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VOL. 30, NO. 6

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 5, 2022

AUGUST SUNRISE/SUNSET: 5 6:55 • 8:13 6 6:56 • 8:13 7 6:56 • 8:12 8 6:57 • 8:11 9 6:57 • 8:11 10 6:58 • 8:10 11 6:58 • 8:09

## Duck Stamp Artist To Participate In Art In The Wild

James Hautman is the only federal duck stamp artist to have taken first place six times, most recently in 2021 during the 2022-23 Federal Duck Stamp Contest. Considering that more than 100 artists typically compete in the contest each year and that winners are not allowed to compete for the next three years, Hautman's accomplishment has made a hallowed name for him in wildlife art circles. He and his two brothers, Joseph and Robert – also multiple duck stamp contest winners – made the script for the 1996 hit comedic movie *Fargo*. Each year, JN "Ding" Darling National



James Hautman



The 2022-23 Federal Duck Stamp by James Hautman features a pair of redhead ducks

image provided

Wildlife Refuge hosts the winning duck stamp artist in October to celebrate National Wildlife Refuge Week and the birthday of the refuge's namesake, the

very first duck stamp artist in 1935. Artist-cartoonist Jay Norwood "Ding" Darling, in fact, is largely responsible for the Federal Duck Stamp Program, which has

secured six million acres of now-protected wetlands since its inception.

Hautman's winning design depicts a pair of redhead ducks. "I was hoping to portray a sense of calm excitement," said the artist. "Ducks, especially diving ducks, are at home on the open water. The wind and rough water don't bother them at all."

Hautman takes his appearance a step further this year for the inaugural Art in the Wild Day on Saturday, October 29. In addition to a 10 a.m. presentation that day, followed by a duck stamp signing, Hautman will debut an exhibition of his work in the "Ding" Darling Visitor & Education Center auditorium. The exhibition will remain on view through November 13.

"It's always such an honor and pleasure to visit with longtime friends and spend time at 'Ding,'" said Hautman, who lives in Chaska, Minnesota. "It's one of my favorite parts about winning the contest. I'm doubly honored this year to be exhibiting my work at the first-ever Art in the Wild event."

The refuge and "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS)

continued on page 18

## Experts To Speak On Extraordinary Collaborative

The Bailey-Matthews National Shell Museum's free online lecture series continues on Thursday, August 11 at 5:30 p.m. with Mobilizing Millions of Mollusks of the Eastern Seaboard. The talk will be led by Dr. Rüdiger Bieler, curator of invertebrates at the Field Museum of Natural History, and Dr. José H. Leal, science director and curator at Bailey-Matthews National Shell Museum.

Mobilizing Millions of Mollusks of the Eastern Seaboard is a collaborative project sponsored by the National Science Foundation. The project brings together 17 of the largest mollusk collections in the U.S., including museums such as the Field Museum of Natural History, Natural History Museum of Los Angeles, Museum of Comparative Zoology at Harvard and Bailey-Matthews National Shell Museum, as well as major university collections. The organizations work together to combine and update data of the more than 4.5 million individual mollusk specimens from the Atlantic and Gulf states that are cumulatively housed in their collections. Once the specimen records are updated and standardized, the largest information



One of the two local species of shark eyes, *Neverita delessertiana* photo by Linda Shockley

resource in the world on Atlantic and Gulf mollusks will be established, and will be made available online to the public.

The addition of map coordinates to the records for specimens will provide detailed knowledge of species distributions and

because natural history collections have specimens collected from the mid-1800s to present, species distributional changes over time will be better understood and can lead to improved fisheries and conservation management. Leal and Bieler

will discuss the project advances and the expected outcomes from this multifaceted cooperative effort.

Dr. Bieler received his MSc and DSc degrees from University of Hamburg, Germany. He has held curatorial and administrative positions at the Delaware Museum of Natural History, and joined Field Museum staff in 1990. He is on the faculty of the committee on evolutionary biology at University of Chicago, was elected president for both the international and American societies of malacology, and has served on the board of trustees of the Delaware Museum of Natural History.

Dr. Leal has worked for Bailey-Matthews National Shell Museum since 1996. He received his PhD in marine biology and fisheries from University of Miami. He holds honorary faculty positions at University of Miami and Florida Gulf Coast University, where he is an affiliate member of the Coastal Watershed Institute. He is also a past president of the American Malacological Society and Conchologists of America. He is editor of *The Nautilus*, one of the oldest and most prestigious peer-reviewed journals of malacology in the world.

The 2022 online lecture series is made possible by a gift from Mark and Kathy Helge.

Registration is required at [www.shellmuseum.org/lectures](http://www.shellmuseum.org/lectures).✱





Volunteer Judy Pryor helping a child make a stained glass angel photos provided

## The Next Messy Church Is All About Animals

St. Michael and All Angels Episcopal Church will host another Messy Church family gathering on Sunday, August 14 from 4 to 6 p.m. The theme will be animals and the story of Noah’s Ark. Activity stations will be set up for painting a ceramic rainbow box, building a boat that floats, making animal masks, assembling fruit animals and playing animal games.

The free dinner menu will include macaroni and cheese, animal shaped



Making shell angels was a big hit

sandwiches, Caesar salad and dessert, with vegetarian and gluten-free options.

Last month’s Christmas in July theme was a big hit. Christmas joy abounded in a full hall, with children and adults decorating Christmas cookies, assembling gingerbread nativities, making fleece blankets and creating ornaments, with the help of several volunteers.

All are welcome and there is no charge to attend.

St. Michael and All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel. For more information, visit [www.saintmichaels-sanibel.org/](http://www.saintmichaels-sanibel.org/) messy-church or contact Sue Van Oss at 472-2173 or [communications@saintmichaels-sanibel.org](mailto:communications@saintmichaels-sanibel.org).



A popular station was making an edible gingerbread nativity scene



Fr. Bill Van Oss, rector of the church, engaged children with a retelling of the Christmas story

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Students at Quality of Life Center had an opportunity to get creative with artist Jacqui Roch  
photos provided

## Refuge Connects With Over 1,200 Local Students

This summer's outreach programs through the JN "Ding" Darling National Wildlife Refuge on Sanibel multiplied its conservation education programming reach to 15 times the number of students of that achieved through past traditional, on-site camp experiences. A total of 1,243 students throughout Lee and Collier counties benefited from refuge efforts.

"We did summer camp at the refuge for a couple of years, offering free weekly camps to Title 1-school students," said Supervisory Refuge Ranger Toni Westland, who oversees refuge educational programming. "We could offer the experience to only about 80 students each summer. With our new WoW – Wildlife on Wheels mobile classroom – and staff programming, along with the magic of collaboration and partnering, we were able to make a much larger impact on the summer experience for our local children."

When the refuge lost funding to hire a staff educator, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the refuge's nonprofit support, stepped in and funded a qualified educator. It then began work with the refuge creating the WoW mobile classroom, just in time to pivot from COVID's curtailing of onsite school visits. The WoW team's mission has been to reach underserved schools and communities.

This summer, WoW visited five camps including Lovers Key's Lee County Schools camp, Guadalupe Center at Eden Park Elementary, Sheriff Marceno's Summer Camp at Gateway High School, Harns Marsh Elementary and Quality Life Center. It reached a total of 715 students with its hand-on lessons created specifically to meet Florida standards for various levels of students.

Independent of the WoW experience, refuge staff visited six offsite camps to add another 431 students impacted. They included Catholic Charities Bonita Springs Center, Sanibel Recreation Center, Children's Advocacy Center of Southwest



The education team wrapped up a busy summer schedule with a hands-on art program at Quality Life Center in Fort Myers, led by artist in residence Jacqui Roch

Florida, The Community House on Sanibel, Tice Elementary and Quality Life Center, where the team did a separate program with its artist in residence, Jacqui Roch.

In addition, "Ding" Darling hosted STEM and Lee County Parks and Recreation camps – another 97 children – onsite at the refuge.

"We know that so many students struggle in school and need more targeted and experiential learning opportunities to succeed and get excited about learning," said DDWS Executive Director Birgie Miller. "Summer programs and camps provide such opportunities to learn and grow, and that's where DDWS and the refuge worked hard to build the partnerships with area programs and collaborate in bringing programming to them and having groups visit the refuge."

"It has been an amazingly rewarding summer," said Urban Education Leader Melissa Maher. "It involved a lot of effort and sweating in the hot summer swelter, but the thank-yous and smiles from students and camp leaders, those ah-ha moments when the kids just 'get' nature, it's all so worth it. That's when we really feel what a difference we're making to young lives." ✨

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Fuller Sanibel farmhouse

Sanibel Historical Museum And Village

## Landmark: Storm Of 1910

Elise Lilley Fuller was only 8 years old when the 1910 storm hit Sanibel. The Lilley family had come from their Fort Myers home to their Sanibel farmhouse, shown here the day after the storm. The hurricane tore off the porches and water surged around the house. Her father used interior doors to batten down the windows during the blow, moving them to the other side of the house when the wind changed direction after the eye



photo courtesy Sanibel Historical Museum and Village

passed. Mamie, their mule, remained in her stall in the knee-deep water as the barn collapsed around her. Once the storm subsided, they hitched Mamie to a cart and went to the lighthouse along the beach. The river had broken through the dune so they had to force Mamie into the waves to cross on a sandbar.

In the photo foreground are crop remains, to the right the wrecked barn, in front of the house Mamie and the beach.

Elise considered the storm a great adventure. Mamie's position is unknown.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. It is closed for the off-season and will reopen on Tuesday, October 18. For more information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).✪✪

## Churches/Temples

### BAT YAM-TEMPLE OF THE ISLANDS

Summer services, now through August, are held on the second Friday of the month at 7:30 p.m., led by congregants. Services are held at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Email [batyamsanibel@gmail.com](mailto:batyamsanibel@gmail.com) for links to services and information, 2050 Periwinkle Way.

### CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Worship services every Sunday at 11 a.m., November 13, 2021 through April 30, 2023. Sunday services posted on the chapel's website, [www.captivachapel.com](http://www.captivachapel.com) and [www.facebook.com/Captiva-Chapel-By-The-Sea](http://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](mailto:ChavuratShalom@gmail.com) to participate on Zoom.

### FIRST CHURCH OF CHRIST, SCIENTIST

Services at the Christian Science Church of Sanibel-Captiva have resumed as follows: Sunday service at 10:30 a.m., Wednesday meeting at 4:30 p.m. Reading room open on Friday, 10 a.m. to noon. 2950 West Gulf Drive, 472-8684.

### SANIBEL COMMUNITY CHURCH

Sunday service at 10 a.m. July 10 through

September in the Sanctuary. View the Sunday services via livestream at 10 a.m. through the summer or later online at [www.sanibelchurch.com](http://www.sanibelchurch.com). The 9 and 11 a.m. services resume in October. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

Interim Pastor: Rev. Dr. Randall Niehoff. Traditional Worship Service at 10 a.m. [www.sanibelucc.org](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

### ST. ISABEL CATHOLIC CHURCH

Father Ed. Martin, Pastor. Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. [www.saintisabel.org](http://www.saintisabel.org), 3559 Sanibel-Captiva Road, 472-2763.

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, May through October. Saturday at 5 p.m., Sunday service at 9:30 a.m. and is also livestreamed. Messy Church every second Sunday of the month 4 to 6 p.m., includes activities for all ages, celebration and free meals. [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org), 2304 Periwinkle Way, 472-2173.

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. one Sunday each month from January through April on Zoom or at Sanibel Congregational United Church of Christ. [ruthiyengar42@gmail.com](mailto:ruthiyengar42@gmail.com), 2050 Periwinkle Way, 847-309-3926.

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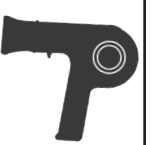
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# Community House Calendar

Reserve early for the Dog Days Delight community social, scheduled for Tuesday, August 16. Chef John Wolff will prepare fresh summer dishes. Meal pickup will be available from 5 to 6 p.m. and dine in starts at 6 p.m. Cost is \$25 for members or \$30 for guests; \$5 additional for dessert. Email office@sanibelcommunityhouse.net for the menu and call 472-2155 to register.

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; supplies start at \$5. Young children must be accompanied by an adult.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 9:30 to 10:30 a.m. Bring your own weights (optional). Cost is \$5 for members and \$10 for guests.

Chair Stretching with Mahnaz Bassiri is offered on Thursdays from 1 to 2 p.m. Cost is \$10 for members and \$15 for guests.

The Sanibel Hearts Club meets on Fridays from 1 to 3 p.m. to play the card game Hearts. Cost is \$5. Beginners to experts are welcome.

Speakers wanted. The Community House is looking to bring back its speaker series. If you or someone you know likes public speaking and is knowledgeable about local



The Community House file photo

produce or food, cultural cuisine like Thai or German, DIY projects such as gardening or composting, travel and food stories, contact office@sanibelcommunityhouse.net. Women leaders and changemakers are also needed for a women's speaker series.

Mangos are needed for youth cooking classes and for making chutneys and salsas, which are sold to raise funds for the Culinary Education Center of Sanibel scholarships. If you have a mango tree and are willing to share its bounty (even if you are not in town), call 472-2155 or email office@sanibelcommunityhouse.net. Volunteers are needed to collect the fruit.

Sanibel-Captiva Art League members Carolyn Johns and Patrick Conolly are the featured artists for August. The exhibit can be viewed from 9 a.m. to 1 p.m. Monday through Friday.

Shell critter kits are available for purchase or to ship. Choose from 13 critters to assemble. Cost is \$5 per kit; shipping is \$10 additional.

Shell necklace kits are available for purchase or to ship. Cost is \$20 per kit; shipping is \$10 additional. All materials and instructions included.

Art kits 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 \$10 additional.

Proceeds from art and craft kits support operations at The Community House. Available from 9 a.m. to 1 p.m. Monday through Friday.

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

## Greater Fort Myers Chamber Award Finalists

Finalists are set for the inaugural Greater Fort Myers Chamber of Commerce Awards to be held at Pelican Preserve Golf Club on Thursday, August 11 at 5:30 p.m. The finalists in the following categories include:

Small Business of the Year – Becker & Poliakoff law firm and Fort Myers Brewing Company

Large Business of the Year – Markham Norton Mosteller Wright & Company, PA and Sanibel Captiva Community Bank

Community Impact – Maggi Feiner (FISH of SanCap) and Teri Hansen (Priority Marketing)

Entrepreneur of the Year – Blake Renda (Dragon Horse Agency) and Troy Churchill (Cypress Living)

Nonprofit Excellence Award – Hope

Healthcare and Pace Center for Girls, Lee

Young Professional of the Year – Andrea Smith (Goldstein, Buckley, Cechman, Rice & Purtz, PA) and Maria Espinoza (FISH of SanCap)

The program will feature an awards ceremony and dinner to honor the finalists and name honorees for their impact. The awards ceremony will include an installation ceremony for the chamber's 2022 board of directors, a Dessert Dash auction featuring an array of desserts made by local culinary and business teams and a last chance to enter the chamber's 144 Envelope Adventure with a variety of prize drawings.

Tickets are \$60 for individuals and \$110 for couples.

Pelican Preserve Golf Club is located at 9802 Pelican Preserve Boulevard in Fort Myers. To purchase tickets, or register for the 144 Envelope Adventure or Dessert Dash, visit [www.fortmyers.org](http://www.fortmyers.org), call 332-2930 or contact Cameron Peden at [cameron@fortmyers.org](mailto:cameron@fortmyers.org).✧

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# Sanibel-Captiva Optimist Club Bids Farewell

submitted by John F. Jones

The Sanibel-Captiva Optimist Club regretfully announces its dissolution as of 2022. Unfortunate pandemic circumstances of the past few years have made it impossible to raise funds necessary to maintain club operation. There are sufficient funds remaining to pay off any debts, especially those of the five remaining college scholarships awarded earlier. It is hoped that the club may reorganize in the near future. Meanwhile, one of the early members, Randy Carson, has rescued the 4th of July Sanibel Island Road Rally under different management and operated it successfully this year, 2022.

A huge thank you to all the members and officers of the club for years of effort, to our many supporters, and especially to the City of Sanibel that supported our charitable efforts.

The Sanibel-Captiva Optimist Club was chartered on September 30, 1997 with 37 members. The first president was Michelle Moran. Charter members included author and realtor Charles Sobczak and eventual mayor of Sanibel, Nola Theiss.

In July of 1998, the club took over the July 4th Road Rally from the chamber of commerce. The Rally was in its 41st year in 2021 and is the longest continuing 4th of July tradition on Sanibel.

In December 1998, our Optimist Club foundation was established as a nonprofit organization with the State of Florida with a 501(c)3 tax status.

During the 2000-01 year, we held our first unique fundraiser – Be a Cop at the 4-Way Stop. The Sanibel School principal at the time, Barbara Von Harten, directed traffic wearing a Dr. Seuss hat. We also began our support of the Sanibel Recreation Center's Summer Friday Lunch Program and issued our first two four-year college

scholarships.

In 2003, we joined with the City of Sanibel in sponsoring the City Golf Championship at Beachview Country Club. We ran the tournament for the following two years.

On June 30, 2007, the club held its second unique-to-Sanibel fundraiser, a contest to be “the last person to raise the Sanibel drawbridge prior to opening the new fixed Causeway bridge.”

On December 13, 2008, our first Winter Wine Festival was held at The Dunes Golf & Tennis Club. Each following year, it was held at Lily & Co. Jewelers.

In December 2009, we held our first Island Temptations Dine Around raffle.

In addition to our various sponsored Community Housing and Resources (CHR) activities in the past, our first Back-to-School Backpack program support was in August 2010.

Beginning in 2010, we held the Wave of Hope Walk at West Wind Inn in support of Kids Cancer Care. The following three years, the successor program, The Jingle Bell Walk, was held at Bowman's Beach with FISH (Friends In Service Here) being the recipient of our charity support for local youth. Santa Claus always showed up!

Subsequently, at the Sanibel Recreation Center (Rec), we started the Sanibel-Captiva Optimist Club Youth Basketball program, a youth fishing program, Junior Anglers, and the Rec Center Youth Archery programs.

In November 2016, we instituted the first of three annual Sanibel Blues and Jazz Fests, supported by Bailey's General Store and benefiting CHR, “Ding” Darling Wildlife Society and the club's other charitable funds.

Further information is available from Stan Howard, outgoing president, at 472-0836.✴

## Vegetation Trimming Notice

In a continued effort to improve and maintain the reliability of the electric system on Sanibel, Lee County Electric Cooperative (LCEC) will be

doing vegetation and maintenance trimming. The contractor, Asplundh, will begin work in early August. Working hours will be Monday through Thursday from 7 a.m. to 5:30 p.m. Intermittent lane closures are expected, and drivers and pedestrians should proceed slowly and cautiously through the area when workers are present.

LCEC will provide schedule updates on the project, which will be posted on the city website at [www.mysanibel.com](http://www.mysanibel.com). For more information, contact LCEC at 656-2300.✴

## City Accepting Proposals From Fitness Instructors

The City of Sanibel is seeking proposals from fitness instructors for fiscal year 2023 (October 1, 2022 to September 30, 2023). Instructors must be able to offer high quality fitness classes in one or more of the following categories: cycling, yoga, Pilates, BOSU and stability ball, Zumba, water exercise, land aerobics, body sculpting, tai chi, group weight room instruction, specialty small group fitness classes and personal training. Instructors must be able to meet the various needs and fitness levels of members. Selected fitness instructors must submit to and pass a criminal background check.

Proposals must contain the following information:

- Copy of current group fitness certification(s) and/or specialty training certification(s);
- Copy of current AED/CPR/First Aid Certification;
- Copy of current liability insurance;
- A minimum of three references;
- College degree earned in a health/fitness related field or equivalent work experience in the field;

Proposed fitness classes qualified and available to instruct for the city (include class type and description, days of the week and times).

Proposals are requested no later than Friday, August 19. Mail or submit

in person to the City of Sanibel Recreation Department, Attn: Andrea Miller, recreation director, 3880 Sanibel-Captiva Road, Sanibel, FL 33957, or email to [andrea.miller@mysanibel.com](mailto:andrea.miller@mysanibel.com).✴

## County Now Offers Electronic Certified Records

Lee Clerk customers can now get their official records certified from the convenience of their home computer. The new service produces electronically certified documents such as affidavits, deeds and marriage licenses.

“Now customers don’t have to wait for a paper document to be stamped and mailed, which could take days to receive,” said Kevin Karnes, Lee County clerk of the court and comptroller. You can access the system 24/7, wherever you are in the world.”

The e-certified documents help combat fraud by producing secure, encrypted PDF documents emailed to the customer. It is safer to accept than a stamped document and can be reused as many times as needed, unlike the stamped paper certifications.

Customers can purchase the non-refundable e-certified records for \$8 each at [www.leeclerk.org/ecertify](http://www.leeclerk.org/ecertify). Each e-certified document may take up to five minutes to produce before being emailed. The records are available to download for up to 30 days after the purchase is made. Prior to purchasing an e-certified record, verify with the receiving agency that it will be accepted.

Customers can still get certified records with the wet seal by visiting the clerk's recording department on the second floor of the Lee County Administration building, located at 2115 Second Street in Fort Myers.

The clerk's office also has e-certified court records available for purchase through the website at <https://matrix.leeclerk.org>. For more information, visit [www.leeclerk.org/ecertify](http://www.leeclerk.org/ecertify).✴

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### IN THE GALLERIES

Through Sat. August 27

#### Fireworks & Fishin': Scenes of Summer and The Fish Art Challenge

In the Shell Point and Overlook Galleries, Shell Point resident artists salute summer with works created in all mediums.

In the Legacy Gallery, **Gone Fishin': Artworks by Roger Ruth and Tom Young** showcases fish-inspired wooden creations. 10 a.m. – 3 p.m. Tues. – Sat. **FREE**



Raku Fish by  
Augusta Crane

### CONCERTS

Thur. August 11 • 7 p.m.

#### Baron-Navarro Piano Duo

Since 2013, the Baron-Navarro Piano Duo has performed a wide range of music for two pianos and piano four hands with electric energy and melting lyricism. Recently, the duo celebrated their Carnegie Hall debut and the international release of their CD of French music for two pianos. **Tickets \$40**



Priscila Navarro



Michael Baron



Thur. August 18 • 7 p.m.

#### Allison Duo: Saxophone and Piano

The Allison Duo's repertoire ranges from classical transcriptions to jazz, to klezmer, to the latest music for saxophone and piano. Together, saxophonist Shawn and pianist Abbey Allison are co-music directors of the Unitarian Universalist Congregation of Greater Naples. **Tickets \$40**



### ACADEMY OF LIFELONG LEARNING

Tue. August 9 • 4:30 p.m.

#### An Evening in Buenos Aires: Music, Culture, and Dance

Enjoy the sensual sounds and dance that characterize tango as FGCU's Dr. Tom Cimarusti and guest artists celebrate the legendary tango composer Astor Piazzolla. **Tickets \$20 with light refreshments after the program.**



Fri. August 12 • 10 a.m.

#### The Endangered Sawfish of Charlotte Harbor

Once relatively common throughout Florida's coastal waters, Florida's smalltooth sawfish is now becoming endangered. Tonya Wiley, President of Havenworth Coastal Conservation, will share facts about this iconic and fascinating fish and discuss local research projects—along with how you can be involved in recovery efforts! **Tickets \$15**

Thurs. August 25 • 4 p.m.

#### Maria Callas – the Voice of a Century!

Maria Callas, referred to as "La Divina" by her devoted worshippers, is widely considered to be one of the greatest opera singers of all time. FGCU's Dr. Krzysztof Biernacki explores how 45 years after her death, Callas epitomizes the golden standard against which today's opera singers are measured. **Tickets \$15**

To purchase tickets, contact the Tribby Arts Center Box Office at **(239) 415-5667**

Mon. – Fri. 10 a.m. – 3 p.m. and Sat. 10 a.m. – 12:30 p.m. or visit [www.tribbyartscenter.com/boxoffice](http://www.tribbyartscenter.com/boxoffice)

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Shell Point is located on the Caloosahatchee River in Fort Myers, just minutes from the islands of Sanibel and Captiva.



# Restoration Benefits Wildlife

The replanting of the Gretchen C. Valade Preserve, one of most recent land acquisitions for Sanibel-Captiva Conservation Foundation (SCCF), has begun. To make space for native vegetation, the SCCF team has been removing invasive exotic plants from the property, including Australian pines, phoenix palms and mother-in-law's tongue.

The 2.2-acre Valade Preserve is located on the far west end of Sanibel and contains a favorable stretch of tropical hardwood hammock with ephemeral pools for wildlife. Part of the property is an open grassland that will be managed to allow forage for local gopher tortoises. SCCF Land Conservation Steward Victor Young and Field Technician Dustin Lucas recently planted native trees in the narrow section of the parcel to keep a buffer between residents' properties and Sanibel-Captiva Road. Several additional sweeps through the property to keep exotic vegetation out will occur throughout the year.

The preserve is named after one of SCCF's longtime supporters and donors, Gretchen C. Valade. The acquisition was funded by her family.

"Gretchen was instrumental in getting the marine laboratory off the ground in the early 2000s, which led to the deployment of SCCF's River, Estuary, and Coastal Observing Network (RECON)



SCCF staff member planting a tree photo provided

sensors," said SCCF CEO James Evans. "Gretchen has been a part-time Sanibel resident since 1980, and she and her family are passionate about water quality and conserving the island's wildlands." SCCF is the largest private landholder on Sanibel, with more than 1,815 acres in preservation on the island and an additional 200-plus acres of environmentally sensitive land on other Southwest Florida islands.

To donate to the SCCF Land Acquisition and Improvement Fund, contact SCCF Development Director Cheryl Giattini at [cgiattini@sccf.org](mailto:cgiattini@sccf.org) or 822-6121.✧

## Plant Smart Lady Palm

by Gerri Reaves

Lady palm (*Rhapis excelsa*) is a nonnative, shade-loving clumping palm that usually reaches no more than 10 feet tall.

Also called ground rattan, miniature fan palm and broadleaf lady palm, it is native to southeast China.

The palmate leaves are about a foot wide and have five to 10 strap-like leaves that are separated to the stem.

The blades are about an inch wide with toothed squarish tips and finely serrated edges.

Mats of brown fiber cover the slender cane- or bamboo-like trunk.

In summer, branched stalks of inconspicuous whitish flowers appear at the trunk's tip end. They are unisexual, with male and female flowers appearing on different plants.

The tiny inedible berries contain one to three seeds.

This palm prefers moist, well-drained soil with organic content. It is moderately salt tolerant.

Variegated and yellow-leaved cultivars have been developed.

Because it thrives in shade, remains relatively small and is slow-growing, it excels as a patio, container, or indoor plant.

Direct sun will result in yellow leaves and burned tips.

Although it is Florida-friendly, consider reserving landscape space for native palms that benefit for wildlife and enjoy this species as a container plant.

Sources: *500 Plants of South Florida* by Julia F. Morton; *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Florida, My Eden* by Frederic B. Stresau; and *A Handbook of Landscape Palms* by Jan Alllyn.

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



Nonnative lady palm is a low-growing, shade-loving species often used as a container plant photo by Gerri Reaves

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## Road Rally Proceeds Donated



From left: Melissa Rice, executive director of CHR; Randy Carson, president of FOROS; Allen Dunham and Tim Moore, co-vice presidents of FOROS; and Mark Blust, vice president of marketing and operations for the Prawnbroker Restaurant Group photo provided

**F**riends of Randy of Sanibel (FOROS), the newly formed nonprofit group that this year assumed the running of the annual 4th of July Sanibel Island Road Rally, presented \$6,900 to Community Housing and Resources (CHR), this year's chosen beneficiary of monies raised at the event. FOROS donated \$5,000 to CHR for its most pressing

needs, while \$1,900 was earmarked for its 19 resident school-aged children by way of \$100 gift cards to help with the expenses of school supplies ahead of the upcoming school year.

CHR is a nonprofit organization dedicated to providing affordable housing for families and individuals who work on the islands and serve the island community.✱

## Catch And Release Charity Tournament

**T**he Conservancy of Southwest Florida will hold its 29th annual RedSnook Catch and Release Charity Fishing Tournament October 21 to 23 to benefit the Conservancy's commitment to water quality protection, as well as preservation and enhancement of local fisheries.

The tournament includes two-day guided and unguided divisions targeting the area's most popular game fish – snook and redfish. Launch sites include Naples, Goodland and Chokoloskee. Registration is limited to 60 teams. Divisions include unguided and guided bait, fly, and unguided and guided artificial.

"The RedSnook Catch and Release Charity Tournament is an absolute vital source of funding, engagement and involvement to help the Conservancy solve water quality problems in our region," said Rob Moher, president and CEO of the Conservancy. "Through the years, the RedSnook tournament has brought more than \$1.5 million that directly funds our water quality efforts both in advocacy locally and in Tallahassee and Washington, DC, and also our scientific research and education programs, which help us understand the impacts of different nutrients on our water resources."

The schedule includes:

Kick-off Party – October 21 at 5:30

p.m. at Florida Sports Park.

Tournament – October 22 and 23, launch time of 7 a.m., lines in the water at 7:30 a.m. and return to the launch site at 3:30 p.m. each day.

Awards Ceremony – October 23 at 5:30 p.m. at the Conservancy of Southwest Florida; sponsored by Northern Trust.

"Our beaches and waters are a generational resource, so it's really crucial to raise awareness of the fragility of that resource to ensure that future generations can continue to enjoy it," said Jessica Fontana, tournament committee member.

Through the years, the funds raised at the RedSnook Catch and Release Charity Tournament have helped support the conservancy's water quality work in several ways, including:

Providing assistance and expertise to water quality projects at the local, state and federal level;

Creating the "Estuaries Report Card," which rates the condition of the region's vital waters;

Working to limit the amount of pollution from the north that enters Southwest Florida's water;

Researching and monitoring juvenile gamefish habitats;

Helping to restore the western Everglades and Ten Thousand Islands; and

Working to protect Ten Thousand Islands, Big Cypress, Estero Bay, the Cocohatchee Slough and the Caloosahatchee.

"There are a lot of great, fun

continued on page 12

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# Heat And More Heat



by Capt.  
Matt Mitchell

With July behind us, we still have another few months of sweltering south Florida summer heat to look forward to. Water temperatures have been well into the upper 80s,

making keeping bait alive for more than one morning charter a challenge. As much as winter cold can shut down the bite, extreme heat also slows the fish. Look for the incoming tides bringing slightly cooler gulf water into the sound to bring the better action.

Getting out early is generally going to be the better action though some days you just don't have a choice and have to be out in the middle of the day. One key to fishing success during the afternoons has been to target fish in the deeper water in and around the passes. This deeper water may be two to three degrees cooler than the shallows of the grass flats. When fishing in the sound, it's really noticeable that the fish move out to the five to seven foot depths as the day heats up.

One bite that has remained solid almost anytime of day has been trout and snapper out on the flats. A few places that have produced a consistent bite



Not all the snook I'm catching have been small

photo provided

have been areas close to the intercoastal with deeper grass flats. Both Red Light Shoal and Captiva Rocks have this shallow water transition that falls off into deeper grass as they stick out towards the channel. On the west side of the channel, Foster Point also offers anglers these deeper grass flats. When you find diving birds feeding on fry bait in these places, it's been lights out action.

Live shiners are the bait of choice rigged as light as you can. When targeting trout and especially mangrove snapper in the places mentioned, I've been dropping down to 20-pound, or even, 15-pound fluorocarbon leader and a small light wire 1/0 hook. A slow stop-and-go retrieve makes the bait flutter and is deadly. It also keeps the bait from hanging up in the grass bottom. This

open water bite has been the best action around and produces a amazing variety of fish ranging from small gag grouper to mackerel and bluefish. Although its not glamorous, it's been nonstop action.

This past week, I made my way back into the mangrove creek systems of JN Ding Darling National Wildlife Refuge a few days and was amazed to see the amount of small snook in here. Though most of these snook are 12 to 20 inches long, what they lack in size they make up for in sheer numbers. Seeing this many snook is a great sign of the future of our snook fishery. Like just about everywhere else in the sound, right now these same creeks are also loaded with mangrove snapper.

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

From page 11

## Tournament

tournaments around, but this is one of the few that everyone should care about because it's all about the water," said Wayne Meland, tournament co-chair. "Whether you fish or not, to be involved with the RedSnook Tournament is important, because water is the key to why everyone loves living here."

Sponsorship packages include \$25,000 Redfish Sponsor; \$20,000 Snook Sponsor; \$15,000 Tarpon Sponsor; \$10,000 Tripletail Sponsor; \$5,000 Sea Trout Sponsor; \$2,500 Snapper Sponsor and \$1,000 Jack Sponsor. Package benefits can include a private meeting with the Conservancy's president and CEO to discuss water policy initiatives, tournament entries, Conservancy memberships, behind the scenes private tours of the nature center, Rookery Bay eco-cruise, kick-off party and awards reception tickets, and company exposure on the website and tournament shirt.

Team entry is \$275 for one angler and \$550 for two. Additional tickets to the kick-off party are \$75 per person and available until October 1. For information, email [amyt@conservancy.org](mailto:amyt@conservancy.org), call 403-4200 or visit [www.conservancy.org/events/redsnook](http://www.conservancy.org/events/redsnook).

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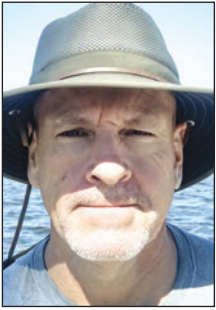


Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

## Florida Softshell Turtle Hatchlings



by Bob Petcher

Florida softshell turtle eggs (*Apalone ferox*) come from the largest species of softshell turtle found on the continent. The freshwater reptile has a flattened shell, an elongated head

and a snorkel-like nose that distinguishes it from other softshells.

Florida softshell turtle hatchlings have a lighter upper shell color with yellow and orange markings and a carapacial rim. They are said to be fully developed at birth and are able to fend on their own.

At CROW, 12 hatchlings emerged from incubating Florida softshell turtle eggs that hatched on July 26. Their mother (patient #22-2450) was admitted in May after suffering spinal and shell fractures from a hit-by-car incident and unfortunately did not survive her injuries. CROW staff members were able to extract her eggs and incubate them in hopes they would hatch.

"The typical incubation period for many aquatic turtles is 50 to 70 days and these hatched right around the 65-day mark," said CROW Rehabilitation



Florida softshell turtle hatchlings that were incubated are now in the wild

photo by Haillie Mesics

Manager Breanna Frankel. "We were able to see the eggs on radiographs, which indicates they were calcified enough for laying. After (their mother) passed away, we harvested the eggs within 24 hours and put them in substrate to incubate. We do our very best to harvest as many eggs as possible as long as the eggs are in viable condition, and it must be done quickly, within a day of the female passing."

Once the turtle hatchlings emerged, they were found to be in overall great health and were housed in CROW's reptile room where they received supportive care before quickly being

released into the wild.

"Turtles are self-sufficient immediately after hatching and their parents do absolutely nothing for them in the way of providing food, shelter or protection," said Frankel. "After hatching, we cleaned them off and placed them on a wet paper towel so the rest of their yolk sac could absorb. Once their yolk sac had absorbed, they were transferred into a shallow water habitat. We ensured a clean habitat and provided food options but otherwise didn't have to do much."

"As the yolk sac absorbs, it provides them enough nutrients until they can find suitable food and shelter within a

few days. As soon as their yolk sacs fully absorbed, they were cleared for release. They were only at the clinic for a matter of one to two days before being released."

The hatchlings were separated and placed in two different locations to begin their lives.

"We chose to spread these hatchlings out over a couple different suitable habitats within Lee County as we did not have a precise location for where mom was found," Frankel explained.

While there was tragedy in May after losing the pregnant Florida softshell turtle, there is now triumph to have her eggs hatch and all hatchlings turn out overall healthy.

"Not only is it heartwarming for staff, students and volunteers to see the babies make it after such a tragedy, but it is also incredibly important for their species as a whole," said Frankel. "As a native species, Florida softshell turtles are a vital part of our ecosystem and every animal plays a particular role. Release is our ultimate goal, but after such a sad outcome, to have so many babies successfully hatch and return to the wild is somewhat of a miracle."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit [www.crowclinic.org](http://www.crowclinic.org).

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

**Wildlife Walk With Rehabilitators and Staff** – Cost is \$25 and includes general admission. 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. This program is not recommended for children under the age of 13. Advance registration is required. For the schedule and to register, call 472-3644 ext. 229 or email [reservations@crowclinic.org](mailto:reservations@crowclinic.org). Payment is required with reservation.

**Daily Presentation Schedule Friday, August 5, 11 a.m.**  
A Day in the Life – CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also has over 200 volunteers. Students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation, and



share their favorite patient stories. See what happens behind the scenes. One of CROW's animal ambassadors will be present.

## Monday, August 8, 11 a.m.

Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial native to the United States. They are highly adaptable and a unique member of Florida's wildlife. Learn how they play an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

## Tuesday, August 9, 11 a.m.

A Day in the Life – CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also has over 200 volunteers. Students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. See what happens behind the scenes. One of CROW's animal ambassadors will be present.

## Wednesday, August 10, 11 a.m.

Species Profile: Florida Felines – There are two different species of wild cats inhabiting Florida. This presentation will cover how to identify

them, the history of the two species and the challenges they face in a state where human development continues to increase exponentially.

## Thursday, August 11, 11 a.m.

Patient Profiles: Owls of Southwest Florida – Raptors prey on other animals in the wild to survive. 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.✱

# Learn How To Be Alligator Aware

With summer and warmer temperatures, alligators are more active and visible. While serious injuries caused by alligators are rare in Florida, the Florida Fish and Wildlife Conservation Commission (FWC) recommends taking the following precautions when in and around the water to prevent conflicts with alligators:

Keep a safe distance if you see an alligator.

Never feed an alligator. When fed, alligators can lose their natural wariness and instead learn to associate people with the availability of food. This can lead to dangerous circumstances for you and other people who could encounter the alligator in the future.

Feeding alligators is illegal and dangerous in Florida. If you see

someone feeding an alligator, call FWC's Wildlife Alert at 888-404-3922 or visit [www.myfwc.com/wildlifealert](http://www.myfwc.com/wildlifealert).

Swim only in designated swimming areas during daylight hours. Alligators are most active between dusk and dawn.

Keep pets on a leash and away from the water's edge and never let them swim in fresh or brackish water even for short periods of time. Pets often resemble alligators' natural prey. Allowing your pet in the water for even short periods to cool off or play can result in its death.

Call the FWC's Nuisance Alligator Hotline at 866-392-4286 if you believe an alligator poses a threat to people, pets or property, and the FWC will dispatch a contracted nuisance alligator trapper to resolve the situation. The FWC places the highest priority on public safety and administers a statewide nuisance alligator program (SNAP) to proactively address alligator threats in developed areas, while conserving alligators in areas where they naturally occur.

The American alligator, Florida's state reptile, is a conservation success story. Florida has a healthy and stable alligator population, which is estimated at 1.3 million alligators of every size. They are found in freshwater lakes, ponds, swamps and slow-moving rivers in all 67 counties in Florida.

Find more resources about living with alligators at [www.myfwc.com/alligator](http://www.myfwc.com/alligator).✱



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## Snowy Plover Nesting Update

The 2022 snowy plover nesting season started earlier than it has in the last few years, with the first nest initiated in late March. Five nesting pairs have made nine nest attempts so far, and of those nine nests, seven have successfully hatched out chicks.

One nest was lost to depredation by crows and one was lost to a tropical weather event in early June. Another nest was inundated during that same storm, but the birds returned to incubate the following day and it eventually hatched two chicks that are now a month old and near fledging.

Of the 17 chicks hatched so far, three have survived to fledging age, two are getting close, and another five are recently hatched and still very small and vulnerable.

"SCCF (Sanibel-Captiva Conservation Foundation) staff and volunteers are out daily monitoring the birds and educating the public," said Shorebird Biologist Audrey Albrecht.

One remarkable bird managed to incubate its nest alone and raised two chicks to fledging age. No mate was ever observed at the nest or with the chicks. This adult was found dead over Memorial Day weekend. Necropsy results revealed no sickness and found the cause of death to be trauma. The chicks disappeared shortly after.

Staff and volunteers remain hopeful



A snowy plover tends to her eggs  
photo provided

that they successfully fledged and left the island. Chicks are banded with unique color combinations so they can be monitored after they leave Sanibel. Reports are received through a variety of sources including E-bird, Facebook, email and the Bird Banding Laboratory.

Two of Sanibel's three 2021 fledges have been documented nesting at Fort Myers Beach in 2022. One of Sanibel's five 2020 fledglings currently has two chicks who are about to fledge.

"Despite our relatively low numbers of fledges in recent years, Sanibel is

still a source population producing fledglings that eventually go on to nest in other locations," said Albrecht.

To report any sightings of nests or fledglings, email [shorebirds@sccf.org](mailto:shorebirds@sccf.org).

## Red Snapper Season Closure

The summer season for harvesting red snapper in gulf state and federal waters for private recreational anglers ended August 1, but will reopen for five weekends beginning October 8.

The current season also applies to for-hire operations that do not have a federal reef fish permit but are limited to fishing for red snapper in gulf state waters only.

To learn more about the recreational red snapper season in gulf state and federal waters, including size and bag limits, visit [www.myfwc.com/marine](http://www.myfwc.com/marine). You can also find updated Florida saltwater fishing regulations at [www.fishrulesapp.com](http://www.fishrulesapp.com), [www.instagram.com/fishrulesapp](http://www.instagram.com/fishrulesapp) or [www.facebook.com/fishrulesapp](http://www.facebook.com/fishrulesapp).

If you plan to fish for red snapper in state or federal waters from a private recreational vessel, even if you are exempt from fishing license requirements, you must sign up as a state reef fish angler (annual renewal required) at [www.gooutdoorsflorida.com](http://www.gooutdoorsflorida.com). To learn more, visit [www.myfwc.com/srfs](http://www.myfwc.com/srfs).

## Poetry Corner

by Jim Weyant

### Beach Bum

A white sandy beach,  
the sun rainin' down.

Crystal clear water,  
and no people 'round.

lyin' on my blanket  
laid out on the sand.  
Ain't got no worries,  
cold one in my hand.

A sky clear and blue,  
clouds color of cream.  
Surf's ticklin' my toes,  
a beach bum's dream.

*Jim Weyant first came to Sanibel in 1978. 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 on Amazon and at local bookstores.\**

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Bailey-Matthews National Shell Museum  
Shell Of The Week

## The Dimpled Wentletrap



by José H. Leal,  
PhD, Science  
Director and  
Curator

**O***palia mor-*  
*chiana* (Dall,  
1889) reach-  
es about 12 mm in  
length. The species  
has a tall shell pro-  
file, with a variable  
number of wider

axial ribs on each whorl and a large number of very small spiral cords crossed by finer axial ridges, which impart a pitted or dimpled aspect to the entire shell surface. The aperture is oval, uninterrupted, with a thick apertural lip. Former shell growth stops are indicated by a succession of irregularly spaced varices. *Opalia morchiana* is found between the depths of 12 to 183 meters off North Carolina through the Keys, Gulf of Mexico and the Caribbean. Read more about mollusks at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

Bailey-Matthews National Shell Museum is a natural history museum. It is open daily from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Road. For more information, call 395-2233 or visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org).



The Dimpled Wentletrap, *Opalia morchiana*, from off Egmont Key, Florida Keys

photo by James F. Kelly

## American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, August 7. All are welcome.



Bartenders and cooks are needed, full-time or part-time. Call for details.

Tacos are served all day on Tuesdays. Cheesesteak sandwiches are served on Fridays. There are daily specials and half-pound burgers. Food is served from 11 a.m. to 8 p.m. Monday through Saturday and from noon to 8 p.m. on Sunday.

The first Thursday of the month is Open Mic Night from 6 to 9 p.m. Residents and visitors are invited to play.

All are welcome to shoot 9-ball pool on Mondays now through October at 5:30 p.m. 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 for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday, 11 a.m. to 9 p.m., and Sunday, noon to 9 p.m. For more information, call 472-9979.



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# The Most Important Piece Of Cycling Gear



by Allison  
Havill Todd

**B**icycling is a rapidly growing activity in our country for the purposes of recreation, exercise and transportation. In 2021,

statistics showed approximately 43 million cyclists regularly riding on paved surfaces during the course of the year. With the increase in participants in this endeavor comes a responsibility for our own safety and that of our children. One of the most important pieces of equipment for a cyclist's safety, also known as the brain bucket, is often overlooked or misused.

Approximately 62 percent of the cyclists who were killed last year due to an accident were not wearing a helmet. The regular use of a properly fitted bike helmet is a critical element for preventing head injuries during a fall or crash. Riders can reduce the odds by 70 percent of suffering from a serious head injury as the result of an accident just by wearing a bike helmet. But having and wearing a bike helmet is not a solution if the rider is not



The correct way to wear a helmet, pictured on the left, and incorrect way, on the right

photo courtesy Traffic Safety Store

donning it correctly.

As a regular cyclist on our island's roads and shared use paths, I see far too many adults and children alike either not wearing helmets at all or wearing them in a fashion that would not provide them with appropriate protection for their cranium during a fall.

To ensure a proper fitting bike helmet, start by measuring the circumference of your head at its widest section (just above the eyebrows and around the back of your head). This will help guide you in selecting the proper size helmet. The helmet should rest in a level position on your head, from front to back and side to side. A few of the most common errors cyclists make is wearing a helmet tilted back on their head, exposing much of their forehead or allowing the chin strap to dangle loosely. In fact, the front of the helmet should rest no more than one to two inches above

your eyebrows.

The helmet can then be tailored to fit by adjusting the side straps with the "V" of the straps falling just below the earlobes. The chin strap should be clipped and snug enough without being uncomfortably tight. A good rule of thumb is to allow enough space for two fingers to fit side by side between your chin and the chin strap, and for it to feel snug when opening your jaw. A final adjustment can be made with the ratchet knob in the rear of the helmet, which should be loosened then tightened each time you take your helmet off and put it back on. Once you have made the appropriate adjustments, the helmet should fit comfortably on your head without being so tight as to cause discomfort, but snug enough that it doesn't move around when you shake your head.

Wearing a bulky hat under your helmet

is not advised as it prevents the equipment from resting securely on your head. If you are seeking additional protection from the sun, experts suggest a visor (as opposed to a cap) or a wide brim sunshade that is specifically made to attach to the exterior of your helmet.

Florida law states that all riders under the age of 16 are required to wear a properly fitted helmet that is fastened securely. This also applies to child "passengers" who may be riding in an attached trailer or other seat on the bicycle. It is wise for parents to set an example by wearing a helmet as well.

It is recommended to replace a helmet every five to 10 years, or immediately if it received impact as the result of a crash.

It takes just a few minutes to initially secure your helmet properly and adjust the straps. Once you have tailored it to fit your head, it's easy to loosen the back ratchet to remove it each time and re-check the fit before each ride as straps can loosen with wear. A few moments can save your life and remove the risk of a serious head injury for you or your children. Be safe, be aware at all crossings and have fun while you are cycling on our island!

*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.\**

From page 1

## Art In The Wild

host the daylong event from 10 a.m. to 3 p.m. State and federal Junior Duck Stamp artists will also be presenting that day. The refuge's 2022-23 artist in residence, Jacqui Roch, will be on hand to lead plein-air demonstrations and a workshop. There will be other hands-on art activities, the announcement of the 2022 "Ding" Darling Amateur Photo Contest winners, treats to celebrate DDWS' 40th anniversary, and other surprises. Admission to Wildlife Drive will be free all day.

"Jim Hautman is the rock star of the federal duck stamp world," said Supervisory Refuge Ranger Toni Westland. "He and his brothers are the

true 'duck dynasty.' We are beyond excited to celebrate his big win and see his art hanging in the auditorium to share with all of our visitors. It really is the crowning attraction of the day."

"This is a rare opportunity to acquire one of Jim's original paintings or duck stamp prints," said DDWS Development Impact Officer Ann-Marie Wildman, who is in charge of refuge exhibitions. "He is painting some smaller Southwest Florida bird portraits right now, specifically for our clientele. He will have around 10 to 12 originals available for sale and perhaps a few more that are for exhibit only."

DDWS is seeking sponsors Art in the Wild. For more information, contact April Boehnen at aprilb@dingdarlingsociety.org or 472-1100 ext. 4. To learn more about the schedule of events as it develops, visit [www.dingartinthewild.com](http://www.dingartinthewild.com).\*

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## Marine Lab Upgrades Sensors

Thanks to three donors, as well as funding from the City of Sanibel and Lee County, the Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab crew has been busy launching the next generation of sensors to replace those in the River, Estuary, and Coastal Observing Network (RECON). So far, the lab has partially upgraded four out of the seven current RECON sites.

To measure all the parameters RECON monitors, multiple sensors are utilized at each location. The ongoing global supply chain issues delayed the acquisition of one type of sensor needed. The lab finally received those sensors and is in the process of integrating them into the data logger and testing the devices.

Additionally, two new grants were received from the EPA and the U.S. Army Corps of Engineers to establish two new RECON locations in the Caloosahatchee. Aside from the standard parameters measured at all RECON sites, these locations will have an additional sensor that measures phycocyanin, a blue pigment found in cyanobacteria.

Widespread cyanobacterial or blue-green algae blooms occurred in the Caloosahatchee in 2018. This event highlighted the lack of continuous monitoring in the Caloosahatchee canal. These sensors will allow rapid detection



Sensors are being replaced to better monitor water quality photo provided

of algal blooms and responses to conduct additional research when necessary.

The next generation RECON will also drive new models to help scientists understand past events and the conditions that cause algae blooms.

"Assuming testing of the new sensors goes smoothly, we hope to have the new sites running by mid-August," said Marine Lab Manager AJ Martignette. "After that, we will finish upgrading the rest of the network, starting with the four partially upgraded ones."✱

## Locals Assist With Oyster Program



Volunteers stringing oysters on wire to create vertical oyster gardens photo provided

In June, eight Coastal Watch volunteers helped assemble 30 vertical oyster gardens (VOG) for a pilot program to determine the ideal conditions to grow oysters vertically.

"This involved the tedious task of stringing several hundred oysters on thin metal wires," said Coastal Watch Director Kealy McNeal. "The volunteers were very productive and done within an hour."

The oysters grown on the gardens will be transported at the end of the program to a restoration site where oyster habitat has been lost.

The Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab and

Coastal Watch installed the VOGs off the docks and seawalls of 10 participating homeowner properties located on the east end canal system. Throughout the duration of the program, an SCCF intern will be doing bi-weekly monitoring of the VOGs.

Monitoring includes assessing the VOGs for oyster growth, density and biodiversity. The program will conclude in the fall/winter months of this year.

Coastal Watch volunteers work on programmatic initiatives to promote marine conservation. If you are interested in joining the group, visit [www.sancap.coastalwatch.org](http://www.sancap.coastalwatch.org).✱



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**Aug. 11: Mobilizing  
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by Dr. Rüdiger Bieler, Curator of Invertebrates, The Field Museum; and Dr. José H. Leal, Science Director and Curator, BMNSM

**Sep. 14: Saving  
the Queen of the  
Sea: Queen Conch Conservation  
Aquaculture**

by Dr. Megan Davis, Research Professor, Aquaculture and Stock Enhancement Program, Florida Atlantic University Harborbranch Oceanographic Institute

**Oct. 13: Land Snails in  
Los Angeles: An Experiment  
in Urban Citizen Science**

by Dr. Jann Elizabeth Vendetti, Associate Curator and Twila Bratcher Chair in Malacology, Natural History Museum of Los Angeles County

Past online lectures available to view anytime at [ShellMuseum.org](http://ShellMuseum.org).

**Register at [ShellMuseum.org/lectures](http://ShellMuseum.org/lectures)**

*Lectures made possible by a gift from Mark and Kathy Helge.*

### FALL CLASSES

**Nov. 2: Fantastic Shells and Where to Find Them**

**Nov. 8: Mound House Field Trip (Fort Myers Beach)**

**Nov. 16-17: A Day in the Life of an Aquarist**

**Nov. 29: Shell Ambassador Certification Course**

**Dec. 13: Lighthouse Beach Marine Biology and Field Lab**

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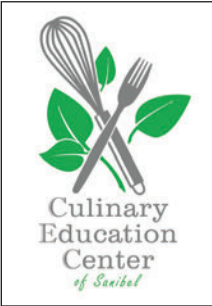


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The Community House

# Florida Pomegranate



by Chef John Wolff

Pomegranates are round, red fruits. They feature a white inner flesh that's densely packed with crunchy, juicy edible seeds. They may be best known for the vibrantly colored juice they're often used to make, but these unique fruits have a lot more to offer. The small pink seeds inside a pomegranate, called the arils, are the edible portion of the fruit. While they can be labor-intensive to remove from the fruit's inner flesh, their nutritional profile and flavor are well worth the investment. Overall, pomegranates are low in calories and fat but high in fiber, vitamins, and minerals. They also contain some protein. In addition to these benefits, pomegranate is also believed to have superior antioxidant effects as well as brain, heart, urinary tract, digestive tract and anti-inflammatory benefits, and properties that also decrease the risk of some cancers. Pomegranates grow better in central and north Florida. They do not thrive as well here in south Florida due to the hotter and wetter climate. Pomegranates are native to southern and western Asia, from Turkey to northern India. Climates in states like Texas or California produce more than 90 percent of the country's

commercially marketed pomegranates. Efforts are under way to develop strains of pomegranate that can resist pests and rot in Florida's humid and rainy climate as well as pomegranate that bears fruit and ripens much earlier in the year (early or mid-June) before the rainy season gets into full swing. To date, there are less than 200 acres of commercial pomegranate under cultivation here in Florida, largely

due to the initially high startup costs, which can be as high as \$15,000 an acre. I love pomegranate and working with it in the kitchen. It makes for a nice garnish as the seeds are wholly edible. The problem is, they're so darn hard to remove from the pod. Pomegranate is technically a berry with the seeds and pulp of each single berry "fruit" being produced by the pollination of one individual

flower. I've found that to most efficiently de-seed a pomegranate, you must cut the pomegranate in half, perpendicular to its axis, running around the "equator" of the fruit. There will be three to five chambers exposed that will allow for the removal of the seeds (by hand) with a minimal amount of pith or membrane remaining attached. Here are a couple pomegranate recipes. I hope you enjoy:.

## Muhammara (Pomegranate, Red Pepper and Walnut Hummus)

Ingredients  
2 red bell peppers  
4 tbsp. extra virgin olive oil, divided  
¼ lb. shelled toasted walnuts  
1 garlic clove, roughly chopped  
2 ½ tbsp. tomato paste  
¾ cup breadcrumbs  
2 tbsp. pomegranate molasses (see next recipe)

1 tsp. Aleppo pepper  
½ tsp. sugar  
1 tsp. sumac  
½ tsp. salt  
½ tsp. cayenne pepper, optional

Instructions  
Preheat the oven to 425F.  
Brush the bell peppers with 1 tablespoon of olive oil and place in a lightly oiled oven-safe pan or cast-iron skillet. Roast the peppers in the 425F heated oven for 30 minutes or so, turning them over once or twice.

Remove from the oven and place the peppers in a bowl. Cover with plastic wrap for a few minutes. This traps the steam from the roasted peppers, making them easy to peel. When cool enough to handle, simply peel the peppers, remove the seeds and slice the peppers into small strips.

In the bowl of a large food processor, combine the roasted red pepper strips with 3 tbsp. extra virgin olive oil, walnuts, tomato paste, breadcrumbs, pomegranate molasses, Aleppo pepper, sugar, sumac, salt and cayenne. Blend into a smooth paste.

Transfer to a serving bowl. You may

cover the muhammara and refrigerate but be sure to bring the dip to room temperature before serving.

When ready to serve, top the dip with a drizzle of extra virgin olive oil, and garnish with a little more walnuts and fresh parsley, if you like. Serve with pita bread or pita chips.

## Pomegranate Molasses

Ingredients  
4 cups pomegranate juice  
½ cup + 2 tbsp. sugar  
¼ cup lemon juice, about one large lemon

Instructions  
Boil the pomegranate juice, sugar and lemon juice in a saucepan over medium-high heat. When the juice boils, reduce the heat to a medium-low. You should see the liquid boiling very gently in the middle.

Let the mixture simmer for about an hour, uncovered. Stir occasionally to make sure that the sugars don't stick to the bottom of the saucepan.

After 45 minutes of simmering, you'll notice that a lot of liquid has burned off. Reduce the heat very slightly and let it simmer for another 15 minutes or so. Take a spoon and dip it into the molasses. If it coats the spoon, the molasses is done cooking.

Turn off the heat and let it cool for 30 minutes before pouring it into a jar. The mixture will still be runny, but don't worry. The molasses thickens as it cools.

This recipe should yield about 1 cup and 2 tbsp. of pomegranate molasses. Store the molasses in the refrigerator for up to six months.

Notes: If you are making fresh pomegranate juice, you'll need 6 to 7 large pomegranates to yield 9 cups of arils. Find the crown of the pomegranate (the part that's sticking out). With a paring knife, dig into the part underneath the crown, and make a circular incision. You're removing the crown and a bit of the skin underneath it so that the pomegranate is easier to peel later. Score the pomegranate.

Tear the pomegranate apart into different sections. Remove the arils by prying them loose from the peel. Do this step over a medium bowl filled with water. When you're done, you'll notice that most of the seeds have sunken to the bottom of the bowl, and the loose membrane will float on the top. It's okay if some of the arils are floating too. Remove any stray pieces of membrane and drain all the water.

Pour the arils into a high-speed blender or food processor and purée until the pomegranates look like a smoothie. You may need to do this particular step in batches.

Strain the juice through a fine mesh strainer. Use a spatula to press down on the purée so that you can squeeze out as much juice as possible. You should end up with 3 ½ to 4 cups of pomegranate juice.

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](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.✴

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## Grief Support

GriefShare Sessions will resume in the Family Life Center at Sanibel Community Church on Tuesdays starting August 9 from 5 to 7 p.m. The program runs through November and is

open to anyone who is grieving. Sessions feature a video, book and support. Sanibel Community Church is located at 1740 Periwinkle Way. For more information, call Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.✴

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*Arriving in Algiers* by Patrick Conolly

image provided

## Community House Exhibit

Patrick Conolly is exhibiting his paintings at The Community House this month. He said, "All my life, I have dabbled with the arts, and now the arts seem to be dabbling with me. While my artwork springs spontaneously from my imagination, lately, I've been playing around with surfaces, both flat and shiny,

as well as line work with minimal or very bright colors. My large works can be quite simple, while the smaller works can be filled with tiny details."

Conolly is a member of the Sanibel Captiva Art League. This exhibit features some of his plein air paintings from around the islands.

The Community House is located at 2173 Periwinkle Way on Sanibel. Viewing hours are Monday through Friday from 9 to 3 p.m.✱

## Artist Shares Passion For Color

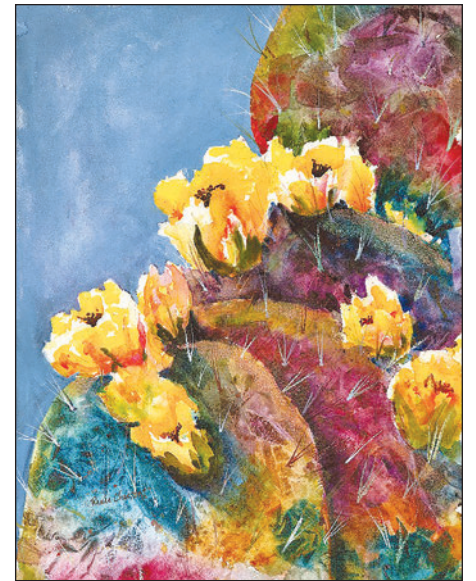
Renée Chastant is among the Sanibel Captiva Art League members exhibiting their works in a group show at Sanibel Public Library.

Chastant said, "Color animates my spirit and color is what excites me most in all of my varied painting subjects." A "recovering lawyer," Chastant began painting in 2008 as a way of translating her inner voices. With previous jobs including a Humane Society investigator, a comedy writer, a street patcher and a magazine columnist, there were plenty of voices to hear.

Originally from New Orleans, Louisiana, Chastant has lived in Colorado, Texas, Arizona and Florida, as well as Panama. The colors, textures, flora and fauna of these locations vary seasonally, which the artist finds especially appealing. She said she can find inspiration in almost anything involving nature.

Working primarily in watercolor, most of Chastant's pieces are characterized by strong, saturated hues. Her style varies from representational depictions to bold, colorful renditions and abstracts, as well as collages and rice paper batiks.

Chastant has been a juried member of fine arts guilds in Colorado and a signature member of the Southern Arizona Watercolor Guild. Her art is exhibited primarily in Southwest Florida, where she currently resides. An active



Renée Chastant uses saturated colors in much of her work image provided

member of Sanibel Captiva Art League and past president of Shell Point Painters Guild, Chastant finds living near the shore provides her with "near-excessive" inspiration. She said she makes art because, "It is the most potent means I have of communicating my love affair with color."

The show will be on view through September. Viewing hours are 9 a.m. to 8 p.m. on Monday and Thursday, 9 a.m. to 5 p.m. on Tuesday, Wednesday and Friday, and 9 a.m. to 1 p.m. on Saturday. Sanibel Public Library is located at 770 Dunlop Road on Sanibel.✱

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ISLAND FAVORITES



## Fish Caught



Danny Domas Krenc

photos provided



Doc Krenc with the nurse shark

Danny Domas Krenc, 9, of Bensenville, Illinois caught a 7.5-foot nurse shark on the Sanibel Causeway this past June while visiting his grandparents on Sanibel. He was fishing with his grandpa, Don Krenc.

Danny managed to keep the shark on the line until his grandpa finished with the smaller shark he had caught. After an hour and a half of tiring out the fish, and as several other fishermen watched, Don managed to get the shark over to the new rock outcroppings and released the exhausted nurse shark. It was estimated at 150 pounds, at least three times Danny's weight.

It was a great day for both Danny and Don and certainly a shark tale for Danny to tell when he goes back to school in the fall.✧

## Shell Crafting Candy Dish

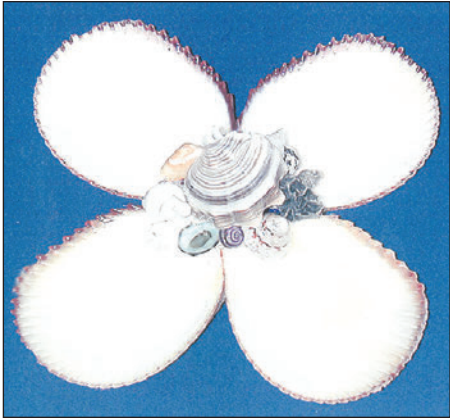


by Anne Joffe

This is a great presentation piece that is sure to garner many compliments from family and friends. You can make single or double versions as well. Use your imagination.

**Materials:**  
3 or 4 large cockle shells  
1 king's crown or fighting conch shell  
Various smaller shells to fill in around centerpiece/handle

**Directions:**  
Glue the 3 or 4 cockle shells together as shown.  
Glue the fighting conch or king's crown in the center to form the handle.



**Candy Dish** photo by Anne Joffe

Fill in around the handle with smaller shells or pieces of coral.

Anne Joffe has owned *She Sells Sea Shells* on Sanibel since 1976. She is the author of *ShellCrafting* Vol. 1 and Vol. 2. Joffe judges Artistic and Scientific categories at shell shows throughout the country, leads shelling trips worldwide, and is a public speaker on shells and shellcraft.✧

## Top 10 Books On The Island

1. *The It Girl* by Ruth Ware
2. *Sparring Partners* by John Grisham
3. *Float Plan* by Trish Doller
4. *Something's Cooking in Chianti* by Jennifer Schiff

5. *The Hotel Nantucket* by Elin Hilderbrand
  6. *November 9* by Colleen Hoover
  7. *Portrait of an Unknown Woman* by Daniel Silva
  8. *The 6:20 Man* by David Baldacci
  9. *River of Gods* by Candace Millard Moriarty
  10. *Apples Never Fall* by Liane Moriarty
- Courtesy MacIntosh Books and Paper.✧

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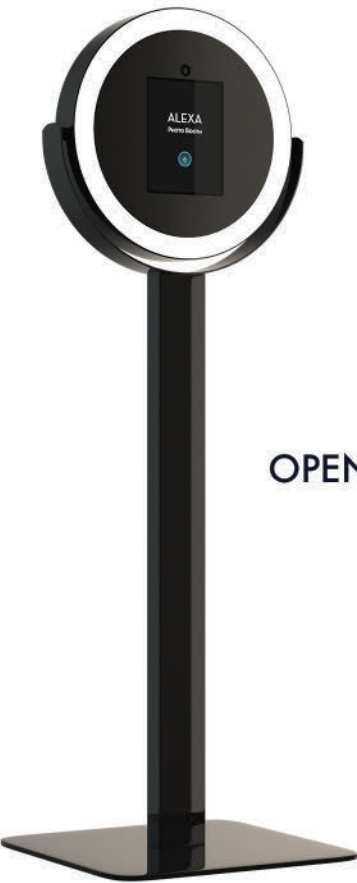
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## Fish Caught



Steve Rigby and Jacob Velge with the tarpon photo provided

Steve Rigby from Plant City, Florida caught a nice tarpon off the beach along West Gulf Drive. He was assisted by his grandchildren, Jacob and Dylan Velge of Tampa, Florida. The family vacations every year on Sanibel for the month of July.✱

## Shell Found



Isaac Brown photo provided

Isaac Brown, 8, of Marlinton, West Virginia found a near perfect junonia on July 26 at Blind Pass Beach. He was searching for shells with his "Pawpaw" and thought he had found a broken alphabet cone. His Pawpaw told him he found the rare shell of Sanibel.✱

## Shell Found



Drew and Rayne Carpenter photo provided

Rayne, 7, and Drew Carpenter from San Lorenzo, California found a junonia at Lighthouse Beach on July 12.✱

## Shell Found



Shaun Kotko photo by Anna Marrero

Shaun Kotko from Richmond, Texas found a junonia at Blind Pass. He was vacationing with his family at Shell Island Beach Club. Kotko said, "This is my first junonia I ever found!"✱

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### Orange Glazed Shrimp

1 ½ pounds pink shrimp, peeled and deveined  
 2 cups orange juice  
 1 teaspoon sesame oil  
 1 teaspoon low-sodium soy sauce  
 1 teaspoon hot pepper, finely chopped  
 1 tablespoon garlic, minced  
 2 tablespoons parsley, finely chopped  
 Sea salt and fresh ground pepper, to taste

In a large skillet over medium-high heat cook orange juice, soy sauce, sesame oil, and garlic until liquid has reduced by half. Add pink shrimp and cook approximately 6 to 8 minutes or until shrimp are opaque in the center and liquid thickens again. Add chopped pepper and mix well, taste and adjust seasoning as needed. Garnish with chopped parsley and serve immediately.\*

Orange Glazed Shrimp

photo courtesy Fresh From Florida

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## Author Talks And Bingo At Library

The next speaker in the Sanibel Public Library virtual author talks series is Liz Moore, who will discuss her international bestseller, *Long Bright River*, and her other novels on Tuesday, August 9 at 9 p.m. *Long Bright River* draws on personal volunteer work, and puts a human face on the effect that addiction can have on generations of families and communities. An opportunity for questions will follow. Register online at [www.sanlib.org](http://www.sanlib.org). You will receive an emailed link to login. If you need to borrow a mobile WiFi hotspot or need help setting up or logging in, email [notices@sanlib.org](mailto:notices@sanlib.org) or call 472-2483.

The next talk will be held on Monday, August 22 at 9 p.m. with Dr. Michele Harper, author of *The Beauty in Breaking*. Harper's memoir is the poignant story of an emergency room physician's journey in a life of service to others, that taught her how to heal herself. Register online.

The final speaker is Liz Wiseman, author of *Impact Players: Take the Lead, Play Bigger, Multiply Your Impact*. She will speak at noon on Thursday, August 25. In *Impact Players*, Wiseman asks the question, why do some people break through and make an impact while others get stuck going through the motions? Drawing on insights from leaders at top companies, Wiseman explains how small and seemingly insignificant differences in how we think and act can make an



Margie Klein with a book by Liz Moore  
photo provided

enormous impact. Register online.

Medicare advisor Frank Ciccone of Wellcare will discuss Medicare Advantage choices at the library on Tuesday, August 16 at 10 a.m. He will repeat his program at 10 a.m. on Tuesday, August 23. The presenter is not connected with the Federal Medicare program.

The Sanibel-Captiva Art League non-juried exhibit, Home Sweet Home, is on display at until September 30.

Use your library card to place a hold or check out one of two Real Florida Reader state park passes. Each pass is good for one vehicle with up to eight passengers. The program runs through September 12. The library also offers passes to Bailey-Matthews National Shell Museum

and Clinic for the Rehabilitation of Wildlife Visitor Education Center.

Stop by this month to see a collection of vintage Pyrex dishes on loan from Beth Jarrell. If you have a collection to share, contact the library.

Play Book Bingo, a self-directed reading challenge for adults with opportunities for prizes. Recommended reading for the challenge can be picked up from the book display near the east service desk. Pick up your Bingo card at the service desks, or download it from [www.sanlib.org](http://www.sanlib.org). Turn in forms by Wednesday, August 31.

The library is open from 9 a.m. to 8 p.m. on Monday and Thursday, 9 a.m. to 5 p.m. on Tuesday, Wednesday and Friday, and 9 a.m. to 1 p.m. on Saturday. Most devices can connect to the high-speed WiFi from outside the building, even while the facility is closed.

Sanibel Public Library is located at 770 Dunlop Road. Library cards are available to residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID),

showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year. Computers, printers, scanners and fax service are available as well as magazines and daily newspapers. For more information, visit [www.sanlib.org](http://www.sanlib.org) or call 472-2483.✱

## Ice Cream Shop Earns Top Honors

Joey's Custard on Sanibel recently earned a top spot on Yelp. The Top 3 Ice Cream Spots in Florida were:

1. The Magic Cow of Davie, Florida;
2. Sweet Aloha Ice Cream of Davie, Florida;

3. Joey's Custard of Sanibel, Florida.

Yelp was rounding up its Top 25 Ice Cream Spots in Florida list in time for National Ice Cream Day, which was recognized on July 17.

Joey's Custard is owned by the Dellenback family of Sanibel.✱



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Book Review

Dream Town



by Di Saggau

In *Dream Town*, World War II veteran and private investigator Aloysius Archer heads to Los Angeles and soon is involved in a lethal case. It's 1953, and Archer is planning to

celebrate New Year's Eve with old friend Liberty Callahan. Their evening is disrupted when a friend of Liberty's, Eleanor Lamb, an aspiring actress, shows up and wants to hire Archer because she feels someone is out to kill her. Taking the case, he sneaks into Eleanor's house and finds a body, then gets knocked out by an unknown assailant. On top of that, Eleanor disappears. Are Eleanor and the dead man connected? It's up to Archer to find out.

This is Baldacci's third Archer adventure. It leads Archer and his spiffy 1939 blood-red Delahaye convertible to Hollywood and transports the readers to the '50s with flashy movies and movie stars, not to mention casting couches, adultery, blackmail, booze and murder. The flashy side of movies, yachts and galas also hide the darker side of Hollywood.

Archer visits the production

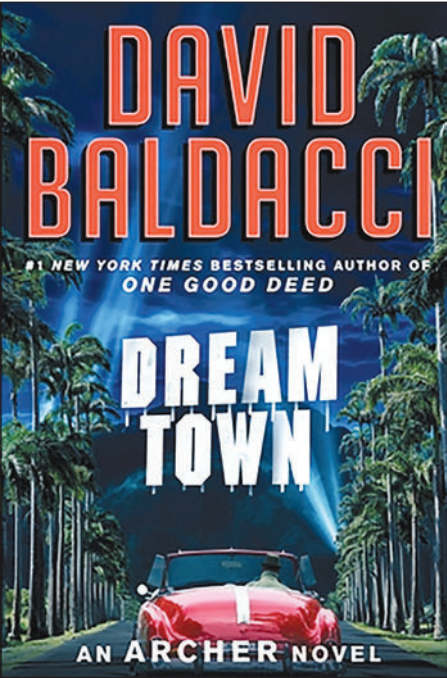


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company of Eleanor's latest film and his investigation takes him to the sleazy bars of Chinatown, the gambling joints of Vegas and the shores of Lake Tahoe. Archer learns that while men are running the film industry, it's their wives who wield the real power. Four women know more about Eleanor's past than they admit. Alice Jacoby, a talented set designer, Gloria Mars, a sexy producer's wife, Mallory Green, a jaded Oscar-winning producer, and Bernadette

Bonham, a neighbor and old friend of Eleanor's, could all be suspects. *Dream Town* captures the dark underbelly of Hollywood's Golden Age and creates a mystery packed with juicy leads and supporting cast members. Bullets fly while villains, drug

lords, crooked cops and smugglers lurk around every corner. Baldacci piles on the tension until Archer finally pieces everything together. Another well-done crime fiction from one of my favorite authors. His new book, *The 6:20 Man*, is sitting on my stack of books to read.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My three children are having back-to-school jitters. They are in elementary school. What are some things we can do to stay calm?

Marie Claire H., Fort Myers

Marie Claire,

School jitters happen to all of us at some time or another. It's very normal. There are some things though that you can do to ease that nervousness, especially for younger children.

Before school starts:

If your child's school does not have an orientation program, make an appointment to visit the school. Walk around the building and walk the route to your child's classroom.

During your visit, take some pictures of your child at various places at the school and make your own "book" about going to school.

Drive your child's bus route and point out places of interest along the way.

A week or so before school starts, begin waking your child at the time he will need to wake up in order to go to school. This will help you know how much sleep your child will need so that he or she is rested for school. Adjust bedtime accordingly.

On the first day of school:

Make sure your child has a healthy breakfast. He or she will need to pay attention to the teacher, not a hungry tummy.

Give your child a picture of your family to keep in his desk or backpack. She or he can look at it whenever he feels

lonely.

Celebrate – families should proudly celebrate the first day of kindergarten as an important passage in a child's life.

If your child doesn't want to go to school:

Be matter of fact – let your child know that going to school is expected of them.

Don't give in to pleading – as hard as it is, if you give in to your child's pleas not to go to school, it will make it that much harder for him to go next time.

Don't repeatedly tell your children how much you're going to miss them when they go to school. This will only make it more difficult to separate from you.

Most children are afraid of the unknown – preparing your child beforehand will relieve many of their fears.

Parent Jitters:

Try to keep your own anxiety in check. Children can often sense when their parents are upset and can become nervous themselves.

Talk it out – if you are nervous about your child "leaving the nest," talk with someone you trust... a friend, your parents, a clergy member, or a school employee

Nervousness is normal and the anxiety should subside in about a couple of weeks once your child feels comfortable in his new routine. I know that both of you will enjoy the kindergarten experience – it's great.

This article is adapted from the Virginia Academy of School Psychologists public service department.

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. To contact her, email [smgreggs@gmail.com](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).✱

Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, August 19 from 9 a.m. to 2 p.m. at the Pediatric Specialist Office.

It is estimated that one in every 44 children is diagnosed with some form of autism spectrum disorder (ASD), making it more common than childhood cancer, juvenile diabetes and pediatric AIDS

combined. Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. Physician referral not required.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule, call 343-6838.✱

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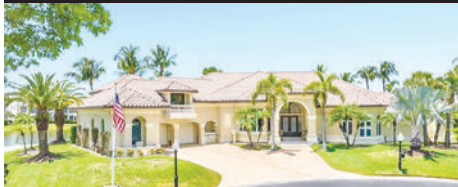
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**2633 WULFERT RD. #5, SANIBEL**  
• Best Location & Views in Community  
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### BEACHVIEW CC ESTATES



**1283 PAR VIEW DR., SANIBEL**  
• Beautifully Updated Near Beach Home  
• Great Room w/Vaulted Ceiling, Plank Floors  
**\$1,199,000** **MLS# 222050588**  
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### SANIBEL SHORES



**749 CARDIUM ST., SANIBEL**  
• Old Sanibel Style 3 BR, 2 BA, Pool  
• Walk to Beach, Easy Bike Path Access  
**\$1,179,000** **MLS# 222049350**  
Sally Davies 239.691.3319

### GUMBO LIMBO



**9476 Balsa CT., SANIBEL**  
• Open 3 Bedroom, 2 Bath  
• Pool/Spa, PV Solar Electric  
**\$1,135,000** **MLS# 222024499**  
David Liebetrau 239.472.7748

### CARDINAL RIDGE



**3005 TURTLE GAIT LN., SANIBEL**  
• Beautiful, Cleared 1.17 Acre Lot  
• 5 Minute Walk to Beach  
**\$995,000** **MLS# 222023861**  
Maureen Ahmed 239.839.7250

### SEASPRAY UNDER CONTRACT



**1321 SEASPRAY LN., SANIBEL**  
• Near Beach, Large Buildable Homesite  
• Small Beach Community  
**\$995,000** **MLS# 221016939**  
John Nicholson, McMurray & Members 239.849.3250

### SUNDIAL OF SANIBEL



**1501 MIDDLE GULF DR. #C310, SANIBEL**  
• Fantastic Gulf of Mexico View  
• Updated, New Appliances, Screened Lanai  
**\$875,000** **MLS# 222051563**  
Fred Newman & Vicki Panico 239.826.2704

### DEVONWOOD



**15850 HAMPTON VIEW CT., FT. MYERS**  
• 1+/- Acre Lot in Gulf Access Community  
• Build Your Dream Home  
**\$695,000** **MLS# 222011134**  
Chad Reedy, McMurray & Members 239.989.8838





From left, Carol McCarley, Cathie Lewis, Deb Gleason, Brendan Albright and Bill Robinson cleaning up the beaches along the Sanibel Causeway photo provided

## Realtors Clean Up The Beaches

Members of the Sanibel & Captiva Islands Association of Realtors are giving back and making a difference in the community. On July 4, realtor and affiliate members took part in the Sanibel-Captiva 30th annual Fourth of July parade. Members decorated a float and nine vehicles in celebration of Independence Day. They passed out candy, beach balls and other prizes to parade attendees. The association's float won the prize for Best Nature Theme. On July 21, realtors and affiliates

joined the Clean Up Florida Waters project and helped clean up parts of the Sanibel Causeway beaches. During the month of July, realtors across Florida have been taking part in Florida Realtors Clean Up Florida Waters project. The statewide push encourages realtors to get out in the community to pick up trash and help clean the state's lakes, rivers, streams, retention ponds, bays and beaches. The association is gathering donations of linens, personal care products, children's items and monetary donations for Abuse Counseling & Treatment, Inc. (ACT). The collection drive runs through the end of August and will go to help those in need in the community.✧



Mark Cornelius with a sawfish photos provided

Mark Cornelius caught a 13-foot sawfish off the beach on July 17. He was using a surf rod and reel with a whiting head as bait. On July 19, he caught a lemon shark that measured over seven feet and then landed another sawfish the next day, measuring over 10 feet. He was able to tag the second sawfish and lemon shark; all were released unharmed. Cornelius' wife, Eleanor Craig Cornelius, landed two snook; her personal best at 38 inches and another at 32 inches. Their annual week on Sanibel came and went with great fortune. Mark Cornelius said, "2023 can't get here fast enough, we miss you already, Sanibel."✧



Eleanor Craig Cornelius with a snook

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- Feels Like Private Island, Gulf/Bay Views

\$3,450,000

## 16163 CAPTIVA DRIVE



### SUNDIAL OF SANIBEL

- 3 BR, 2 BA, Family/Dining Area, TV Room
- Peaceful Vintage Island Getaway
- Beautiful Garden, Sun Deck, Spa, Courtyard
- Many Improvements w/ Original Character

\$4,125,000

## 1321 SEASPRAY LANE UNDER CONTRACT



### SEASPRAY

- Near Beach, Large Buildable Homesite
- Small Beach Community of Fabulous Homes
- Community Tennis Courts & Pool
- Private Community Beach Access

\$995,000

## 3215 WEST GULF DRIVE #D101



### SOMERSET AT THE REEF

- Fabulous 3 BR, 2 BA Beachfront Condo
- 1st Floor, Corner Unit in Low Density Complex
- Glassed Enclosed Patio, Lovely Furnishings
- Community Pool, Tennis & Pickleball

\$2,695,000

## 16151 CAPTIVA DRIVE



### CAPTIVA ISLAND

- 14,000 S.F. w/ 2 Primary Suites & Elevator
- NEW Construction Estate, Impact Windows/Doors
- Panoramic Views of the Gulf of Mexico
- Fully Equipped Guest Cabana House

\$13,875,000

## 1012/1014 E GULF DRIVE UNDER CONTRACT



### SANIBEL ISLAND

- Updated Near Beach Duplex
- Each Unit - 2 BR, 1 BA, Laundry
- Separate Private Outdoor Space
- Impact Windows, Rental Opportunity

\$995,000

## 15819 CAPTIVA DRIVE



### CAPTIVA ISLAND

- Gulf to Bay, Mouth of Bay & Roosevelt Channel
- Unique Property, 125' Water Frontage
- Blueprints by John Cooney Available
- Deep Water Access, Covered Boat House

\$15,500,000

## 1501 MIDDLE GULF DRIVE #F403



### SUNDIAL OF SANIBEL

- 2 Bedroom, 2 Bath, Partial Gulf View
- Turnkey, Great Rental Opportunity
- Updated Kitchen
- Fabulous Resort Community Amenities

\$1,325,000



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Superior Interiors

# Accent Wall Design Ideas



by Trinette Nelson

Whether you have plans to paint a room in your home or you're looking for a simple way to amplify a design scheme, accent walls are a great addition to consider.

The accent wall is defined as a wall with a different color, texture or design from the rest of the room. Its purpose is to highlight and draw attention to the space, making it a unique focal point out of the four walls. You can incorporate an accent wall into any room in your home, but it might make the biggest statement in a room that gets a lot of traction, such as the kitchen, living room, or family room.

One of the most common approaches to an accent wall is painting with a bold color as a simple way to claim the attention in a certain area of the room. Maybe you want to highlight your fireplace and mantel, or you want to steal the focus away from the television. No matter the reason, painting an accent wall is a quick and effective way to add more character to your space.

While many people shy away from

wallpaper based on the concerns related to its removal, today's wallpaper is more efficient and functional. Wallpaper accent walls are currently very trendy, with many homeowners taking advantage of the opportunity to spruce up a small space like the guest bathroom or the home office.

If you love modern farmhouse design and need an accent wall to follow your theme, shiplap makes a great option. A white shiplap feature wall can make a gorgeous statement in a modern neutral kitchen as well. Looking to achieve a more industrial modern look in your living room? An exposed brick wall can add the perfect touch to the design.

Are you the head of a busy family? Do you want to incorporate a stylish yet fully functional accent into one of your gathering spaces? A chalkboard wall accent is fun and versatile in so many ways. Create your calendars, to-do lists and so much more, or leave it bare as a clean black slate.

Whether you would like to showcase pictures of your family or prefer to display your favorite works of photography, a full gallery accent wall can turn heads in your home. This is one of many design ideas that can be used to tell a story in your living space and fill the room with love.

If you're looking for a fun accent wall idea for your home office or entryway, a bookshelf display across an entire wall is chic and sophisticated. This is a simple way to incorporate more wall decor or wall art into the scheme.

A fun and unique option for an accent

wall in the bathroom or kitchen is a tile wall. You can match this vertical accent with the tile backsplash in either of these spaces, or you can go in with a completely different style.

Hopw about an entertainment center wall? Do you want to incorporate an accent wall into one of your high traffic visiting spaces? Take up an entire wall with an entertainment center. You can build this directly into the wall to make the most of the space.

If you're a fan of art and want to incorporate a large piece of work into your

home, install a paneled or hand painted mural wall. This is an impressive option that can bring your living space to life and make a memorable impression on your guests.

With so many different options for an accent wall, one might feel overwhelmed trying to choose the right style. Consider reaching out to a design professional for advice on where to get started with inspiration for your accent wall.

*Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [trinette@coindcedden.com](mailto:trinette@coindcedden.com).✱*

## Former Intern Now On Staff

Aaron White, a 2021 shorebird intern for Sanibel-Captiva Conservation Foundation (SCCF), has returned to fill a newly created, full-time position as shorebird technician.

The position will offer year-round support to the shorebird biologist and the coastal wildlife team. Tasks include monitoring beach-nesting birds, coordinating volunteers, doing year-round shorebird surveys, and assisting with all departmental projects as



Aaron White

needed, including Mind Your Line.

"We are thrilled to have Aaron returning as a technician this year," said SCCF Shorebird Biologist Audrey Albrecht. "His experience and passion for conserving our coastal wildlife make him the perfect candidate for the job."

Following his internship with SCCF last year, White traveled back to his home state of Texas to work with small mammals and songbirds. With a bachelor of science degree in wildlife biology from Texas State University, he is happy to be back at SCCF.

"After my SCCF internship, I got to see a ton of cool wildlife on an isolated ranch in the deep south. Now I'm ready to get back to island life and protect some of my favorite species," White said.

SCCF received a two-year donor pledge towards the new position this spring, and the AWC Family Foundation funded the balance, making the shorebird technician position a reality.✱



# Available on Canal

### EAST-END LOT

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### FULLY-EQUIPPED HOME

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**More info & real estate blog at [SanibelSusan.com](http://SanibelSusan.com)**



# BURNS *family* TEAM



1



2



3

## 1. NEW CONSTRUCTION ON 106' OF BAY FRONTAGE - SANIBEL

- 3BR/3.5 BA home newly constructed in 2016 with vaulted wood beamed ceilings, 2 story wall of windows overlooking the bay, bayfront pool & spa, all hurricane rated doors & windows
- Separate deeded private wraparound boat dock & lift built in 2021 with water & electric available for purchase
- **\$4,350,000 EURO 4,015,156**

## 2. GULF FRONT CONDO AT GULF BEACH - SANIBEL

- 2 BR/2 BA corner unit in a low density complex on Sanibel's East End
- Deeded dock with canal access for kayaks and paddle boards across the street. Established rental history.
- **\$999,000 EURO 981,577**

## 3. UPDATED HOME IN THE DUNES - SANIBEL

- 2 BR/2 BA beautifully updated home tucked amidst the secluded privacy of tropical vegetation in the coveted Dunes Golf & Tennis community
- Vaulted beamed ceilings, large open kitchen, updated primary suite, impact windows & doors, large back lanai with sunken hot tub and trellis overlooking your own secret garden.
- **\$942,000 EURO 941,077**

## 4. REMODELED HOME IN SHELL HARBOR - SANIBEL

- 3 BR/2.5 BA + den completely remodeled home with private boat dock & lift on seawalled canal just a short walk to the beach access
- Open kitchen, spacious living room, expansive primary suite with redesigned bathroom, impact sliders open to your private pool and canal
- **\$1,995,000 EURO 1,903,698**

## 5. GULF VIEWS & PRIVATE ROOFTOP DECK AT POINTE SANTO - SANIBEL

- 2BR/2 BA + den top floor condo with an incredible income stream for the investment minded owner.
- Community features pool & spa on island in the center of a lagoon, walking paths, tennis, shuffleboard, tiki huts, and beach access
- **\$1,399,000 EURO 1,281,499**

## 6. KELLY GREENS CONDO - FORT MYERS

- 2 BR/ 2BA + den second floor, end unit with vaulted ceilings and wonderful views of the golf course
- Kelly Greens community offers several amenities, close to restaurants, shops, & is just minutes to the island and beaches
- **\$429,000 EURO 421,251**



4



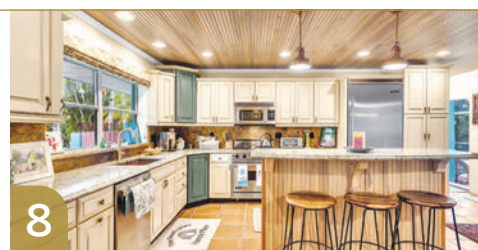
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## 7. STUNNING LAKE & GOLF COURSE VIEWS IN THE DUNES - SANIBEL

- 3 BR/2 BA + den exquisite home with 2 story coral accent wall, vaulted ceilings, wood floors, and gorgeous views of the golf course and lakes beyond
- Open kitchen, glass sunroom, large screen enclosed pool and close to the multiple amenities offered by The Dunes community.
- **\$1,795,000 EURO 1,763,694**

## 8. ISLAND COTTAGE STYLE CANAL HOME - SANIBEL

- 3 BR/3.1 BA home on Sanibel's west end offering easy access to Blind Pass Beach, Santiva, the Bay and open water
- Remodeled with Mexican Saltillo floors, open kitchen, private pool, new roof, private boat dock & lift, & more
- **\$1,365,000 EURO 1,356,117**

## 9. OVER HALF AN ACRE IN SEASPRAY - SANIBEL

- 3 BR/ 3 BA + den tucked amidst mango trees and banana palms on over a half an acre of tropical grounds
- Soaring ceilings, fireplace, elevator, large open kitchen, all just steps to the beach access
- **\$1,795,000 EURO 1,706,411**

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# Rotary Happenings

submitted by  
Cindy Carter



Sanibel is known for its pristine beaches and shelling. But did you know that it is home to many successful women entrepreneurs? The Sanibel Captiva Business Women's Association (SCBWA), formerly American Business Women's Association (ABWA), has been steadily increasing its membership since its inception in the summer of 2020. The current president, Taylor Osborne, shared with us information about the local chapter as well as lots of answer producing candy.

When the coronavirus hit in March of 2020, all meetings were suspended for the ABWA local chapter. It also forced its members to reevaluate their involvement with the national group. The members agreed the chapter should focus on localizing the group's efforts. Unanimously, the members voted to close the local ABWA chapter and create the Sanibel Captiva Business Women's Association.

The new organization is dedicated to supporting education and the advancement of women's career development on Sanibel and Captiva islands through mentoring, continuing education, scholarships, networking



Members of the Sanibel Captiva Business Women's Association

photo provided

opportunities and recognition. Osborne is a graduate of Miami University of Ohio and holds a bachelor of science degree in psychology and sociology. She attended graduate school at Xavier University, studying in the field of psychology. While working toward her master's degree, Osborne focused her energy toward the at-risk-youth population. She created programs, scholarship opportunities and outreach for the underserved youth in her area. It was during this time that she fostered and adopted her eldest child, Nathaniel. Upon completing her graduate studies, Osborne entered the field

of pharmaceuticals, focusing on psychotropic medications. She has worked for multiple pharmaceutical corporations in sales and marketing. She has served in senior leadership roles, developed training materials and was a senior advisor. In 2017, Osborne co-founded Iris Print & Designs and SanCap Apparel. She has since worked to establish and grow her business, which is a customized apparel and promotional merchandise company. She began Iris as a T-shirt brand and has grown it to carry a million products ranging from customized pens to hats, to drinkware. Her passion is

working with locally owned businesses and organizations to help them create merchandise, brand their businesses and promote their organizations through the products and services her company offers. The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email [william.harkey@gmail.com](mailto:william.harkey@gmail.com) by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit [www.sanibelrotary.org](http://www.sanibelrotary.org).✪

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## Financial Aid Tip Of The Month

Students should keep a close eye on deadlines when applying for student financial aid, according to KHEAA.

As students make their plans for beginning or continuing their postsecondary education, they should try to get all the financial aid they can. To make sure they do so, they need to apply for that aid on a timely basis. Every scholarship or grant they receive will reduce their dependence on student loans.

Here are some helpful student financial aid tips from KHEAA:

File the Free Application for Federal Student Aid (FAFSA) as soon as possible beginning October 1. You must submit the FAFSA to qualify for most state and federal student aid.

Check with the financial aid offices of the schools to which you've applied to determine if they require any forms other than the FAFSA.

Look for scholarships using a free online scholarship search.

Attend any college fairs and financial aid seminars offered in your area. If a company charges a fee for helping with applications, remember that you can do that yourself for free. If you decide to pay for help, make sure the company is reputable by checking with the attorney general's office or the Better Business Bureau in your area, as well as the area

where the firm is located.

KHEAA is a public, nonprofit agency established in 1966 to improve students' access to college. For more information, visit [kheaa.com](http://kheaa.com).

## Development Director Hired

**B**IG ARTS has added Jessica Clark Wisdom to its team as development director. With more than 15 years of professional experience, Wisdom has built a successful career in strategic fundraising, development, marketing and relationship management for both nonprofit organizations and large political campaigns. She has served in leadership roles at the Natural Resources Defense Council Action Fund in Washington, DC, and Alliance for the Arts in Fort Myers.

A Lee County native and graduate of Cypress Lake High School, she holds a bachelor of political science degree from University of Central Florida and is a member of the Association of Fundraising Professionals.



Jessica Clark  
Wisdom

## Progressive Club August Meeting

**T**he Progressive Club of the Islands will hold its virtual monthly meeting on Thursday, August 18 at 4 p.m. The guest speaker will be Dave Aronberg who was elected state attorney for the 15th Judicial Circuit in November 2012, and reelected without opposition in 2016 and 2020.

As state attorney general, Palm Beach County, Aronberg leads a team of 120 prosecutors and 220 staff members in five offices. Under his leadership, there has been a significant increase in conviction rates for both felonies and misdemeanors, a decrease in the number of juveniles direct filed into adult court, and a greatly improved working relationship with local, state and federal law enforcement agencies.

Aronberg was born in Miami, attended local public schools and graduated with honors from Harvard College and Harvard Law School. In 2000, he was selected to be one of 15 White House fellows from across the country. In this non-partisan position, he served in two presidential administrations as a special assistant to the secretary of the treasury department for international money laundering, including the laundering of terrorist assets.

In 2002, Aronberg was elected to



Dave Aronberg

the Florida State Senate as its youngest member, and served until 2010. Focusing on criminal justice and consumer protection issues, he passed major identity theft and port security legislation, and served as chair of the military affairs and domestic security committee. He also served as chair of the Everglades restoration committee.

In 2010, Aronberg returned to the Florida attorney general's office as a special prosecutor for prescription drug trafficking. As the "Drug Czar," Aronberg led an anti-pill mill initiative that helped clean up the pain clinic industry and reduced the record number of people dying each day from oxycodone abuse.

In 2016, he created the Sober Homes Task Force that has made more than 115 arrests for patient brokering and insurance fraud in the rehabilitation industry, and has led to the creation of new Florida laws and regulations that have become the model for other states. The crackdown on rogue sober homes and corrupted drug treatment led to a 40 percent decrease in opioid overdose deaths in Palm Beach County in 2018, compared to 2017. Aronberg's efforts also convinced Google to restrict advertisements and improve screening for addiction treatment.

Aronberg's work to save lives from drug overdoses continues as a top priority to this day.

The meeting will be interactive with time provided for questions. To attend, email [pcisancap@gmail.com](mailto:pcisancap@gmail.com) to receive the link or watch online at [www.facebook.com/pcisancap](http://www.facebook.com/pcisancap).

For more information, visit [www.pcislands.org](http://www.pcislands.org) or call 994-3175.



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# Out-Of-State Documents



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

People commonly ask me whether their out-of-state wills and trusts are valid in Florida. It's a simple question yet complicated. Let's suppose that you have a will drafted in New York but die in Florida. If you're still a New York resident, then there's no problem. Your will is probated in New York, and assuming the document complies with New York law, there should be no problems. This is true even if you own Florida real estate. Taking this one step further, if you're a New York resident who owns Florida real estate and your estate plan is will based,

then it's likely that two probate administrations will be necessary: a domiciliary proceeding in New York; and an ancillary proceeding in Florida. That's because the disposition of the Florida real estate under a will needs to be administered in Florida. The same holds true in nearly every state. If you own property in your name and die, then there will likely be a probate proceeding of some sort, usually an ancillary proceeding, in the state where the real estate is located. The same is not true of bank and brokerage accounts. Those would be probated in the domiciliary administration, no matter the state where the bank and brokerage accounts are located.

To illustrate, assume Gino is a New York resident, and owns property in New York and in Florida. He also has stock brokerage accounts in New York and bank accounts in Florida. What kind of probate proceeding will be required? In this case, a domiciliary proceeding will be opened in New York, and those papers will be used to open an ancillary proceeding in Florida. The New York proceeding will govern the New York property as well as the bank and brokerage accounts in Florida and New York. The Florida probate proceeding will only govern the Florida real estate.

Now, let's say that Gino moves to Florida but dies owning the exact same assets. Gino should have updated all of his documents to Florida law. Why? Because Florida law is different than New York law to admit a will to probate. So, the attorney in Florida (unlike New York, an attorney is necessary to conduct a Florida probate) will need to somehow verify the witness signatures of the New York will to admit the will to the Florida probate court. This will likely cause unnecessary expense and delay.

Also, if Gino named a friend who is not a Florida resident as his executor/

personal representative, that friend won't qualify under Florida law. What if Gino has a revocable trust? Should he update his trust to Florida law? Yes! There are differences between state law that may result in unintended and adverse consequence. This, not to mention that the New York State Revenue Department is quite aggressive in taxing residents who believe that they moved to Florida but did not meet the New York requirements to escape their taxing authorities. I wrote an entire whitepaper on escaping your former state's taxing authority that you can access for free at <https://floridaestateplanning.com/escape/>. Generally speaking, it's easy to become a Florida resident. The difficult task is escaping your former state's taxing authority. Many northeastern and some midwestern states don't believe residents who say they've moved to Florida. So, they impose stringent requirements that reel you back in for tax purposes. Read my whitepaper on the subject for an in-depth analysis. What about durable powers of attorney, health care surrogates and living wills? Again, those documents should comply with the state of your residency. Even if you have a medical emergency in another state, the documents you have, if they're up to date with your state of residency, should be valid in all states. Even if you have documents drafted in the state in which you're a resident, make sure that they're up to date. Laws change, and your family and financial circumstances change. I can't tell you the number of times a retired couple has me review documents that still name guardians for their children, when their children are in their 30s, 40s, and 50s! Federal tax laws change frequently. That's one of the things about my profession. We must stay current with all the new laws. I spend dozens of hours a year attending continuing education courses, not counting the many hours reading applicable tax notices and trade journals. If your legal documents have been gathering dust, or if you own property in more than one state, or if you've changed state residency, it's time to update your plan. ©2022 Craig R. Hersch – The Sheppard Law Firm. Learn more at [www.floridaestateplanning.com](http://www.floridaestateplanning.com).✴

## How's The Market? Ask Ann

### Comparing The Market To Last Year

Suddenly, we are into August and able to compare sales data to last summer. What was the market like one year ago? "HOT," characterized by multiple offers, inventories were decreasing and sales prices were rising at a rapid rate. During June and July in 2021, 113 condos and homes were reported Closed in our MLS system. Interest rates were in the 3% range. This summer (same time period), 49 total condo and homes were reported sold, representing a substantial decrease in sales activity. Interest rates this year have increased to 5.5 to 7%, also having an effect on the market. If you are serious about selling, you should be very thoughtful about your expectations. Listing inventories have been increasing from a low of 25 Units to a current level of 62 Units. Prior to the recent boom, Sanibel had approximately 350 Units on the market with average price negotiations being in the 5% range. Buying? I would suggest you view your purchase as a long-term investment and not advise you to purchase if you are thinking about "flipping" the property. If the property you like is priced to today's market, it should sell.

The uniqueness of the island and limited inventory are huge benefits to owning Sanibel real estate. Selling? It is not a good time to overprice your listing. It may cost you money and time in the long run. Looking to determine a real estate price in today's market? Call me for a confidential discussion on your home or condo value. I will be very frank with my opinion on price.

I want to take a moment to thank the associates in our office for doing so well in being effective and honest in their practice. Thank you, Bob Hodosky, Michelle Bornhorst, Gene Taylor and Bobbie McGlynn.

Thank you for reading my column.

**Closed Sales Going Back One Week: 2 Homes & 1 condo**

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

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**Ann Gee**  
Broker/Owner

## Committee Members Sought

The Lee County School Board is seeking members to join its citizens advisory committees. These committees, which meet on a regular basis to provide input, support and advice to the board, include Construction Advisory Committee (CAC); Continuous Systemic Improvement (CSI) Advisory Committee; Curriculum Advisory Committee (CUAC); Equity and Diversity Advisory Committee (EDAC); and Finance Advisory Committee (FAC). Anyone interested in serving a two-year term with possible reappointment for additional terms can fill out an application online at [www.leeschools.net](http://www.leeschools.net). School board members will choose and approve new members at the September 7 meeting. All advisory committee meetings are open to the public and will be videotaped and uploaded to the district's YouTube channel. Each committee shall be subject to the Sunshine Law.✴

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## Rewards Of Volunteering With FISH Of SanCap

As part of its 40th anniversary celebration, FISH of SanCap is reflecting on the many "Faces of FISH" that make the organization's work possible every day.

"Our volunteers are very much the glue that holds the organization together," said Kim Ouellette, operations and volunteer manager. "Volunteering connects our community and makes it a better place. Every moment of time given by our volunteers is making a real difference in the lives of those we serve."

Longstanding FISH volunteers and supporters Pat and Mike Boris since 2009. Their familiarity with the organization and community, and upbeat attitudes make them assets to the organization. The couple, who moved to Captiva part-time in 2002, planned to work less and enjoy a slower pace.

"As I spent more and more time on Sanibel and Captiva, I was drawn to the neighborly care I found here, a real concern for how people are doing," said Pat. "A friend asked if I knew about FISH and when I said no, she brought me to the walk-in center to meet Maggi Feiner and Lyn Kern, both on phones, busy with meeting client needs, usually food, job or housing insecurity."

Pat was inspired by the work being done and immediately offered to volunteer



Pat Boris

photo provided

for the nonprofit.

Starting as a seasonal volunteer, Pat quickly enlisted the help of her husband, Mike, and they began collecting food and delivering meals and equipment. With Pat's background in nursing, her interaction with housebound neighbors helped staff understand the clients' current situations. She gets to know the neighbors on her route and takes notice when there is a need for additional services.

Known by her colleagues as "Peppy Pat," she also helps out at the walk-in center and food pantry, and lends her expertise to the Go! FISH Celebration, the annual fundraiser, of which she and

Mike were honorary chairs.

When Pat started in the food pantry during the recession, she greeted neighbors experiencing food insecurity. "Many were apologetic for a downturn in their lives and for needing help," said Pat. Staff and volunteers find that asking for help is often the most challenging obstacle to overcome.

Pat noted her greatest joy is to help people stay healthy and that's what drew her to FISH; helping people at the simplest level with food, safe homes and a connection to services. "I've enjoyed meeting older adults, assessing the safety of their homes, dietary needs, transportation and reviewing their hurricane preparedness plans," said Pat. "Failing eyesight, loss of a driver's license and memory impairment factor into a gradual decline that FISH staff and volunteers sometimes see in neighbors' lives. FISH has the resources to help people live their healthiest lives with no judgement and no shame. Put simply, we are just neighbors helping neighbors."

"Our volunteers are always modest about the magnitude of assistance they provide and with the time, energy and resources they bring for the greater good of our community," said Feiner, president and CEO of FISH. "They truly are the backbone of our organization, who deliver our services with heartfelt compassion, often drawing upon their past professional and personal experiences by sharing that knowledge with us and those we serve. We honestly could not do what we do without the help of our volunteers,

including Pat and Mike."

"There are countless ways to help in the community; mine is hands-on, meeting who I can when I can. Others are adept at fundraising or advertising. There is a place for every skill at FISH," said Pat. She noted how FISH recently partnered with the Dubin Center and Interfaith Outreach of SanCap, which Pat is also involved with, to offer a monthly Memory Café for those dealing with memory impairment or dementia and their caregivers.

Pat said, "I'm grateful for the opportunity to be a part of FISH, and that FISH has become a part of me."

For information on becoming a FISH volunteer, contact Kim Ouellette at 472-4775 or visit [www.fishofsancap.org](http://www.fishofsancap.org) to download a volunteer application.\*

## ISLAND SUN BUSINESS NEWSMAKERS

### Gulf Beach Properties

The top listing agent for June at Gulf Beach Properties was Paul Zimmerman.\*



Paul Zimmerman

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Frankly Speaking



by Howard Prager

Have you ever heard of an immaculate inning? I hadn't until Reid Detmers of the Los Angeles Angels threw one in the second inning Sunday against the Texas Rangers. What is

it? Striking out the side with the minimum nine pitches. If you'd say that must not happen much, you'd be wrong. Ten times since 2020, although no immaculate innings were thrown from 1929-1953, Remarkable, isn't it? Deitmers did more than that however. He is only the third pitcher in major league history to throw both a no hitter and an immaculate inning in the same season, and the first rookie to do so. He joins pitcher Mike Fiers and Hall of Famer Sandy Koufax as the only pitchers to throw both in a season. And if you want to throw an immaculate inning, be sure the Rangers are on your schedule. They've had it happen against them three times this season already.

London's Wembley Arena. Sight of many great sporting events and concerts, from Live Aid in 1985 to the 2012 Olympics, from the 2019 reunion of the Spice Girls to the Women's Soccer (Football) Euro championship 2022. Pardon me? Yes, it was a classic game with England winning. From *The Guardian*, "The last time England's men lifted a major trophy, the 1966 World Cup, women were banned from playing competitive football in any form. Now, against the same opponents in the same stadium, English football – all of it, not just half – has ascended to the very top step of the podium." England defeated Germany 2-1 and became champions of Europe for the first time. "This is a team adored and revered in equal measure, relatable and humble but primarily athletes of the most viciously competitive quality. It is a team of many stars and none: world-class in their positions but ultimately submitting their talent to the collective in the way of all great teams. They play with verve and pace and guts and celebrate the same way any of us would. In Sarina Wiegman,

they have a coach whose tactical nous and nerveless temperament has allowed a golden generation of footballers to take the leap that eluded so many of their predecessors." A well-deserved congratulations (and you should see the way they celebrated afterwards in a song and a samba line).

On the subject of women and firsts, the Las Vegas Raiders (strange to even type that) has another NFL first, the first black woman to hold the position of team president. Sandra Douglass Morgan is the third woman and third African-American to become president of an NFL franchise. Prior to this, Morgan was the chairwoman of the Nevada Gaming Control Board and city attorney for North Las Vegas. "I'm just really, really lucky to have this opportunity and hopefully open doors for many other women and women of color in leadership roles in sports," she told ABC News.

On the other side of the ball, ESPN reported that "Cleveland Browns quarterback Deshaun Watson will serve a six-game suspension without pay but will not be fined for violating the league's personal conduct policy following accusations of sexual misconduct, disciplinary officer Sue L. Robinson ruled Monday. She wrote that the NFL recommended Watson be suspended for the entire 2022 regular season and postseason. In a statement Sunday night, the union made it clear that it will "stand by" her decision and urged the NFL to do the same. The league said it was determining its next steps. Robinson ruled that Watson is "to limit his massage therapy to club-directed sessions and club-approved massage therapists for the duration of his career, and so impose this mandate as a condition to his reinstatement." She also ruled that Watson is "to have no adverse involvement with law enforcement, and must not commit any additional violations of the policy." Too strict or not enough? It seems that the NFL doesn't come down hard enough on sexual abuse, but without any criminal charges against Watson, I'm not sure what any sports league should do. Robinson followed previous NFL suspension precedents. Hard to argue with precedent, but personally I'm glad the other stipulations are in the sentence. Let's hope Watson can follow them.

The sports world as well as so many others mourn the loss of NBA great Bill

Russell. *The Boston Globe* wrote "Never could enough be said about Bill Russell, a man we mere mortals considered indispensable. A man we thought would live forever, sharing stories with his bushy gray beard and cackling laugh. A man who impacted generations because he appreciated those who came after him. He admired their games, presented them with awards, appreciated their physical prowess. But never once did Russell believe he couldn't shut any of them down. Never once did Russell believe any of those big men, who may have earned hundreds of millions more than him, would ever be able to score on him, or outwork him, or screen him from a rebound. Or, most importantly, stop him from winning. Russell was the ultimate winner. There are those who scored more points, pulled down more rebounds, or even blocked more shots, but Russell's records were on the scoreboard. And a man who accomplished so much success on the floor had the guile, poise, and patience to be a leader off the floor despite the racism, despite the outright hatred he endured in some cities, even at home. And overlook that Russell was the first Black professional head coach of any major North American sport; that he won two championships as a player-coach; that he made the smooth transition into

television and that he personified class and grace, and perseverance in a time when Black achievement was notoriously difficult. Russell should be remembered as more than a Celtic, more than an 11-time champion, more than a civil rights pioneer. As someone who eradicated barriers, erased stereotypes and removed perceptions with his brilliance, his class, his strength and his stubbornness." One example of Russell standing up? He would not play a game in a town that did not allow Black players to eat at the same restaurant as the team. A giant in many ways.

Speaking of giving, here's a short good news story of the week involving Eagles wide receiver A.J. Brown. Just before training camp opened, Brown stopped into a team merchandise store in Cherry Hill, N.J. to see if his jerseys were there. They were. And then Brown bought his jersey for everyone in the store. "I just wanted to show love" Brown said. Indeed he now has fans who love him, and will be wearing his jersey.

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

Center 4 Life Activity Schedule

Island Seniors, Inc. hosts its Center 4 Life activities at the Sanibel Recreation Center. Visit [www.center4life.org](http://www.center4life.org) for more details.

**Coffee Social** – Tuesday, Wednesday and Thursday, 9:30 to 11 a.m.

**Hot Dog Lunch Bunch** – Wednesdays, 11 a.m. to noon. Cost is \$3 per person; chips and drink included.

**Balance-Core and Strength Aerobics** – Wednesdays, 9:30 to 11 a.m. Ideal for older, active adults looking to improve their mobility. Island Seniors member fee is \$4.10; no charge for recreation center members. Visitor fees available. Space is limited.

**Gentle Yoga** – Tuesdays and Thursdays, 9:30 to 10:30 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

**Chair Yoga** – Tuesdays and Thursdays from 11 a.m. to noon. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

**Kayaking** – Tuesdays, August 16 and September 20, 8:15 to 11 a.m., weather permitting. Cost is \$5 for members and \$20 for non-members. Basic skill level required. You must be able to independently enter and exit the kayak, and keep up with the leaders. Restrictions apply. Call Jessica or Dave at 472-0345.

**Leisure Lunchers** – Thursday, August 16, 11:30 a.m., The Dunes Golf & Tennis Club on Sanibel. Sign up required. Contact Deborah Butler at 314-4554, [deborahbutler@comcast.net](mailto:deborahbutler@comcast.net) or call Jessica or Dave at 472-0345.

**Page Turners Book Club** – In

person and Zoom, Osprey Room. Tuesday, August 9, 2:30 p.m., discussion on *Coming Home* by Rosamunde Pilcher. Popcorn snack is back. For more information, contact Louise Fitzgerald at [sanibelbum22@gmail.com](mailto:sanibelbum22@gmail.com).

**Broadway Palm Dinner Theatre** – Matinee, *Wizard of Oz*, Saturday, August 13. Cost is \$55 for Island Seniors members and \$65 for non-members. Van transportation available on first come basis. Sign up with Jessica at 472-0345.

**Moonlight Kayak Paddle** – Friday, September 9, 6:45 p.m.. Cost is \$5 for members and \$20 for non-members. Space is limited. Basic kayak skill level is required. Trip subject to cancellation due to inclement weather or minimum requirement. For more information, call Jessica or Dave at 472-0345.

**Pie Social** – Friday, August 12, 2 p.m., Osprey Room. Homemade or pre-made. Taste test for bulletin board bragging rights and pie swap for all who submit a pie. Recipe sharing optional. Refreshments available. Sign up with Jessica or Dave at 472-0345.

**Upcoming Trips** – Limited seating, call ahead for reservations, 472-0345 or visit [www.center4life.org](http://www.center4life.org) for details.

**IKEA Shopping Day, Plantation, Florida** – Wednesday, September 7. Cost is \$5 for Island Seniors members and \$10 for non-members. Sign up by Friday, September 2.

**East Coast Thrifting with Trendy Tours** – Thursday, September 22. Cost is \$89 per person. Sign up by Friday, September 9.

**Tennessee Trip: Pigeon Forge, Gatlinburg and Dollywood** – Saturday to Thursday, October 1 to 6. Cost is \$1,699 per person if sharing a double room or \$2,189 for a one-person single room. Sign up by Friday, September 16.

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

SPORTS QUIZ

1. What sports event was founded by Eunice Kennedy Shriver and first took place in Chicago in 1968?
2. The Metrodome in Minneapolis was named in honor of which U.S. politician?
3. What brand of tennis ball has been used at the Wimbledon Championships since 1902?
4. Former NBA player and coach Reggie Theus had his No. 23 jersey retired by what college basketball team?
5. The annual rematch game between the CFL's Saskatchewan Roughriders and Winnipeg Blue Bombers is known by what nickname?
6. What was the name of the dog who found the FIFA World Cup's Jules Rimet Trophy after it had been stolen in London in 1966?
7. In July 1977, what NBA franchise held a telethon for season-ticket pledges in order to save the team from being sold?

ANSWERS

1. The Special Olympics World Games. 2. Hubert H. Humphrey. 3. Slazenger. 4. The UNLV Runnin' Rebels. 5. The Banjo Bowl. 6. Pickles. 7. The Indiana Pacers.



The Sanibel Captiva Trust Company

## Protect Yourself When Traveling



by Carolyn C. Rogers, CFRE, Wealth Services

As many of you anxiously get back to normal and enjoy traveling again, the fact of the matter is that it's a different world. Travel has become increasingly risky and expensive. Inflation, the cost of fuel and increasing demand are raising the price of airfares, lodging, rental cars, cruises and just about every aspect of travel. Likewise, COVID-19 has added protocol risks while you're at your destinations or en route. So many travelers are asking if purchasing travel insurance is a good way to protect their investment if the unexpected occurs.

Generally, travel insurance covers trip cancellation and prepaid reservations like airfare, lodging, cruise fares and other advanced bookings; it also covers inconveniences during your travel such as lost luggage, missed connections and trip delays; and finally, it can cover most medical expenses while traveling.

Keep in mind that many credit cards offer travel-related benefits that can cover you if your flight is delayed or canceled,

if your rental car is damaged or if your luggage is lost during travel. American Express, Chase, Capital One and Bank of America travel cards all offer varying levels of protection that could serve as an alternative to trip cancellation insurance. However, if you become sick or injured during your trip, travel credit cards typically do not provide coverage and your health insurance policies will generally offer medical coverage anywhere within the U.S. It is important to investigate what coverages these resources provide and under what conditions or exclusions.

The argument in favor of buying travel insurance becomes stronger when traveling to international destinations. Medicare is not likely to cover you abroad, and even if you do have private health coverage that covers you outside the U.S., foreign doctors are not likely to accept the coverage and can demand payment up front. It is also important to note that emergency medical transportation or evacuation is usually not covered by other medical policies and must be purchased separately. Depending on where you are, emergency transportation – such as a Medevac helicopter or a private plane – can cost well more than \$100,000 to get you back home. Finally, international travel insurance can help when dealing with medical emergencies overseas, as they understand how things work and how to speak the language – literally!

So, do you need travel insurance? The answer depends on your budget, your destination and your specific situation, including any pre-existing

medical conditions. Most travel insurance companies offer several different policies from which to choose, with varying levels of coverage and prices. You can also buy policies that cover a single trip, multiple trips or coverage for the entire year. Many well-known insurance companies offer these policies and often you can get coverage through your cruise company, your travel agent or online travel booking engines when you make the reservations.

As an extra note of caution for international travelers, stay vigilant and be aware of scams. The latest involves the use of foreign ATMs and foreign hand-held credit card readers used at many retail locations. In both cases, your transaction will give you the choice of Dynamic Currency Conversion (DCC), which you should always decline. DCC allows the merchant or ATM operator to offer their own currency exchange rate, which can be more than 10 percent higher than current exchange rates set by banks. To compound the scam, many foreign ATMs set exorbitantly high minimum withdrawals at \$500 or higher for foreigners, which subjects more of your money to higher fees and higher exchange rates, and leaves you with more foreign currency than you really need. To best protect yourself overseas, be sure to carry travel credit cards that do not charge foreign transaction fees, and always decline DCC coverage when offered.

Travel is a valuable gift to yourself. Just be prepared, be safe and enjoy!

*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.\**

## ISLAND SUN BUSINESS NEWSMAKERS

### John Gee & Company



Bob Hodosky



Michelle Bornhorst

The top producers for July at John Gee & Company were: Bob Hodosky, top listing agent; and Michelle Bornhorst and Gene Taylor, top sales agents.\*



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Health First

# Eight Ways To Hack Your Metabolism



by Julie Rosenberg, MD

Metabolism is the process that turns food into energy. It refers to a series of chemical processes in each cell that turn the calories you eat into fuel to support all bodily processes.

As you get older, your metabolism slows. Why? As you age, you lose muscle mass and burn calories at a lower rate. Gender and genes also play a role in metabolic rate. Men typically have a faster metabolism as compared to women since they have more muscle mass, heavier bones and less body fat. In addition, many people are less physically active as they age, which contributes to a slowing of metabolism.

There are proven ways to reverse a sluggish metabolism (and lose excess weight that often accompanies slowed metabolism). Keep in mind it's not just about cutting calories. If you simply cut calories, you may slow your metabolism further! In this article, I discuss eight ways to boost your fat burning potential and

burn more calories.

1. Do aerobic exercise five days per week – Aerobic exercise helps you to burn calories and boosts your metabolism. The Department of Health and Human Services offers these exercise guidelines: Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. It's best to break up the exercise sessions – do 30 minutes of aerobic exercise five days per week. Great (and fun) aerobic exercises include running, hiking, walking, cycling and swimming. Choose exercises that you enjoy so that you are more likely to keep them up.

2. Strength train – Building muscle mass by lifting weights helps you burn more calories when you're at rest. More muscle mass leads to a higher metabolism. Do strength training exercises for all major muscle groups at least two times per week.

3. Don't skip meals – Skipping meals can make your body sense it's starving, so it stores extra calories instead of burning them. Eat up to six small meals per day to fend off hunger and maintain steady blood sugar levels.

4. Eat enough calories – It's best to eat a nutrient dense, whole foods diet that includes adequate lean protein. When you eat less than 1,000 calories a day, your body works to preserve its resources by going into "starvation mode," which is basically a slowdown in metabolism. The United States Department of Agriculture Dietary Guidelines for Americans 2020-25 estimates calorie needs per day for

moderately active adults over 30 years of age at 2,600 calories for men and 2,000 calories for women. For most older adults, metabolism slows and daily calorie needs are about 200 calories lower after age 50.

It's important to keep in mind that caloric intake is not "one size fits all." Calorie requirements change as we age. In addition, the total number of calories an individual needs each day varies depending on age, sex, height, weight, level of physical activity, and pregnancy or lactation status.

5. Drink plenty of water – Drinking enough water is crucial for your metabolism. Our bodies need water to process calories. Even mild dehydration can lead to a slowed metabolism.

6. Eat a balanced breakfast – Breakfast is literally "breaking" the overnight "fast." Eating a balanced breakfast every day stimulates your metabolism. It's best to eat within one hour of awakening. Skipping breakfast can slow down your body's ability to burn fat as it tries to conserve energy.

7. Add spice to your meals – Spicy foods have natural chemicals that can increase your metabolism. For example, cayenne pepper helps to increase your body's ability to burn fat and calories by stimulating body heat. This effect is due to capsaicin. Another great spice is cinnamon. Adding cinnamon to your food boosts your metabolism and can also help to improve digestion and regulate blood sugar levels.

8. Reduce sitting – The more hours you sit each day, the higher your risk of metabolic problems. Sitting too much can

negatively impact your health and longevity (even if you get the recommended amount of daily exercise).

In conclusion, your metabolism is responsible for converting nutrients from the foods you eat into fuel. This provides your body with the energy it needs to stay alive. Consider adopting these easy, evidence-based strategies into your routine to help boost your metabolism.

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

## Chronic Pain Workshops

Lee Health is offering a research based chronic pain self-management program on Thursdays beginning August 11 from 1 to 3 p.m.

It's All About You, a Self-Management Resource Center program, is free and meets virtually for six weeks.

Learn how to more easily manage medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to health eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*.

Visit [www.leehealth.org](http://www.leehealth.org) or call 424-3121 for more information.✧

# I warned my neighbor that her cat was loose.

In honor of FISH's 40th Anniversary, students at The Sanibel School created works of art showing the importance of helping neighbors and family. We are inspired by their wonderful art and their clear understanding of how small acts of kindness can make a big difference. The future of FISH—and our young neighbors—is promising indeed.



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—a student from *The Sanibel School*



dearRPharmacist

## Weird Reasons For Hiccups; Potential Cures



by Suzy  
Cohen, RPh

**Dear Readers:** For most of you, hiccups happen for a few minutes and resolve on their own. Most of the time, it happens because you've swallowed

too much air while drinking or eating. Or maybe you've had a beer, or soda pop, or went from a warm house into the freezing cold. These are all causes for hiccups.

Either way, these short-term hiccups go away on their own. But what if they didn't stop for days or weeks at a time? One man had hiccups for 20 years before he found resolution.

Having hiccups for a long time will cause malnourishment, dehydration, mental stress, chest pain, abdominal discomfort and problems in your relationship... not to mention you can't speak properly anymore.

If you have been experiencing hiccups for a while, I'm sure you've seen your doctor. If you have not, then that is No. 1 on your to-do list. The reason is that your physician cannot effectively treat you unless the cause is known. Next, jot down all your medications. Don't forget anything. For example, you may have had a lumbar injection for your sciatica or dental work. Include all the medications and treatments in the prior seven days and share this with your physician.

A handful of medical causes for intractable hiccups traditionally teased out include diabetes, brain tumors, gastrointestinal reflux, spinal cord infections and chest trauma. But it's the less frequent causes that I'm writing about today.

Here are five weird reasons for persistent hiccups:

1. Steroid use – Medications taken

orally (or by injection) that belong to the corticosteroid category can trigger long-lasting hiccups. Of the medication category, dexamethasone is the worst offender.

2. Thyroid Nodules or Goiters – You may not even realize you have a thyroid problem, because tests are not always conclusive. And with hiccups, doctors don't automatically look at your thyroid, it is simply that unusual. So, I'm listing this because goiters, nodules and hyperthyroidism can lead to intractable hiccup episodes.

3. Pericarditis – This is inflammation of the heart tissue which can cause not only persistent hiccups, but many other symptoms like weakness, fatigue, heart palpitations, shortness of breath and leg swelling.

4. Shingles – At times, people have been known to have a prodromal warning of the onset of herpes zoster which causes shingles.

5. Medications – Many different prescribed and over-the-counter medications can lead to intractable hiccups. These include tranquilizers, medications for mental health, antihistamines and some blood pressure pills.

As you probably already know, short-term hiccups can be received by holding your breath for a few seconds or drinking some water. But these tricks don't work for intractable hiccups. Oftentimes, medication is needed, and we have several options that your doctor can prescribe. These include risperidone, gabapentin, phenytoin and baclofen. I have a much more comprehensive article on this topic that includes more bizarre causes for hiccups. That is available at [www.suzycohen.com](http://www.suzycohen.com).

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

## Donate Blood

Lee Health is seeking blood donations to help replenish supply levels. For more information, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).

## Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** Do you have some suggestions on how to feel more joy and happiness on a daily basis?

**A:** Everyday throughout your day, one thought can be look around you with an eye for giving out awards. For example, as you look at flowers, notice the one that could get the "most unusual color" award, or find one that has had the hardest struggle to survive, but made it, and give out the "best blossom of the day" award. Look for kindness, extraordinary smiles, efficient and kind service, or ingenious solutions to everyday challenges. There is no limit to the type of number of awards you can give out in a day.

It can be fun to invite family members or friends to play this award game, and at the end of the day, tell each other the awards you've given out. It can be contagious giving out awards, then everyday, you are consciously looking for awards you can give to others. This will also give you a sense of joy and happiness everyday.

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

## Chronic Disease Program

Lee Health is offering a research-based chronic disease self-management program for the community during two days of the week.

It's All About You, a self-management Resource Center program, will be held virtually on Fridays beginning August 12 from 9:30 to 11:30 a.m. and in person at Healthy Life Center-Coconut Point on Tuesdays beginning August 16 from 9:30 a.m. to noon.

The free program, which is two to 2.5 hours once a week for six weeks, is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions. Participants will receive a complimentary copy of the book *Living a Healthier Life with Chronic Conditions*.

Healthy Life Center-Coconut Point is located at 23450 Via Coconut Point in Estero. For more information or to register, call 424-3121.

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Doctor and Dietician

# National Oyster Day And Ways To Prepare Them



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

Who knew? August 5 each year honors oysters for National Oyster Day. Some view oysters as slimy bottom-dwelling-scum suckers while others enjoy the delightful bites of pure ocean brine. We are huge fans of oysters. Having hailed from the Midwest, we never really experienced their awesomeness until we came to Southwest Florida. It is a definite favorite when eating at many of our local restaurants such as Lazy Flamingo, Timbers, Doc Fords, Blue Lagoon and Lighthouse Restaurant.

Let's look at these chewy bites of the ocean. Oysters have been around for

ages with fossils dating back to our first inhabitants of the earth. They have been a food source for about that long as well, since archeologists found evidence of people from coastal regions tossing them in the fire to open and then consuming them. (We recently talked to an older gentleman at a wedding who said he just finished eating a bushel of oysters that he "threw on the grill" to pop open – who knew?)

A little more history – between the 18th and 19th centuries, the world entered "the Golden Age of Oysters," with a surge in oyster production, making them cheaper to produce and thus more available to the general population. In the 19th century, New York gained title as the world's largest producer of oysters and is tied directly to the boom of the New York restaurant industry. Unfortunately, New York's oyster beds were destroyed, and they became more of a delicacy as a result. Whew... so interesting.

Are oysters good for you? Commonly eaten raw with a squeeze of lemon juice and a dip in horseradish and cocktail sauce, these salty delicacies are low in calories and are a good source of Vitamins B12 and D, as well as iron and a number of minerals and micronutrients. Thus, oysters are good for brain health, strong bones and improved immunity.

Consuming oysters raw is not without risk obviously. Food poisoning is a concern, therefore only order oysters from reputable sources where you

know they are fresh. Those who are more susceptible, such as those fighting infection, cancer, diabetes, or liver disease, should probably avoid eating them raw.

However, oysters can be prepared a number of different ways other than the standard "raw on the half shell." Here are some other ways to eat these delicious little creatures:

Grilled oysters – Toss some on the grill and watch them open. Serve with your favorite oyster toppings such as cocktail sauce and horseradish or vinegar and caramelized onions.

Oysters Rockefeller, known as the classic – Cook finely chopped celery, onion and parsley in butter, with 1 tbsp. Worcestershire and ½ tsp. tabasco added, followed by 1 cup of breadcrumbs (we use gluten free) and a splash of Pernod. Oysters are topped with the chilled breadcrumb mixture and baked for five to eight minutes in a 375-degree oven.

Oyster shooters are another fun way to serve oysters and look great in cute shot glasses – Simple to make... just add the shucked and dried oyster to a

shot glass and top with 1 tsp of cocktail sauce and horseradish. Some like to add a little vodka or lemon spritz as well.

Sauteed oysters with wine and herbs is a lovely way to make a beautiful appetizer or a light meal – For two dozen oysters, melt ½ cup butter, add 3 chopped green onions, saute, add 1 tsp. tarragon and ¼ cup dry white wine and salt and pepper to taste. Add shucked oysters and cook for about two to three minutes. Toss in the sauce and serve with crusty toast, crackers, or as is. Garnish with chopped parsley and lemon.

There you have it. We hope you are encouraged to celebrate National Oyster Day and try some of these recipes at home or at some of our local favorite restaurants. Cheers!

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

## Pet Adoption Campaign

Clear the Shelters, the NBCUniversal Local annual nationwide pet adoption and donation campaign, returns for the eighth consecutive year and runs August 1 through 31. As part of the month-long initiative, NBC and Telemundo-owned and affiliated stations across the U.S. and Puerto Rico are partnering with animal shelters and rescue services in their communities to promote pet adoption and raise funds to support animal welfare.

Lee County Domestic Animal Services will participate for its fifth year. Adoption fees on dogs will be reduced to \$25 and cats to \$20 with an approved application. This will lead up to the Clear the Shelter event on Saturday, August 27, when all adoption fees will be waived. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee, a \$600 package.

Since its 2015 inception, Clear

the Shelters has helped more than 700,000 pets find new homes. Last year's campaign resulted in more than 140,000 adoptions and raised more than \$500,000.

"We are pleased to present our eighth annual Clear the Shelters campaign to help shelters and rescues across the nation with their critical work of finding loving homes for the animals under their care, and inviting communities to donate funds to support their work," said Valari Staab, chairman of NBCUniversal Local. "Clear the Shelters is a community-driven effort that counts on the support of so many, including our employees, shelter partners, our affiliate stations and our national sponsors, and thanks to them, the campaign has become an important event."

Lee County Domestic Animal Services Adoption Center is located at 5600 Banner Drive in Fort Myers. For more information, visit [www.leelostpets.com](http://www.leelostpets.com).

For more information on Clear the Shelters, visit [www.cleartheshelters.com](http://www.cleartheshelters.com) and the Spanish-language site [www.desocuparlosalbergues.com](http://www.desocuparlosalbergues.com).\*

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Fire Department, Captiva .....	472-9494
Florida Marine Patrol.....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	472-1080
City Council .....	472-4135
City Building Department.....	472-4555
City Manager .....	472-3700
City Planning & Code Enforcement Department .....	472-4136
City Public Works .....	472-6397
Library, Sanibel .....	472-2483
Library, Captiva .....	239-533-4890
Lee County Mosquito Control .....	239-694-2174
Post Office, Sanibel .....	472-1573
Post Office, Sanibel (toll free) .....	800-275-8777
Post Office, Captiva.....	472-1674
Sanibel Community House.....	472-2155
Center 4 Life, Senior Center.....	472-5743
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Arcade Theater.....	332-4488
BIG ARTS.....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony.....	277-1700
Herb Strauss Schoolhouse Theater.....	472-6862
Lee County Alliance for the Arts .....	939-2787
Naples Philharmonic.....	597-1111
Sanibel Music Festival .....	336-7999
Sanibel-Captiva Art League .....	sancapart.org
Southwest Florida Symphony .....	418-0996
Symphonic Chorale of Southwest Florida .....	560-5695
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ABWA.....	<a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a>
American Legion Post 123 .....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
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Audubon Society .....	472-3744
Bailey-Matthews National Shell Museum .....	395-2233
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	274-5900
COTI Committee of the Islands .....	<a href="mailto:coti@coti.org">coti@coti.org</a>
CROW, Clinic For The Rehabilitation of Wildlife.....	472-3644
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League of Women Voters .....	<a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>
Master Gardeners of the Islands .....	472-6940
Military Officers Assc. of America, Alex MacKenzie ..	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society .....	239-699-6310
Progressive Club of the Islands .....	<a href="mailto:pcisancap@gmail.com">pcisancap@gmail.com</a>
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Lions Club, Steve Schulz .....	239-233-6261
Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
Sanibel-Captiva Republican Caucus.....	395-0819
Sanibel-Captiva Shell Club.....	267-7291
Sanibel Historical Museum & Village .....	472-4648
Sanibel Island Fishing Club .....	472-8994
Sanibel Youth Soccer.....	395-2040
SCCF Sanibel-Captiva Conservation Foundation.....	472-2329
SCCF Sea Turtle Hotline.....	978-728-3663
Shell Islands Garden Club .....	246-8875
United Way of Lee County - 24 hour helpline 211 .....	433-2000
Zonta Club .....	728-1971

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PUZZLES

Answers on page 47



We won't be bothered with this bill anymore.  
This is their \_\_\_\_\_ notice."

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!

Alone

Compare

Hunt

CHASER

Jungle

SOFTER

TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Corsage is smaller. 2. Bracelet is missing. 3. Tie is moved. 4. Star is moved. 5. Moon is different. 6. Urn is different.

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

To Play  
Sudoku:

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



PUZZLES

Answers on page 47

Super Crossword MAKE JOKES

- ACROSS
- 1 Yearned (for)  
7 Zion National Park locale  
11 Fracas  
14 Domino's order  
19 Colorado River tribe  
20 Quarterback Tony  
21 Bible book after Exod.  
22 PC letter  
23 Bought an expensive Camaro?  
26 Desert plants  
27 "— all true!"  
28 Hit the slopes  
29 Crooning while standing atop a Rio?  
31 Glimpses  
33 Large African antelope  
36 Pianist Schiff  
37 Request to your Accord when you need to get somewhere in a hurry?  
42 Triton's realms  
43 Snake noise  
47 — Lingus  
48 Traffic jam  
50 Funny  
52 Color ranges
- 56 City where the Model 3 is produced?  
59 Adjust  
60 Land in eau  
62 Raggedy —  
63 Tripled trio  
64 Why you don't want to give up your beloved Q7?  
70 Has food  
71 Sparkly stone  
72 From long ago: Abbr.  
73 Once-big news agcy.  
74 "Silkwood" co-star  
78 Declaration when a Regal stalls in traffic?  
82 VIP roster  
86 London loc.  
87 Clink dweller  
88 Shire of "Rocky"  
89 Charger being dismantled for scrap metal?  
94 Permitted  
96 San — (city WSW of Sacramento)  
97 Unceasingly  
99 Up to, in brief  
100 Pace  
101 Don of talk radio
- 104 Things provided by joyrides in a Grand Cherokee?  
109 Crude shed  
111 Knightly title  
112 Caulk, e.g.  
113 Action words used in Continental ads?  
119 Forest hooter  
122 Rapa — (Easter Island)  
123 Large city in Nebraska  
124 Put a wheel boot on a Mustang?  
128 Cato's language  
129 Ocean east of Fla.  
130 Burn balm  
131 Main course  
132 Nerve cell projections  
133 Pekoe, e.g.  
134 Oxen connector  
135 Vocalizes Alpine-style
- 6 Pack of cards  
7 Suffix with depart  
8 "Mazel —!"  
9 Schumer and Sedaris of comedy  
10 Pueblo tribe  
11 Trues up  
12 Make a choice  
13 Pull-out part of a range  
14 — Bill (Old West folk hero)  
15 Somalian supermodel  
16 Astros pitcher Greinke  
17 Rigatoni relative  
18 Et — (and more)  
24 Lofty  
25 Stranded cellular stuff  
30 NBAer Pau  
32 Gap-creating gizmos  
34 NSFW part  
35 Joins up  
38 D.C. subway  
39 Goof up  
40 65% or so, gradewise  
41 Vienna's nation: Abbr.  
43 Cracker brand of old  
44 Holy likeness  
45 Equivalent
- 46 Louver piece  
49 Physics Nobel Max  
51 — -pedi (spa option)  
52 NSFW part  
53 "Guilty," e.g.  
54 Louisiane, par exemple  
55 Mann of pop  
57 "Gemini Man" director Lee  
58 Acting instinctively, informally  
61 Long- — (rangy)  
65 E followers  
66 Capital of South Vietnam  
67 "Ltd." cousin  
68 Winning by a point  
69 Salsa, say  
74 White wine  
75 Fiery realm  
76 Pennsylvania city  
77 Use a book  
78 Texter's "ciao"  
79 Sturm — Drang  
80 Backdrops  
81 Flight unit  
82 Slightly open  
83 Moon, in Italy  
84 Research ctr.  
85 — -Ball  
90 "Entrapment" director Jon
- 91 Headwear in the title of the first Ellery Queen mystery  
92 FBI's govt. division  
93 "Gosh!"  
95 — degree  
98 Print quality abbr.  
102 Gen. Assembly procedure for a resolution  
103 McCartney of fashion  
105 Medium gait  
106 "The Raven" maiden  
107 Hardy's pal  
108 Declines  
109 Bank offers  
110 Munic. law  
113 Dancer  
Falana  
114 Huge-screen format  
115 Defense gp.  
116 Facial feature  
117 Yrly. gift-giving occasion  
118 Aviate alone  
120 Milk serum  
121 Jokey Jay  
125 Asian pan  
126 Born, to Fifi  
127 Co. bringing bouquets

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						112				
113	114	115	116									117	118			119	120	121		122		
123							124							125	126				127			
128							129					130					131					
132							133					134					135					

King Crossword

- ACROSS
- 1 Sharp turn  
4 Help a crook  
8 Feudal slave  
12 — bind  
13 Put on  
14 Tow  
15 Up to  
16 Taj Mahal city  
17 Canadian gas brand  
18 Gorgonzola, for one  
21 Hairy Addams cousin  
22 Bit of advice  
23 Forgeries  
26 Clear the deck?  
27 Melancholy  
30 Incurison  
31 Ruin the veneer  
32 Robust  
33 Thanksgiving veggie  
34 Prom rental  
35 Washer phase  
36 Droop  
37 Abysmal  
38 Brunch entree  
45 Heap  
46 Roll call reply  
47 Literary collection  
48 On the briny
- 49 Hurler  
Hershiser  
50 Book-spine  
abbr.  
51 "— the Knife"  
52 Tiny amounts  
53 Request
- uct  
8 Bo Peep's charges  
9 Lighten  
10 Senator  
Feingold  
11 Drifting ice  
19 Fibbed  
20 Trendy  
23 Saute  
24 Bond rating  
25 Kipling lad  
26 Upper limit  
27 Pouch  
28 100 percent  
29 Scottish river  
31 Hood's photo
- 32 Jekyll's bad side  
34 — chi  
35 Caravan mammals  
36 Sly one  
37 Yawning, maybe  
38 Pesky email  
39 Tower city  
40 Sir Guinness  
41 Wife of Zeus  
42 Volcanic flow  
43 Eve's grandson  
44 Chat
- DOWN
- 1 Tubular pasta  
2 "What's — for me?"  
3 Fancy party  
4 Expects  
5 Sired  
6 Deserve  
7 Deere prod-

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		

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POMKZIRRFMDGERD  
BZXWUAAAUOTDYRR  
HQONPDLKNBREIAL  
JCIAFGAEFDNCTBD  
CSNOISSESKORHAY  
XORYEWVTNNILOSS  
BDRYLP OIEWNLPHA  
KJIGFEP RREDLOHT

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: FIRST FEMALE JANET —

Ashcroft  
Barr  
Biddle  
Bonaparte

Bradford  
Gonzales  
Holder  
Kennedy

Lynch  
Mukasey  
Pinkney  
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FRIDAY  
Partly Cloudy  
High: 91 Low: 80



SATURDAY  
Partly Cloudy  
High: 92 Low: 84



SUNDAY  
Partly Cloudy  
High: 90 Low: 80



MONDAY  
Cloudy  
High: 88 Low: 81



TUESDAY  
Mostly Cloudy  
High: 90 Low: 80



WEDNESDAY  
Sunny  
High: 91 Low: 83



THURSDAY  
Sunny  
High: 89 Low: 79

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	6:39 am	12:00 am	8:44 pm	1:54 pm	Fri	5:44 am	12:02 am	7:49 pm	1:56 pm	Fri	6:14 am	12:16 am	7:46 pm	1:28 pm	Fri	8:49 am	3:16 am	10:54 pm	5:10 pm
Sat	7:24 am	12:28 am	None	3:20 pm	Sat	6:29 am	12:30 am	None	3:22 pm	Sat	6:40 am	12:38 am	8:45 pm	2:33 pm	Sat	9:34 am	3:44 am	None	6:36 pm
Sun	8:19 am	4:39 pm	None	None	Sun	7:24 am	4:41 pm	None	None	Sun	7:18 am	1:00 am	9:59 pm	3:40 pm	Sun	10:29 am	7:55 pm	None	None
Mon	9:24 am	5:48 pm	None	None	Mon	8:29 am	5:50 pm	None	None	Mon	8:06 am	1:22 am	None	4:58 pm	Mon	11:34 am	9:04 pm	None	None
Tue	10:34 am	6:47 pm	None	None	Tue	9:39 am	6:49 pm	None	None	Tue	9:07 am	6:22 pm	None	None	Tue	12:44 pm	10:03 pm	None	None
Wed	11:40 am	7:37 pm	None	None	Wed	10:45 am	7:39 pm	None	None	Wed	11:24 am	7:33 pm	None	None	Wed	1:50 pm	10:53 pm	None	None
Thu	3:28 am	5:23 am	12:41 pm	8:21 pm	Thu	2:33 am	5:25 am	11:46 am	8:23 pm	Thu	4:12 am	6:38 am	12:59 pm	8:31 pm	Thu	5:38 am	8:39 am	2:51 pm	11:37 pm

My Stars ★★★★★  
FOR WEEK OF AUGUST 1, 2022

**Aries** (March 21 to April 19)  
A misunderstanding tests the temperament of the sometimes headstrong Aries. But instead of blowing your top, take time for a pleasant diversion while things cool down.

**Taurus** (April 20 to May 20)  
A workplace problem could make the divine Bovine see red. But talk it out before you consider walking out. Some surprising facts emerge that change your earlier focus.

**Gemini** (May 21 to June 20)  
You face a choice between ignoring your uneasy feelings about your relationship with that special person and demanding explanations. A close friend offers wise counsel.

**Cancer** (June 21 to July 22)  
A change you'd been hoping for carries an unexpected complication. Stay the course, and things will work themselves out. Be sure to make time for family and friends.

**Leo** (July 23 to August 22)  
Aspects

favor spending time with loved ones. On the job, new ideas are generally welcomed. But some demands for changes could cause problems. Be ready to defend your choices.

**Virgo** (August 23 to September 22)  
Good news: That workplace problem is close to being resolved with results that should please everyone. Take time off to indulge your love of fun and games.

**Libra** (September 23 to October 22)  
Most of the time, you are the most unflappable person around. But be ready to be thrown off-balance in the nicest way when Cupid takes aim in your direction.

**Scorpio** (October 23 to November 21)  
It's not often when someone tries to "sting" the sharp-witted Scorpion. But it can happen. Continue to be skeptical about anything that seems too good to be true.

**Sagittarius** (November 22 to December 21)  
Your strong sense of self-esteem helps you serve as a role model for someone who needs personal reassurances. Your efforts pay off in an unexpected way.

**Capricorn** (December 22 to January 19)  
Someone close considers

revealing a painful secret. Withhold any judgment. Instead, open your generous heart and offer dollops of your love and understanding.

**Aquarius** (January 20 to February 18)  
Your talents as a peacemaker are called upon once more, as an old problem re-emerges with new complications. Move cautiously in order to avoid falling into hidden traps.

**Pisces** (February 19 to March 20)  
The artistic side of yourself is enhanced with the reception given to your new project. Use this success as encouragement toward fulfilling your larger goals.

**Born This Week:** Your natural sense of leadership is combined with a deep sense of responsibility. People trust you to give them both guidance and understanding.

MOMENTS IN TIME

• On Aug. 10, 1776, news reaches London that the Americans had drafted the Declaration of Independence. Until the Declaration of Independence formally transformed the 13 British colonies into states, the conflict

centered in Massachusetts was seen as a local uprising.

• On Aug. 13, 1781, Patriot forces led by Col. William Harden and Brig. Gen. Francis Marion, known as the *Swamp Fox*, lure British commander Maj. Thomas Fraser and his 450 soldiers into an ambush at Parker's Ferry, near Charleston, South Carolina. Marion had earned his nickname for his ability to "outfox" his opponents in the swamps of the South Carolina backcountry.

• On Aug. 9, 1936, at the Berlin Olympics, African American track star Jesse Owens wins his fourth gold medal of the Games in the 4 x 100 meter relay. His relay team set a new world record of 39.8 seconds, which held for 20 years.

• On Aug 8, 1945, President Harry S. Truman signs the United Nations Charter, and the United States becomes the first nation to complete the ratification process and join the new international organization. Although hopes were high at the time that the United Nations would serve as an arbiter of international disputes, Truman

continued on page 46

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Photo © David Schreiber



# PETS OF THE WEEK



**Damaris**



**Bryan**

Damaris ID# A921376 photos provided  
Lee County Domestic Animal Services

## Damaris And Bryan

Hello, my name is Damaris. I am a brindle 4-year-old male hound mix. IComments: I am eagerly waiting for my furever family. I am a cell dog graduate from the Lee County Sheriff's Office Cell Dog Program. I know a thing or two about obedience, and I listen like a good boy. I am a nice mid-sized dog that will fit nicely in any home.

My adoption fee is \$95... cell dog adoption fees are not reduced.

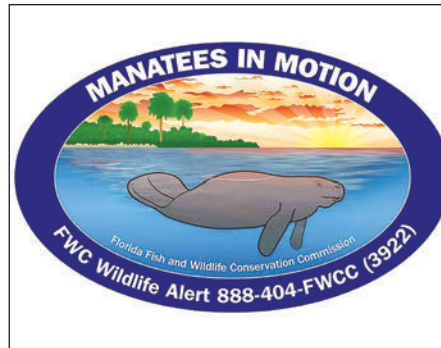
Hi, I'm Bryan. I am a gray tabby 3-month-old male domestic shorthair. How can you resist the cuteness in

Bryan ID# A926143

this itty bitty kitty? I will amuse and entertain you with my playful antics and then snuggle up with you for nap time. Take advantage of the adopt one, get a feline friend at no additional fee and you can have twice the unconditional love.

My adoption fee is \$20 and you get a feline friend at no additional cost.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.\*



The new manatee decal image provided

## Sale Of Decals Supports Wildlife

The Florida Fish and Wildlife Conservation Commission's (FWC) 2022-23 manatee and sea turtle decals are now available. These waterproof stickers are colorfully illustrated and look right at home on watercraft, car bumpers or anywhere you want to show your support for these native species.

New decal designs are released each July and can be purchased with a \$5 donation when you register or re-register a vehicle or boat at local tax collector's offices across the state. The funds raised by decal donations go directly toward supporting research, rescue and management efforts for manatees and sea turtles.

This year's decal themes bring additional attention to specific conservation issues:

"Manatees in Motion" provides a reminder that manatees travel throughout Florida's waterways and move between freshwater rivers and springs, brackish waters and coastal



The new sea turtle decal

saltwaters. If you see evidence of a nearby manatee while boating, such as the signature round "manatee footprint" water plume, slow your vessel or shut off your engine until you can locate it and move to a safe distance.

"A Generation of Protection" highlights the many years of obstacles turtles face on their journey from hatchlings to mature adults with nests of their own, a process that can take 20 to 30 years. Lights on a nesting beach, motorized watercraft and marine debris can all negatively impact turtle lifecycles.

This year's manatee decal also displays the FWC Wildlife Alert Hotline, 888-404-3922, where you can report an injured, entangled or sick manatee or sea turtle.

Learn more about how to help conserve manatees and sea turtles at [www.myfwc.com/manatee](http://www.myfwc.com/manatee) and [www.myfwc.com/seaturtle](http://www.myfwc.com/seaturtle), where you can also purchase past decal versions. Another way to show support for these species is by purchasing a "Save the Manatee" or a "Helping Sea Turtles Survive" license plate at your local tax collector's office. For more information, visit [www.wildlifeflorida.org](http://www.wildlifeflorida.org).\*

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From page 44

## Moments In Time

did not even use one of the ceremonial pens to sign, instead opting for a cheap 10-cent desk pen.

• On Aug. 12, 1953, less than one year after the United States tested its first hydrogen bomb, the Soviets detonate a 400-kiloton device in Kazakhstan. Known as the *Layer Cake*, the bomb was fueled by layers of uranium and lithium deuteride, a hydrogen isotope.

• On Aug. 11, 1973, *American Graffiti*, a nostalgic coming-of-age tale steeped in the car-centric culture of suburban California, is released in theaters. The movie went on to become a sleeper hit.

• On Aug. 14, 1985, Michael Jackson takes control of the publishing rights to the vast majority of the Beatles' catalog for \$47 million, outbidding Paul McCartney himself. In the years afterward, the catalog was estimated to be worth in excess of \$1 billion.

### NOW HERE'S A TIP

• "When painting, write the name and brand of paint under the room's light switch plate. If you ever need to go out and buy more, you will know where to start." – RK in Montana

• My family has always used mayonnaise as a salve on minor burns. I heard you can use toothpaste too.

– Sam P. via e-mail

• Add these to the list of items to eliminate the odor of cooking cabbage: a heel of bread, a whole walnut or a pinch of baking soda.

• To travel with pleated skirts, use this packing trick: Turn the skirt inside out and straighten all the pleats. Then tape the bottom so that all the pleats are held together. Next, feed the skirt into a leg of pantyhose with the foot cut off. You end up with a nice tube, which you can tuck into the sides of your luggage.

• When traveling for more than a few days, stick your plants into the bathtub with a little bit of water. They soak it up, and you don't have to have someone come over and water your plants. This will only work for a week or less, though.

– John McF. of Baton Rouge, Louisiana

• I keep grocery lists on my computer. When I am going to go shopping, I print out the list and fold the paper in half. Then I slip my coupons into the fold. Keeps them handy when I am shopping.

– Reader in Maryland

### STRANGE BUT TRUE

• The Psychotria elata flower, also affectionately known as the *hot lips*

*plant*, which grows in the rainforests of Central and South America, resembles a puckering mouth covered in lipstick.

• After losing a drunken poker bet in 2009, a New Zealand man had his name legally changed to "Full Metal Havok More Sexy N Intelligent Than Spock And All The Superheroes Combined With Frostnova." After five years, the new moniker was finally approved by the government, and all 99 characters are on his passport.

• In Oklahoma, it is illegal to wear boots to bed (but shoes are ok).

• According to a 2014 survey by the Christian retailer LifeWay, seven percent of Christian Americans pray for a parking spot.

• In 1956, four men on a boat off the coast of Cornwall threw explosives at a shark to kill it, or at least scare it away from divers, but the plan partially backfired, killing two of the men and injuring the others when the shark headed for them instead with an explosive device on its back.

• *Ouijazilla*, in Salem, Massachusetts, holds the unofficial title of the "World's Largest Ouija Board" at 3,168 square feet and approximately 9,000 lbs.

• Charlie Daniels objected to the use of *The Devil Went Down to Georgia* in the Guitar Hero III video game because it was possible for the player to lose to

a devil-like character, which "perverted" his song.

• No matter what it might feel like, to the contrary, when you're suffering from one, the majority of microbiologists say viruses are not actually alive, as they produce no energy and can only reproduce when inside a living creature.

### THOUGHT FOR THE DAY

"It isn't the mountains ahead to climb that wear you out, it's the pebble in your shoe." – Muhammad Ali

### TRIVIA TEST

1. **Geography:** What is the largest island in Canada?
2. **Movies:** What is the name of the bully neighbor boy in Disney's "Toy Story"?
3. **Language:** What is a cruciverbalist?
4. **Television:** Which TV sitcom character calls his son-in-law "Meathead"?
5. **History:** What is the Danegeld, a tax levied in Anglo-Saxon England from the ninth through 11th centuries?
6. **Music:** Which pop music band was the first to appear on children's lunchboxes?
7. **U.S. Presidents:** Which president

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1/26 ★ TFN

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1/4 ★ TFN

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4/20 ★ TFN

### HELP WANTED

#### OFFICE ADMINISTRATOR WANTED

Royal Shell is seeking a Director of First Impressions for our busy real estate office in Sanibel Island. In this role, you will direct incoming calls, assist the Office Manager and agents with administrative duties.

Administrative experience in a real estate office and with MLS is preferred. You must be professional in appearance and demeanor, and have excellent computer and communication skills. A Florida Real Estate license and Notary Public are a plus. Pay is based on experience.

Email resume to resumes@royalshell.com

7/15 ★ TFN

### HELP WANTED

#### FULL/PART-TIME SALES ASSOCIATE

Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required.

Please email a resume to sanibelsole@gmail.com.

4/22 ★ TFN

#### ISLAND PRESCHOOL TEACHERS

The Children's Education Center of the Islands (CECI) is looking for part-time or substitute preschool teachers for its nature themed education program. Potential for full-time growth possible. Flexible hours.

Competitive salary. Tolls paid.

Please call Nita at 239-472-4538.

10/22 ★ TFN

### PSA

#### AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking?

Call the 24-hour help line of South Florida

Al-Anon at 941-564-5098 or visit

www.southfloridaal-anon.org.

4/24 ★ TFN

### Shore Fishing:



### Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with

the fish, support it as you lift it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida residents as well as out of state visitors need a fishing license to fish from shore.

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- is linked to the teddy bear?
8. **Animal Kingdom:** How big are baby kangaroos when they're born?
9. **Famous Quotes:** Which 19th-century author and philosopher once said, "One must maintain a little bit of summer, even in the middle of winter"?
10. **Ad Slogans:** Which product's advertising slogan is "Obey your thirst"?

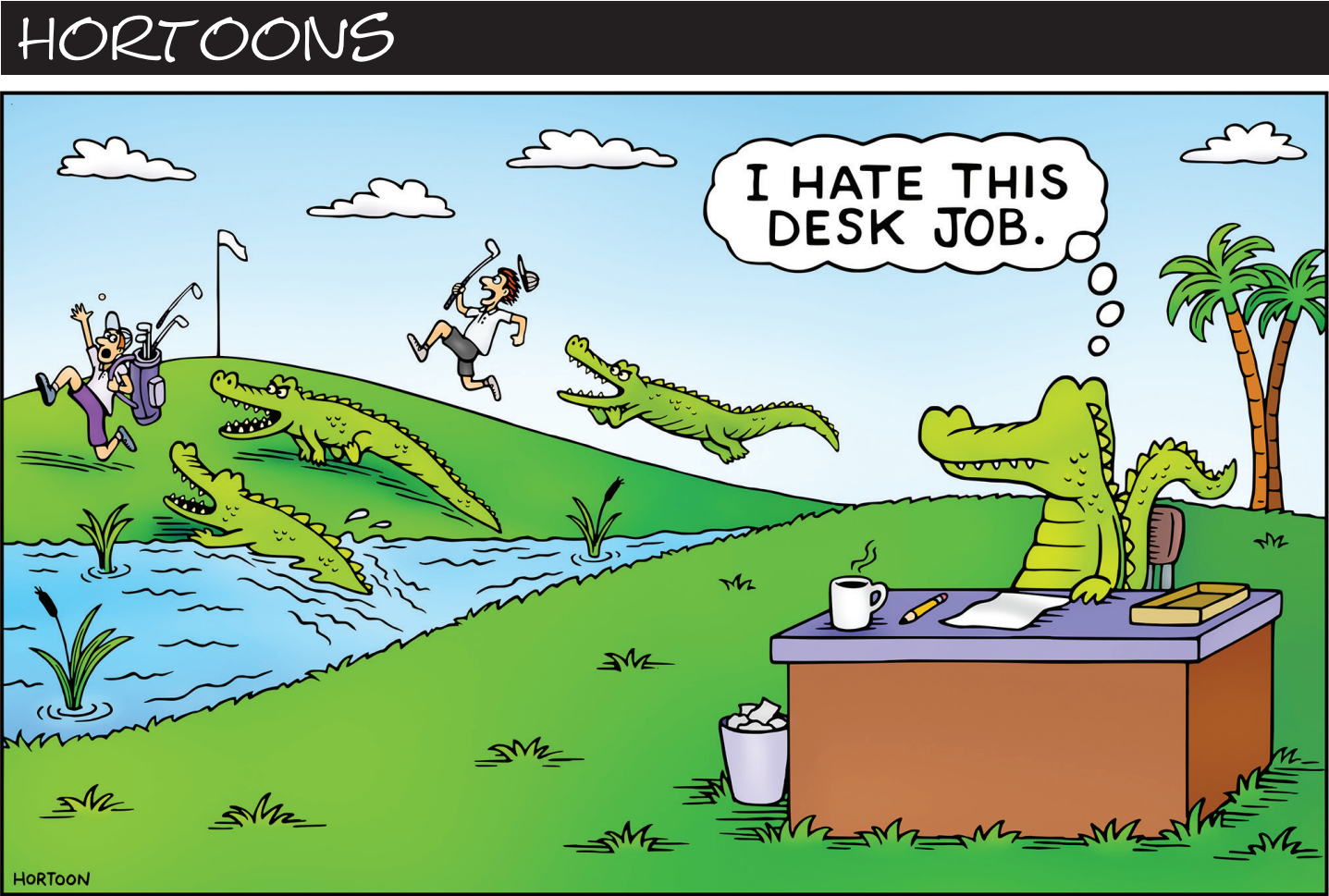
TRIVIA ANSWERS

1. Baffin Island. 2. Sid. 3. Someone who designs or enjoys solving crossword puzzles. 4. Archie Bunker, All in the Family. 5. The tax receipts were used to buy off Viking invaders and provide for defense. 6. The Beatles. 7. Theodore Roosevelt. It was invented in his honor after he refused to kill a bear on a hunting trip. 8. About 1 inch. 9. Henry David Thoreau. 10. Sprite.

SCRAMBLERS ANSWER

1. Single 2. Liken  
3. Search; 4. Forest

Today's Word  
FINAL



PUZZLE ANSWERS

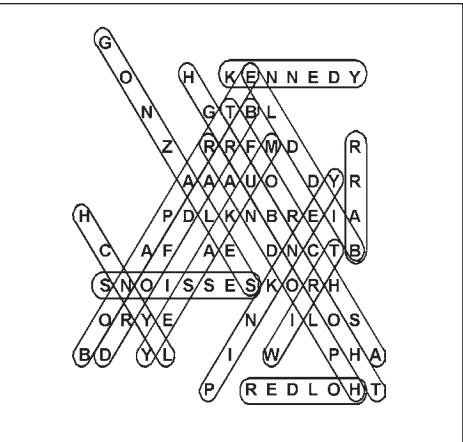
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cape Coral	Cape Coral	2020	6,354	\$5,800,000	\$5,300,000	373
Caloosa View	Fort Myers	2015	5,934	\$3,990,000	\$4,000,000	2
Fa Lanes Bayview	Captiva	2011	3,468	\$3,995,000	\$3,995,000	9
Admiral's Isle	Fort Myers	2002	3,971	\$2,440,000	\$2,100,000	34
Cape Coral	Cape Coral	1971	3,032	\$1,999,900	\$1,950,000	158
Longlake	Bonita Springs	1996	3,279	\$1,795,000	\$1,822,721	3
Renaissance	Fort Myers	2016	3,248	\$1,899,000	\$1,725,000	5
Vittoria	Fort Myers	2012	3,355	\$1,599,000	\$1,599,000	2
Palmetto Point	Fort Myers	1985	3,962	\$1,600,000	\$1,500,000	28
East Rocks	Sanibel	1977	1,669	\$1,549,000	\$1,480,000	4





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