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SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 12, 2022

AUGUST SUNRISE/SUNSET: 12 6:59 • 8:08 13 6:59 • 8:07 14 7:00 • 8:06 15 7:00 • 8:06 16 7:01 • 8:05 17 7:01 • 8:04 18 7:02 • 8:03

Mission Complete For This Nesting Snowy Plover

In 2020, Sanibel's oldest known snowy plover – named Orange/Black for the IID bands on her leg – fledged a single chick. She was at least 12 years old at the time, having been banded in 2009 by staff at Sanibel-Captiva Conservation Foundation (SCCF). This was her last known nest attempt, and she has not been seen since fall 2020.

Orange/Black's chick, banded Blue/Black and named "BK" for short, spent the next year traveling around Southwest Florida. After fledging, BK went to Carlos Pointe on Fort Myers Beach, as many Sanibel fledges do. He wintered on Caladesi Island before spending the 2021 breeding season traveling back and forth between Sanibel and Outback Key at Fort De Soto Park near St. Petersburg. It is suspected that he did not find a mate or



Blue/Black, known as BK, with his two chicks that hatched in June following Tropical Storm Alex. Both chicks are now banded. photo provided

have a nest in 2021. In spring 2022, BK returned to Sanibel, this time with a mate.

This April, BK made several nest scrapes on west Sanibel. Once a scrape was chosen, his mate laid three eggs, which were unfortunately eaten by crows at the beginning of May. A few days later, BK was spotted back up on Outback Key, when SCCF staff and volunteers assumed he was done with Sanibel. However, during a daily morning patrol, staff and volunteers found BK and his mate back on the island, this time on the east end. Staff posted the area off and, a few days later, three eggs were laid.

BK and his mate spent almost a month incubating and protecting the eggs. On day 26, two fluffy chicks hatched. Staff and volunteers were overjoyed, as the nest had survived quite the weekend when Tropical Storm Alex came through in June. Winds and waves from the storm caused water to slowly creep up the beach until it reached BK's nest, fully submerging it for several hours. After a brief period of

continued on page 26



Flame Lily is half hawksbill and half loggerhead

photos provided

Genetic Testing Confirms Sea Turtle Is A Hybrid

While loggerhead sea turtle nesting is starting to wind down, hatching season is ramping up. Sanibel-Captiva Conservation Foundation (SCCF) reported that 774 nests have been laid on Sanibel and Captiva beaches so far, with many reported hatches occurring. Thanks to the hard work of volunteers and staff, 16,606 hatchlings have already emerged

this season. Currently, there are about 470 nests incubating on the islands and more are expected to hatch throughout August.

Each year, SCCF sea turtle staff encounters about 160 unique individual turtles at night during field season – and some of them really make an impression. When the team first encountered a turtle named Flame Lily (identified by her tags) last summer, they were struck by her narrow and pointed beak, resembling a hawksbill sea turtle.

"Later in the season, we received a hotline report of a turtle nesting during



Flame Lily's first nest last year produced 104 hatchlings

the day, and it happened to be Flame Lily. This rare daytime encounter provided a clear look at this turtle and heightened our suspicions that she might be a hybrid," said Kelly Sloan, coastal wildlife director and sea turtle program coordinator.

New genetic results from University of Georgia's Dr. Brian Shamblin confirm that Flame Lily is in fact half hawksbill, half loggerhead.

"Further testing is needed to learn which parent is the hawksbill, but in most similar cases, the hawksbill is the male," Sloan said, adding that since hawksbill sea turtles tend to nest slightly later than

loggerheads, it's possible that hawksbill males find only loggerhead females when they arrive to courtship areas.

Flame Lily's first nest last year produced 104 hatchlings.

Sea turtles are among the world's oldest creatures. The seven species that can be found today have been on the earth for about 110 million years, since the time of the dinosaurs. These ancient reptiles have long fascinated people around the world and are some of the islands' most treasured natural resources.

For more information on the SCCF Sea Turtle Program, visit www.sccf.org.✧

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The Island Cow suffered a fire on August 6

Restaurant Owners Remain Positive After Fire

Island Cow Owners Brian and Elke Podlasek are reassuring patrons that their Sanibel Island restaurant at 2163 Periwinkle Way will be reopened as soon as possible after a fire caused severe damage last Saturday evening.

"Island Cow is currently closed following a fire that started in our kitchen after we had closed for the evening. Thankfully, no one was injured, and we are committed to renovating and

photo by Anna Marrero

reopening as quickly as possible," read a statement the Podlaseks sent out Sunday. "On behalf of our Island Cow family, we want to thank everyone for their ongoing support while we close temporarily for repairs."

By noon Monday, the restaurant's Facebook page had received over 500 comments from well-wishers, prompting an updated statement from the Podlaseks. "Thank you for your concerns. None of our iguanas were harmed. They will be enjoying a Sanibel staycation until we rebuild."

The fire is currently under investigation. Details on the reopening of the restaurant will be announced as soon as they are available.✱

New Minister Coming To Sanibel Church

Sanibel Congregational United Church of Christ has a new full-time minister, Dr. Mark Boyea. He and his wife, Cindy, will begin Mark's tenure in September.

Dr. Boyea has served in the full-time ministry to the First Parish Church, Congregational in Manchester, Massachusetts for approximately two years and First Congregational Church, Westfield in New Jersey for 15 years as their senior minister.

Dr. Boyea has a doctor of philosophy (PhD) from the University of Maryland, a master of divinity from Drew Theological School, a master of education from East Stroudsburg University and a bachelor of arts from Potsdam State University College.

Dr. Boyea and Cindy have two adult children: son, Ryan (wife, Danielle) and daughter, Kelsey. He is looking forward to becoming an essential part of the community, continuing the church's work and commitments as well as introducing and integrating other ideas and ministries beneficial to the barrier islands and neighbors at-large. Dr. Boyea and Cindy love walking and riding bikes, so watch out for these new faces on the Sanibel-Captiva trails and paths. Dr. Boyea's first official sermon as full-time minister is Sunday, September 18 at 10 am.



Dr. Mark and Cindy Boyea photo provided

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. For more information, visit www.sanibelucc.org.✱

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A postcard from the 1940s
Captiva Island Historical Society

Landmark: Chadwick Estates

This hand-colored postcard from the collection of Bob Averill (Sanibel's Islander Trading Post) depicts Captiva's Chadwick Estates (now South Seas Island Resort), circa 1940s.

The History Gallery, developed by the Captiva Island Historical Society, features

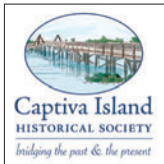


photo courtesy Captiva Island Historical Society Archives

many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane. The gallery is closed temporarily for repairs. Call 533-4890 for information.

Visit the website at www.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva.*

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 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 and www.facebook.com/Captiva-Chapel-By-The-Sea. 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 7:30 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL COMMUNITY CHURCH

Sunday service at 10 a.m. July 10 though

September in the Sanctuary. View the Sunday services via livestream at 10 a.m. through the summer or later online at 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, 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, 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, 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, 2050 Periwinkle Way, 847-309-3926.

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



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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.

The Community House will serve as a polling place for Precinct 116 on primary election day, Tuesday, August 23.

Representatives from Lee Health Blood Center will be onsite for a blood drive on Thursday, August 25 from 10 a.m. to 3 p.m. All blood donated stays in Lee County.

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



The Community House file photo
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 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 Monday through Friday from 9 a.m. to 1 p.m. through

August 26.
The Community House will be closed to the public from August 30 to September 5 for maintenance.
The next arts and crafts fair is scheduled for Sunday, October 23. Spots are filling up quickly. Local artists can apply for a table by emailing marketing@sanibelcommunityhouse. Cost is \$75.
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 or call 472-2155.✪

Youth Basketball Begins Friday

The Sanibel Recreation Center youth fall basketball season begins on Friday, August 12 at 5 p.m. and concludes on Friday, September 23. It is open to children in kindergarten through eighth grade. There is also a Tiny Tots division for 3- and 4-year-olds.

The Tiny Tots league plays on Saturdays at 9:30 a.m. beginning August 13. Games for kindergarten through eighth grade are played on Fridays between 4:30 and 7:30 p.m. in the gymnasium.

Practice for kindergarten through third grade is held on Tuesdays at 4:45 p.m. Practice for fourth through eighth graders is held on Thursdays at 4:45 p.m.

The fee is \$46 per child for recreation center members or \$60 per child for non-members.
Financial assistance is available based upon individual need. For more information, call 472-0345. Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.✪

Blood Donors Needed

Lee Health is seeking blood donations to help replenish supply levels. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.
For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.✪



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FEMA Modernizes Mobile App

FEMA has updated its mobile app – in English and Spanish – to give users increased personalization options and help them take charge of disasters. Downloading the app now is especially important entering peak hurricane and wildfire seasons.

Driven by critical customer feedback, this is the mobile app’s largest update in the last 10 years and demonstrates FEMA’s continued commitment to meeting people where they are by providing the resources they need in a user-friendly way.

“FEMA is committed to providing families with the tools and information they need to keep themselves and their loved ones safe from disasters,” said FEMA Administrator Deanne Criswell. “By advancing our mobile app technology, we are better helping communities plan, protect and recover from disasters through clear, effective and reliable communication.”

The original FEMA app gave users a reference guide of information to pull from and basic alert features. The new app will allow users to customize what they see in the app in order to receive information most relevant to their user preferences and location. Another innovative feature of this revamp is a Recover section that helps disaster survivors understand federal disaster declarations in their area and get answers to common questions about the assistance application process. Together, these new features help users better prepare for, protect against and recover from disasters.

The app’s redesign has been rooted in the customer experience and user feedback, with increased accessibility integrated into the development process to ensure this new version was also user friendly for people with disabilities.

“At FEMA, we’re constantly striving to make our information as approachable as possible,” said FEMA Digital Engagement & Analytics Branch Chief Gloria Huang. “This latest update is a big step forward, but not the end of our progress. We’ll continue taking user feedback and

technological advances to improve app functionality. This information empowers people to make informed decisions about their preparedness and response to disasters.”

In addition to all-new features like disaster declaration notifications and frequently asked questions on assistance applications, popular features such as weather alerts, emergency shelter locations and disaster recovery center information will be included in this update but with an entirely new, user-friendly look and feel. Preparedness information on the FEMA app has also been completely reworked to make it easier to understand, and this latest version will present interactive preparedness information grouped by topic.

The app is available for download on iOS or Android. Current users will need to update their app and enter profile information but will not need to re-download it to access new features.

Furthering FEMA’s commitment to providing accessible disaster information, the agency also updated its Text-to-Shelter feature this year. Users can now text “shelter” and their ZIP code to 43362 to get a list of nearby shelter locations. During disasters, it is important to follow instructions given by local and state officials, as they may share additional sheltering options.

To watch a YouTube video on the update, visit www.youtube.com/watch?v=1-ja2xhGEwA.

Elevated Dock Approved In Sanibel Bayous

by Wendy McMullen

A request for a variance to allow a dock higher than three feet above the mean high water line led to discussions on motorized vessels on natural bodies of water at Tuesday’s City of Sanibel Planning Commission meeting.

Noting that the planners would not have authorized a motorized version of the dock requested at 5439 Osprey Court on water abutting Clam Bayou, Commissioner Karen Storjohann

questioned whether a small low horsepower engine might have been permitted on the extensive bayou.

Chairman Roger Grogman, responding to the question, suggested that issue might be worth future discussion.

“I’m not wanting to make this an ebike on water situation, but the use of electronics and energy converted through battery for kayaks is becoming pretty prolific,” he observed. “It’s probably worth in the future taking a look at the definition ‘motorized’.”

Commissioner Ty Symroski agreed, noting that the bayou was a fairly large body of water and that a two horsepower canoe might not harm the benthic community and allow more people to experience the abundant natural life in the bayous.

“The more people can appreciate the nature, the more we have a constituency for nature,” he propounded.

The variance was requested to construct a walkway and dock for nonmotorized vessels. The 130-foot walkway with a terminal platform required a variance because the dock needed to be elevated two feet higher than allowed by Sanibel’s Land Development Code in order to conform to U.S. Army Corps of Engineers’ (USACOE) regulations. Docks higher than three feet above mean high water are not permitted on Sanibel without a variance. The USACOE requires docks built over mangroves to be five feet above the mean high water line.

The planning commission approved the application, but amended the variance to allow the owners to make minor changes without coming back for approval.

Symroski, who has experience loading kayaks off racks, suggested some changes in the design that would make it easier to get the kayaks out of the water, observing that “a 22-year-old can pick up a kayak with three fingers.”

“But as you get older, you tend to work smarter,” he said wryly, suggesting that property owners David and Susan Kienze might want to add a slide, winch or pulley system to lift the kayaks up on to the five-foot-high dock.

There was also discussion about the

incandescent bulbs required under the variance. Storjohann questioned why newer more energy-saving forms of lighting were not recommended. Planning Director Laura McMichaels promised to investigate and get back to the commission.

The criteria for granting a variance for a structure include showing unnecessary hardship that deprives the owner of reasonable use, that the hardship does not result in actions by the owners and that development by some other manner is not feasible.

The variance was approved unanimously by the commission.✧

Dredging For Dock In Sanibel Estates Approved

The City of Sanibel Planning Commission approved dredging 415 square feet of canal bordering Windlass Way at its biweekly meeting Tuesday.

Dredging is necessary in order to build a dock and boat lift at 756 Windlass Way owned by Rebecca Lewis.

Planner Josh Ooyman told the commission that although the Sanibel Land Development Code does not address dredging in manmade canals, the Sanibel plan ensures that dredge and fill activities are undertaken in compliance to land development code requirements as well as the requirements enforced by Department of Environmental Protection, the South Florida Water Management District and the U.S. Army Corps of Engineers. All agencies approved the maintenance dredging, and planners found it generally consistent with both the Sanibel plan and land development code.

The property is fringed by mangroves, but the owners selected the location for the dock that was least heavily fringed. The dock itself does not need to meet the depth standard of three foot above mean high water because the canal is not a natural body of water.

The decision to approve was unanimous.✧

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Exhibit Features Nature In Abstract



Rosey Reunion by Carolyn Johns image provided

Local artist Carolyn Johns is exhibiting her work at The Community House this month. Johns is a retired Ohio art teacher who has instructed public school and university level art classes. She currently paints in acrylics, preferring subjects from nature. She is an avid bird watcher and often uses birds as her subjects. Her present style is a bit abstract and impressionistic with a lot of color

and attitude. Johns is a member of The Sanibel Captiva Art League and the Painters Guild at Shell Point. The exhibit will be on view through August 26. Viewing hours are Monday through Friday from 9 a.m. to 3 p.m. The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, call 472-2155 or visit www.sanibelcommunityhouse.net.

Preparing To Help Restaurant Staff

submitted by Maggi Feiner, FISH of SanCap president and CEO

The fire to Island Cow will affect their employees. FISH is prepared to assist families with unmet needs. We want to support and do everything we can to help ease the burden of the families who just lost their livelihood. The key to navigating any crisis is having support and a plan: through our programs, FISH offers both. We are able to provide families immediate and long-term support with emergency financial assistance, food assistance, youth services and employment assistance. If you need assistance or know of someone who needs help, contact FISH at 472-4775. Also if you know of a business hiring, let us know so we can pass this information on.

repairs to the water service line that provides water to the restrooms. Park visitors will be directed to use the gulfside restrooms at Lighthouse Beach Park, located at 153 Periwinkle Way. The bayside restrooms are anticipated to reopen by Saturday, August 13. The public is reminded to use caution in the area where workers are present until the project is completed. For more information or questions regarding the project, contact the Sanibel Public Works Department at 472-6397.

Vegetation Trimming To Continue

Weather permitting, the vegetation along Sanibel-Captiva Road from Belding Drive to Pine Avenue will be trimmed on both sides of the road, including the Shared Use Path, through Friday, August 19 from 8 a.m. to 5 p.m. Due to the nature of the vegetation work, one lane of Sanibel-Captiva Road may be intermittently closed to traffic. Be prepared to expect delays. Officials request that drivers and pedestrians proceed slowly and cautiously through the area when workers are present. Contact the Department of Community Services Public Works Division at 472-6397 for questions regarding the trimming work.

Restrooms At Beach Park To Be Closed

The bayside restrooms at Lighthouse Beach Park, located at 122 Periwinkle Way on Sanibel, will be closed for maintenance from Thursday, August 11 through Friday, August 12. The restrooms will be closed for necessary maintenance/

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American royal fern is native to Florida
photos by Gerri Reaves

Plant Smart
**American
Royal Fern**

by Gerri Reaves

Ferns and fern-like plants have been on earth more than 400 million years, and Florida has more fern species than any other state except Hawaii. American royal fern (*Osmunda regalis* var. *spectabilis*) has the distinction of



Fertile fronds appear at the tips of specialized fronds
being the only native fern species in the state that has bipinnate blades, meaning that the fronds are twice-divided. The fronds of two to five feet long have leaflets that themselves have five to 13 pairs of finely serrated oblong sub-leaflets, or pinnules. This large long-lived elegant fern is found throughout Florida, indeed, in the eastern half of the U.S. and Canada, as

well as much of Mexico and Central and South America. Florida lists it as commercially exploited. With a height and spread of up to six feet, it prefers partial to full shade – perfect for a shady tropical oasis in your yard. It can also be used as a border plant or groundcover. In the wild, this species grows in marshes, swamps, wet woods, bogs and other moist areas. Erect in form, it tends to grow in clumps and has rhizomes, root-like horizontal stems just under the soil’s surface. It has low drought tolerance and virtually no salt tolerance, so it’s unsuitable for coastal landscapes. To thrive, it requires soil rich in organic content. The brown sporangia, or spore

casings, occur not on the underside of leaves, but at the tips of the fertile fronds in spring. They arch inward, rather than unfurl. Propagate it by division or with the spores. The species has traditional practical uses, such as making rope and fishing nets with the stem fibers. The leaves and other plant parts have many uses in herbal medicine. Source: *The Ferns of Florida* by Gil Nelson, *A Gardener’s Guide to Florida’s Native Plants* by Rufino Osorio, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, www.fnps.org, www.ifas.ufl.edu, www.regionalconservation.org, and www.wildsouthflorida.com. *Plant Smart explores the diverse flora of South Florida.*✧

Get Storm Ready

The heavy rainfall of summer storms pales in comparison to what Mother Nature is capable of. Now is the time to ensure that your home is ready should a major storm come your way this hurricane season. The following tips can help storm-harden your home: Protect your windows with hurricane shutters or plywood; Trim dead branches from trees and shrubs around your home, avoiding those close to power lines; Clear your patio and yard of furniture, potted plants, toys and other debris; Anchor items that cannot be taken inside; Turn off and unplug the TV before lowering an antenna or satellite dish; Protect your electronics with surge protection devices; Reinforce your garage door at its weakest points; Inspect doors and add extra locks or slide bolts; and Inspect and secure mobile home tie downs.

In addition to preparing your home for a storm, now is the time to make sure your family emergency kit and plan are ready to go if need be. For everything you need to know and do for storm preparation, download the LCEC Hurricane Guide from www.lcec.net.✧

**Maintenance
Trimming Notice**

Lee County Electric Cooperative (LCEC) is doing vegetation and maintenance trimming on Sanibel. Working hours for the contractor, Asplundh, are 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. Crews are expected to be on the island for approximately three months, weather permitting. Schedule updates are posted on the city website at www.mysanibel.com. For more information, contact LCEC at 656-2300.✧

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Honoring Seniors On Their Day



A senior accepts a basket of treats on National Senior Citizen's Day
photo by Nick Adams Photography

In recognition of National Senior Citizen's Day on Sunday, August 21, FISH of SanCap is honoring senior neighbors that visit the FISH Walk-In Center and Food Pantry with extra kindness and special treats. The organization will also display positive contributions made by seniors at the center.

In 1988, President Ronald Reagan proclaimed National Senior Citizens Day to recognize seniors who have spent their lives contributing to society. By signing Proclamation 5847, he marked August 21 as the day seniors will be celebrated. As stated by President Reagan, "Throughout our history, older people have achieved much for our families, our communities, and our country... for all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance and services they need to continue to lead lives of independence and dignity."

FISH appreciates and celebrates seniors daily through their programs and services, many of which benefit the older population. Said Erika Broyles, senior services director, "In honor of National Senior Citizen's day, we want to show our elders that we appreciate and care about them, not just on August 21, but throughout the year. Showing gratefulness for our elder population by acknowledging their dedication, services and accomplishments may perhaps be the greatest gift we can give."

FISH Senior Services provide essential help for essential needs. They are keenly focused on the unique issues and challenges pertaining to the everyday lives of seniors, including mobility, isolation and loneliness. Through FISH programs, it is their

goal to feed both the physical and emotional needs of seniors to help them remain healthy, independent, engaged and to age in place with dignity. FISH understands as the community demographic ages, it needs change. The organization is committed to providing services for the aging demographic, including senior assessments, visitation, medical equipment loans, on and off-island transportation, friendly faces luncheon, hurricane preparedness resources, daily reassurance calls, home healthcare resources, emergency financial assistance, food pantry and smile boxes.

According to the U.S. Census Bureau, "approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history." Senior services are more important now than ever before, and FISH is here to help. In order to better serve the seniors of Sanibel and Captiva, FISH conducted a professional Senior Needs Assessment that surveyed a randomized 3,000 households with residents over 55 living on Sanibel and Captiva. The survey was a nationally benchmarked survey that gave insight to the quality of life and unmet needs for older adults living on the islands, producing statistically significant data for not only FISH to use but the community as a whole as they work to address those issues facing the aging population on the barrier islands.

If you are or know of a senior in need of resources, services or a friendly visit or call from a FISH volunteer, reach out to Erika Broyles at FISH for assistance.

FISH of SanCap is located at 2430 Periwinkle Way. For more information on the FISH organization and their programs and services, contact Maria Espinoza, executive director, at 472-4775 or visit www.fishofsancap.org.✧



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Make Your Own Luck



by Capt.
Matt Mitchell

Variety was the word this week with so many options for anglers. There is nothing I like more than having a pattern dialed in. For several days in a row, it just all

came together as scripted. By having a game plan based around the stages of the tide and the information gathered day to day, we enjoyed daily success. With tides getting later each day, all that was required was a little daily tweaking and driving the bus from stop to stop.

Big morning high water was the perfect setup to target redfish under the mangroves. Cut baits in the hot water worked best. My go-to is a free-lined medium-sized live pinfish. I cut off the tail and trim the fins; this puts both a little bit of scent in the water along with slowing it down to stay up under the mangroves. Pick a wind-blown mangrove shoreline and don't sit in one place too long. Points and creek mouths are a great place to get started. This time of year, our afternoon rains always seem to get our redfish bite fired up. The redfish action will only continue to get better as it doesn't peak till the fall.

As tides begin to fall by



Glenn with his first saltwater fish, a quality 26-inch redfish caught while fishing with Capt. Matt Mitchell this week

photo provided

mid-morning, I've been moving to the flats to catch a crazy mixed bag including trout and mangrove snapper for the box. Basically, any flat in the southern sound in three to four feet of water has held these fish. Look for

the transition areas that have a mix of grass and sand. Proximity to deeper water is always a plus too. Chumming live shiners quickly fires up these fish. Once you get them feeding this action has been nonstop. Free-lined shiners

or popping cork rigs are the way to go. Small blacktip sharks, ladyfish and even Spanish mackerel are all part of this wide-open flats bite.

Once I've got my clients dinner in the box with the flats action, I like to finish up with some snook fishing. My best action for this has come during the lower stages of the outgoing tide. Skipping shiners under the mangrove shorelines close to the passes has been outstanding. During these lower tide periods, it's possible to get a bait far enough up under the trees to tempt the staged snook. Though most of these fish are just over 20 inches, watching them explode on baits is a great way to finish up a day's charter. It makes for a great day to be able to show clients several different types of fishing during a short four-hour period.

Many times when out fishing with clients, I hear the term "luck." Yes, there certainly is a little luck involved to catching that fish of a lifetime, though being prepared and in the right place at the right time are the most important factors. To stack the odds in your favor, it's more about having the right bait, tackle and knowing where your target species are on what phase of the tide than just plain luck. Everyone may get lucky now and again, but preparation will insure you catch fish everyday.

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

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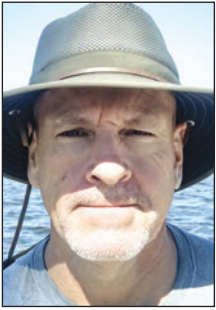
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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Yellow-Throated Warbler



by Bob Petcher

The yellow-throated warbler (*Setophaga dominica*) is a colorful creature with a bright yellow throat, a black face mask, a white eyebrow and white underparts with

black streaking. In summer, male yellow-throated warblers flaunt grey upperparts and wings, with double white wing bars.

This species of warbler, while relatively small with a pointed bill, is more heavy-bodied compared to others. It is also considered to be more confident and cool than its cousins.

While you may find them at bird feeders, yellow-throated warblers tend to forage along tree branches, checking out cracks and crevices for insects such as beetles, caterpillars and flies. They like to rummage high above at the top of canopies, so if you are looking hard for one, you may get a case of what bird-watchers call "warbler neck."

The woodland species of songbird is known for its clear voice. Its breeding range extends from southern Pennsylvania and northern Missouri to



Patient #22-3999 had a short stay at the clinic

the Gulf of Mexico.

At CROW, an adult male yellow-throated warbler was admitted from Fort Myers Beach after the finder witnessed the patient-to-be involved in a window strike incident. Veterinarians noted he had a corneal ulcer – an open sore in the eye.

"A corneal ulcer is a scratch on the very outer layer of the eye, the clear part called the cornea. You can't always see these scratches with the naked eye, so we have a special type of eye solution called fluorescein stain, which we use to diagnose ulcers," said Dr. Melanie

photo by Haillie Mesics

Pearson, CROW veterinary medicine intern. "We put a drop in each eye and then flushed the eye with normal eye wash solution. Finally, we shined a special light on the eye – called the cobalt blue setting on our ophthalmoscope. The stain only stays on the part of the cornea with a scratch/ulcer. In this patient's case, we saw stain uptake in the left eye, which was already squinting, but not the right eye."

The injury was determined to be non-life threatening. CROW medical staff stated the size of the corneal ulcer was basically microscopic and that it would

clear up on its own.

"This corneal ulcer was small, about the size of the tip of a pen. Yes, corneal ulcers do heal over time," Dr. Pearson confirmed. "Birds in particular heal their corneal ulcers very quickly, sometimes even within a few days."

The warbler was given supportive medications and was closely monitored.

"We prescribed an antibiotic eye drop called 'ofloxacin' to make sure the eye didn't get infected," said Dr. Pearson. "Additionally, corneal ulcers are quite painful, so we also prescribed an oral pain medication – an NSAID (non-steroidal anti-inflammatory drug) called meloxicam."

The eye drops appeared to work quickly, and there was no infection reported.

"We checked the warbler's eye the next day, and they were already squinting less," said Dr. Pearson. "Then, three days after the diagnosis, we repeated the eye stain procedure to see if the ulcer had healed."

"The ulcer was completely gone when we rechecked the eye, and the warbler was released on Sanibel Island that same day."

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

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----- ISLAND FAVORITES -----

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.

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

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. Payment is required with reservation.

Daily Presentation Schedule
Friday, August 12, 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 15, 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 16, 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.

Wednesday, August 17, 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 18, 11 a.m.

Patient Profiles: Birds of Prey – Raptors have specialized beaks and talons that make them some of the most effective hunters. This presentation discusses the unique adaptations of native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.✪

Blood Pressure Screening

The Sanibel Fire District has teamed up with the Sanibel Recreation Center to offer a complimentary blood pressure screening at the center on Monday, August 15 between 9 to 11:30 a.m.

High blood pressure increases the risk of stroke, heart attack, heart failure, kidney disease and even blindness in some cases. The Sanibel Fire Department's complimentary screenings are offered as a first step in determining if further examination by a health care professional is necessary.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com.✪

Shell Found



Matt and Brittany Belcher photo provided

Matt Belcher found his first (well-worn) junonia in about neck-deep water at Lighthouse Beach on Thursday, August 4. This was the Belcher's second trip to the island. They reside in Oakwood, Virginia.✪

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City Of Sanibel Vegetation Committee

Floating Treatment Wetlands

A floating treatment wetland (FTW) is a platform for plants that can float on the water's surface. A FTW can be placed in any waterbody regardless of depth. The FTW allows plant roots to grow directly into the water column of a nutrient-rich waterbody, helping to remove excess nutrients (nitrogen and phosphorus) to improve water quality. A FTW enables wetlands to be used where it would otherwise be impossible, such as developed neighborhoods. FTWs are a best management practice that provides a passive approach to improving water quality through natural process of plant nutrient uptake.

Nitrogen and phosphorus are nutrients that are essential for plant growth. Fertilizers containing both are used for agriculture and ornamental landscapes. When these nutrients enter the aquatic environment through runoff, they can cause nutrient pollution problems, which can lead to algae blooms and fish kills.

Installing FTWs in waterbodies will absorb the excess nutrients from the water, thereby improving water quality.

There are a number of different materials and methods for assembling a floating treatment wetland.

The City of Sanibel Natural Resources Department and Vegetation Committee



A great egret sunning on a floating treatment wetland

photo by Dana Dettmar

continue to experiment with different materials for the platforms as well as using a variety of plants to see which plants provide the greatest benefit for improving water quality. The materials and tools used to construct the FTWs are easily obtained. Most are available locally, while some are found more readily online.

A basic "mat unit" is constructed of a single foam mat and one aquatic plant basket. Units can then be joined to create a larger surface that will support multiple plants. FTWs may be secured to a dock

or other structure, or they may be placed further out within a body of water. FTWs periodically need some inspection and maintenance, but the time commitment is fairly minimal.

Plants which do poorly or fail should be replaced with other varieties better suited to the local environment. Once constructed and established, these islands only require annual harvesting to keep the dying material from the waterway, but are otherwise maintenance free. Harvesting and replacing the plants is one of the most important steps in

maintaining your FTW. Mature plants are filled with nutrients absorbed from the waterbody, so removing the plant removes the nutrients from the waterbody.

Installing new plants on the FTW resets the nutrient removal cycle.

Local waterbodies have responded, in part to the installation of FTWs, with improved water clarity and a notable increase in wildlife visitors, including waterfowl, osprey, fish and turtles. Ongoing experiments and design adjustments are aimed at incorporating additional plants species (hopefully, turtle-resistant, since these creatures find many of the roots quite tasty) and providing the plant roots with protected space in which to grow. The vegetation committee is also continuing to follow water quality metrics obtained by the City of Sanibel and Sanibel-Captiva Conservation Foundation in hopes of seeing measured improvements.

For more information, contact the City of Sanibel Natural Resources Department at 472-3700. To read other vegetation committee articles, visit www.mysanibel.com/departments/natural-resources.✱

Support Group

FLAG virtual support groups, sponsored by Visuality, Inc., are offered on the third Monday of each month from 6:30 to 8 p.m. via Zoom. For more information, visit www.visualityswfl.org.✱

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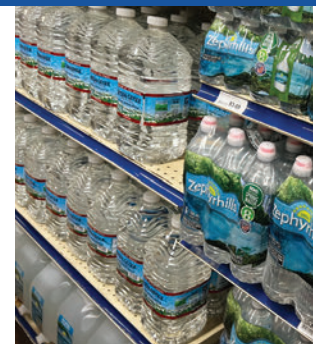
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Bailey-Matthews National Shell Museum
Shell Of The Week

The Caribbean Melampus



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

Melampus monile (Bruguière, 1789) reaches about 16 mm in length. The shell is bullet-shaped, widest at posterior

(upper) third. The spire is low. The aperture spans about three-quarters of the shell length. The columella has two folds, one larger. The outer lip is smooth, but the internal surface of the aperture has about 12 raised, narrow spiral ridges. The color ranges from mahogany-brown to yellowish, with one broad, whitish spiral band below the suture of the last whorl. The shell interior is whitish. The species is found in marshy areas and mud flats, and is possibly the rarest of the local species of the genus *Melampus*. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in



The Caribbean Melampus, *Melampus monile*, from Sanibel, Florida

photo by James F. Kelly

the United States with a primary focus on shells and mollusks. 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.✱

Rare shell find? Stop by our office at 1640 Periwinkle Way so we can take your photo for publication, or email press@islandsunnews.com.

American Legion Post 123

American Legion Post 123 serves specials every Sunday from noon to 8 p.m. Call or stop by to see what's on the menu. All are welcome.



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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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From left, Susan Heath, Lucas Murphy, Kelly Lowden, Aimee Skolmutch and Fran Peters
photos provided

Honoring An Island Icon

by Allison Havill Todd

Retirement means different things to different people, but it certainly doesn't mean sitting idly on the sidelines for an entrepreneur and philanthropist like Fran Peters. Having grown up on Fort Myers Beach, Peters moved back to the area in 1990 following a life abroad. After working in the hospitality industry on Sanibel and

Captiva islands for a number of years, Peters started her own vacation rental business in 1998.

In its beginnings, Island Vacations managed a single vacation rental property but that blossomed to handling 80 units of both condos and houses during the course of 20 years. Peters shared that she never sought to be the largest vacation rental management business but was firmly rooted in providing the very best service, which resulted in a growing and repeat customer base year after year. Island Vacations received Lee County's



Fran Peters at Bailey-Matthews National Shell Museum with Adopt-A-Class students in 2016

Certified Guest Services Professional accreditation, which seeks to "transform the county into the most friendly and helpful vacation spot in the nation." Her philosophy of providing exceptional service was instilled in Peters' entire staff, where they fully embraced the importance of listening, empathizing and offering solutions to all of their customers.

Though Peters has achieved a high level of success in her business, perhaps she is best heralded for her contributions and involvement in the community. She has served in many organizations, including her positions as chairman of the board of directors for the Sanibel & Captiva Islands Chamber of Commerce, board member of Bailey-Matthews National Shell Museum for the past six years, Keiser University advisory board member and Fort Myers Beach Lions Club, where she has held every position. Peters jested, saying, "I tried to join the Sanibel Lions Club, but they didn't allow women at the time."

Peters has also been nominated for the Small Business Distinguished Entrepreneur of Southwest Florida award as well as the Elaine McLaughlin Award presented by the Lee County Visitor and Convention Bureau. In addition to serving on multiple boards and receiving distinguished awards, Peters continues to give back to the community in many different ways. She has provided sponsorships for: the annual Community Housing & Resources fundraiser to support affordable housing for those working in the community; City of Sanibel Recreation Center After School Program, Fun Days and summer camps; Bailey-Matthews National Shell Museum Adopt-A-Class program, which provides access to learning and experiences with shells, marine life and conservation

activities for students in Lee County; and a Sanibel adult co-ed softball team.

Island Vacations, founded by Peters, was sold in June to Andy Moore of Gulf Coast Properties. Moore plans to continue to operate the enterprise with the same staff, the same website and the same business practices for which it has become known. Peters shared that while it was difficult to "turn over her baby" that she had nurtured for so many years, she is dedicated to helping the new owners continue to experience the success she has enjoyed from the business.

But don't expect this active and engaging entrepreneur to rest on her laurels; Peters most recently joined the Sanibel Captiva Business Women's Association and plans to continue her philanthropic efforts. She emphatically explained that she, "firmly believes in everyone giving back to the community in which they live." And she provides quite an admirable example of just that!

Peter's daughter, Shelby Stites, of Hillgate Marketing, will be hosting a retirement "shellabration" at Bailey-Matthews National Shell Museum later this month for invited guests to honor the accomplishments of this great lady who serves as an inspiration to all! Interested members of the community are welcome to send congratulatory wishes to Fran Peters at: 1101 Periwinkle Way, Suite 106, Sanibel, FL 33957.

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 @thedoggiemom and facebook.com/thedoggiemom.*

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Invertebrates like crayfish are important to the study photos provided



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quickly and safely. They sampled aquatic invertebrates by skimming the surface of the water using a repeatable technique with a dip net.

Freshwater systems are some of the most vital habitats on Sanibel, providing drinking water and preventing flooding by containing excess rainfall. Each system contains a complex ecological web where every living organism plays an important role. Aquatic invertebrates are a major food source for freshwater fish, wading birds, aquatic mammals, and various reptiles and amphibians. The small species of fish that SCCF samples are similarly important to sustaining a

functional species community. Both invertebrates and fish consume aquatic plants, which affects the vegetative makeup of a system.

Through annual freshwater fish and aquatic invertebrate samplings, SCCF can detect if there are dramatic shifts in species richness or densities of aquatic animals and launch corresponding research into what might have caused a

change.

"This data from Sanibel's wetlands helps SCCF make sound habitat management decisions and improve habitat quality," said Mills. "Whether it's measuring the largest loggerhead sea turtle or counting the smallest of mosquito fish, the sustainability and preservation of Sanibel's native wildlife is a top priority."✱✱

Local Company Introducing Canned Cocktails

Captiva Spirits Inc., a liquor company whose products are now sold in over 100 locations including liquor stores, hotels, restaurants and bars, is releasing a series of canned cocktails utilizing its award-winning Key Lime Honey Vodka. The canned cocktail line will include flavors of Mango Splash, Beach Lemonade and Tropical Spice.

The company's signature vodka has won several awards, including the 2022 Gold Medal of the consumers choice SIP Awards for taste, and silver medal for

bottle art design. Statewide distribution and online sales cover 31 U.S. states through Mexcor of Florida.

Made in Southwest Florida and introduced in February 2021, Captiva Spirits products use all natural, local ingredients from the state that provide jobs from farm to table. They are 100 percent gluten free, five percent alcohol and low carbonation.

The company held a launch party at Sidney & Berne Davis Art Center in downtown Fort Myers on July 30 with local dignitaries and businesses attending. Company officials made a corporate contribution to JN "Ding" Darling National Wildlife Refuge at the event.

For more information, visit www.captivaspirits.com.✱✱

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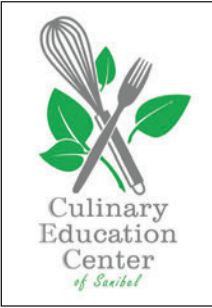
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The Community House

Tomatillos



by Chef John Wolff

A tomatillo is a small round fruit with a green color and papery husk. They're native to Mexico and are commonly used in Mexican and Latin American cuisine to make salsas and sauces. Other names for the fruit are Mexican husk tomato, jamberry, husk cherry and Mexican tomato. At first glance, tomatillos look very similar to green tomatoes, but they're actually two very different fruits. Even though the word "tomatillo" literally translates to "little tomato" in English, don't be fooled. They're not the same thing. Like tomatoes, a tomatillo plant is easy to grow, and both are plants in the nightshade family. But that's where the

similarities end. Tomatoes are sweeter, red in color and don't have the vibrant tartness that tomatillos have. Fresh tomatillos have a unique flavor that is tart, bright and almost citrusy. They are mainly eaten cooked but can also be prepared raw. When boiled, the tomatillos tend to keep their tart flavor. When roasted, tomatillos become a little sweeter and lose some of their tartness. Tomatillos are healthy, too! They have a good amount of dietary fiber, and are also rich in antioxidants, niacin, potassium and manganese.

There are parts of the plant that are poisonous or toxic, however, including the leaves, husk and stem. As the fruit ripens, the papery husk (also known as the lantern) will loosen, revealing the fruit inside. The husk will leave behind a sticky residue. Before using them, be sure to scrub the fruit clean. Some people believe that the unripe fruit is also poisonous. There is some debate over this, so it is probably best to avoid using them until they are fully ripe. The unripe fruit is very sour, so it isn't something most people will want to eat anyway. To check for ripeness, peel back a little bit of the husk until you can see the fruit inside. It should be a bright green color and firm to the touch. If you notice any blemishes or soft spots, throw the

fruit away. Also, try to get tomatillos that have completely filled their husks. That's a good sign that they're fully mature and tend to be a little more flavorful. If you can't find fresh tomatillos in the produce section of the grocery store, look for them at Latin food markets. If all else fails, you can use canned tomatillos, found in the ethnic foods section of most grocery stores. The canned ones come peeled and cooked, so they're ready to use. The only thing you'll need to do first is drain any liquid from the can. If you want to use canned tomatillos

as a substitute for fresh, an 11-ounce can is the equivalent of one pound of fresh. On average, there are 15 to 18 small tomatillos in one pound or about eight to 10 medium tomatillos in one pound. Here is our simple but famous "Crazy Chef Bob's" Spicy Roasted Tomatillo Salsa Verde recipe used for the batch which we just finished preserving for sale here at The Community House. Come on down and try a jar to see how it measures up to your finished product. Or try one of our many other preserved goodies from mango salsas and chutneys to bread and butter pickle chips and dill pickle spears, jams, jellies and sauces.

"Crazy Chef Bob's" Spicy Roasted Tomatillo Salsa Verde

Ingredients
1 lb. whole tomatillos, husks removed
1 clove garlic, roughly chopped
1/2 cup roughly chopped white onion (about 1/2 small onion)
1/4 cup lightly packed fresh cilantro leaves
1/2 medium jalapeño, seeds and ribs removed, and roughly chopped
1 tbsp. lime juice, more if needed
Fine sea salt and cracked black pepper to taste
Instructions
Toss all the vegetables in olive oil to lightly coat them then place on a sheet pan and roast under a broiler flame in the oven for 10-15 minutes or until

browning or slight charring appears on the vegetables. Add the cilantro, lime juice, salt and pepper to a food processor or blender and all the roasted vegetables, then pulse until the desired consistency is achieved. Process the mixture until it is mostly smooth and no big chunks of tomatillo or onion remain, scraping down the sides, as necessary. Season to taste with additional lime juice, salt and pepper, if necessary. John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.✪

Make Your Voice Heard In Florida Primary Election

The League of Women Voters of Sanibel reminds residents that Tuesday, August 23 is the date of Florida's primary election. Many important races will be decided that day and the league encourages all registered voters to cast their votes. Ballots can be

submitted by mail (if enrolled in the vote by mail program) or by voting in person at your designated precinct on Sanibel, which will be at either The Community House or Sanibel Community Church. In-person voting for Captiva voters will take place at The Community House. In-person early voting runs from August 13 to 20 but Sanibel and Captiva voters must go off island if they wish to cast an early in-person vote. Check your voter registration at www.lee.vote to ensure your voting information is correct and to

determine your voting precinct as it may have changed. Florida is a Closed Primary State. Partisan races such as the gubernatorial, senatorial and congressional seats require voters to vote according to their registered political party. Only the partisan candidates who are the same as your party of choice will appear on your ballot. If you are registered as an NPA (no party affiliate) or if your party has no candidate on the ballot, you may not vote for a candidate from another party and they will not appear on your ballot. Nonpartisan primary races, such as those candidates running for Lee County School Board, are open to all voters, whether registered as a Democrat, Republican, Independent, NPA or any other party. All of the nonpartisan candidates will appear on your ballot without regard to your political party affiliation.

The school board primary (a nonpartisan race) is especially important as a candidate can be elected to office in the primary election if the candidate receives 50 percent plus one additional vote. Voters who do not participate in the primary may not have a voice in the vote for school board (as the seat may have already been decided before the general election on November 8). Sanibel and Captiva registered voters have the opportunity to cast their votes for both a District 1 school board candidate and also a District 6 candidate (the at-large seat). The school board is the entity responsible for appointing a vetted, professional superintendent who sets policy and educational priorities. The Florida State Board of Education sets mandates in many areas, but the local boards of education maintain the power to oversee, represent and advocate for local needs and interests. The Lee County School District has 119 schools (one on Sanibel), over 99,000 students, 12,000 employees and operates with a \$2 billion budget. You can review the primary candidate websites at www.lee.vote. Our local newspapers, such as News-Press.com, have published candidate interviews that provide more information on the candidates' philosophies and education positions. Democracy is not a spectator sport. Make sure your voice is heard on August 23 by voting in the primary election. The League of Women Voters of Sanibel is a nonpartisan organization that encourages informed and active participation in government, works to increase understanding of major policy issues, and influences public policy through citizen education and advocacy.✪

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These young girls got an up-close look at some of the fish species photos provided

Students From Imokalee Return For Nature Studies

On July 29, 24 middle schoolers from Imokalee hopped aboard Captiva Cruises' *The Santiva* for a day of hands-on learning through the Sanibel-Captiva Conservation Foundation (SCCF) No Child Left on Shore environmental education program.

The children were with The Immokalee Foundation, a nonprofit that works to set students on the right career pathway by providing them with resources, educational tools and



Students learned about the living shells career-building opportunities. The organization focuses on underserved children in the Immokalee region, many of whom come from homes where English is a second language. The Immokalee Foundation was the first participant of the No Child Left on Shore Program in 2010.

Accompanied by Immokalee Foundation staff and SCCF Environmental Educator Richard Finkel, the day of exploration included dolphin and seabird sightings, a visit to Cayo Costa State Park, observing life along the surf zone such as coquina clams and mole crabs, measuring water salinity using



Richard Finkel educated the students on local marine life

a refractometer, examining water clarity with a secchi disc, and a trawl activity. They discovered how:

Pelicans use pockets of air directly above the water to glide, expending less energy in the process;

Pine Island Sound and the back bay waters serve as an estuary, a nursey for marine life;

Baby dolphins have a thin layer of hair just like humans;

Every shell once had a living organism inside;

Despite being "evergreen," mangrove trees drop thousands of pounds of leaves each year and serve as a base of a vast,

productive food web; and
Barrier islands like Sanibel, Captiva and Cayo Costa are critical to protecting the mainland.

"This was a tremendous opportunity for our students to continue learning about the environmental sciences in our area and we hope that they'll carry this experience forward with them into their education and potential future careers," said Michael Gutierrez, healthcare pathway coordinator at The Immokalee Foundation. "We're grateful to have been part of this program."

Abigail Salazar, a student on the trip, continued on page 22



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Shell Crafting

Glass Paperweights



by Anne Joffe

This is a great way to show off those beautiful, teeny tiny shells you find on the beach. You can paint them to add a pop of color or just leave them natural. You can incorporate some tiny pieces of sealife too. Use your imagination.

Here's what you'll need:

Materials

Glass paperweights, available at most craft stores.

Small shells, starfish and broken coral pieces work well

Felt and cardboard

Sand

Directions

If a cardboard disk does not come with your paperweight, you will have to make one. Simply trace the outline of the paperweight onto the cardboard, and cut out and cover with the same size cut out felt. This becomes the bottom.

Arrange small shells, starfish, coral, etc. on the felt cover base. Since the dome will cover them with magnification, they must be tiny. They can be arranged in a design or placed randomly.



Glass Paperweight photo by Anne Joffe

Use a small dab of glue and glue the shells to the base. Do not use too much glue or you will see it under the magnifying top. Sometimes, a toothpick dabbed into the glue makes a neater job.

Add sand to the glass "bowl" of the top but be careful not to overfill. You can also just sprinkle a little sand on the base.

When the shells are completely dry, glue the base to the glass top. Be sure the outer rim is nice and clean so the base will attach to the glass.

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.✴

Poetry Corner



by Clay C. Ewell

Africa IV

They stand, spear and shepherd's staff at the ready, calmly they stand In the sun watching as their cattle graze across the land,

While festooned in bright metal about their necks and arms, Through drooping ear lobes, always draped in ochre red. Proud they say, arrogant, eschewing the distant world, the sun

And the land and the creatures upon it, their measure of riches. They walk the gently rolling hills that adorn the floor of the Rift The grassland and acacia their domain.

Observing another kind

Of rhythm, of the sun and rain, brown and green, new life

And death. A steady, resilient, prayerful unity with a world Vibrant, resurgent, one defining itself again and again through time. Much time to think and consider. What does a man dream? In this place, how does he speak to his God? What does he see, What does he imagine beyond the distant horizon? Is there doubt or shame or boredom? Does he soothe himself with memories of his

Father or in the songs entwined in the laughter of his

Children, as they gambol about amid the hoof beaten dust of the world?

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

From page 21

Nature Studies

said her favorite part was learning about seaweed and mangroves while also getting to spend time with her friends.

"This trip gave us a chance to learn about new things and opportunities that we didn't know about," Abigail said.

"We hope to continue inspiring local youth to form a deeper connection to their coastal surroundings and to spark

their curiosity," Finkel said. "Everyone deserves that chance."

Two representatives from American Realty of Captiva were aboard for this trip and supported the No Child Left On Shore initiative. If you are interested in becoming a sponsor, contact Richard Finkel at rfinkel@sccf.org. SCCF also acknowledges the support of The LAT Foundation and other donors who help sustain this program for young Southwest Florida neighbors.✴

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A video segment by Tony Oursler

Rauschenberg Gallery To Feature Video Project

Florida Southwestern State College (FSW) will present The Exquisite Moving Corpse, a video installation featuring more than 60 internationally renowned artists, looping continually during regular gallery hours from Monday, August 22 through December 10 at the Bob Rauschenberg Gallery.

Each artist created one-minute “movies” in response to a still from the previous artist’s digital short. This collective art film includes video segments by Chip Lord, Jack Massing, Sean Miller, Nina Katchadourian, Kristin Lucas, William Wegman, Tony Oursler, Mel Chin, Muntadas, Hasan Elahi, Mark Dion and many others.

The Exquisite Moving Corpse installation temporarily transforms the exhibit space into a screening room with this feature length moving-picture – inspired by a nearly century-old Surrealist artists’ pastime/amusement.

The original Surrealist “exquisite corpse” was a café parlor game invented in 1925 by André Breton, Yves Tanguy, Jacques Prévert and Marcel Duchamp in Paris. The French name “cadavre exquis” was derived from the phrase that resulted when first played, “le cadavre exquis boira le vin nouveau” (“the exquisite corpse will drink the new wine”). Adapted from a “word game” with players

photo provided

adding text to a sheet of paper that was then folded to conceal additions before being passed to the next contributor, the Surrealists soon began to apply this practice to drawings of the human figure. Taking turns in sketching – head, torso, legs and feet – independently, fantastic “creatures” were often revealed as the corpse was unfolded.

According to the artist organizers, The Exquisite Moving Corpse was created and compiled over a two-year period beginning in March 2020. Most of the footage was shot, shared and edited while participants worked in pandemic-related quarantine. Lord, Massing and Miller initiated the game – making the first three minutes – then handed it off to an evolving list of invited collaborators in what they describe as an artist chain letter. And, just following a recent premiere installation at the Archivio Emily Harvey art space (curated by Bob Rauschenberg Gallery director Jade Dellinger) during la Biennale in Venice, Italy last month, FSW is delighted to be among the first U.S. venues to unveil and present The Exquisite Moving Corpse in a gallery setting.

The Bob Rauschenberg Gallery is open to the public, free of charge. The gallery hours are Monday through Friday from 10 a.m. to 4 p.m. and Saturday 11 a.m. to 3 p.m.

The Bob Rauschenberg Gallery is located within FSW at 8099 College Parkway, Building L, in Fort Myers For more information, call 489-9313 or visit www.rauschenberggallery.com.*

College Credits In High School

One way for students to save money on the cost of higher education is to earn college credits while they are still in high school, according to the Kentucky Higher Education Assistance Authority (KHEAA).

High school students can take advantage of several programs that let them earn college credits. These programs include:

Dual credit courses – These courses let students earn both college and high school credit. They are offered in both academic and technical areas. In some

cases, students will pay less than the college tuition rate.

Advanced Placement (AP) courses – AP classes count as high school credits, but many colleges will give students college credit if they earn a certain grade on AP exams. Offered by the College Board, AP classes are widely available.

International Baccalaureate (IB) Diploma and Cambridge Advanced International (CAI) programs – IB and CAI are for students age 16 to 19 and are similar to AP courses. High school students may be able to receive college credit for the IB and CAI classes they take.

For more information about those services, visit kheaa.com.*



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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

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

Nov. 29: Shell Ambassador Certification Course

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Broccoli and Avocado Soup

- 1 cup broccoli, chopped
- 1 cup fresh spinach
- 1/2 avocado
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves fresh garlic, minced
- 1/3 cup low-fat milk
- 1 1/4 cup low-sodium vegetable broth
- 1 cup homemade croutons
- 4 teaspoons Parmesan cheese, grated
- Sea salt and fresh ground pepper, to taste

Place a medium-sized stockpot over medium-high heat. Add 1 tablespoon of olive oil to the preheated pan. Add onion and garlic to the pan and sauté until translucent. Add broccoli, vegetable broth and milk to the pan. Reduce heat and bring to a simmer. Cook ingredients until the broccoli is just crisp-tender. Add broccoli mixture to a blender with a tight-fitting lid. Make sure not to fill the blender more than half full at a time. Add the avocado and spinach to the blender as well. Carefully pulse the ingredients until smooth and creamy. Taste soup and adjust seasoning with salt and pepper.



Broccoli and Avocado Soup

photo courtesy Fresh From Florida

Return soup to pot and heat back up to serving temperature. Garnish soup with croutons and Parmesan cheese.✧

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Next Design Phase Ahead For Sports Complex

BSSW Architects has completed preliminary designs for Florida SouthWestern State College's (FSW) new baseball and softball complex on the northwest corner of FSW's campus in Fort Myers.

The first phase includes construction of adjacent turf baseball and softball fields, portable seating and batting cages, which allow the Buccaneers to play home games on campus starting in the spring of 2023.

Once future phases are complete, the baseball stadium will have covered seating that accommodates 586 Buccaneers fans, while the softball field will seat 311 under shelter. Both fields will be outfitted with stadium-quality lighting. Baseball and softball teams will share a locker room and training facility, which also includes public restrooms and concessions. The complex will feature a press box and the overall design incorporates FSW's signature school colors of aqua and purple.

FSW competes in the Suncoast Conference of the National Junior College Athletic Association.

"Once complete, FSW will have one of the best on-campus baseball and softball complexes across all divisions of college athletics in Florida – NCAA,



A rendering of FSW's baseball and softball complex once future phases are complete photo provided

and NAIA and NJCAA," said BSSW Vice President Kevin Williams, AIA, NCARB. "FSW student-athletes will be able to practice and play in state-of-the-art facilities a short walk from their residence halls and academic buildings, while fans will appreciate the first-class amenities and covered seating that will make Bucs games the place to watch the action each spring."

FSW's softball team has won back-to-back NJCAA national championships, while the baseball team has won three consecutive Suncoast Conference regular season championships. Since the programs relaunched seven years

ago, both teams have played their home games at City of Palms Park in Fort Myers.

"It has been my priority to continue to improve the student life experience here on campus," said FSW President Jeff Allbritten. "By building this facility, we continue to provide our students with on-campus extracurricular opportunities at world-class sporting venues."

Athletic facility design is among BSSW's areas of experience. The firm recently completed its final designs for a full-scale renovation of Tom Golisano Field House, which is

home to Ave Maria University's men's basketball, women's basketball and women's volleyball teams, as well as the sports medicine, and strength and conditioning programs. The firm also has designed high school gymnasiums and sports complexes for Marathon High School, Gateway High School and Bonita Springs High School.

Phase I of the FSW project is expected to be completed prior to the spring 2023 baseball and softball seasons. Future phases will include the grandstands, press boxes and adjacent multi-purpose building.✱

Register For After School Program

Registration is open for the Sanibel Recreation Center After School Program fall trimester. The program runs Monday through Friday from 2:10 to 5 p.m. throughout the school year. It is available for children in kindergarten through eighth grades. Every child registered in the program will receive a one-year complimentary membership to the recreation center.

Financial assistance is available to families based upon individual need. For more information, call 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. Visit www.mysanibel.com.✱

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Book Review

The Lioness



by Di Saggau
It's 1964 and Hollywood starlet Katie Barstow is taking her friends, the lions of Hollywood, on a safari in the Serengeti. Katie is the daughter of famous New York theater folk with

a legacy of alcohol and abuse. On the West Coast, she finds fame, fortune and good people. Newly married to David Hill, a struggling gallerist who is her brother's best friend from childhood, she invites seven others on their honeymoon.

They include Terrance Dutton, a Black actor whose star is rising and with whom Katie has shared some steamy big-screen scenes. They are all in the care of a White hunter named Charlie Patton, who claims to have had Papa Hemingway as a client. He's pleased that these people are ready to photograph elephants and not shoot them.

All goes well until men in a Land Rover appear out of nowhere with their guns aimed at the Americans. They are Russian mercenaries who kidnap the Americans. As the drama plays out, Bohjalian divides the narration between the nine Americans and Benjamin

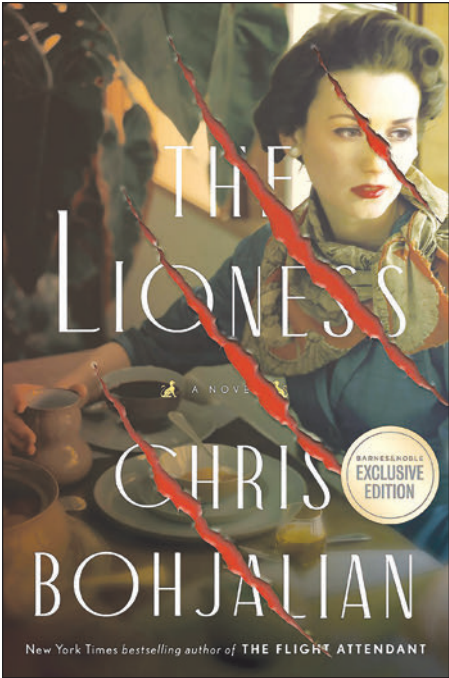


image provided

Kikwete, a young Kenyan porter. Through short chapters named after the characters, we get a good look into their lives and characters.
The plot is set against the backdrop of the Congo Crisis and the Simba rebellion, and also touches on American racism, especially in Hollywood. Handling 10 narrators, the complexities of racism in America, African politics, violence both foreign and domestic, is no easy feat, but in Bohjalian's hands,

it's easy sailing and extremely satisfying reading.
I agree with Jodi Picault who said, "The Lioness feels like the best possible combination of Hemingway and Agatha

Christie, a gorgeously written story about the landscape and risks of Africa, whose edge-of-your-seat plot makes it impossible to put down. Bohjalian just gets better and better."✧✧

School Smart



by Shelley M. Greggs, NCSP
Dear Readers,
It's that time of year again – summer is over and the kids are going back to school. Many parents tell me that their children

are anxious about school, particularly at the beginning of the school year. Here are some suggestions from the National Association of School Psychologists to help you deal with your children's anxiety and how to pursue problems if they arise.

First of all, let your children know you care. If your children are anxious about school, send personal notes in the lunch box or book bag. Reinforce the ability to cope. Children absorb their parent's anxiety, so model optimism and confidence for your child. Let your children know that it is natural to be a little nervous anytime you start something new but that they will be just fine once they become familiar with classmates, the teacher and school routine.

Do not overreact. If the first few days are a little rough, try not to overreact. Young children may experience separation anxiety or shyness initially, but teachers are trained to help them adjust. If you drop them off, try not to linger. Reassure them that you love them, will think of them during the day and will be back. Stay calm and positive.

Acknowledge anxiety over a bad experience the previous year. Children who had a difficult time academically or socially or were teased or bullied may be more fearful or reluctant to return to school. If you have not yet done so, share your children's concern with the school and confirm that the problem has been addressed. Reassure your children that the problem will not occur again in the new school year, and that you and the school are working together to prevent further issues. Reinforce your children's ability to cope. Give your children a few strategies to manage a difficult situation on their own, but encourage your children to tell you or the teacher if the problem persists. Maintain open lines of communication with the school.

Arrange play dates. Try to arrange get-togethers with some of your children's classmates before school starts and during the first weeks of schools to help them re-establish positive social relationships with peers.

Plan to volunteer in the classroom. If possible, plan to volunteer in the classroom at least periodically throughout the year. Doing so helps your children

understand that school and family life are linked and that you care about the learning experience. Being in the classroom is also a good way to develop a relationship with your children's teachers and classmates, and to get firsthand exposure to the classroom environment and routine. Most teachers welcome occasional parent help, even if you cannot volunteer regularly.

These recommendations can contribute to a positive and productive school experience for most children. Some children may exhibit more extreme opposition to or fear of school or may be coping with more specific learning or psychological difficulties. If your children demonstrate problems that seem extreme in nature or go on for an extended period, you may want to contact the school to set up an appointment to meet with your children's teachers and school psychologist. They may be able to offer direct or indirect support that will help identify and reduce the presenting problem. They may also suggest other resources within the school and the community to help you address the situation. While children can display a variety of behaviors, it is generally wise not to over-interpret those behaviors. More often than not, time and a few intervention strategies will remedy the problem. Most children are wonderfully resilient and, with your support and encouragement, will thrive throughout their school experience.

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 or visit www.schoolconsultationservices.com.✧

From page 1

Snowy Plover

absence, staff and volunteers discovered BK and his mate incubating the next day.

Once the two chicks were up and running around, BK and his mate were dedicated to protecting them from people and predators. At one month old, both chicks were banded. They are now known as Yellow/Light Blue and White/Light Blue.

"We are hopeful both chicks have fledged, but can only confirm one. Both chicks have disappeared from the nesting site," said SCCF Shorebird Biologist Audrey Albrecht. "Snowy plover staff and volunteers were thrilled to see BK's first successful nesting season, and we're looking forward to the next."

All birds are banded by state and federally permitted and trained individuals as part of a long-term research project.✧

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Center 4 Life Activities At The Rec Center

Island Seniors, Inc. hosts its Center 4 Life activities at the Sanibel Recreation Center. Visit 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. Slower paced class ideal for older, active adults looking to improve their mobility. 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. 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. Sign up in person at the Sanibel Recreation Center. Cost is \$5 for members and \$20 for non-members. Basic skill level required for most trips but some trips require more experienced levels. This is an active paddle and 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 or call Jessica or Dave at 472-0345.

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., launch location TBA. Cost is \$5 for Island Seniors members and \$20 for non-members. Preregister and pay in person by Wednesday, Tuesday, August 2. 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. Coffee, sweet tea and other 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 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.

New Board Members For Business Women

The Sanibel Captiva Business Women's Association has added two new board members, Kerri Maw and Kelly Huguenin, both realtors with Pfeifer Realty group.

Originally from Chattanooga, Tennessee, Huguenin attended Covenant College and received a bachelor's degree in business. She worked for SunTrust in the mortgage department, which turned into a 24-year career in real estate.

Originally from Mendham, New Jersey, Maw has always been involved in real estate. She has assisted the Sanibel Island community in many different ways, from being on nonprofit

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.*



Kelly Huguenin



Kerri Maw

boards, to helping with fundraising, and teaching CCF (Children's Christian Formation) the youth group at St. Isabel Church.

SCBWA aims to serve the community by offering an inclusive, supportive and diverse group of women supporting women. For more information, contact taylor@irisprintdesigns.com.



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Superior Interiors

Designing A Forever House



by Jeanie Tinch

According to the American Association of Retired Persons (AARP), 87 percent of adults over age 65 want to stay in their current home and community as they age. However, having been more homebound in recent years, many (of all ages) are re-evaluating features of their home and considering changes. One of the most important considerations is deciding how long one desires to stay in the home.

Another consideration is the stages of life the home must accommodate. Will there be strollers rolling? Remote cars roaming? Craftwork or homework, or even schooling being done? Working from home? Multi-generations involved? Is aging-in-place a goal?

The term "Forever House" has become popular in recent years. An Internet search on that term will produce a host of results, including the term being discussed on some real estate agencies' websites.

Having a Forever House can make sense in many ways at many of

life's stages: young parents; hosting grandparents with walkers; entertaining grandchildren; being prepared for a medical emergency so your home is a sanctuary, not your enemy. There are many design tips for a Forever House.

Let's start with doors. A front door that is 42-inches wide can accommodate a power wheelchair and sure make it easier to roll in that stroller. For inside doors, 36-inches is minimum for width. Sliding or pocket doors can be an advantage through all stages. Use lever handles instead of doorknobs.

Smooth floors are better. Try wood or tile with few changes in texture or interruptions. Avoid carpet that will be too thick for rolling on. Also use area rugs wisely. Think about all stages of life when planning traffic patterns.

Create at least one accessible bathroom with a wide-enough entry and roll-in or walk-in shower. If you use 3/4-inch-thick plywood behind sheetrock or tile walls, that will enable you to place grab bars anywhere, not just on studs.

Re-think the height of certain things. Outlets, for example, will be better for more people if they are 22-inches off the floor rather than the normal 12-inches. Lower windows or grand ones can make those outdoor views and light more accessible through a variety of life's stages.

Don't forget the motion advantage. Motorized shades are not only convenient and easy to use, but they also eliminate cords that can be a hazard for toddlers. Motion chairs are not your grandfather's

huge recliner anymore. They come in all sizes with added features, more position options and lifts to help one stand up.

While open-plan interiors have long been popular, they are losing some of the luster. A recent *Wall Street Journal* headline proclaimed, "Why Open Plan Homes Are Actually a Terrible Idea." "With Covid-19 driving work and school (and almost every other activity) into the domestic sphere, families rub shoulders 24/7. As a result, the demand for private ancillary spaces seems to have kicked into

high speed," the article stated. "Now fusty old things like doors seem like a luxury."

Overall, the goal is to make your home adaptable to lifestyle changes. Doing ample research or working with a knowledgeable design professional can help you have more confidence in any changes you make, and make them more lasting, more functional and more enjoyable.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindceden.com.✱

Former Intern Joins Museum As Marine Biologist

Bailey-Matthews National Shell Museum has added Chris Whitt, marine biologist, to the education team.

Whitt spent time at the museum as an education intern in 2018 while studying at Eckerd College. During his internship, he presented to museum visitors during live animal tank talks and also helped with the Mollusks on the Move mobile outreach program. This experience, along with classes



Chris Whitt

such as marine invertebrate biology and biological oceanography, allowed him to find his passion in educating others about mollusks.

Upon graduating from Eckerd College in 2020 with a bachelor of science degree in marine biology, Whitt was certain he wanted to return to the museum to serve in its newly launched Beyond Shells living gallery of aquariums, which added living mollusks and marine life including octopuses, cuttlefish, giant clams and squids to its array of exhibits.

Whitt is originally from Ohio but has been visiting Sanibel since he was a toddler and has always enjoyed collecting seashells. He remembers coming to the museum with his grandparents as a child and learning about the animals that made the shells.

As museum marine biologist, he looks forward to sharing his passion for mollusks with the next generation of marine life enthusiasts.✱

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Tower Gallery

Spotlight On A New Gallery Artist Before Attic Sale

submitted by Marti Koehler

For those of you who plan your annual visit to Sanibel around the Tower Gallery’s famous Attic Sale, it will be held on October 22 through 24 from 10 a.m. to 5 p.m. each day. At this event, Tower Gallery artists clear

photo provided
their studio spaces, homes and attics of coveted artwork to make room for new creative art for the season. These works of art are sold at the Attic Sale at a reduced price and only on this one weekend each year. All of the artists will be at the gallery at some point throughout the weekend. The high-energy social event will feature never before seen work by your favorite artists.
The spotlight is on Elise Sewall, our newest artist at Tower Gallery. She is a painter who crafts her images by

bringing together rays of light and their interplay to describe shadow and shape. These obscure beginnings require a keen study of what is unseen to most, using light and its refraction in glass to tell a visual story. A history in the nuances of jewelry making inform this still-life artist to look at fine details and find the luminosity in her subjects. Larger-than-life paintings that include the study of cut-glass cake plates, stacks of tea cups and sumptuous fruits and florals describe generations of color

and light through her art. Sewall’s fluid oils on linen beckon the viewer to look deep beyond the surface application as the concrete imagery becomes an abstraction and marriage of colors, angles and layers of light.
Sewall joined the Tower Gallery cooperative in May 2022 and has displayed an array of framed, still-life paintings and prints in assorted sizes and souvenir cards. More of her work and her story may be viewed at www.towergallery.net.✧

Cut Intangible Costs To Help College Loans

When it comes to comparing the costs of various colleges, remember that on the broadest level, costs can be tangible or intangible. To save money, follow these tips from (Kentucky Higher Education Assistance Authority) KHEAA.
Tangible costs include tuition, fees, room and board. Intangible costs include everything else: textbooks and supplies; computers; and personal items, such as shampoo, clothes, entertainment, laundry and other expenses.
You can save money, sometimes a lot of money, by controlling the costs of your lifestyle. That doesn’t mean skimping on shampoo, soap, food and

doing your laundry. But you can cut costs by finding sales or using coupons. Always be looking out for buy one, get one free deals.
You can also save quite a bit of money by cutting back on treats such as entertainment and dining out. Doing those things less often will make them even more special when you do treat yourself.
Remember: The less you spend on the intangibles, the less you’ll have to take out in student loans. That means that after you graduate, you can afford more of the things you enjoy.
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Recognizing Value Of Nonprofits



Clockwise from top right, Maria Espinoza, Nitza Lopez, Heike Gosselin, Kim Ouellette, Laura Rodriguez, Erika Broyles and Manuela Martinez photo provided

In celebration of National Nonprofit Day on August 17, FISH of SanCap is recognizing the positive impacts nonprofits make by showcasing those who make a difference in the community. From August 15 through 19, FISH will display information at its walk-in center and food pantry about the importance of nonprofits and why their team chooses to work in the nonprofit sector.

Nonprofits play an important role in building and sustaining strong communities. These organizations inspire others by creating ways to engage individuals and connect them to the nonprofit's mission and core values. According to the Independent Sector, "the nonprofit sector – 10 percent of the American workforce or 11.4 million jobs – is the third largest workforce in the U.S., behind retail and manufacturing."

"At FISH, we are proud to work with many wonderful nonprofit organizations

within our region," said Maria Espinoza, executive director of FISH. "Working across our nonprofit network provides more insight into the issues facing our community and how we can use our individual strengths to amplify our impact."

FISH has been helping island neighbors on Sanibel and Captiva for 40 years. Over 93 percent of each dollar spent goes to programs and services that enrich the Southwest Florida community. In 2021, FISH answered 25,798 service requests.

"We are honored to be one of Sanibel and Captiva islands nonprofit organizations that supports everyone on our islands. We want to emphasize that FISH is here to help with information, referrals and assistance through our programs and services," said Espinoza.

For more information on services and programs offered by FISH, call 472-4775 or visit www.fishofsanacap.org.

Lee Clerk Expands Services

The Lee County Clerk's office is now providing general assistance with completing select court forms. This new service helps customers representing themselves in court properly complete forms and better understand the process to avoid delays in resolving disputes.

The service is offered for limited civil and family cases, including evictions, domestic violence, small claims, adult name changes and sealing criminal records.

"As the gateway to the court system, it's critical that the clerk's office provides all Lee County residents with timely and efficient access to the courts," said Lee County Clerk Kevin Karnes. "While our office cannot offer legal advice, we can provide customers with useful

information to help them navigate their cases."

Customers can access the court form preparation services at The Honorable Linda Doggett Self-Help Center on the first floor of the Justice Center in Fort Myers. Appointments are not required but can be scheduled at www.leeclerk.org/appointment. For hours and directions, visit www.leeclerk.org.

If customers require legal assistance, they can schedule a free 20-minute virtual legal consultation with an attorney at www.leeclerk.org/appointment. The service is provided in partnership with the Legal Aid Society and appointments are scheduled on Tuesdays from 1 to 4:30 p.m. The attorneys and clerk staff cannot complete forms for customers or represent them in court.

For more information about court form preparation services, visit www.leeclerk.org/selfhelp, call 533-2978 or email justicenavigator@leeclerk.org.

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Life Expectancy Effect On Estate Plans



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

As life expectancy increases, adapting our retirement age, savings and estate plans must change. Currently, the life expectancy of a United States male hovers near age 79, while a female exceeds 81. The longer you live, the longer you are expected to live as well. American non-smoking men who make it to age 60 can expect an average of 21 years of life expectancy, while those age 84 are expected to make it to 91. What does this mean for our expected retirement age? Obviously, it means that we should save more for longer periods. This might delay retirement from ages 60 or 65 to at least 70 or 75. They say that 60 is the new 45, and that very well may be true. Continuing to work longer means not having to rely on savings until you reach within 10 to 15 years of life expectancy.

This also affects our estate plans. I've been practicing long enough to counsel an entire generation who have mostly passed away. Years ago, it was uncommon for my practice to serve more than a couple dozen octogenarians. Now, we serve several dozen. Today, we also have a handful or more of centenarians.

What does this mean for our estate plans? First, between spouses, it's more likely than not that the survivor lives well into her 80s. Estate plans must therefore be drafted with the continuing need for income to support the couple, or survivor of them, not only for essential living needs, but perhaps for years of health, and perhaps, convalescent care.

Bumper stickers and shirts declaring that, "I'm spending my children's inheritance," aren't joking.

There's also the increased likelihood that the surviving spouse remarries, particularly if the first decedent spouse dies at a relatively young age, such as in his 60s. If the surviving spouse may have a quarter century or more to live, she can't always be expected to live it alone.

Remarriage presents another set of issues. Pensions might be affected. Generally speaking, if one remarries after age 60, one may still receive survivor's benefits based on one's former spouse's record. However, if one's new spouse is also collecting

Social Security benefits, then one might receive a higher amount based on the new spouse's work record.

IRA accounts that once named a former spouse might now name a new spouse. If the new spouse survives and rolls over the account, the likelihood that the children of the original IRA owner become the ultimate beneficiaries decreases substantially. Remarrying without a nuptial agreement may also decrease the amount that one's children receive, because in most states a surviving spouse is entitled to an elective share of the decedent spouse's estate or trust.

Age of one's children when they finally inherit must also be considered. When clients live into their late 80s, their children are often post-retirement themselves when they inherit. In this case, it might make more sense to create continuing trusts sprinkling income and principal among several generations of the family. Educational needs of grandchildren or even great-grandchildren could become the priority, especially when one's children have already built nest-eggs of their own.

Instructions to family members about health care and end-of-life decisions becomes paramount. Should assets be consumed to remain at home as opposed to being housed in assisted living or memory care units? How will the consumption of assets affect the surviving spouse?

If a child has moved in to care for a parent, should she receive a larger share of the inheritance? If that same child is responsible for her elderly parent's finances, care should be taken to document and account for expenses. I've seen situations where the child taking care of her parents is accused of stealing their money, even when the parents wanted to give that money to the child. This is where ongoing communication with the estate planning attorney is crucial, so he can counsel and document transactions to avoid misunderstandings that can't be explained once the client dies.

Undue influence claims must also be guarded against. I once had a client whose daughter cared for her. They both came to my office, with the client requesting that I change her will and trust to give this daughter more than an equal share compared to her other siblings.

Under most state laws, including Florida's, a presumption of undue influence occurs when the beneficiary who benefits from the new will scheduled the appointment, drove the client to the office, was present during the meetings and signing, and so forth. This is why a knowledgeable estate planning attorney will meet individually with the client to ensure that elements of undue influence are not present.

As my grandmother once proclaimed, "Aging isn't for sissies." Make sure that you're prepared to enjoy a long and fruitful life. It begins with proper planning to not only benefit you and your spouse, but successive generations as well.

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How's The Market? Ask Ann *Considering a Sale?*



Ann Gee
Broker/Owner

Are you going to interview three Realtors? You may want to consider asking some of these questions.

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2. How long will it take to generate a sale? In today's market, it usually takes between 15 and 40 days to get an offer. How long should you wait to adjust the list price if no contract? In today's environment, 45 days, possibly sooner.
3. How often will you stay in touch with me? Will I be communicating with you or an assistant?
4. When you provide me with information on your 3 most recent sales? I am interested in knowing how long the listing took to go under contract and how much was negotiated off the listing price.
5. Will I get feedback after the showings? Will you personally be present at the inspection and at the closing?
6. Do you personally represent my property when placing it on the Realtor tour for other Realtors to view?
7. Go over in detail with me, your commission rate, closing costs and the time period for the listing. Are you currently offering any incentives that would benefit me?
8. In conclusion, these types of questions may help you decide on an agent who is a good fit for you. I would like to have the opportunity of being one of the three agents you interview.

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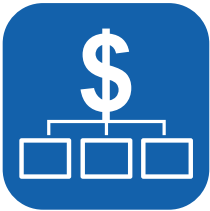
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Frankly Speaking



by Howard Prager
Baseball historian Ralph Moses is filling in for Howard Prager as he continues his wild travel schedule.

It is my pleasure to talk about the life and career of

Vincent Edward Scully, who passed away last week at the age of 94. In his career that began in 1950 and expanded until 2016, fans were greeted by Scully with the following welcome: “It’s time for Dodger baseball. Hi everybody, and a very pleasant good afternoon (or good evening) to you, wherever you may be.” With this greeting, fans truly felt comfortable being at or listening to a baseball game described with such clarity and enjoyment by the best in the business. He described the game but, more importantly, Scully was a storyteller, filling the game’s silences with moments of both humor and poignancy. And, like any good announcer should know, quiet was often more important than words.

Vin Scully was born on November 29, 1927 in Manhattan. He decided early in his life that he wanted to be a broadcaster. Listening to the New York Giants succumb to the New York

Yankees by a score of 18-4 in the final game of the 1936 World Series, Scully took pity on the Giants and became one of their biggest fans. After a two-year stint in the United States Navy, Scully attended Fordham University where he became a student broadcaster and majored in English. Upon graduating, he sent 150 letters to states along the Eastern seaboard, receiving only one reply. The pioneering CBS broadcaster Red Barber was impressed by the young man and assigned him to cover some college football games. In his excitement to cover the first game at Boston’s Fenway Park, Scully left his coat and gloves in his hotel room and must have suffered from the autumn cold. Yet, Scully never referred to it in his broadcast, which impressed Barber.

In 1950, Scully joined Barber and Connie Desmond as the broadcasting team for the Brooklyn Dodgers. Barber mentored Scully that it was important to broadcast without blatant homer connections. While Barber was famous for his Southern colloquialisms, Scully had one thing that no one else had: himself. And he never tried to be anyone other than himself.

With his friendly and engaging personality, Scully easily became familiar with the Dodgers’ fabled “Boys of Summer.” He covered their heroics from the broadcast booth above and interviewed them from the field below. Whether it was Jackie Robinson, Roy Campanella, Duke Snider, Gil Hodges, Pee Wee Reese or Carl Erskine, the

Dodgers felt comfortable around the youngest of the Dodger broadcasting trio.

Scully got an early baptism in World Series broadcasting, sharing games with Barber and the Yankees’ Mel Allen. Despite being in his 20s, Scully proved that he could take the pressure. Such an example took place in Game 7 of the 1955 World Series when the Dodgers defeated the Yankees for the first and only time. Scully, who was at the mic when the final out was made, paused briefly, before telling his audience, “Ladies and gentlemen, the Brooklyn Dodgers are World Series Champions.” In the following year’s fall classic, Scully and Allen covered Don Larson’s perfect game. Scully called it “the greatest game ever pitched.”

By 1957, it became evident that Dodger President Walter O’Malley would carry out his plan of moving the Dodgers from Brooklyn to Los Angeles. Scully went along although he knew that leaving behind the borough of Brooklyn would devastate the heartbroken fans.

The Dodgers first home in Los Angeles was The Coliseum, a stadium built for the 1932 Olympics and used primarily for football. Over 80,000 fans, some of whom were celebrities, came to games to welcome the Dodgers. Their knowledge of baseball, however, was limited, and their distance from the games themselves made it difficult to follow. Scully took on a new role as an instructor of Dodger games. As he welcomed fans and broadcasted the games, thousands of fans would listen to him from their seats using transistor radios. Fans relied on Scully’s description of the game and enjoyed his storytelling. As the years went by and the Dodgers moved into the baseball-friendly Dodgers’ Stadium, fans continued the tradition of bringing radios to the games to listen to Scully. The Dodgers won their first west coast World Series title in 1959 and, by the early 1960s, they were taking on a new team personality. These Dodger teams lacked power but were blessed with speed and great pitching. Scully had known pitchers Sandy Koufax and Don Drysdale since the mid-1950s but, by the early 1960s, this pitching duo had become the dominant force in baseball.

Scully admitted in later years that

Koufax had been his favorite Dodger. He had broadcast all four of his no-hitters between 1962 and 1965. The fourth no-hitter turned out to be a perfect game against the Chicago Cubs and was a broadcasting masterpiece for Scully. Starting with the eighth inning, Scully not only described the action but inserted the time of each at-bat, building the drama with each pitch. In the ninth inning with two outs, Koufax struck out Harvey Kuehn to complete the perfect game. Scully paused for a minute before telling the fans the time, the attendance and the significance of Koufax’s achievement. In the World Series that fall, against the Minnesota Twins and pitching on just two days of rest, Koufax shut out the Twins 2-0. In the Dodgers’ clubhouse, after the final game, Scully reminded Koufax that in his last game, also a shut-out, he had said he felt 100 years old. Koufax replied that he felt 101. The interview continued (and still exists on YouTube) and remains a classic Q&A between an outstanding broadcaster and an insightful ballplayer.

Beginning with the 1970s, Scully expanded his professional horizons to include football and golf, and became the frequent choice to cover the World Series and All-Star Game. His reputation was now nationwide, and he was the recipient of every honor imaginable. Scully’s call of Hank Aaron’s 715th home run poignantly reminded fans of what a marvelous moment it was in the country and the world for a Black man to be applauded in the deep South. In later years, Scully was elected to the broadcasters’ wing of the National Baseball Hall of Fame in Cooperstown, and he also received from President Obama the Medal of Freedom, the nation’s highest civilian award. Following the 2016 baseball season at age 88, he retired from his broadcasting duties and chose to live the remainder of his life quietly, looking back on 67 years as baseball’s finest broadcasting. On August 2, he passed away, leaving a void that cannot be filled.

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.✴

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SPORTS QUIZ

1. What member of the Pro Football Hall of Fame Class of 2022 was known as the “Father of Instant Replay”?
2. Name the Boston Celtics star who was stabbed 11 times at a nightclub in September 2000, but still started every game in the 2000-01 season.
3. What sports apparel and equipment company was founded in Baltimore in 1996 by Kevin Plank, a former University of Maryland football player?
4. Tadej Pogacar, winner of cycling’s Tour de France in 2020 and 2021, hails from what country?
5. According to the American Cornhole Association’s regulations and standards, what is the diameter of the hole in an official cornhole board?
6. Joe Sakic won two Stanley Cups (1996, 2001) as a player and one as general manager (2022) with what NHL franchise?
7. In the first round of the 1988 NBA Draft, the New York Knicks selected Rod Strickland, a star point guard from what university?

ANSWERS

1. Art McNally.
2. Paul Pierce.
3. Under Armour.
4. Slovenia.
5. 6 inches.
6. The Colorado Avalanche.
7. DePaul University.

Campaign Chairs On Board For United Way

Sally Jackson and Matt Humphreys have been selected as United Way of Lee, Hendry, and Glades 2022-23 campaign chairs. The goal for this year's campaign has been set at \$11,186,558. Last year's campaign raised \$11,105,524 for the local communities of Lee, Hendry and Glades. The theme of this year's campaign has been established as "All Aboard the United Way Express!"

Jackson and her husband, Mike, have lived in Cape Coral for 19 years. Her previous career included executive and cabinet positions in Illinois state government, and as president of a regional and a state chamber of commerce. She retired from Lee Health in 2017 as a senior leader for government and community relations. Jackson now serves as a community volunteer including Collaboratory trustee, Pace Center for Girls Lee board chair, and United Way board member since 2010, as well as allocations team member and past 211 chair. She has chaired the Heart Walk, Go Red for Women Campaign as well as the local Southwest Florida board and southeastern states regional board of the American Heart Association.

"Throughout my career, I have had positions that allowed me to work with organizations to improve communities. Our United Way is one of the top such



Sally Jackson



Matt Humphreys

organizations. I am excited and motivated to be able to co-chair this year's campaign with Matt Humphreys. I have seen firsthand how our United Way agencies change lives, and how United Way itself helps to identify unmet needs in our community and see that they are met. Such leadership and collaboration are exactly what this campaign is all about. Our community is a better place because of United Way. I encourage everyone to join us and be part of our campaign."

Humphreys was born and raised in Lee County. He graduated from North Fort Myers High in 2002 and Edison College in 2004. He has been married to his high school sweetheart, Jessica, for the last 15 years. They have two young children, Jacoby and Olivia. His family resides in the Gateway Fort Myers area, where Jessica is a teacher.

Humphreys has worked for Publix Supermarkets for over 20 years. He has been involved in many charitable events over the years including Habitat for Humanity, March of Dimes and

Make-A-Wish. He began serving on the United Way board in 2017.

"I am honored and thrilled to be co-chair for the 2022-23 United Way of Lee County campaign. To be part of such a prestigious group of leaders that has given back to the community for the past 65 years is humbling. I look forward to working with my co-chair, Sally Jackson, who brings an absolute wealth of knowledge and guidance. I have no doubt, with the collaboration of this incredible team, we will reach our campaign goal of almost \$11.2 million and continue to do great things in our community," said Humphreys.

United Way of Lee, Hendry, and Glades has raised and distributed almost \$210 million since being established in 1957. For more information, visit www.unitedwaylee.org.

Airport Traffic Down In June

During June, 663,141 passengers traveled through Southwest Florida International Airport (RSW) in Fort Myers. This was a decrease of 21 percent compared to June 2021. Year-to-date, passenger traffic is up 17.6 percent compared to last year.

The traffic leader in June was Delta with 176,915 total passengers. Rounding out the top five airlines were Southwest (127,095), American (122,983), JetBlue (71,428) and United (67,716).

Southwest Florida International Airport

had 5,418 aircraft operations, a decrease of 26.5 percent compared to June 2021. Page Field saw 14,284 operations, a 28 percent increase compared to June 2021. For more information, visit www.flylcpa.com or www.facebook.com/flyrsw.

ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Jayne Lumley



Teresa Baker

The top producers for July at VIP Realty Group were: Jayne Lumley, top sales; Teresa Baker, top listings; and Amy Wainwright, top producer.



Amy Wainwright



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Health First

Important Tips On How To Sleep Better



by Julie
Rosenberg, MD

Sleep plays an integral role in health and wellbeing. Unfortunately, many American adults have sleep problems and don't get the rest they need to restore and renew their bodies. A normal amount of sleep per night for most adults is between seven and nine hours. About 35 percent of American adults report sleeping on average less than seven hours per night. Insufficient sleep and poor-quality sleep may be due to a variety of factors including sleep disorders (e.g., sleep apnea, insomnia), medical conditions (e.g., restless leg syndrome, chronic pain), and mental health disturbances (e.g., anxiety, depression, stress).

Sleep deprivation can take a serious toll on your body and mind. Signs that you're not getting enough sleep may include:

- Brain fog;
- Lack of energy;
- Mood shifts;
- Diminished focus and attention span;

Worsened memory;
Risky decision-making.
Insufficient sleep and growing sleep debt can also put you at increased risk for accidents and injuries.
Try incorporating these healthy sleep habits into your bedtime routine to improve your sleep:

1. Follow a Consistent Sleep Schedule – Go to bed at the same time each night and get up at the same time each morning, including on the weekends. When your sleep has a regular rhythm, your biological clock will be in sync. In addition, your other bodily functions will work more smoothly, including your sleep.
2. Avoid caffeine and alcohol before bedtime – Caffeine is a stimulant. Consuming caffeine too close to bedtime can prevent you from falling asleep or having good quality sleep. Caffeine has a “half-life” of about eight hours, which means that its blood level is reduced, but that it is still affecting your body after this time. A recent study showed that consuming caffeine within six hours of bedtime can reduce total sleep time by up to 41 minutes. Most experts advise to stop drinking coffee and other caffeinated beverages after 2 p.m.

Alcohol is a sedative. While the sedative properties of alcohol can make you sleepy, it can also detract from a good night's sleep by preventing you from reaching deep sleep stages where the most restful sleep occurs. Drinking alcohol can also lead to dehydration and increased thirst; you may awaken at night to get a drink of water or to use the bathroom if you drink

- alcohol too close to bedtime.
3. Exercise – Moderate physical activity is not only key for a healthy body, but also for healthy sleep. Exercising during the day will help you fall asleep more quickly and sustain longer, deeper sleep. It's important to stop exercising a few hours before bedtime. Too much physical activity around bedtime may hinder your ability to fall asleep and stay asleep.
 4. Remove all electronic devices from your bedroom at night – Technology affects your brain, stimulating your mind and making it harder to fall asleep. The blue light emitted by many electronic devices disrupts the natural production of melatonin, which can disturb your circadian rhythm. In addition, using electronic devices in bed may delay the time that you go to sleep, reducing overall sleep duration. So, find a place outside your bedroom where you can park electronic devices at night and keep your bedroom “technology-free.”
 5. Keep your bedroom dark, quiet and at a cool temperature – Your body is conditioned to fall asleep when there

is darkness all around you. It creates a rhythm that allows you to fall into a peaceful slumber. This is also the case with noises or sounds; you are more likely to stay awake when there is noise in the environment. Regarding temperature, most experts recommend keeping your thermostat set between 60 to 67 degrees Fahrenheit (15.6 to 19.4 degrees Celsius). This practice allows for the most comfortable sleep.
In conclusion, the difference between poor sleep and restful sleep may be just a few healthy lifestyle changes. Give some of these tips a try and see how your sleep is improved. If you still struggle to get to sleep and stay asleep, it could be a sign of a sleep disorder or underlying medical condition affecting your sleep. Contact your healthcare provider for evaluation.
Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✴

A Rare Concierge

submitted by Patty DeVost, LCSW

Mental health has made its way into mainstream conversation. Much of what we hear is a rapid increase in people suffering, and the lack of access to support, especially in Florida. What we don't often hear about is what is being done to improve it.

You may be told, “If you have a problem, see a therapist and participate in long-term care.” But what if you can't? What if you don't know what's wrong or where to start? What if there are excessive wait times? What if you can't afford it, or don't have insurance? What if that system isn't what you need?

I've thought about the existing structure and creative solutions for youth and their families. This is where the concept of a “concierge” model came to light as a way to support youth needing mental healthcare. Concierge services have been around since the 1800s in one form or another, and still include broad categories. It's a valued resource; even the medical field now uses the model. So why not the helping profession?

Patty's Place Concierge Youth Mental Healthcare is coming soon to Southwest Florida, and it will serve as a community resource and triage center. Our nonprofit will offer three to five meetings with those who require help navigating the system of care, or who are unable to get in to see someone. Unlike traditional therapy or a crisis clinic, we partner to assess, coach, support and monitor individuals while deciding next steps, if deemed necessary.
Not a traditional call center, hotline or app, this is an in-person concierge which helps formulate a plan based on individual needs and provide referrals when necessary.
In my experience working with youth and their families, they need three things when they reach out for help: a friendly

face; a safe and comfortable space; and a knowledgeable partner in figuring out what's best. If therapy is the way, connections are made, without barriers.
Patty's Place will build partnerships with providers for reciprocal referrals, and work as a team. We will also help interns and graduates of local programs receive experience and supervision as they enter the mental health field. Patty's Place will provide a much needed bridge for youth mental health support in Southwest Florida.

For more information on how you can help, contact Patty DeVost at 518-331-5191. To make a tax-deductible donation, make checks payable to Collaboratory and write Patty's Place in the memo. Mail to: Collaboratory, 2031 Jackson St., Fort Myers, FL 33901, or make a gift online at www.collaboratory.org. Gifts of stocks and bonds may also be made directly to the foundation with indication of the fund to benefit.

Patty DeVost is a licensed clinical social worker and resident of Sanibel. She is founder and CEO of Patty's Place, scheduled to open this fall at 4109 Del Prado South in Cape Coral. For more information, follow Patty's Place on Facebook or visit www.pattysplace.org.✴

Top 10 Books

1. *Apples Never Fall* by Liane Moriarty
 2. *The One Hundred Years of Lenni and Margot* by Marianne Cronin
 3. *The Retreat* by Sarah Pearse
 4. *Portrait of an Unknown Woman* by Daniel Silva
 5. *Shattered* by James Patterson
 6. *The Book Eaters* by Sunyi Dean
 7. *Something's Cooking in Chianti* by Jennifer Schiff
 8. *The Hotel Nantucket* by Elin Hilderbrand
 9. *Unsettled Ground* by Claire Fuller
 10. *Home Before Dark* by Riley Sager
- Courtesy MacIntosh Books and Paper.✴*

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dearRPharmacist

Facts About Monkeypox



by Suzy
Cohen, RPh

Dear Readers: Recently, the World Health Organization has declared monkeypox a global health emergency.

Monkeypox causes lesions similar to smallpox but milder, and it is self-limiting for most people.

In case you're worried, I want to assure you, that almost everyone in this current outbreak is alive and well. I doubt you will know anyone who gets sick with it, it's very rare. Nevertheless, monkeypox has become a very hot topic in the news. Let's go over eight important points:

1. Is this going to kill people all over the world similarly to the coronavirus?

Answer: No, not like COVID-19 did. I don't like to propagate fear and this is not going to be like you're probably imagining it. There will be no monkeypox lockdowns so don't worry. It's not transmitted the same way.

2. Is it sexually transmitted?

Answer: Yes, it is mostly transmitted in this manner. However, there are other modes of transmission such as prolonged face-to-face contact or kissing. Studies confirm that the DNA virus is found mainly in semen, saliva, urine and/or feces.

3. Why is it named monkeypox?

Answer: The virus was first identified from those fuzzy creatures. It was first discovered in 1958 when outbreaks occurred in monkeys that were being used for research. According to the CDC, the source of the disease remains unknown, however, monkeys (and rodents) harbor the virus.

4. What are the symptoms?

Answer: Fever is always part of the syndrome, along with headache, muscle aches, and other flu-like symptoms. Lesions and ulcers occur as well. If you develop these issues, call your doctor and limit contact with others.

5. Can you transmit this to your pets?

Answer: No, you can't give it to your pets. It's the other way around. People become infected from exposure to the animals which include gerbils, hamsters, rabbits, monkeys, dogs and cats. Of these, rodents seem to be the biggest transmitters. It can be transmitted from human to human as well.

6. What can we do to minimize the spread?

Answer: If you develop a rash, ulcer, or raised lesion (or you feel sick), avoid close contact and intimacy. Contact your physician.

7. What is the USA monkeypox case count?

Answer: It is unclear. The CDC has a website you can visit to see the live case counts in the USA. But the exact count for monkeypox is unclear. The number they post there includes both monkeypox cases and orthopoxvirus cases, combined. The latter includes smallpox, vaccinia virus and cowpox. So the monkeypox case count just by itself is opaque.

8. What should you do if you get infected?

Answer: Call your physician to make an appointment to get help, or visit an urgent care center. Follow your doctor's orders. For home relief, consider over-the-counter analgesics and antipyretics for fever and pain. Avoid close contact with others to minimize spread.

If you're interested in a longer version of this article, it is available on my website at www.suzycohen.com.

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

Grief Support Group Meetings

GriefShare sessions are held in the Family Life Center at Sanibel Community Church on Tuesdays from 5 to 7 p.m. The program runs through November and is open to anyone who is grieving. There is plenty of room for social distancing. 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.✱

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: You have written about forgiveness in your articles before, and I would like it if you could guide me in a forgiveness practice as I am ready to forgive someone.

A: A process that I tend to use for clients goes like this:

1. Sit in a comfortable place where you will not be disturbed.

2. Close your eyes and think of someone you are holding anger, hatred or resentment toward in your heart.

3. Take a couple of deep breaths and let yourself feel your feelings without having to do anything about them. Just notice them.

4. Now, realize that the person's hurtful action can't be changed. It's in the past, and there is absolutely nothing that can be done to affect it now. Feel the finality of that.

5. Also realize that this person may

never change. They are the way they are. Take a few deep breaths as you accept the truth of that.

6. Now, see that the person is the way they are – and did whatever they did – because they have some pain, some lack, some roundedness. They may not even realize it themselves, but it's there.

People only hurt others because they are hurt themselves. See them through the eyes of compassion for their own suffering. Imagine they are a child that is hurting, lashing out as others in their own pain.

Can you feel compassion for them?

7. Sit quietly for a minute or two more. Feel the compassion that those thoughts bring to your heart in any amount.

You may find that you still have anger, however this exercise is the beginning of your forgiveness practice and it will help release your own pain in your heart for healing and growth to occur.

Continue to repeat the exercise until you feel a shift, however small in your heart. Your forgiveness will grow as you feel more compassion.

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 or visit www.drconstanceclancy.com.✱

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Doctor and Dietician

Sheet Pan Meals: A Quick Dinner



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

Many people feel that life is so busy that it seems like making dinner is the most challenging task in the world. We find that making sheet pan meals make dinnertime meals easy. Sheet pan meals are exactly what they sound like. You put everything on a sheet pan, drizzle with extra virgin olive oil (EVOO), add some spices, place the pan in the oven, cook and enjoy. These meals are very simple to make, and the best part is the options are endless.

Our favorite thing about sheet pan meals is that you cannot really make mistakes. We always suggest get creative and create your own seasoning at home as you never know what chemicals are hiding in store-bought seasoning packets.

This may sound silly but give the spices a smell, if they smell good, they will taste good.

Here are some favorite sheet pan recipes, but remember you cannot go wrong with these meals, add whatever you please, substitute, or take out whatever does not suit your taste buds:

Greek Chicken

What you need: six chicken thighs; four whole carrots, sliced; 10-ounces grape tomatoes, halved; one cup mushrooms, halved; two zucchinis, quartered; one yellow bell pepper, sliced; one red bell pepper, sliced; ¾ cup Greek olives; eight to 10 (or more) baby red or Yukon gold potatoes, halved; one lemon, sliced; four ounces feta cheese, crumbled; Dressing: ½ cup EVOO; four cloves garlic, minced; two tsp. dried oregano (or four tsp. fresh); one tsp. dried thyme; one tsp. Dijon mustard; salt and pepper to taste.

What to do: Place all ingredients on the sheet pan and toss together, drizzle EVOO and toss spices over the ingredients, and massage together. Bake at 425 degrees for 30 to 45 minutes, remove the baking sheet from the oven and serve on a platter topped with feta, sliced lemons and olives.

Pesto Salmon and Potatoes

What you need: four to six ounces salmon filets; one pound baby red potatoes, halved; seven cloves garlic, minced; one cup green beans; one tbsp. EVOO; one tbsp. freshly grated lemon zest; ½ tsp. thyme; salt and pepper to taste; ¼ cup pesto; chopped herbs like

basil or parsley for garnish.

Pesto recipe: two cups packed fresh basil; ½ cup finely grated parmesan cheese; ¼ cup pine nuts, toasted; three garlic cloves; pinch of crushed red pepper; salt and pepper; ⅔ cup extra virgin olive oil; blend together in mini chopper.

Directions: Place potatoes and green beans on sheet pan, drizzle EVOO, lemon zest, thyme, salt and pepper and massage, place salmon over top and sprinkle with salt and pepper, cover salmon with the pesto, bake for about 30-45 minutes, remove the baking sheet from the oven, top with sliced lemons and garnish with basil or parsley, enjoy.

Shrimp or Steak Fajitas

What you need: 1 ½ pounds flank or skirt steak, cut into ½ inch slices; or 1 pound shrimp, cleaned and deveined; (or both), 3 cloves garlic, minced; one lime; one medium onion, sliced thin; 1 ½ tsp. oregano; one red bell pepper, sliced thin; one yellow bell pepper, sliced thin; 1 tbsp. chili powder; ½ tsp. paprika;

2 tsp. cumin; salt and pepper to taste; 4 tsp. EVOO; corn, almond flour or cassava flour tortillas; add your favorite fajita toppings such as sour cream, salsa, guacamole, chopped lettuce and/or tomatoes.

Directions: In a small bowl, combine all spices, toss with the sliced peppers, onion and steak pieces and/or shrimp. Drizzle with EVOO, toss together until coated, spread evenly across the pan, place into the oven and broil until your protein is cooked to your preference, remove and squeeze lime over everything, serve with tortillas and your favorite fajita toppings.

We hope this inspires you to go sheet pan crazy and make some fabulous creations.

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

Beautifulife: Babble



by Kay Casperson

Babble is the thoughts that keep creeping into our minds without even knowing that they are starting to consume our feelings, decisions and mindset. Is there constant chatter in your mind? Do you find yourself planning out your day, your month, your year and your future all in your head while going about your daily activities?

One of the definitions of babble is to talk idly, irrationally, excessively, or foolishly. Also, to chatter without meaning or purpose or to have an internal dialogue. Your inner voice is what can get you in trouble if you let it. But realize that no matter how much babble goes on in your head, you are in control of making the ultimate choices and decisions for your life. You can either listen to your head or search your heart for the real answers to every situation.

You have many choices in how you process this babble. Suppose you allow your inner voice to be critical of yourself. In that case, it could make you feel inadequate and ultimately have low self-esteem. This could be a crucial factor preventing you from achieving your dreams and goals. Don't allow your inner voice to judge or criticize others. Doing so may lead you to find yourself isolated from individuals who might be in your life for you to inspire or be inspired by. Allow your inner voice to stay focused on your life's positive aspects. You will then continue to head in the right direction with the best intentions.

It's not easy to quiet the babble that goes on in our heads, so let's talk about some of the ways to keep our minds clear for even just a moment.

1. Breathe – Take deep breaths all day

to keep your head clear, and your mind focused.

2. Make notes – Empty your thoughts on paper, so they don't continue to fill your head.

3. Exercise – Focus on your movements to get the ultimate results and rejuvenation.

4. Get creative – Make your garden, home or work more fun and enjoy the moments.

5. Help others – Find someone with a need and fill it to keep your heart full.

6. Listen to music – Put on your favorite songs and sing out loud.

7. Declutter – Keep your spaces clean and organized for peace of mind.

8. Give thanks – Be grateful for all your blessings, pray and know all is well.

If you learn the art of how to quiet your mind, you will be closer to having peace and happiness, which is true success.

My affirmation for you this week is: "I will learn to quiet the babble in my mind to continue living my best and most beautifulife."

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

Help An Addict

Narconon warns friends and families that the window period of desperation when an addict reaches for help is very short lived. Knowing this is important when dealing with an addict needing treatment. The next pill, hit, shot or drink could be their last. Do not wait for that to happen. For more information, go to <https://www.narconon-suncoast.org/blog/time-kills-addicts.html>.

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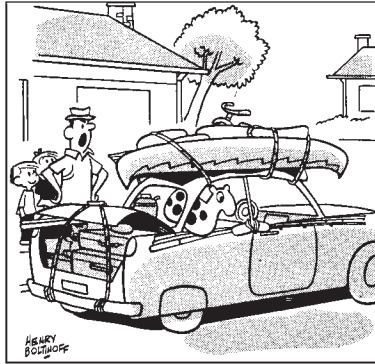


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PUZZLES

Answers on page 47



"The man who said, 'You can't take it with you'
never went on _____ with THIS
family."

SCRAMBLERS

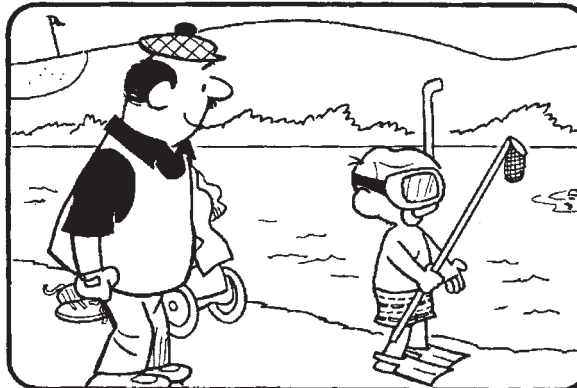
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Close
BRANEY
Authentic
LIVAD
Community
ICYTOES
Taint
TRASHIN

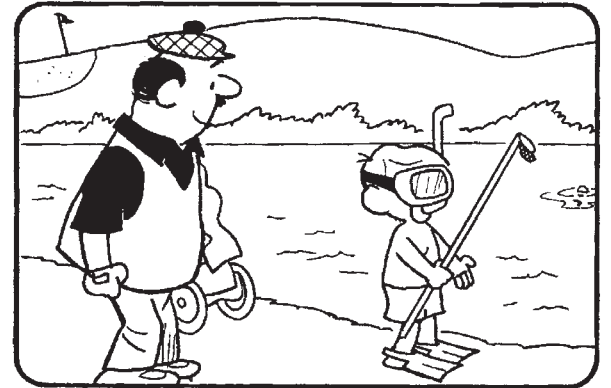
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Neckline differs. 2. Snorkel is shorter. 3. Trunks are missing. 4. Shoes are missing. 5. Net is smaller. 6. Towel end

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

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

EVASIVE STATEMENT

- ACROSS**

1 Capital of Kenya

8 Cleared up some space

16 Link up

20 Brought into harmony

21 Sign of a warm welcome

22 Meara of comedy

23 Start of a riddle

26 Cock-a-doodle- —

27 Safecracker, informally

28 Vinyl albums, for short

29 Chose, as on a survey

30 Batman player West

33 Peter of "Casablanca"

35 Stare in disbelief

38 Baby's cry

40 Riddle, part 2

44 Filmdom, in France

47 Stephen of "Utopia"

48 Old Russ. state

49 Spring flower

50 Downhiller's gear holder
- 52 Humane U.S. org.

54 Riddle, part 3

59 Routine-bound

61 Tic-tac-toe winning row

62 Waikiki souvenir

63 Rejoinder to "Not so!"

64 Capital of Qatar

65 In Minnesota or Montana

69 Extra NHL periods

71 Riddle, part 4

78 Supersecret govt. group

79 Tetley tidbit

80 Quite a long time

82 Fine violin, informally

86 Stage design

89 New Year in Hanoi

90 Election turndown

92 Riddle, part 5

97 Allow entry

98 "Ha! I was right!"

99 Thailand, formerly

100 Pal, in Caen

102 — Magnon

103 French WWII battle city
- 104 End of the riddle

110 "Wolf" cable channel

112 Followers: Suffix

113 "You beat me"

114 Gum globs

115 Facility with hot tubs

117 Gamble

119 Subpoena, e.g.

120 Go fast, quaintly

122 Riddle's answer

131 Atoll unit

132 Trip in a "stretch" car

133 Stacked messily

134 It may grow on a rock

135 Reduces to a fine mist

136 Capable of being stretched out
- 6 Looks upon

7 Suffix with cyan-

8 Lawn-Boy products

9 Orbital point farthest from Earth

10 C-H linkup

11 Suffix with butyl

12 Jogged

13 Hobbit's foe

14 Brunch staple

15 Abbr. on a new car's sticker

16 Face part

17 Being displayed

18 Pertaining to

19 Require

24 Novice

25 Chicago-to-Memphis dir.

30 Frightened

31 Fails to

32 Plains tribe

34 — vez (again, in Spain)

35 Teri of "Tootsie"

36 Disney mermaid name

37 Old hat

39 Etchers' liquids

41 Jacob's twin
- 42 Bake-off entry

43 That, in Oviedo

45 Small iPod

46 Big name in waffles

51 Jewish deli treat

53 Rugged cliff

55 Zero

56 Way in or out

57 Most awful

58 New York county

60 Syllables of rebuke

66 Lunar stage

67 — kwon do

68 Hilton rival

70 Texter's "Catch ya later"

72 Not finish later than

73 "— Three Lives"

74 — pot (sinus clearer)

75 Roof feature

76 "Yeah, understood"

77 Turned in

81 Spanish men

82 Some NCOs

83 Hit the horn
- 84 Routines to determine who's present

85 Append

87 Snaky letters

88 Be snaky

91 Mishmash

93 7'6" cager

94 "Witness" actor Lukas

95 Novelist Tan

96 Dits' partners, in Morse code

101 Biofuel option

105 Birdbrain

106 Fiery lecture

107 Antipasto morsels

108 Carry

109 Annoying sorts

111 Pistons' org.

115 Be fishy?

116 Coin of Cali

118 Fitzgerald of song

119 Phenom

121 Tehran's land

123 French article

124 Spanish for "I love"

125 — Kippur

126 — Lanka

127 Plum center

128 Half of VI

129 Pipe fitting

130 Visualize

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				
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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				
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			110			111		112					113						114			
115	116					117	118					119					120	121				
122				123					124	125	126					127				128	129	130
131							132									133						
134							135									136						

King Crossword

- ACROSS**

1 Witty one

4 Brings in

9 Rail

12 Mess up

13 Unconventional

14 Quarterback Manning

15 Airhead

17 Heavy weight

18 Verily

19 Made finer, as flour

21 Rope parts

24 "Holy —!"

25 Prefix with gram or center

26 Spasm

28 Picture puzzle

31 Towering

33 "Eureka!"

35 Nickelodeon's "Explorer"

36 Politico

38 Branch

40 Klutz

41 Village People hit

43 Place of worship

45 Thief

47 Equal (Pref.)

48 Terre Haute sch.

49 Inflatable pool toy
- 54 Prof's degree

55 Point of view

56 Noon, on a sundial

57 Blue

58 Portals

59 Moray, for one
- 6 — glance

7 Spectrum

8 Soon-to-be grad

9 Cartoon vamp

10 Medicinal plant

11 Peel

16 Coloring agent

20 Skedaddled

21 Greek salad cheese

22 Apple tablet

23 Melville sailor

27 Dance syllable
- 29 Russian river

30 Ump's call

32 Gentle soul

34 Newspaper piece

37 Headache aid

39 Fits together

42 Where the action is

44 Unruly group

45 Tears

46 Job-safety org.

50 Literary rep

51 Chopping tool

52 Fish story

53 Dogpatch adjective
- DOWN**

1 Entanglement

2 "Entourage" character

3 Spike's warning

4 Actor De Niro

5 Turkey is part of it

MAGIC MAZE

ASSOCIATED WITH CROWDS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: OPPOSITE OF CHEERING

- Applause

Audience

Cheering

Horde
- Marching

Mass

Mob

Multitude
- Queue

Riot

Stampede

Surge
- The wave

Throng

Troop

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FRIDAY
Mostly Sunny
High: 88 Low: 78




SATURDAY
Partly Cloudy
High: 89 Low: 80




SUNDAY
Mostly Sunny
High: 88 Low: 77




MONDAY
Sunny
High: 89 Low: 79



TUESDAY
Sunny
High: 91 Low: 80



WEDNESDAY
Mostly Sunny
High: 88 Low: 79



THURSDAY
Mostly Cloudy
High: 87 Low: 77

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	3:40 am	6:32 am	1:37 pm	8:59 pm	Fri	2:45 am	6:34 am	12:42 pm	9:01 pm	Fri	3:16 am	7:58 am	2:04 pm	9:18 pm	Fri	5:50 am	9:48 am	3:47 pm	None
Sat	3:53 am	7:35 am	2:30 pm	9:32 pm	Sat	2:58 am	7:37 am	1:35 pm	9:34 pm	Sat	3:46 am	9:00 am	3:08 pm	9:57 pm	Sat	6:03 am	12:15 am	4:40 pm	10:51 am
Sun	4:07 am	8:36 am	3:22 pm	10:01 pm	Sun	3:12 am	8:38 am	2:27 pm	10:03 pm	Sun	4:16 am	9:53 am	4:07 pm	10:31 pm	Sun	6:17 am	12:48 am	5:32 pm	11:52 am
Mon	4:25 am	9:37 am	4:16 pm	10:27 pm	Mon	3:30 am	9:39 am	3:21 pm	10:29 pm	Mon	4:45 am	10:39 am	4:57 pm	11:02 pm	Mon	6:35 am	1:17 am	6:26 pm	12:53 pm
Tue	4:47 am	10:40 am	5:14 pm	10:51 pm	Tue	3:52 am	10:42 am	4:19 pm	10:53 pm	Tue	5:14 am	11:22 am	5:40 pm	11:30 pm	Tue	6:57 am	1:43 am	7:24 pm	1:56 pm
Wed	5:13 am	11:47 am	6:25 pm	11:14 pm	Wed	4:18 am	11:49 am	5:30 pm	11:16 pm	Wed	5:43 am	12:05 pm	6:22 pm	11:56 pm	Wed	7:23 am	2:07 am	8:35 pm	3:03 pm
Thu	5:44 am	1:01 pm	8:05 pm	11:35 pm	Thu	4:49 am	1:03 pm	7:10 pm	11:37 pm	Thu	6:10 am	12:52 pm	7:04 pm	None	Thu	7:54 am	2:30 am	10:15 pm	4:17 pm

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PETS OF THE WEEK

Lee County Domestic Animal Services

Charlie And Mya

Hello, my name is Charlie. I am a 3-year-old male pit bull mix. I went out on a field trip with volunteer Ed and his family to Miromar Outlets, Gulf Coast Town Center and Pinchers Crab Shack. Ed said: "He was so happy to get out of the shelter. He was stable in a crowd, no issues around other dogs. He loves children. He knows all basic commands. And what a love machine. He genuinely loves people. He's virtually perfect. He was calm and did not beg at lunch. His fur is soft like velvet." My adoption fee is \$25.

Hi, I'm Mya. I am an 8-year-old female domestic shorthair. This 'Super Senior' is looking for a place to retire and spend my golden years. I am very independent and self-sufficient, and will snuggle up with you whenever you have

the time. If you have a busy lifestyle and need a pet that can easily fit into it, I am the gal for you. My adoption fee is \$20, and if you adopt me, get a feline friend at no additional fee.

This month, adoption fees on dogs are reduced to \$25 and cats to \$20 with an approved application. The adoption package, a \$600 value, includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee.

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



Charlie ID# A930755
photos provided



Mya ID# A930546

My Stars ★★★★★

FOR WEEK OF AUGUST 8, 2022

Aries (March 21 to April 19)

Aspects favor socializing with family and friends, but an irksome workplace situation could intrude. No use grumbling, Lamb. Just do it, and then get back to the fun times.

Taurus (April 20 to May 20) There's still time for you Ferdinands and Fernandas to relax and sniff the roses. But a major work project looms and will soon demand much of your attention through the next week.

Gemini (May 21 to June 20) Your enthusiasm persuades even the toughest doubters to listen to what you're proposing. But don't push too hard, or you'll push them away. Moderate for best results.

Cancer (June 21 to July 22) Your energy levels are rising, and you feel like you can handle anything that the job requires. While that's great, don't isolate yourself. Keep your door open to your workplace colleagues for sound advice.

Leo (July 23 to August 22) A workplace change could lead to that promotion you've been hoping for. But you'll have to face some tough competition before the Lion can claim his or her share of the goodies.

Virgo (August 23 to September 22) Your rigidity regarding a difficult workplace situation could be the reason your colleagues aren't rushing to your assistance. Try being more flexible in

your demands.

Libra (September 23 to October 22)

That uneasy mood could be your Libran inner voice reminding you that while it's great to be with your new friends, you need to take care not to ignore your old ones.

Scorpio (October 23 to November 21) A sudden spate of criticism could shake the Scorpion's usually high sense of self-confidence. Best advice: You made a decision you believed in – now defend it.

Sagittarius (November 22 to December 21) Your reluctance to help restart a stalled relationship could be traced to unresolved doubts about your partner's honesty. Rely on a trusted friend's advice.

Capricorn (December 22 to January 19) The capricious Sea Goat is torn between duty and diversion. Best advice: Do both. Tend to your everyday chores, and then go out and enjoy your well-earned fun time.

Aquarius (January 20 to February 18) Cutting back on some of your activities for a few days helps to restore your energy levels. You should be feeling ready to tackle your many projects early next week.

Pisces (February 19 to March 20) A co-worker might secretly be harping on about your work to your mutual colleagues. But some associates will come to your defense, and the situation will ultimately work to your advantage.

Born This Week: Your ambition
continued on page 46



The kid on the ground got tripped by bullies.
I helped him up. Then he felt happy
and thanked me. I felt good too.

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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—Christopher from *The Sanibel School*

From page 45

My Stars

makes you a success at whatever you choose to do – especially if it’s in the world of the performing arts.

MOMENTS IN TIME

- On Aug. 19, 1812, the U.S. Navy frigate *Constitution*, known as *Old Ironsides*, catches the British warship *Guerriere* 600 miles east of Boston where the *Constitution* delivered its first broadside. The British man-of-war was de-masted and rendered a wreck while the *Constitution* escaped with only minimal damage.
- On Aug. 20, 1911, a dispatcher in *w* office sends the first telegram around the world to determine how fast a commercial message could be sent. After it traveled more than 28,000 miles, relayed by 16 different operators, the reply was received by the same operator 16.5 minutes later.
- On Aug. 18, 1940, Walter Percy Chrysler, the founder of the American automotive corporation that bears his name, dies in New York. Chrysler was also known for financing the 77-story Art Deco Chrysler building skyscraper in midtown Manhattan. When completed in 1930, it was the tallest building in the world.
- On Aug. 16, 1954, *Sports Illustrated*, a new magazine dedicated to covering sports, appears on American newsstands with a cover photo of Milwaukee Braves third baseman Eddie Mathews. *Sports Illustrated* did not make money for most of its first decade but eventually became the undisputed leader in American sports media.

- On Aug. 15, 1961, two days after sealing off free passage between East and West Berlin with barbed wire, East German authorities begin building a wall – the Berlin Wall – to permanently close off access to the West. For the next 28 years, the wall was a literal “iron curtain” dividing Europe.
- On Aug. 21, 1980, animal rights advocates Ingrid Newkirk and Alex Pacheco found People for the Ethical Treatment of Animals. Rising from humble beginnings, PETA will soon become the world’s foremost and most controversial animal rights organization.
- On Aug. 17, 1993, Random House agrees to pay Gen. Colin Powell an advance of about \$6 million for the rights to his autobiography, *My American Journey*. Powell’s book became the fastest-selling book in Random House history.

NOW HERE’S A TIP

- “For taking to a party: Melt vanilla chips in the microwave, adding by handfuls and heating for about 15 seconds at a time. After 15 seconds, stir and repeat until chips have melted. Then dip small clusters of green grapes into the melted vanilla chips.”
– MF in Washington
- “I read your tips in a Rochelle, Illinois, newspaper. The paper is sent to me by a friend, and I love the tips. Here is mine: For homemade spray and wash, mix two cups of water, two tablespoons of white vinegar, one tablespoon of baking soda and one tablespoon of dish soap.”
– KW in Tennessee
- When purchasing school supplies, remember that paper, pencils, etc.,

- typically aren’t on sale mid-year, so stocking up is a good idea. Just make sure the deal you are getting is a good one. Then put it away for distribution later.
- I lay out my school clothes and even my hairbrush and stuff to get ready. I put my shoes and socks by the front door. I am always ready before my sister, and I get to watch TV while she is running around.
– RG in Florida
- Pint-size water bottles are great for refilling with milk. The milk boxes at the grocery store are so expensive, and this way, I can control how chocolatey the chocolate milk is.
– CC in Oregon

STRANGE BUT TRUE

- A fan of the Detroit Pistons who also happened to design the video game NBA Jam detested the Chicago Bulls so much that he embedded a special code causing them to miss last-second shots when playing the Pistons in the game.
- Heat waves kill more Americans than tornadoes, hurricanes, or floods.
- In nuclear physics, a “shake” (equivalent to 10 nanoseconds) is an informal unit of time measuring events in a nuclear explosion.
- Fans of the Philadelphia Eagles have a longstanding reputation for rowdiness, but when a 1997 game between the team and the San Francisco 49ers saw around 60 fistfights in the stands, with someone even shooting a flare gun, the response from both worried families and local law enforcement prompted the installation of “Eagles Court,” a functional courtroom and jail at Veterans Stadium.
- Calling a man bald qualifies as sexual harassment in the United

- Kingdom.
- When Salvador Dali bought a castle for his wife, Gala, in 1968, she accepted it with one condition – that the artist would gain written permission from her before visiting.
- One of the oldest recorded tattoo ink recipes consists of Egyptian pine bark, corroded bronze, vinegar, vitriol, leek juice and insect eggs.
- The movie term “blockbuster” was originally a military term to describe bombs in World War II that could destroy an entire city block.
- You’ve undoubtedly watched the Oscars at some point, but have you heard of the *Pawscars*? That’s an annual show put on by American Humane, celebrating the “furry, winged, and scaled” actors of TV and film, both past and present.
- As he lay dying of blood poisoning, the last words of whiskey distiller Jack Daniel were, fittingly, “One last drink, please.”

THOUGHT FOR THE DAY

“The past is the only dead thing that smells sweet.”
– Cyril Connolly

TRIVIA TEST

1. **AD Slogans:** Which product’s advertising slogan is “Look, Ma, no cavities!”?
2. **Movies:** The movie *300* is based on which famous historical battle?
3. **U.S. Presidents:** How many presidents have served more than two terms?
4. **Animal Kingdom:** How far can a skunk’s spray reach?
5. **Geography:** What is the southernmost major city on the

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8/12 ★ 8/19

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1/21 ★ TFN

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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

LEGAL NOTICE

PATIENTS OF DR. PAUL D KUEHNER, D.O.P.A.
** NOTICE TO OBTAIN YOUR MEDICAL RECORDS **
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8/12 ★ 8/12

- continent of Africa?
6. **Language:** What is a funambulist?
7. **History:** Who was the first woman to complete the Boston Marathon (unofficially)?
8. **Television:** What was the name of the cruise ship on the sitcom *The Love Boat*?
9. **General Knowledge:** Which colors make up the five-ring Olympic symbol?
10. **Food & Drink:** Which plant produces cacao beans, which are used to make chocolate?

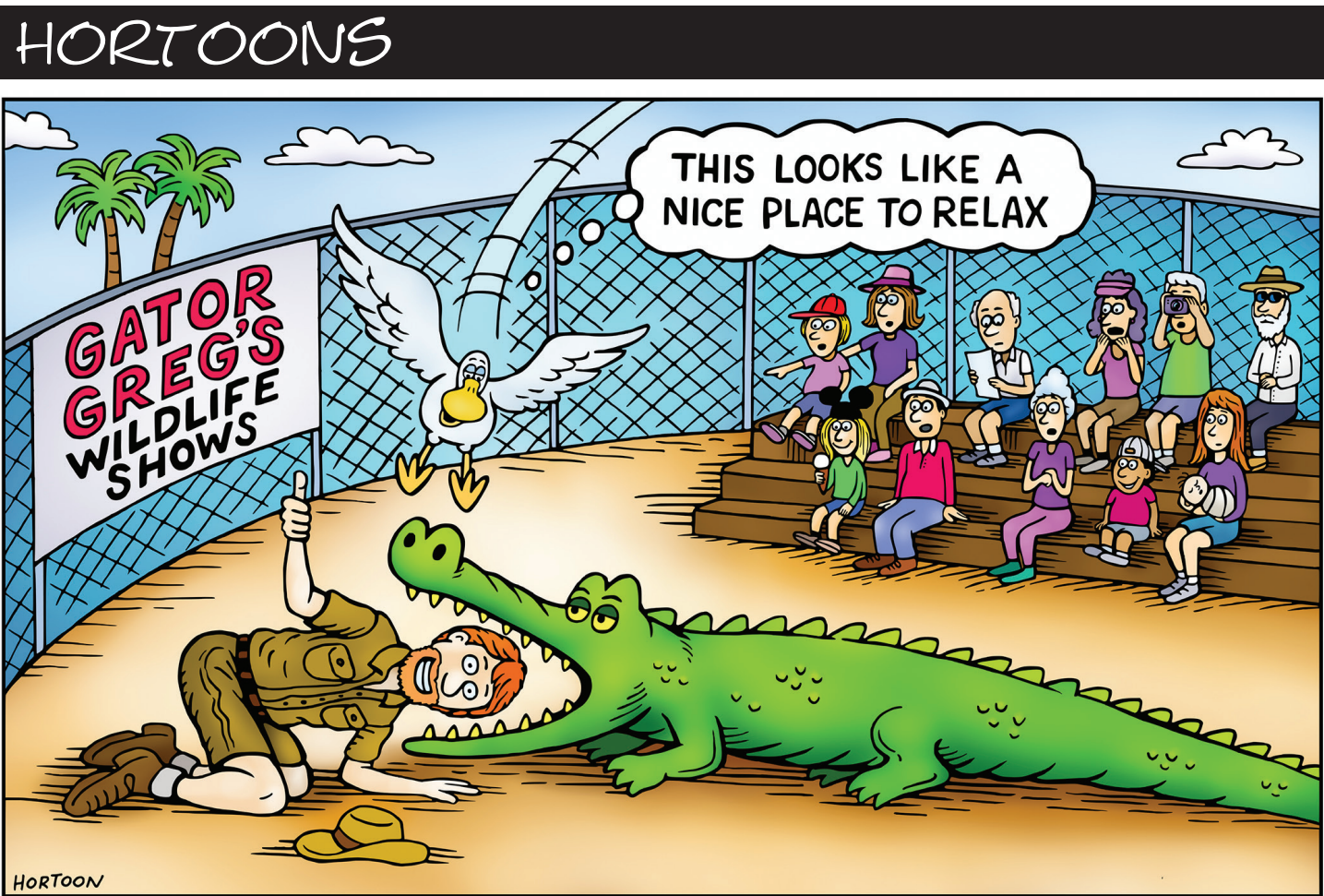
TRIVIA ANSWERS

1. Crest. 2. The Battle of Thermopylae. 3. One. Franklin D. Roosevelt. 4. About 10-20 feet. 5. Cape Town. 6. Tighrope walker. 7. Bobbi Gibb. 1966. The race was opened to women in 1972. 8. *Pacific Princess*. 9. Blue, yellow, red, green and black. 10. Cacao trees.

SCRAMBLERS ANSWER

1. Nearby 2. Valid
3. Society; 4. Tarnish

Today's Word
VACATION



PUZZLE ANSWERS

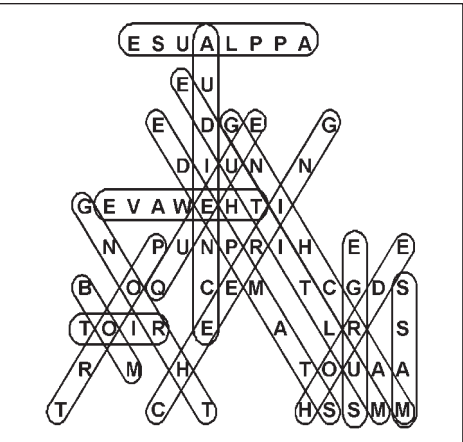
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	2021	6,113	\$12,975,000	\$14,207,802	749
Imperial Shores	Bonita Springs	2017	4,501	\$4,995,000	\$4,850,000	35
Seaspray Subdivision	Sanibel	1989	3,565	\$3,295,000	\$3,295,000	0
Riverwalk	Bonita Springs	1992	2,917	\$2,750,000	\$2,675,000	19
Del Sega	Sanibel	1982	2,292	\$2,495,000	\$2,489,000	4
Cape Coral	Cape Coral	2013	3,416	\$2,698,000	\$2,150,000	15
Yacht Club Colony	North Fort Myers	2017	2,600	\$1,400,000	\$1,600,000	3
Palmetto Point	Fort Myers	1984	2,597	\$1,590,000	\$1,490,000	25
Cape Coral	Cape Coral	2000	2,452	\$1,550,000	\$1,395,000	41
Corkscrew Shores	Estero	2016	2,852	\$1,299,000	\$1,275,000	63



**"FOR THE SUN-KISSED &
SUN-DESIROUS ALIKE,
A VACATION ON A PLATE."**

The New York Times
Magazine



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