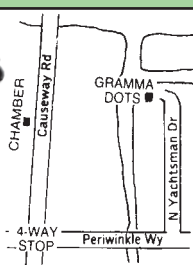
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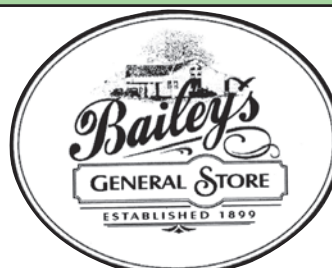
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The Community House

Fontina Vs. Gouda, Really?



by Resident Chef John Wolff

First, let me start by saying, I love cheese! All the different varieties and subtle nuances involved in the process of producing cheese excites my palate to no end.

I've selected two cheeses that, at first glance, might not seem very similar at all, especially considering that the U.S. commercially produced versions are quite different from the originals. Actually, the original methods of production and aging process are indeed quite similar for both.

Let's start with Gouda. A name which refers more to the style of production rather than the location of production, Gouda stems from the city where it was first traded. Gouda is a cow's milk cheese originally produced

as a farmer's cheese by the wives and handed down as a valuable skill to their daughters in turn. Gouda's curd is separated and "washed" to remove more lactic acid prior to being placed in the traditional wheel mold, pressed and brined and left to age, creating the tell-tale dark brown rind and salt crystal formation in the body of the cheese. This process, which results in a deeper, nuttier and sweet complex flavor, brings out the signature flavor of South Holland Gouda. Of course, there are as many varieties as there are cheesemakers, and the subtle differences in character are what make it so interesting.

Now off to the Aosta Valley region of Italy for a taste of Fontina. Originally produced and still made in the Aosta Valley of northern Italy, true Fontina can be differentiated from commercially produced Fontina from other parts of the world by its consortium stamp of the image of the matterhorn and "Fontina" written script on the rind.

In the 1980s, it was ruled that the term Fontina was a generic term rather than a certification mark designating a region of origin and proprietary use. That being said, most cheese we Americans know as Fontina is a far cry from the original. American, Danish and Swedish types of Fontina can be identified by the well known red wax covering "rind." They are fairly pale and creamy by comparison, and have a milder flavor and more holes or "eyes."

True Aosta Valley Fontina has a

more pungent and intense flavor, much like Gouda. Similarly, it has an orange to dark brown rind as well as occasional salt crystals that form inside the eyes of the body of the cheese. Original Fontina is also a medium hard to hard cheese, depending on the age.

Despite their relative "hardness," both Gouda and Fontina melt exceptionally well. It is noteworthy to mention that the younger the cheese, the more gooey it will be when melted.

I have just the recipe to try it out too. I made these delectable grilled cheese sandwiches for a cooking class/demonstration I did at my daughter's school a while back.

Bacon and Pear Grilled Cheese

Ingredients:

- 1 slice young Gouda cheese
- 1 slice young Fontina cheese
- Several pieces of thinly sliced pear
- 2 strips thin sliced bacon (cooked)
- 2 slices nice crusty sourdough
- 2 Tbsp. grated parmesan cheese
- 1 Tbsp. Dijon aioli (easy version: mix 1 Tbsp. Dijon mustard with 1 cup of mayonnaise)

Method

Spray or lightly coat a non-stick skillet with cooking oil and set burner on medium heat. When pan reaches temperature, spread a thin coating of the Dijon aioli on each slice of bread and lightly coat the opposite side with unsalted butter.

Sprinkle the grated parmesan cheese onto the buttered side of the bread. Place the two slices of bread (aioli

side up) onto the surface of the skillet (parmesan and butter side down).

Put one slice of Gouda on one piece of bread and a slice of Fontina on the other slice of bread. Layer the remaining ingredients, pear and bacon, on top of the cheese on the two slices of bread.

Let the bread toast in the skillet until the layered cheeses begin to melt and a light golden brown crust forms from the parmesan on the underside of the bread.

Put the two sides together with the layered cheese, bacon and pear, press together and remove from pan. Cut sandwich into two pieces and serve.

*John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.**

Fort Myers Beach Pier Reopens

The Fort Myers Beach Fishing Pier at Lynn Hall Memorial Park has reopened to the public.

The pier had been closed since mid-August for maintenance to resurface the concrete deck, which is done every 10 to 15 years. The work is funded through the Tourist Development Tax, which is assessed on short-term lodging.*

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Poetry Corner

by Jim Weyant

OUR IRISHMAN

“May you live to be a hundred years, with one extra year to repent.”

His face full of life with a ready smile. Eyes that dance completely free of guile.

His carriage portrays a simple grace. Has a voice tinged with a hint of Irish lace.

Has a laugh that fills any room he be in. Is nary a heart about that he cannot win.

Yet 'tis he calling me friend I value the most. Raise a glass to our Irishman. in a rousing toast.

Jim Weyant first came to Sanibel in 1978 and for him it was love at first sight. He and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. Since then, he has kept busy with tennis, volunteer work, photography, graphic art and reading. His recently published book, Poems From Paradise and Beyond, is available at Amazon and local bookstores.*



Journey Camp 2021

photo provided

From page 20

Fallen Soldiers

own communities or sponsor a month to receive the honor of shopping for, wrapping and shipping birthday presents for the children. ASC will coach parties for those interested in participating.

Another way Sanibel and Captiva residents can support this cause is by sending shells to ASC. Mackin

shared, “If you donate shells, you are helping us.” One inch in size is preferable as they are used in the tying of the scrolls that each child receives every year, and many of the children wear the shell they received on a necklace as a way to honor the loss of their parent.

Mackin was emphatic in saying, “Absolutely one person can make a difference in the life of another. Be inspired; be moved to make a difference

in another’s life through an act of love and kindness.”

For more information, visit www.asoldierschild.org, email info@asoldierschild.org or call 615-220-1600.

Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. Follow her on @thedoggiemom and facebook.com/thedoggiemom.*

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From left, architect Christopher J. Lee, Shell Point Vice President of Operations Adam Hinds, designer Lori Wegman and Shell Point President Martin Schappell photos provided

New Shell Point Arts Center Earns Design Award

The Tribby Arts Center at Shell Point Retirement Community was recently honored with a Grand Aurora Award for its innovations in architecture and interior design.

Completed earlier this year, the \$25 million Tribby Arts Center earned top accolades in the regional award's Best Commercial Project – 20,000 Square Feet & Over division. The 44,000-square-foot space features a 400-seat auditorium,

three art galleries and designated studios for residents to practice music, painting, pottery, photography, glass work, quilting, crafts, and the performing and literary arts. A café, gift shop and outdoor sculpture garden complete the hub of creative and cultural activity at Shell Point.

To help make the Tribby Arts Center vision a reality, Shell Point tapped a pair of professional partners who over the years have collaborated on other project teams throughout the 700-acre community. Chris Lee, principal of Christopher J. Lee Architects, Inc., previously served as design architect on Shell Point's Coastal Commons clubhouse in the Coastal Links neighborhood in



The two-story Tribby Arts Center was complete in 2021

2016, while Lori Wegman of Wegman Design Group created interiors for Shell Point's new Welcome Center in 2018, along with several amenity and common space renovations around the campus. Wegman is also currently overseeing the creative interior design for Shell Point's new six-floor Larsen Health Center. Scheduled for completion by year's end, the 200,000-square-foot facility will blend professional healthcare services, a state-of-the-art medical center and modern skilled nursing care with private rooms and water and preserve views.

"At Shell Point, we continually invest

in our community with both regular capital updates and the addition of new facilities and exciting amenities," said Adam Hinds, vice president of operations. "Partnering with true professionals like Chris and Lori allows us to explore the creative possibilities as we offer our residents the best possible retirement lifestyle."

Additional Tribby Arts Center team members included Hole Montes, Stantec, Fiber Solutions, TSG Design Solutions, Siebein Associates, Liebl & Barrow Structural Engineering and Energy Concepts of Southwest Florida.*

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Book Review

Malibu Rising



by Di Saggau

Malibu Rising takes place over the course of one day, August 27, 1983, the day of Nina Riva’s infamous annual party. Four famous siblings throw an epic party to celebrate the end

of the summer, but over the course of 24 hours, their lives will change forever. During one unforgettable night, they each have to choose what they will keep from one another.

Everyone wants to be around the famous Rivas. Nina is a talented surfer and supermodel. Her brothers, Jay and Hud, are respectively a championship surfer and a renowned photographer. Then there’s their baby sister, Kit, another gifted surfing athlete, who invites a guest without consulting her siblings.

Their father is Mick Riva, a pop singer of Frank Sinatra-level fame. He’s irresistible, handsome and enters and leaves marriages without thinking of the consequences. He is distracted by a pretty woman and has married six of them. Mick blames his parents for setting terrible examples of parenting and fidelity.

Surfing is what the brothers and sisters have in common, and Taylor Jenkins Reid obviously knows the sport

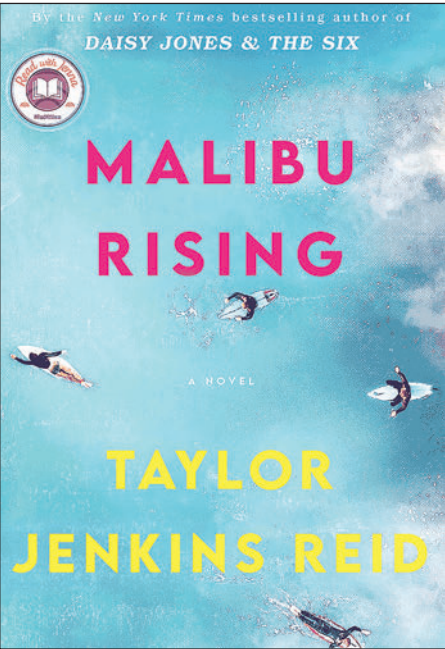


image provided

and teaches the reader a thing or two. The siblings’ passion for the sport grew outside the beach bungalow where they were raised. Nina’s heart and values lie there, rather than the too-elegant home on a cliff that she and her husband own.

Hundreds come to the party and, due to over-imbibing, they trash the place with out-of-control behavior. No one calls the police until a bullet hits a mirror. The Riva siblings have a lot to learn and they get answers to a lifelong question about their father. *Malibu Rising* is a fast-paced, engaging novel.*

School Smart



by Shelley M. Greggs, NCSLP

Dear Shelley, I’m a parent of a 4-year-old, and I’d like to know more about crossing the midline and why it was so important. How does this help children, and how can I help my daughter with this action? Alexis E, Sanibel

Alexis,

Crossing the midline is an important developmental step for children. The body’s midline is an imaginary line down the center of the body that divides the body into left and right. Crossing the body’s mid-line is the ability to reach across the middle of the body with the arms and legs. Crossing the midline happens when your child moves their hand or foot across this line to work on the opposite side of their body.

Before crossing the midline happens, a child will typically use only one side of their body at a time. For example, they’ll use their left hand only to play with a block on their left side. When children can cross the midline, they are using both sides of their brain to coordinate smooth, controlled, complex movement. It is important to combine movement patterns that cross the body for daily tasks such as reading, writing and tying shoelaces.

Crossing the body’s midline is an important developmental skill needed for many everyday tasks such as writing, reaching towards your foot to put your shoes and socks on with both hands and being able to complete puzzles when the puzzle is placed on the other side of the body. When a child spontaneously crosses the midline with the dominant hand, then the dominant hand gets the practice needed to develop good fine motor skills by repeated consistent hand dominance. If a child avoids crossing the midline, then both hands tend to get equal practice at developing skills, and the child’s true handedness may be delayed. This means that once a child starts school, learning to write is much more difficult when they have two less skilled hands rather than one stronger, more skilled (dominant) hand. Difficulty crossing the midline also makes it difficult to visually track a moving object from one side to the other, or track from left to right when reading, meaning reading can also be delayed.

If a child has difficulties crossing the body’s midline they might:

Swap hands mid-way through a task such as when writing, drawing, painting, or coloring;

Use their left hand for activities on the left side of the body and their right hand for activities on the right-hand side;

Rotate their trunk to the opposite side when reaching across the body to avoid crossing the midline;

Have difficulty visually tracking an object from one side of the body to the other, such as following text when reading;

Have poor handwriting skills;

Use different feet to kick a ball (mixed feet dominance); and

Have difficulty coordinating gross motor patterns (crawling, skipping, jumping jacks).

Activities that provide opportunities for children to cross the midline reinforce the pathways between the hemispheres and allows for the fundamentals of fine motor skills, such as the development of their dominant hand, as well as enhancing a child’s coordination and learning.

Here are a few suggestions to help children cross the midline:

Encourage them to practice activities that build bilateral integration skills (using both sides of the body together); jumping and skipping; riding a bike; catching a ball; beating a drum; working on buttons; tying laces; threading beads and cutting with scissors.

Build midline crossing into everyday activities (for example, set up shoes and socks so they are placed on the other side of the child’s body, so they are forced to cross the midline when dressing);

Work on core stability and trunk rotation to encourage the physical movement of crossing the body’s midline;

Popping bubbles with only one hand (reaching across their body to pop the bubble on the other side); and

Try playing Simon Says and building in midline crossing opportunities like saying rub your left elbow with your right hand.

If your child continues to have difficulties with crossing the midline, talk to their teacher or doctor. An evaluation by an occupational therapist may be warranted.

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com or at www.schoolconsultationservices.com.*

From page 1

Songwriter


Brook.

Pahanish, who is appearing at three different venues on Captiva, co-wrote the No. 1 Billboard country music singles *Do You Believe Me Now* by Jimmy Wayne, *American Ride* by Toby Keith and *Without You* by Keith Urban. He has also had songs recorded by Tim McGraw.

The free Island Hopper Songwriter app is available for iOS and Android users. Features include personalized schedules, festival discounts, maps and performance alerts. Search for Island Hopper Fest in your mobile app store.

The 2019 Island Hopper Songwriter Fest received four SunSational Awards through the Florida Festival & Events Association and the Southeast Tourism Society named Island Hopper one of its Top 20 events.


For more information, a complete listing of venues and artists performing at each, or tickets to the exclusive performances, visit www.island-hopper.fortmyers-sanibel.com.*



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Sanibel Public Library staff members Duane Shaffer and Deanna Evans photo provided

Learn A Foreign Language With Library Resources

Sanibel Public Library is open for normal hours and offering contactless curbside service until the end of this month. To use the service, place items on hold online or make requests by calling the library at 472-2483. You will be notified when your items are ready for pickup. You will have three days (excluding Saturday and Sunday) to pick up items. Curbside service runs until Thursday, September 30. Effective Friday, October 1, patrons will pick up items on hold from the main (east) service desk.

Celebrate Talk Like A Pirate Day on Sunday, September 19 with Mango Languages. Mango offers access to 70-plus foreign language courses and 21 English courses, (including "pirate"). There is no charge for library card holders to use Mango, and with the free Mango Languages mobile app, you can download lessons to study later when you don't have an Internet connection.

National Hispanic Heritage Month runs September 15 to October 15. Study Mango's Latin American Spanish course to learn more about the language and culture of Latin America. To login to Mango Languages, go to <https://sanlib.org/eshelf>.

The library offers an extensive online collection that is available for students of all ages and for any patron unable to visit the library in person. Thousands of eBooks, audiobooks, magazines and movies can be accessed at any time through eShelf.

Brainfuse provides cardholders of all ages access to live, online tutoring, whether attending school in person or working from home. The tutoring service is available from 2 to 11 p.m. seven days a week. In addition to a variety of homework help with live tutors in math, science, reading and social studies, Brainfuse offers PSAT/SAT, ACT, AP and state standardized test preparation. Patrons can submit essays and other forms of writing to the Brainfuse Writing Lab for constructive feedback. There is also a Foreign Language Lab and

Spanish-speaking support when logging in to Brainfuse at <https://sanlib.org/eshelf>.

Remote learners can also borrow Mobile WiFi Hotspots with their Sanibel Public Library card. Hotspots allow users to connect enabled devices (laptops, tablets, smartphones, etc.) to the Internet.

This month, the library is participating 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. Sanibel Public Library staff members have selected material for further reading, located in a book display near the poster exhibit.

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

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers.

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

Top 10 Books On The Island

1. *For Whom the Shell Tolls* by Jennifer Schiff
 2. *That Summer* by Jennifer Weiner
 3. *Float Plan* by Trish Doller
 4. *The Madness of Crowds* by Louise Penny
 5. *Bridgerton #1 The Duke and I* by Julia Quinn
 6. *Survive the Night* by Riley Sager
 7. *Malibu Rising* by Taylor Jenkins Reid
 8. *The Book of Lost Names* by Kristin Hannah
 9. *Under a Southern Sky* by Kristy Woodson Harvey
 10. *Squeeze Me* by Carl Hiaasen
- Courtesy MacIntosh Books and Paper.✪



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Results From Senior Assessment Survey On Islands

In April, FISH of SanCap released a survey to 3,000 random households ages 55 or older across Sanibel and Captiva addressing an array of topics related to living on the islands. Funded by the Charitable Foundation of the Islands (CFI) and facilitated by Polco, the Community Assessment Survey for Older Adults (CASOA), is a national benchmark survey that helped gain a clearer understanding of the needs currently being met and gaps in services to the aging population of Sanibel and Captiva. The objectives of the survey were to: 1) identify community strengths in serving older adults; 2) articulate the specific needs of older adults in the community; 3) estimate contributions made by older adults to the community; and 4) determine the connection of older adults to the community.

“The growth and development of our senior services is one of our main focus points, and gathering this data is extremely important to our future

planning,” said Alicia Tighe Orgera, executive director of FISH. While nearly all of Sanibel and Captiva’s older residents gave ratings of excellent or good to their community as a place to live, other significant findings included:

About 40 percent of respondents reported caring for another person, and older residents averaged between eight and 17 hours per week providing care for children, adults and older adults.

About one in five older adults on felt emotionally burdened by their caregiving and 12 percent reported being physically burdened.

About 70 percent of respondents were fully retired, and about one in five reported not having enough money to meet their daily expenses. One quarter of the older residents reported problems finding work in retirement and a similar number had problems building skills for paid or unpaid work.

While over 95 percent rated their overall mental health/emotional wellbeing as excellent or good, only about one in four older residents felt the availability of mental healthcare on Sanibel and Captiva was excellent or good.

The most commonly cited experiences with mental health issues

included dealing with the loss of a close family member or friend (32 percent), feeling bored (28 percent) and feeling lonely or isolated (27 percent).

One third of respondents reported at least minor problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid.

About 14 percent of respondents reported spending time in a hospital, and one quarter had fallen and injured themselves in the 12 months prior to the survey.

Being a national benchmark survey, results from Sanibel and Captiva were compared to other regions and cities that took part in the same survey. In most areas, Sanibel and Captiva were given higher ratings by residents than national averages.

FISH plans on meeting with stakeholders on Sanibel and Captiva to discuss these findings and work toward making informed decisions on issues or topics relating to the Sanibel and Captiva senior demographic.

“We’re so grateful for the financial support and thoughtfulness CFI has in learning more about how we can better serve our seniors. This information is a big step in our process of identifying

needs and tailoring our services to our community,” said Orgera.

To view the survey results, visit www.fishofsancap.org.✽

Fundraiser At Local Restaurant Benefits CROW

The Clinic for the Rehabilitation of Wildlife (CROW) will host Tippy Tortoise night at the Tippy Turtle Restaurant and Back Bar on Tuesday, September 21 from 5 to 8 p.m.

CROW’s animal ambassador Biscuit, the gopher tortoise, will be on hand for patrons to meet. CROW’s education staff will share information about gopher tortoises and why keystone species are important. Tippy Turtle will donate 50 percent of food and beverage sales from that evening to help wildlife recovering in CROW’s hospital.

The “wild” nights at Tippy Turtle, located at 1223 Periwinkle Way, take place on the first and third Tuesday of each month. A different animal ambassador will be in attendance for each event. To learn more about CROW, visit www.crowclinic.org.✽



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From page 1

Emcee

breast cancer awareness and community support. “During my year of service as Miss Texas, I spoke to more than 100,000 young Texans about the importance of volunteerism and giving back to their communities,” said Spooner. “Because my grandmother was a young breast cancer survivor, this is something I’m also passionate about.”

Spooner launched her broadcasting career in Houston after earning a degree in journalism from Texas A&M. She moved to CBS *Eyewitness News* in Tyler, Texas and advanced through levels of increasing responsibility from anchor to managing editor. Today, Spooner is a well known personality in Southwest Florida. She has been with NBC2 for over seven years. She was the face of the 4 p.m. and 11 p.m. newscasts and is now the morning anchor on *News Today*. She started

in Florida anchoring morning news for FOX4 and moved on to lead the nationally syndicated show, *The Daily Buzz*.

“Lisa is a global citizen and will be a great addition to our high tea,” said Bondurant. “She was born in England, grew up in Southeast Asia, and has had amazing experiences.” In 2002, Spooner won the title of Miss Texas and was an award-winning top 10 finalist at the nationally televised Miss America Pageant in Atlantic City, New Jersey.

Spooner will be seated at the Pink Flamingo High Tea with breast cancer survivors at a VIP table sponsored by Let’s Pink Out.

There are multiple ways to participate in the Pink Flamingo High Tea. Tickets are still available at www.sancapbwa.eventbrite.com. Email sancapbwa@sancapbwa.org for information about sponsorships, raffle baskets and silent auction donations.✽

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Bridget Vandenburg photo provided

Business Women To Hear From Interior Designer

Interior designer and business woman Bridget Vandenburg will discuss driving destiny in her presentation, *Dreamed It, Did It*, at the Sanibel Captiva Business Women's Association luncheon on Tuesday, September 21. The luncheon will be held at noon at Sundial Beach Resort & Spa with a live stream Zoom option. Register on Eventbrite at www.sancapbwa.eventbrite.com.

"I've always believed in setting goals and going after them," said Vandenburg, who bought her first business immediately

after graduating from college at the age of 22. "As a newcomer to business ownership, I had to learn a lot in a hurry," she said. "But with experience, comes wisdom. I'm looking forward to sharing what I've learned."

Vandenburg just celebrated the fourth anniversary of Bridget Vandenburg Interiors, which won the Sanibel & Captiva Islands Chamber of Commerce New Business Award in 2019.

"Establishing an open rapport with clients, listening and genuinely caring are the fundamentals," said Vandenburg. "Product knowledge and attention to detail are also essential," she said, "coupled with longstanding value-based vendor relationships."

Vandenburg is a proponent of taking a longterm view. "I fell in love with Sanibel as a child in the '70s, visiting with my parents," she recalled. "My dream for decades was having a business on the islands. First, I gained valuable experience in my hometown of Lancaster, Ohio as the owner of Woods Interiors. When the opportunity arose, I gathered courage and took time to learn the Southwest Florida market. Then launched the business on Periwinkle Way."

"Bridget has a green thumb for new ventures," said Taylor Osborne Clarey, group president and owner of Iris Print & Designs. "We look forward to a meaningful discussion on what it takes to start anew, a subject relevant to us all."

Cost is \$30 for the luncheon or on Zoom for a donation to the continuing education scholarship fund.✱

Community Sponsors Step Up For Breast Cancer

Sponsors have been lining up for the Pink Flamingo High Tea, a fundraiser for breast cancer awareness, to be held on Tuesday, October 5 from 11 a.m. to 1 p.m. at Sundial Beach Resort & Spa.

Becky Mulka, realtor and sponsor of a VIP table at the fundraiser, said, "We're honoring immediate family and close friends who are breast cancer survivors. We love Sanibel. It's so important to be part of a community that believes in giving back."

"I arrived in Southwest Florida from Michigan in 1999 and quickly decided to go native," said Mulka. "I graduated college here, built a career, and have a great family."

Mulka shows her appreciation to the community that embraced her with ongoing volunteer work. She is currently on the Sanibel-Captiva Conservation Foundation (SCCF) turtle walk team. She has volunteered for The Sanibel School, Clinic for the Rehabilitation of Wildlife (CROW), BIG ARTS and other local



Becky Mulka

nonprofits.

Carol Friend is a high tea table sponsor who also has loved ones in mind. "Having lost a close friend to breast cancer 15 years ago, I know and understand the importance of local community initiatives that raise awareness and provide funding for cancer research and education," she said. Friend is a Sanibel-based remote partner working for a major Detroit law firm. She represents corporate clients across the United States in business immigration matters.

"In our case, we're honoring my sister, grandmother and close friends," said Gloria Garrett, high tea table sponsor and owner of the HMG Growth and Innovation consultancy. "Many attendees will be participating in honor of or in remembrance of others. It will be a very meaningful event."

"We sincerely appreciate all those sponsoring or donating to the Pink Flamingo High Tea," said Taylor Osborne Clarey, Sanibel Captiva Business Women's Association president and owner of Iris Print & Designs. "Our organization works to support women in business through a variety of channels, such as fostering mentorships with a large focus on our local sponsorship program."

"But the group aims to have values that stand for so much more," said Osborne Clarey. "We care about our whole community. By collaborating with Pink Out, we are thrilled to be a part of supporting local cancer needs."

Tickets are available at www.sancapbwa.eventbrite.com.✱

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Reasons To Float Your Furniture



by Marcia Feeney

Are you struggling with how to fit your furniture in the living room, and can't for the life of you come up with a good layout? You might need to "float" your furniture or pull everything out from the wall and create an island of sorts comprising your sofa, chairs and tables, while anchoring it all with the placement of an area rug. It's a unique way to ditch the basic placement, mix things up and make the most of your space.

What decorating magic is this, you ask? Pushing your sofa, lounge chair and end tables up against the wall is the standard living room setup for many, but that's not your only arrangement option. When the room is either large, with an open plan, asymmetrical, or has a fireplace focal point, the furnishings can easily "float." By floating your sofa, you'll have a much better flow in a large living room, and there will be no awkward unused areas. This type of arrangement can allow for you to create other smaller vignettes, such as a wall lined with tall bookshelves or a reading

corner (perhaps even a game table) by a window.

An open floor plan can make room division seem impossible. But with the appropriate placement of furniture, you'll create fine lines between the living room and kitchen with ease. Instead of placing your sofa against the wall, bring it in closer to the middle of the room and place the love seat adjacent. Your open floor plan will seem a lot less disjointed and more cohesive.

By bringing your seating arrangements closer together, you'll create a more intimate atmosphere that encourages guests to engage in conversation. If your visitors are any further than eight feet apart, this makes it more difficult for them to get comfortable and engage in conversation with each other.

Since floating your furniture really helps to establish walls that define the room, it can also create somewhat of a hallway to help guide your guests throughout your living space and ease the flow of traffic. Don't just bring your sofas and chairs closer to the center of the room – keep the chests and side tables nearby as well.

Without the proper arrangement, a large piece of furniture can take up too much space and allow little room for other seating options. By placing your sofa and coffee table correctly, you can maximize the space to create room for another place for guests to sit.

Are you ready to spruce up your living space? Consider consulting a design professional. With their help,

you'll figure out how to make the most of your space while keeping it stylish, comfortable and fully functional.

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

Financial Aid Tip Of The Month

Students who plan to attend technical school or college in the fall of 2022 should submit the Free Application for Federal Student Aid (FAFSA) as soon as possible beginning October 1, according to Kentucky Higher Education Assistance Authority (KHEAA).

Even students who don't think they will qualify for financial aid should submit the FAFSA. Rules governing student aid programs sometimes change, and students who don't file the FAFSA may miss out on free money that could help pay for their education.

The parents or guardians of students considered dependents under federal guidelines must also provide financial information on the FAFSA. This affects most students going directly to college from high school, who are typically considered a dependent.

The FAFSA asks for information about income, assets and expenses. The data provided on the FAFSA determines whether students qualify for federal grants, work-study and loans, as well as several state grants and scholarships. Many colleges also use the FAFSA to award their own grants and scholarships.

A formula set by Congress is used to determine if students qualify for federal and state aid.

Some student aid programs have limited funds and provide awards on a first-come, first-served basis, so students and families should submit the FAFSA as soon as possible.

For more information, visit www.kheaa.com.✴

Progressive Club To Hear About State Of Schools

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.



Betsy Vaughn

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. 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.

To attend the meeting, 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>, call 994-3175 or email pcisancap@gmail.com.✴

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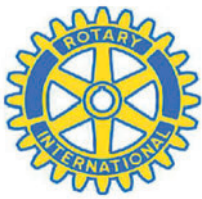


Rotary Happenings

submitted by Cindy Carter

A staggering statistic within Lee County is that one in four people suffers from a diagnosable mental illness. A report in 2019 stated that there were 81,000 people diagnosed with mental illnesses in Lee County alone. And an even more startling statistic is that Florida ranks as one of the lowest funded states for mental health.

In steps Erin Broussard, the CEO of Hope Clubhouse of Southwest Florida. Hope Clubhouse is part of an international organization of over 320 clubhouses throughout the world.



Erin Broussard photo provided
Within Florida, there are 14 clubhouses, with our local clubhouse opening in 2007, serving Lee, Charlotte and

Collier counties.
Hope Clubhouse of Southwest Florida is a membership community of support for those living with mental illnesses. The clubhouse can only serve 700 members at one time. It has 170 employment partners helping individuals become productive members of society and manage their mental illness at the same time. This program helps keep them contributing to society and out of the mental health hospital system.
Broussard joined the organization in September 2020. She has over 20 years of experience in operations, program development and nonprofit leadership. She is also an experienced clinician/educator versed in treatment, case management and training in both adolescent and adult populations. Broussard served in the U.S. Air Force from 1996 to 2009, moving to Southwest Florida via Baltimore, Maryland after living many years in the

Houston, Texas area.
Broussard attended Capella University in Minneapolis, Minnesota where she completed a master of science in clinical psychology in 2007. She also attended the University of Colorado-Pueblo where she received her bachelor of science degree in social science in 2000. She is a senior certified human resources professional (SHRM-SCP). When she isn't working, she enjoys reading, playing softball recreationally and spending time with friends and family.
The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2175 Periwinkle Way on Sanibel. 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.✧

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Free Balance Screenings At Therapy Center

Island Therapy Center on Sanibel will be offering free balance screenings during the month of September in observation of Fall Prevention Month.
The physical therapists at Island Therapy Center frequently treat patients with balance and dizziness disorders, and with injuries resulting from falls. Early recognition and treatment of balance problems has been shown to reduce falls and associated injuries, including fractures. Education regarding fall prevention, balance and strengthening strategies, home safety and getting up from a fall may be included in the appointment. The osteoporosis program, balance program and vestibular rehabilitation programs at Island Therapy Center also address these issues.
"We would much rather work with an individual on restoring balance and strength than after a serious, but possibly preventable, fracture," said Rachel Tritaik, PT, CLT, LMT, owner of Island Therapy Center. "We have seen a reduction in balance, strength and endurance in many of our patients, in part due to a more sedentary lifestyle and limited activity during the pandemic. Treatment of these conditions is covered by most Medicare plans."

Celestine Luke with Rachel Tritaik
photo provided

Those concerned about maintaining or improving their strength and balance can schedule an appointment with a licensed physical therapist by calling 395-5858.
Island Therapy Center is located at 2242 Periwinkle Way on Sanibel. CDC guidelines are being followed and masks are required in all common areas.✧

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A Valuable Law School Lesson



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

I was 18 years old when my dad dropped me off as a freshman on the front steps of my dorm at the University of Florida. “You’re on your own now,” Dad said, shaking my hand. “You know your mother and I don’t have funds to help you.” As my parents and younger sister drove away, I wondered how I was going to earn the degrees I aspired to. Seven years later, I earned bachelor’s and master’s degrees in accounting then went on to earn a juris doctorate in law. I completed an eight-year program in just seven, often working two jobs at a time to cover expenses. I finished my studies with

Patti as my fiancée.

As school starts again for a new school year, I can’t help but become nostalgic, particularly with the many memories I have from the University of Florida’s College of Law. Whenever I recall my law school days, I’m often reminded of the hardened, knowledgeable professors who didn’t humor our quick wit, but taught us so much more than we could find in our textbooks.

One such professor was Scott Van Alstyne. He wasn’t your standard law scholar; he became a professor after a storied legal career including stints as the managing partner at two large, well respected law firms in Chicago and Milwaukee. To this day, I can hear his nasally upper-Midwestern accent as he chastised me and my classmates for our dumb answers.

“Mr. Hersch, I wouldn’t trust you to represent me in a parking ticket dispute!” was one of his more humorous jabs I can relay in a family-friendly newspaper.

Some of my classmates, including one who is now president of the Florida Bar, complained to the dean about Professor Van Alstyne’s tactics and salty language, but I understood the goal. An ability to think calmly under pressure was necessary for our careers. Despite the frequent jabs, “Scotty” as we affectionately called him, became one of my favorite professors. He even hired me as his teaching assistant during my third year of law school, the final stretch before graduating.

Yet, just before the last semester of our third and final year, the Bar decided that all law students would require the successful completion of an ethics course to graduate. Because our curriculum was set, they squeezed Ethics 101 into an already jam-packed schedule. You may have heard that in the first year of law school,

they scare you to death, in the second year, they work you to death, and in the third year, they bore you to death. The third year is particularly difficult to survive because most students have jobs lined up.

However, our ethics professor didn’t show us sympathy. He was a recent graduate himself, but the worst was the starting time of his two-hour class – 7:30 a.m. every Thursday. On Wednesday evenings, CJ’s, a local oyster bar, featured \$2 pitchers of beer for law students. CJ’s was rustic, complete with cement floors, picnic tables and a jukebox. I have great memories eating greasy wings and singing Jimmy Buffet tunes arm-and-arm with my classmates atop the tables into the wee hours of the night.

It’s also where another classmate (who would later become my sister-in-law) introduced me to Patti and her sparkling green eyes. When summoned, I jumped off a table to introduce myself, sloshing a red Solo cup full of beer following a rousing rendition of *Cheeseburger in Paradise*. But that’s a story for another time.

So, you can imagine how we fared during this sunrise class. After one particularly rowdy evening, the professor bellowed, “Mr. Hersch, a man walks into your office with a smoking gun, slams it down on your desk, and says, ‘I just shot a man with this gun.’ What do you do?”

Still groggy and hoarse from the night before, I smiled broadly and said, “I would tell him to get the hell out of my office as I’m a tax attorney, I don’t practice criminal defense law!” The class erupted in laughter, and I beamed with pride at my own cleverness. The professor, clearly not amused, and sensitive about perceived challenges to his authority due to his youth, stared me down as the laughter dissipated, resulting in an awkward silence. Only then did he growl at me to visit with him after class.

Once in his office, I was met with a seemingly endless diatribe, lasting so long that I missed my next class. He didn’t like my joke, eventually marking me with a C+ for the semester despite my feeling that I nailed the final (my other grades that term included four As and a B+). I laugh now when recalling the experience, but I learned a valuable lesson on when to keep wisecracks to myself.

It’s been more than 31 years since I graduated from law school, but there will always be something special about the time I spent in Gainesville. It was hard work, but the professors, nights at CJ’s, and the expertise I left with made all the work, studying and late nights worth it.

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How’s The Market? Ask Ann

Timing is everything.

I have been thinking about last week’s column when I “advised” buyers to buy now if the new listing meets their needs and is priced to current market conditions. Most experts agree that “timing” the market is a question no one knows the answer to. It is truly unpredictable.

Keep in mind that the advice I offer is based on 40 years of experience working with buyers and sellers on Sanibel. In addition, we have owned and built three homes on Sanibel. We have also bought and sold several lots. During this period, we experienced record high interest rates, three “booms” and three recessions. Over the long run, owning Real Estate on Sanibel turned out to be a good investment.

Right now, we are in a “boom.” Unless we have a catastrophic event, we expect this market to continue to remain strong. Remember, Sellers and Buyers, call me at 239-850-0979 for incentives that will save you thousands of dollars.

Ann Gee
Broker/Owner

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

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Transitioning The Family Business



by James McArthur, Senior Vice President, Family Office Services

Many family business owners contact us for assistance as the future approaches and it is time to

consider exactly how they will transfer their precious business into the hands and control of the next generation. As closely held family businesses expand over time, the needs of the families relying on these businesses are expanding as well. Growth of a business is often viewed in linear metrics – revenue and profitability. However, families can expand exponentially through generations. Such a dynamic creates demands that significantly impact culture, performance and decision making, punctuating the need for a succession strategy that aligns the family's intentions, goals and cash-flow requirements through multiple generations.

Protecting the longevity of a family business is essential to our global and U.S. economies. Family-owned

businesses account for roughly 80 percent of all companies worldwide and approximately 78 percent of business entities in our country. According to the 2021 Family Enterprise Business Survey, approximately 40 percent of U.S. business owners actually have a succession plan in place and of those families, only a third believe their plan to be sufficient in terms of documentation and communication. Yet the survey revealed that many founding generation's children do not understand the fundamentals of the business including long-term goals and intentions. Nor are their financial priorities aligned between first and second generations.

For the business to support multiple generations, three key elements need to be managed throughout the life of the company: growth, cash flow and control. Ample growth will maintain and increase valuation. Sufficient cash flow will enable owners and family members to support lifestyles. Control preserves the owner's ability to make decisions without the influence of non-family stakeholders or creditors. Environmental changes such as in politics, labor markets, generational behavior, technology and regulation are occurring at such a rapid pace that simultaneously maintaining growth, liquidity and control may be challenging.

A well-structured succession plan will go a long way in terms of mitigating the risks of swift changes in our economic landscape. The blueprint for a family business's long-term strategy begins with four pillars:

Owners – determine the mission and define success;

Governance – A board of directors directs the business as well as manages the chief executive;

Management – recommends strategy and operates the company;

Family – maintains and develops unity and core values for the next generation.

Each pillar is tied to the other with family members creating the link. Management and leadership roles will vary and overlap to ensure that a good decision-making process is in place. When a family business experiences issues, most often it stems from a lack of governance and communication.

As the family works through the planning process, the overall mission and purpose of the business should be assessed by the fundamentals: Why does the business exist? How will the company grow to support multiple generations? Are current family members qualified and willing to lead the business? Is the current ownership structure appropriate, and how will ownership be passed down to preserve capital and family control?

Often, fiduciary partners are called upon to assist family-owned businesses and family offices in planning for the transition to the next generation. When choosing a partner, the criteria of competency, experience, depth of talent and continuity are important. Trusted advisors that invest time to learn the family's history, intentions, goals and priorities will be vital to ensure a smooth transition of leadership and ownership

for years to come. We specialize in this and are here to assist 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.**

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free autism spectrum disorder (ASD) screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, September 24 from 9 a.m. to 2 p.m.

ASD screenings are conducted by Golisano Children's Hospital and are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. To schedule a screening, call 343-6838.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. For more information, visit www.rmhcswfl.org.*



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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, Sandalfoot 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

Frankly Speaking



by Howard Prager

Tennis excitement burst onto New York on the same weekend as the touching tributes to the 9/11 anniversary. On the women's side, we had the first finals match

of teens since 1999. From CBS Sports, "In the first U.S. Open final between two unseeded players, 18-year-old Emma Raducanu took home her first Grand Slam championship when she defeated 19-year-old Leylah Fernandez in straight sets, 6-4, 6-3. Raducanu became the first qualifier to win a Grand Slam, doing so in just the second Grand Slam tournament of her career. Raducanu also became the first British woman to win a Grand Slam title since Virginia Wade won Wimbledon in 1977 and the U.S. Open in 1968." Wade was present to cheer on her fellow Brit. "Raducanu is also the youngest women's tennis player to win a major since Maria Sharapova (also in attendance) upset Serena Williams in the 2004 Wimbledon final." Raducanu did not drop a set en route to her victory – 20 matches – a fete last done by Serena Williams in 2014. Fernandez and Raducanu spoke eloquently afterwards, with Fernandez mentioning how important it was to play in New York on 9/11. On a side note both were born in Canada. On the men's side, from ESPN, "Daniil Medvedev earned his first major title by beating Novak Djokovic at his own game in a stunning upset Sunday in the U.S. Open men's final. Medvedev denied Djokovic a victory that would have given him the first calendar year Grand Slam in men's tennis since 1969." The crowd definitely wanted to see history made, and cheered for Djokovic every time he battled back. Asked how he felt

afterwards, Djokovic said, "Relief. I was glad it was over because the buildup for this tournament, and everything mentally and emotionally I had to deal with throughout the tournament, was just a lot to handle." Hence the reason we are hearing more about this from other elite athletes in tennis and other sports.

Milwaukee's ace Corbin Burnes combined with reliever Josh Hader to pitch baseball's record ninth no-hitter this season, breaking a mark set when pitchers began throwing overhand in 1884 as the Brewers beat the Cleveland Indians 3-0 on Saturday night. But that's not all. The Cleveland Indians are the only team to be no-hit three times in a single season. They were no-hit by Carlos Rodón of the Chicago White Sox on April 14 and then again against the Cincinnati Reds' Wade Miley on May 7.

Maybe the Indians should change their name to the Guardians now. Here's ESPN on the new name. "The Guardians were inspired by the large landmark stone edifices – referred to as traffic guardians – that flank both ends of the Hope Memorial Bridge and leads to the stadium. As the team moved closer to making a final decision on the name, team owner Paul Dolan said he found himself looking closely at the huge art deco sculptures. 'Frankly, I hadn't studied them that closely until we started talking about them, and I should emphasize, we're not named after the bridge, but there's no question that it's a strong nod to those and what they mean to the community.' Fans aren't thrilled with the new name, which will change immediately after this season. Dolan said he knows there's a portion of Cleveland's fan base that might never accept the change. 'We're not asking anybody to give up their memories or the history of the franchise that will always be there.' The team's colors will remain the same, and the new Guardians logos will incorporate some of the architectural features of the bridge."

"On any given weekend" now applies to the NCAA as some of the mightiest

have fallen. Last weekend, Oregon beat Ohio State in Columbus, Florida State lost to Jacksonville State on a walk-off touchdown in Tallahassee and No. 15 Texas was thrashed by unranked Arkansas. Michigan beating Washington wasn't an upset, but doing so with two running backs gaining 345 yards on the ground wasn't expected. Stanford routed USC whose kicker was ejected on the kickoff for targeting and now the team's coach has been "ejected" by the school. BYU crushed Utah in the "Holy War" rivalry for the first time in the last nine attempts.

Our good news story of the day comes from Florida via the Good News Network... At the age of 98 years and 94 days, great-great-grandmother Edith Murway-Traina already had a Guinness World Record as the "oldest female competitive powerlifter" under her belt – and she successfully deadlifted 150 pounds to do it.

As a former dance instructor and performer, physical fitness was always a way of life for the Bronx-born Florida transplant, but considering she took up weightlifting a scant nine years ago, the progress Traina's made is truly impressive – especially since discovering her newfound avocation was pretty much a happy accident. Traina was accompanying her pal to the gym to try out some new exercises because "she didn't want to go by herself," Murway-Traina told the *New York Post*. "I saw all these other ladies lifting weights, and it looked interesting. I picked up a couple of weights and had to prove to myself that I could accomplish this."

Once she got started, Traina turned out to be a natural. Soon enough, she was on the team, competing in senior events, and bringing home awards. "When you pull a bar up and you lift it, there's a certain power that you experience that is only yours," she told the *Post*. Traina admits that a great deal of her motivation has to do with how much she enjoys being in the limelight and the positive feedback she's received. She says that every time she competes, she gets applause, and gets a little bit happier. Traina also appreciates that her current notoriety largely has to do with her advanced age, but as long as she can be a positive role model who blows the "sweet little old lady stereotype" out of

the water, she's good with that. "I think in my 90s, I became more aware of the need for people to be recognized for who they are, or what they are, or how they are, and it's the most beautiful thing in the world," she told the *Guinness Book of Records*. "I think I survive on that, mostly, myself." That plus some well-deserved applause and her next trophy, of course.

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.

LCEC Offers Safe Connection For Generators

With storm season in full swing, power outages can and do happen, even with Lee County Electric Cooperative (LCEC) working around the clock to deliver reliable electric. If you plan to use your portable generator in the event of a power outage, it is vital to understand the dangers that come along with this convenience. Generators can create hazardous conditions for both the people within the home they are powering and any electric crews working in the area.

GenerLink, offered by LCEC, eliminates the use of extension cords and other hazardous connections by providing a safe connection from the electric meter directly to the generator. It also detects when a generator is operating and automatically disconnects from the utility grid, eliminating dangerous backfeed.

The benefits of GenerLink include: easiest and safest generator connection; allows customers to run virtually any appliances up to the capacity of their generator; easily installed behind the electric meter by a certified LCEC technician; connection at the meter keeps your portable generator outside where it is safe; and seven-year manufacturer's warranty.

For more information, visit www.lcec.net/my-home/products-and-services/generlink.

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SPORTS QUIZ

1. What Philadelphia Flyers goaltender was killed in a car accident in 1985 and posthumously selected to the NHL All-Star Game the following year?
2. Name "The Fight Doctor" who served as Muhammad Ali's physician and cornerman from 1962-77.
3. The Carolina Courage, Philadelphia Charge and San Diego CyberRays were teams in what women's soccer league that played three seasons from 2001-03?
4. What is the bowling term for a ball that crosses over to the other side of the head pin opposite the side it was thrown?
5. Name the journalist/sportswriter whose column "Hey, Rube" appeared on ESPN.com from 2000-05?
6. What sanctioning body for the motorsport of drag racing was founded by Wally Parks in 1951?
7. Remington Products CEO and spokesman Victor Kiam was principal owner of what NFL team from 1988-91?

ANSWERS

1. Pelle Lindbergh. 2. Ferdie Pacheco. 3. Women's United Soccer Association (WUSA). 4. Brooklyn. 5. Hunter S. Thompson. 6. National Hot Rod Association (NHRA). 7. The New England Patriots.

Health First

Healthy Choices At Fast Food Restaurants



by Julie Rosenberg, MD

If you're like me, you may need a quick bite to eat while on the go. When you're hungry and time is limited, it may not be feasible to sit down for a meal. Clearly, there

are many fast-food restaurants that offer quick service and cost-effective options. Most of us will stop for a quick meal at a fast-food restaurant on occasion – fast food is quick, the restaurants are easy to get to, and the food tastes good.

The bad news is that fast food is omnipresent in the United States and contributes to poor dietary quality and poor health among youth and adults alike. Eating fast food may lead to overconsumption and increase the risk of obesity due to larger portion sizes, and higher intakes of calories, fat, saturated fat, and sugar. Fast food consumption on a regular basis is associated with weight gain and increased body mass index.

The good news is that most fast-food restaurants make nutritional information readily available and easy-to-use, including providing easy-to-read calorie labels on menus and menu boards. Armed with nutritional information, consumers have the power to make healthier choices. In fact, a recent study showed that the provision of explicit health information on healthy products stimulates healthy food choices in a fast-food environment.

Try these six tips for making healthier meal choices on-the-go.

Know before you go

Most fast-food restaurants provide menus and nutrition information online. If you frequent certain restaurants, review the online menu in advance of your visit, which will help you to formulate a plan of action to make

healthier choices when you get to the drive thru window.

Downsize portions

Portion control is key. Many fast-food restaurants offer supersized portions. Rather than supersizing, split larger portions with a dining partner, or, when dining alone, take home half of your meal and eat it the next day.

Don't drink your calories

This is one of my biggest concerns when it comes to eating out. A large soda at a fast-food restaurant can contain 300 to 400 calories and over 75 grams of sugar. These are 'empty calories'; that is, no nutritional value. A large McDonald's vanilla shake has 820 calories and 92 grams of sugar. Don't be fooled by ordering a smoothie. For example, a large McCafé® Strawberry Banana Smoothie has 330 calories and 76 grams of sugar. It's best to choose still or sparkling water to quench your thirst. If you want a drink other than water, consider unsweetened tea.

Be mindful of 'extras'

Vegetable toppings such as lettuce, tomato, onion, or jalapeños give a sandwich or entrée a nutritional, flavorful boost without adding significant calories. Beware of high calorie extras such as cheese, bacon, and fried onions. In addition, 'special sauces' are often mayonnaise-based and may add calories and fat to your entrée.

Choose a plant-based option

Many restaurants offer plant-based options. Consider ordering a plant-based burger instead of a beef patty (or two). When making plant-based choices, read labels and choose options with low sodium, high protein, high fiber, low sugar, and minimal processing.

Salad does not automatically mean healthy

Some salads are loaded with leafy greens and nutritious fresh veggies, while others are layered with meat, cheese, creamy dressing, and croutons. Familiarize yourself with salad choices and read labels on dressings, some of which can add significant calories and fat to your salad.

In conclusion, while the convenience of fast-food can make healthy eating habits challenging, there are still many practical ways to make healthy nutrition choices on-the-go. Moderation and sustainability are key for a long-term healthy eating plan. On a societal level,

reducing portion sizes in restaurants and fast-food outlets could make a big contribution to reducing levels of obesity and type 2 diabetes.

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.

LCEC Grants Environmental Funding Awards

Lee County Electric Cooperative (LCEC) will provide environmental funding awards to ArtFest Fort Myers, Cape Coral Wildlife Trust, Cape Coral Friends of Wildlife, Monofilament Busters, Cypress Cove Landkeepers, Audubon of Southwest Florida, Audubon's Corkscrew Swamp Sanctuary and Future Forestry. Since the program's inception in 2013, LCEC has awarded more than \$186,000 to local organizations for a variety of initiatives focused on protecting the environment.

LCEC accepts applications for environmental funding awards twice a year, in March and September. To apply for an award, organizations should visit www.lcec.net/about-lcec/community-and-education/environment

to download an application. Questions related to the LCEC Environmental Funding Award program can be sent to pr@lcec.net.

Webinar For Older Adults On Preventing Falls

Step Smart is committed to empowering older adults in Southwest Florida to age well and help prevent falls. The group is partnering with the National Council on Aging (NCOA) to mark Falls Prevention Awareness Week from September 20 to 24.

On Wednesday, September 22 at 11 a.m., there will be a virtual injury prevention live webinar to learn how you or an older relative, friend or neighbor can help prevent falls. The webinar will be followed by a 15-minute Tai chi demonstration by the Area Agency on Aging and will feature a new online falls risk assessment tool available at no cost to individuals across the country. Visit www.ncoa.org/fallsfreecheckup to complete a short, 12-question survey that screens for the most common falls risk factors.

To register, call 351-5550 to receive the link to the webinar. There will also be short videos from various local professionals. For more information, visit www.stepsmart.org or email info@stepsmart.org.

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ISLAND SUN BUSINESS NEWSMAKERS



Mary Bondurant



Brooke Brownyard

Kingfisher Real Estate

The top listing agent for August at Kingfisher Real Estate was Mary Bondurant. The top selling agent was Brooke Brownyard.*



Jen McSorley



Jeremy Conley

Pfeifer Realty Group

The top listing agents for August at Pfeifer Realty Group were Jen McSorley and Jeremy Conley. The top sales associates were Jen McSorley and Wendy Kirschner.*



Wendy Kirschner



McMurray & Members

Royal Shell Real Estate

The top producers for August at the Royal Shell Real Estate Sanibel-Captiva office were: top listing producers team, McMurray & Members; top listing producer individual/partners, Brian Murty; top sales producers team, McMurray & Members; top sales producer individual/partners, Trevor Nette.*



Brian Murty



Trevor Nette

John Gee & Company

The top producer for August at John Gee & Company was Bobbie McGlynn.*



Bobbie McGlynn

RE/MAX of the Islands

The top listing and top selling associate for August at RE/MAX of the Islands was Chuck Bergstrom.*



Chuck Bergstrom

John Naumann & Associates



Harrell, Tolp and Albright



Nancy Finch



Meredith Murray

The top listing agent for July at John Naumann & Associates was Nancy Finch, top sales agent was Meredith Murray and top sales team was Harrell, Tolp & Albright. The top listing team for August was Harrell, Tolp & Albright, top listing agent was Jeff Barney and top sales agent was Meredith Murray.*



Jeff Barney

Training Center Offers Scholarships

The Marketing Education Academy, a nonprofit online training center, launched a new scholarship program to aid in the recovery for individuals whose business or career has been impacted by red tide in the Sanibel area. The academy will award up to 125 fully-paid enrollments in its Digital Marketing Certificate program, with the next training cycle starting on Thursday, September 30. Each enrollment is worth \$1,997.

Academy founder, Benny Traub, in Englewood, Florida, said, "As a resident of Charlotte County, I saw members of my community hurting. I thought we all have something we can do, something we can offer. I asked my team at Marketing Education Academy and every teacher and student was looking to extend a helping hand to local small businesses so they can get back on track. The scholarship's purpose is to

equip business owners or their marketing directors with strategic skills for recovering. When so many are hurting in our communities, we all must do everything we can to help, as it impacts all of us."

A certificate in digital marketing can be earned in six weeks, with one weekly lecture and a total commitment of just five to six hours per week.

Traub and this initiative are featured in an upcoming article in *Authority Magazine* and *Thrive Global's* high profile Social Impact Heroes series and he hopes that other business leaders will do what they can to help entrepreneurs across the region get back on their feet.

There are no costs for those who are awarded scholarships. Traub points out that the onus is on everyone to 'be the change' they would like to see in the world. "It's at times like this that we are called to step up and be active. We are all stronger together."

Business owners and members of their marketing team who are located within 20 miles of red tide impacted waters in Southwest Florida may apply at: <https://marketingeducation.org/scholarships/red-tide/>*

VIP Realty Group



Kit and Lynda Traverso



David Schuldenfrei

The top producers for August at VIP Realty Group were: Lynda and Kit Traverso, top sales; David Schuldenfrei, top listings; and Deb Smith, top producer.*



Deb Smith

Agent Joins Real Estate Firm

Sue Plein has joined Kingfisher Real Estate as a sales associate.

Originally from Illinois, Plein and her family relocated to Southwest Florida in 1979. She worked in the mortgage industry for many years. Plein was a mortgage broker in lending for the construction and development of South Seas Plantation on Captiva Island, along with projects on the beaches of Fort Myers Beach, Vanderbilt and Naples.

Plein earned the Sanibel & Captiva Islands Specialist (SCIS) designation as well as the resort and second-home property certification (RSPS).*



Sue Plein

dearRPharmacist

Off-Label Drug Uses: Curious And Unexpected



by Suzy
Cohen, RPh

Dear Readers:

Medications aren't always used for what they were intended for. Many drugs are FDA-approved for one condition,

but later on, after use on the mass population, new valuable uses are found for the same drug. Since it takes time and money to bring a drug to full FDA-approved status, the medications are simply ordered by physicians and other prescribing practitioners for what's called an "off-label" use.

Physicians are most apt to prescribe off-label medications for children, or for patients facing life-threatening or terminal disorders. To give you an example of other off-label uses, take a look at these popular medications and their traditional approved use, as well as their off-label use. It's interesting!

Ambien (Zolpidem) – America's favorite sleeper! This medication is approved and indicated for insomnia, but it has an off-label use that some doctors know about. It minimizes jet lag when you fly to another time zone, and you take it on the long over-night flight.

Glucophage (Metformin) – This is a block buster medication traditionally used to reduce blood sugar in people who have Type 2 diabetes. As for its off-label uses, it could help PCOS (Polycystic Ovary Syndrome) symptoms.

Neurontin (Gabapentin) – Used conventionally for neuropathic pain, this drug has an off-label use for

bipolar disorder, as well as restless legs syndrome.

Minipress (Prazosin) – This medication is used to control high blood pressure, but off-label it is prescribed to help with nightmares that are associated with posttraumatic stress disorder (PTSD).

Pamelor (Nortriptyline) – Nortriptyline is FDA-approved and indicated for depression. This antidepressant is frequently prescribed for neuropathy, and to help people stop smoking.

Risperdal (Risperidone) – This is a medication approved to treat schizophrenia or acute manic phases of bipolar disorder. It has an off-label use for OCD (obsessive compulsive disorder) as well as symptoms of autism and Tourette's syndrome.

Pepcid (Famotidine) – This is a commonly used medication for heartburn and reflux, and it's sold over-the-counter in the United States. When it comes to off-label uses, famotidine is prescribed to reduce gastritis symptoms associated with non-steroidal drugs such as ibuprofen and naproxen.

The list of these off-label uses is the tip of the iceberg. This phenomena is fascinating, and it clearly demonstrates the importance of utilizing unapproved drugs to help with conditions that don't respond to traditional remedies. Using a drug for its off-label use may spawn ethical question for some of you. In other words, would you be afraid of taking medications that are not FDA-approved? Or would this concern be minimized if your pain level was high enough to try it, for example? It's a discussion to have with your own practitioner. If you'd like to read the longer version of this article, I can email it to you. 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. ☆

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: Ever since Covid, I have been feeling so overwhelmed. I want to start to live free from this, but I don't know where to begin and what to let go of. Can you help?

A: When we stay in a state of overwhelm, we have lost touch with our soul, and we are in a victim mindset. At any given time, we can choose to let go of too many things on our plate.

It's simply making a conscious choice that, yes, we do have control over this challenging yet workable situation. When we are not connected to our soul, we start to feel that sense of overwhelm and that life is too difficult, too much, too stressful. When we come to realize and accept that we are here to feel "whelmed" rather than "overwhelmed," we can begin to make sense out of life and why we are here.

The following tips can assist you in feeling less overwhelmed and feel more connected to your soul:

Become an authority at saying "no." Saying no and setting healthy boundaries is a yes for you. You do not have to be a yes person to everyone and sacrifice yourself to please others and get approval.

When you say no to others, you are setting healthy boundaries, and that is one of the best things you can do for yourself.

Give time and energy to your intentions. Set healthy intentions from your soul and open your heart to manifesting them for your highest good. When you do give your energy to what matters most, everything else seems to fall into place.

Delegate. I hear people say that no one can do it as well as they can. That may be the case, but look at your energy level when you do it all yourself. Your energy becomes depleted and you end up exhausted.

Live in accordance with your priorities. Set positive priorities and keep them realistic. Trust that you are in the right place at the right time. With all the universe to support you, listen to what your soul is telling you. Get out of your ego and dive down to your soul. The answers are within. Live with an open heart and stay centered within yourself rather than going outside for answers.

Choose where you put your energy and intention toward what you want to expand in your life and take responsibility.

It is also fine to ask for support. You don't ever have to do it alone. Remember the word whelm, and you will be living in joy and presence in your life.

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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- OSTEOARTHRITIS
- POST-SURGICAL JOINT PAIN
- SPORTS INJURIES



Brian Hutcheson, D.C.



Ross Hauser, MD



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Doctor and Dietician

Baked Feta And Tomatoes, Oh My



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

Feta and tomatoes are just meant to go together – what a great combination. The feta and tomato pasta recipe that went viral on TikTok this year has turned out to become a favorite for us, as well as many of our friends. Greek cooks have been combining and baking feta and tomatoes for many years. We have made an appetizer out of baked feta and tomatoes over the years, and you can certainly do that with this recipe as well. We have made different versions of this dish that include roasted peppers, onions and herbs, as well as serving it with roasted chicken, shrimp and even steak. Let’s look at the health benefits of the main ingredients in this recipe:

Feta cheese – Feta cheese is Greek brined curd white cheese made from sheep’s milk or a mixture of sheep and goat’s milk. Its flavor is tangy and salty, which we love. It is often served with olive oil and/or olives and aromatic herbs such as oregano, basil and parsley. Interestingly, feta has been a protected designation of origin (PDO) product within the European Union since 2002. In 2013, an agreement with Canada was made so that they could also produce feta. Otherwise, feta will be labeled “feta-style” cheese if made in other markets. Feta contains calcium and is lower in fat and calories than many other cheeses.

Tomatoes – We have used all sorts of tomatoes in this recipe, including large beefsteak, heirloom and cherry tomatoes. We prefer cherry tomatoes as they blend better when serving in pasta. Tomatoes are moderately high in vitamin C and high in water, low in fat and contain lycopene, which in some studies has shown to function as an antioxidant.

Olive oil – We absolutely love good olive oil. It is a major component of the healthy Mediterranean diet, and we include it daily in our diets. We have been on several bicycling trips over the years and have tasted olive oil made fresh from the olive groves – so good. We recommend using cold-pressed, extra virgin olive oil (EVOO). Olive oil is rich in vitamin E and good fats.

Herbs – We grow herbs in pots in the backyard including oregano, basil, rosemary, parsley, cilantro, mint and thyme. Our favorite way to consume

these herbs is to make “the green stuff” which is to combine a large handful of the above herbs, chop in food processor, add four to five cloves of garlic, EVOO, pinch of salt and pepper, lemon juice and/or splash of wine vinegar and blend together. So refreshingly delicious.

Ingredients and directions for the recipe – 4 ounces feta cheese, 15 ounces cherry tomatoes, fresh herbs, olive oil, salt/pepper, 1 box pasta (penne, spaghetti, orecchiette – we use gluten-free), 1 small hot pepper or red pepper flakes. (optional – serve with a protein such as grilled chicken, shrimp, steak – cooked separately.) Preheat oven to 400 degrees. Spread tomatoes on baking dish, toss with olive oil and herbs. Place feta cheese in the middle of the dish, top with olive oil and herbs. Bake

for 35 minutes. Start cooking pasta as this bakes. Remove from oven and smash feta-tomatoes, tossing to combine. Add to drained pasta, adding a little pasta water if needed to thin the sauce. Garnish with fresh herbs and/or shredded parmesan. If omitting the pasta and serving as an appetizer, accompany with some crusty bread. We make our own gluten-free bread, and it is delicious with this recipe.

Cheers. We hope you enjoy this dish as much as we do.

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

Beautifulife: Detoxify



by Kay Casperson

I am a big believer in removing toxins from our lives, as they can creep in without us even realizing it right away. It seems there is so much focus on detoxifying our bodies, from certain chemicals in

the foods we eat to the environment we live in. But, I also believe that it is equally important to regularly detoxify all areas of our lives, not just our bodies.

Having balance in all that we do helps to create a more healthy environment all around. The more we strive for this, the less we have to make an extra effort to completely detoxify now and then, instead of regular ongoing maintenance. This will ensure that you continue to live your most balanced and beautiful life.

One of the first products that I ever developed was my facial cleanser called “Remove.” It continues to be one of our most popular items because it effectively removes impurities from the skin. But, it also has an affirmation that reminds you to eliminate negativity and toxins from your daily life.

Strive to be more focused on eliminating toxins emotionally, physically, spiritually, environmentally and socially.

The best way to start this process is to take a deeper dive into what needs to be removed.

Remove and release all of the unhealthy, unnecessary or uninspiring influences that negatively impact your life.

Emotionally – Avoid self-limiting thoughts and keep a positive mindset.

Spiritually – Let go of ideas or norms that conflict with what is truly in your heart.

Physically – Rid your home of unhealthy foods and stay clear of toxic chemicals.

Environmentally – Clear the clutter to move about freely and enjoy your surroundings.

Socially – Limit your precious time with unsupportive, unkind or uninspiring people.

We will never avoid all toxins, as they can somehow find a way to sneak into our lives. But, if we do a toxin checkup regularly within those five aspects of our daily lives, we will stay as toxic-free as we possibly can be.

My affirmation for you this week is: “I will regularly rid my life of toxins and will continue to strive for ultimate health, wellness, balance and peace.”

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

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Florida Highway Patrol	278-7100
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City Building Department.....	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
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Sanibel-Captiva Art League	sancapart.org
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Sanibel-Captiva Republican Caucus.....	395-0819
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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 46 and 47



"Too many _____ for my taste!"

SCRAMBLERS

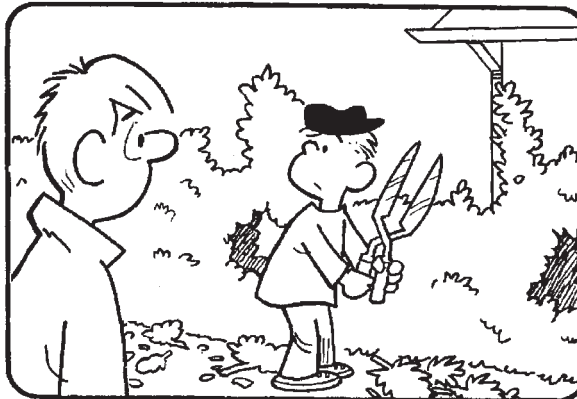
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Visual	<div>CAPITOL</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Bend	<div>RECASE</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Hinder	<div>PRIMIA</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Boost	<div>AIRES</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

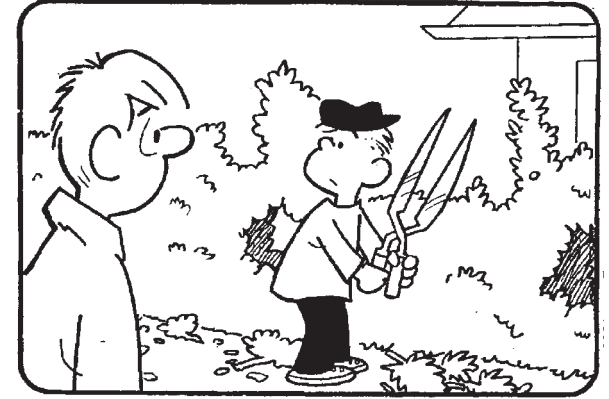
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Leaf is removed. 2. Drainpipe is longer. 3. Collar is different. 4. Leaf is removed. 5. Window is added. 6. Collar is different. 7. Pants are different.

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

To Play Sudoku:

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

PUZZLES

Answers on page 47

Super Crossword

VISITING THE ISLE OF WIT

- ACROSS**
- 1 Earns back, as losses
- 8 Study of vision
- 14 One who's not stingy
- 20 Shrunk Asian lake
- 21 Disperse from a central point
- 22 Spacecraft segment
- 23 Will soon obtain U.K. citizenship?
- 25 Like Peru's mountains
- 26 Revered Fr. nun, maybe
- 27 Motorist's crime, for short
- 28 Soccer icon
- 30 "Phooey!"
- 31 "That louse just hatched a few hours ago?"
- 39 Aim at
- 42 Styling sites
- 43 Hilarity
- 44 Book after Song of Solomon
- 45 "To recap ..."
- 46 Swiss river
- 48 Hairy pollinator's darting movement?
- 56 Hairstyle
- 57 On — streak (lucky)
- 58 "Hamilton" composer — -Manuel Miranda
- 59 Watch over
- 64 Partial mending of a paper cut?
- 70 Excited pointer's cry
- 72 Diner
- 73 Pink pencil tip
- 74 Siblings who compose legal orders?
- 79 Spacek of film
- 80 Dude's prom duds
- 81 "Now, Voyager" actress Chase
- 82 In — (as first placed)
- 84 "My career as a tailor will start soon"?
- 95 Tee lead-in
- 96 Chris of tennis
- 97 Certain pizza chain logo
- 98 Depletes
- 101 Major road
- 103 4 p.m. social event, maybe
- 105 Interweave while wearing a lustrous
- 109 Omelet need
- 110 Get up
- 111 Hockey hero Bobby
- 112 Historical unit
- 115 Headwear for Fred Astaire
- 117 Occupy a chair to apply Vaseline drops?
- 125 Invent
- 126 Like green bananas
- 127 Filthy place
- 128 Closet staple
- 129 Mini and midi
- 130 Orthodontic separators
- DOWN**
- 1 Rally cheers
- 2 "QED" center
- 3 Costco unit
- 4 Suffix with schnozz
- 5 Kind of PC port
- 6 For each
- 7 Declined the offer
- 8 "Come —!" ("Get real!")
- 9 NBAer Gasol
- 10 Blasting stuff
- 11 Debtor's note
- 12 Mongrel
- 13 Get involved
- 14 Teeny
- 15 Sweetie pie
- 16 Tack (on)
- 17 Very sorry
- 18 Paige on a stage
- 19 Backpedal
- 24 Lookalike
- 29 High rollers?
- 31 End-of-workweek cry
- 32 Make whole
- 33 Moral tenet
- 34 Lacks life
- 35 Kimono belt
- 36 Swivel
- 37 Burial locale
- 38 Ugly fairy-tale figure
- 39 — for tat
- 40 Silver-gray
- 41 "Norma —"
- 45 Less sure
- 46 Outranking
- 47 Fiddles with
- 49 Talking- — (scoldings)
- 50 With 77-Down, well-drilling structure
- 51 Egypt and Syr., once
- 52 Conductance unit, once
- 53 Hallow
- 54 German indefinite article
- 55 See 113-Down
- 59 Mafioso John
- 60 "Yep"
- 61 Siri's Amazon counterpart
- 62 Ticket info
- 63 Fishing boats
- 65 Asian ideal
- 66 "Addams Family" cousin
- 67 "Eh, so-so"
- 68 Determine beforehand
- 69 — tai (drink)
- 71 Drying ovens
- 75 Ruling from a boxing ref
- 76 Ball swatter
- 77 See 50-Down
- 78 Actor Gilliam
- 83 Allow to flow again
- 85 Life jacket, e.g.
- 86 Himalayan humanoid
- 87 Fifty-fifty
- 88 Actress Polo
- 89 — Mawr College
- 90 Hurly-burly
- 91 Epps of "House"
- 92 Fish feature
- 93 "Ltd." cousin
- 94 Boot tip
- 98 Brief outline
- 99 Longhair cat
- 100 Filthy place
- 101 Horse's kin
- 102 Monkey used in research
- 103 Fills with black gunk
- 104 Slip-ups
- 106 Fuming mad
- 107 Gunpowder stuff
- 108 Stabs
- 112 "Jane —"
- 113 With 55-Down, back-door access
- 114 Some cobras
- 116 Ugly fairy-tale figure
- 118 Signing stuff
- 119 Prefix with cycle or color
- 120 Holiday tree
- 121 Make a pick
- 122 Jay-Z's genre
- 123 Ticket info
- 124 List abbr.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
20							21						22							
23							24						25							
26						27						28	29				30			
			31	32	33				34	35	36	37				38				
39	40	41						42								43				
44								45						46	47					
48						49	50					51	52				53	54	55	
					56							57					58			
59	60	61	62	63		64			65	66	67	68				69				
70					71			72						73						
74						75	76						77	78		79				
80					81							82			83					
84				85				86	87	88	89					90	91	92	93	94
				95				96						97						
98	99	100				101	102						103	104						
105					106	107						108								
109					110							111								
115				116				117	118	119	120	121				122	123	124		
125								126							127					
128								129							130					

King Crossword

- ACROSS**
- 1 Pool stick
- 4 Gasoline dispensers
- 9 Attorney's field
- 12 "Right you —!"
- 13 Not moving
- 14 Blond shade
- 15 Online reference source
- 17 Carefree
- 18 By way of
- 19 Pancake toppers
- 21 Museum tour guide
- 24 — Hari
- 25 Swelled head
- 26 Solidify
- 28 Semesters
- 31 Stately trees
- 33 Homer's neighbor
- 35 Mt. Rushmore's state
- 36 Seized vehicles
- 38 Dict. info
- 40 Sundial numeral
- 41 Hgt.
- 43 Ancient pyramid builders
- 45 Bale
- 47 Mineral suffix
- 48 Days of yore
- 49 Sibelius work or vodka
- 7 Spectrum creator
- 8 Patronize, as a hotel
- 9 New York airport
- 10 Now, in a memo
- 11 Reasons
- 16 "— been had!"
- 20 Numbered rds.
- 21 Woodland grazer
- 22 Leer at
- 23 Summaries
- 27 Went first
- 29 Primary
- 30 Tackles moguls
- 32 Auctioneer's cry
- 34 Cecil B. —
- 37 Arm's-length portrait
- 39 Femme —
- 42 Ore layers
- 44 Longing
- 45 Smile broadly
- 46 Forearm bone
- 50 Rebel Turner
- 51 Morning moisture
- 52 — -de-France
- 53 Succor
- DOWN**
- 1 Crow's cry
- 2 Mentalist Geller
- 3 "A spider!"
- 4 Slipcover trim
- 5 Like leftovers
- 6 Club —

1	2	3		4	5	6	7	8		9	10	11
12				13						14		
15				16						17		
				18				19		20		
21	22	23						24				
25				26		27		28			29	30
31				32		33		34		35		
36				37		38		39		40		
		41			42		43		44			
45	46						47					
48				49		50				51	52	53
54							55			56		
57							58			59		

MAGIC MAZE ● — CANAL

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: Compliments of your Dentist

- Albert Barge Champlain Corinth
- Ear Erie Gota Grand
- Kiel Panama Sault Ste. Marie Ship
- Suez Volga-Don Welland

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FRIDAY
Cloudy
High: 87 Low: 76



SATURDAY
Partly Cloudy
High: 84 Low: 75



SUNDAY
Mostly Cloudy
High: 86 Low: 74



MONDAY
Cloudy
High: 88 Low: 79



TUESDAY
Mostly Cloudy
High: 84 Low: 73



WEDNESDAY
Mostly Cloudy
High: 85 Low: 76



THURSDAY
Cloudy
High: 84 Low: 74

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	1:26 am	4:01 am	10:48 am	6:14 pm
Sat	1:35 am	5:14 am	11:54 am	6:52 pm
Sun	1:47 am	6:08 am	12:47 pm	7:23 pm
Mon	1:57 am	6:53 am	1:33 pm	7:48 pm
Tue	2:07 am	7:34 am	2:15 pm	8:09 pm
Wed	2:19 am	8:13 am	2:56 pm	8:28 pm
Thu	2:33 am	8:52 am	3:37 pm	8:46 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	12:31 am	4:03 am	9:53 am	6:16 pm
Sat	12:40 am	5:16 am	10:59 am	6:54 pm
Sun	12:52 am	6:10 am	11:52 am	7:25 pm
Mon	1:02 am	6:55 am	12:38 pm	7:50 pm
Tue	1:12 am	7:36 am	1:20 pm	8:11 pm
Wed	1:24 am	8:15 am	2:01 pm	8:30 pm
Thu	1:38 am	8:54 am	2:42 pm	8:48 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	1:25 am	4:04 am	10:07 am	5:50 pm
Sat	1:23 am	5:38 am	11:58 am	6:51 pm
Sun	1:35 am	6:48 am	1:00 pm	7:39 pm
Mon	1:55 am	7:42 am	1:46 pm	8:19 pm
Tue	2:19 am	8:27 am	2:30 pm	8:55 pm
Wed	2:45 am	9:08 am	3:14 pm	9:27 pm
Thu	3:10 am	9:45 am	3:57 pm	9:55 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	3:36 am	7:17 am	12:58 pm	9:30 pm
Sat	3:45 am	8:30 am	2:04 pm	10:08 pm
Sun	3:57 am	9:24 am	2:57 pm	10:39 pm
Mon	4:07 am	10:09 am	3:43 pm	11:04 pm
Tue	4:17 am	10:50 am	4:25 pm	11:25 pm
Wed	4:29 am	11:29 am	5:06 pm	11:44 pm
Thu	4:43 am	12:08 pm	5:47 pm	None

My Stars ★★★★★
FOR WEEK OF SEPTEMBER 13, 2021

Aries (March 21 to April 19) Mars, your ruling planet, helps you deal with career challenges in a way that reflects some of your own hidden strengths. This impresses some important decision-makers.

Taurus (April 20 to May 20) Your strong Bovine will, combined with your romantic nature (you are ruled by Venus), helps turn a romance with a potential for problems into one with more-positive

possibilities.

Gemini (May 21 to June 20) Mercury's influence creates some unsettling moments, but nothing that you can't live with. You'll soon learn more about that major change that is about to be revealed.

Cancer (June 21 to July 22) Opportunities for you are like the phases of the Moon: constantly appearing and reappearing. So, cheer up. The opportunity you think you let slip by will be replaced by another.

Leo (July 23 to August 22) An opportunity that you hoped would open

up for you remains closed. Stop wasting time scratching at it. Something else you'll like will soon make itself apparent and accessible.

Virgo (August 23 to September 22) Congratulations. You'll soon hear some positive feedback for all the hard work you recently put into a project. A Pisces could soon swim into your personal life.

Libra (September 23 to October 22) Someone whose friendship you felt you had to write off will try to revive it. What you do is up to you. But don't do it without giving it considerable thought.

Scorpio (October 23 to November

21) A job-related plan might need to be reworked to allow for changes. Lucky for you that Saturn remains a strong influence that can help you focus on getting it done right.

Sagittarius (November 22 to December 21) This is a good time to move into areas of self-discovery. You might be surprised about who you really are and how you really relate to those around you.

Capricorn (December 22 to January 19) Expect to confront someone who will make an unwelcome request. Stand

continued on page 46

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From page 44

My Stars

by your resolve to do the right thing no matter what “persuasion” might be offered.

Aquarius (January 20 to February 18) A friendly competition could become more contentious than you expected. Take time out to discuss the reasons behind this unexpected change, and act accordingly.

Pisces (February 19 to March 20) You have a wonderful mind for solving mysteries, so you should feel confident about solving the one developing very close to you. An unlikely source offers help.

Born This Week: You’re a great host or hostess. You love being with people, and you’re very good about planning all sorts of social events that bring folks together.

MOMENTS IN TIME

- On September 22, 1598, 26-year-old playwright Ben Jonson is indicted for manslaughter after a duel. He was very nearly hanged, but his ability to read and write saved him. He claimed “benefit of clergy,” which allowed him to be sentenced by the lenient ecclesiastical courts. In his time, Jonson was as famous as Shakespeare.
- On September 21, 1866, HG Wells, pioneer of science fiction, is born in Bromley, England. In 1895, he published his classic novel *The Time Machine* about a man who journeys to the future. The book was a success, as was *The War of the Worlds* (1898).
- On September 20, 1881, Chester Arthur is inaugurated, becoming the third person to serve as president in that year. In March, President Rutherford Hayes turned over the reins of government to James Garfield, who was assassinated July 2 by a crazed gunman. Arthur, the vice president, was sworn in the next day.
- On September 26, 1928, work begins

at Chicago’s new Galvin Manufacturing Corporation. In 1930, Galvin would introduce the Motorola radio, the first mass-produced car radio. (The name had two parts: “motor,” evoking cars, and “ola” derived from “Victrola” record players.)

NOW HERE’S A TIP

- For a little extra visibility in the basement, try applying glow-in-the-dark or reflective tape on the edges of the stairs.
- This tip will change your life when peeling eggs: After you have hard-boiled your eggs, drain and submerge in ice water. Put them back in the pot, put the lid on and shake. Shake in all directions for up to a minute. The eggs practically slip right out of their shells. Just rinse and prep. – JoAnn
- “To distinguish your keys, especially house keys that have similar stamps, simply paint the key head with different colors of nail polish. You could even add a very subtle dot of the matching polish on the key lock. Reapply as needed.” – SL in Oregon
- If you keep birds, here’s a reminder: Never preheat pans on high heat – especially nonstick pans. They can let off a chemical that you or I cannot detect but can be a health hazard if your bird friend is in the kitchen area. Don’t keep birds in the kitchen when cooking.
- “To mark the end on a roll of tape, save your bread tabs. Stick one on the tape end and it will be ready and easy to start the next time. If it’s a thick tape, you can use two clips – one at either side of the tape. This way, it won’t split on you.” – ME in Maryland
- Use a flat iron to iron your collar if it’s rumpled. This also works to straighten out buttonholes that have crimped.

STRANGE BUT TRUE

- Christopher Havens, a high school dropout and convicted murderer, taught

himself advanced mathematics and solved a decades-old math puzzle involving “continued fractions” while in prison. He then published his findings in an international advanced math journal in January 2020.

- The Grand Canyon is so big that it creates its own weather.
- In August 1971, the Pittsburgh Pirates became the first professional team to have all nine players in the lineup be of Black or Latino descent.
- World War II German interrogator Hanns Scharff’s unusual techniques for extracting information – which included sharing his wife’s homemade baked goods, cracking jokes, unsupervised nature walks and afternoon tea – were so successful that the U.S. military later incorporated them into their own interrogation schools.
- The blood in that infamous *Psycho* shower scene was actually chocolate syrup.
- Because it turns yellow when fully ripe, the Persian lime is not commonly found in markets, as it gets confused for lemons, but is used for most commercial purposes.
- Hungarian composer Franz Liszt received so many requests for locks of his hair that he bought a dog and sent fur clippings instead.
- The Bible is the most commonly stolen book in the world.
- Pill bugs, also known as roly-polys, are not insects but rather crustaceans. They breathe through gills and are more closely related to shrimp and lobsters than other bugs.
- The moon is not round, but shaped like an egg.
- Brunettes are more likely than anyone else to become hooked on nicotine. The high levels of the pigment melanin in their hair also make it difficult for the liver to metabolize the nicotine, keeping it in the system longer and making it easier to become addicted.

THOUGHT FOR THE DAY

“The vacation we often need is freedom from our own mind.”
– Jack Adam Weber

TRIVIA TEST

1. **Television:** What is Yogi Bear’s home in the animated *The Yogi Bear Show*?
2. **Games:** How many answers are possible in the Magic 8-Ball game?
3. **Literature:** What is the Grinch’s home in *How the Grinch Stole Christmas*?
4. **General Knowledge:** What is a penny mostly made of?
5. **Geography:** What is the only country that borders the United Kingdom?
6. **Animal Kingdom:** What kind of creature is a mandrill?
7. **Movies:** Which rock group does The Dude hate in *The Big Lebowski*?
8. **Food & Drink:** In which decade did the first Taco Bell open?
9. **Music:** Which city is the setting for Eminem’s *8 Mile*?
10. **Ad Slogans:** What product is advertised as being “good to the last drop”?

TRIVIA ANSWERS

1. Jellystone Park
2. 20
3. Mount Crumpit
4. Zinc coated with copper
5. Ireland
6. A monkey
7. The Eagles
8. 1960s
9. Detroit
10. Maxwell House coffee

SCRAMBLERS ANSWER

1. Optical 2. Crease;
3. Impair; 4. Raise

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8/27 ★ 9/17

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9/17 ★ 9/17

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12/11 ★ TFN

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LIBRARY CLERK TECHNOLOGY (PT)

Sanibel Public Library seeks a library clerk with a working knowledge of personal computers. This part-time (20-24 hours per week) position assists patrons and staff on use of public computer equipment, software, Library Catalog, printing, and the Internet.

Performs other duties as required. Evening and Saturday hours required. Job description is available online at www.sanlib.org/employment.

Deadline September 30, 2021.

9/10 ★ 9/17

YOUTH LIBRARY CLERK (PT)

Sanibel Public Library

seeks a library clerk focusing on youth services. This part-time (20-24 hours per week) position provides Library use guidance, programming, and special events support. Previous public service experience, working with youth, basic computer skills preferred.

Weekend and some evening work required. Job description is available online at www.sanlib.org/employment.

Deadline September 30, 2021

9/10 ★ 9/17

PETS OF THE WEEK



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photos provided



Gucci ID# A881632

Lee County Domestic Animal Services

Tito And Gucci

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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.✴

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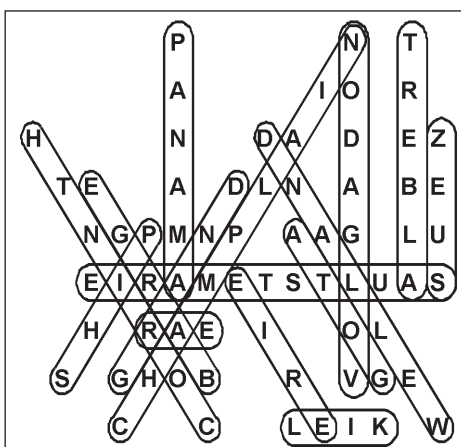
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9	4	3	7	2	8	1	5	6
2	5	1	4	6	3	7	9	8
8	6	7	9	1	5	4	3	2
4	7	6	2	3	9	8	1	5
1	2	8	6	5	7	3	4	9
3	9	5	1	8	4	6	2	7
7	8	4	3	9	2	5	6	1
5	1	2	8	4	6	9	7	3
6	3	9	5	7	1	2	8	4

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Coral	Cape Coral	2010	5,931	\$3,200,000	\$3,175,000	27
Jose's Hideaway	Upper Captiva	2017	2,292	\$3,300,000	\$3,173,000	31
Beach Homes	Captiva	1974	1,620	\$3,200,000	\$3,100,000	6
Beachview Country Club Estates	Sanibel	2001	3,130	\$1,549,000	\$1,550,000	2
Catalpa Cove	Fort Myers	2002	4,862	\$1,399,000	\$1,350,000	44
Tradewinds	Sanibel	1992	1,486	\$1,349,000	\$1,349,000	2
Cape Coral	Cape Coral	2007	2,328	\$1,300,000	\$1,300,000	3
Cape Coral	Cape Coral	2001	3,311	\$1,250,000	\$1,200,000	16
Cape Coral	Cape Coral	1982	2,151	\$1,175,000	\$1,175,000	7
Harborage	Fort Myers	1994	3,443	\$1,049,000	\$1,039,000	11

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