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VOL. 30, NO. 8

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 19, 2022

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Gary LeVox

photo provided

## Headliner Set For Songwriter Fest

Gary LeVox, frontman for Rascal Flatts, is the headline songwriter/performer at the 8th Island Hopper Songwriter Fest, scheduled for September 16 through 25. LeVox will perform poolside at Pink Shell Beach Resort &

Marina on Fort Myers Beach on Sunday, September 25 at 5 p.m.

LeVox, along with bandmates Jay DeMarcus and Joe Don Rooney, founded Rascal Flatts in 2000. The group experienced one of the most successful careers in modern country music. Infusing the genre's traditional sound with massive pop hooks, rock showmanship and faithful

continued on page 10

## FISH Director Earns Professional Of The Year Award

Maria Espinoza, executive director of FISH of SanCap, was awarded the 2022 Young Professional of the Year award at the inaugural Chamber Awards hosted by the Greater Fort Myers Chamber of Commerce.

"We are so proud of Maria and her contributions to our organization and islands," said Maggi Feiner, FISH president and CEO. "She is hardworking and selfless, always thinking of others first and how we as an organization can help. Maria's passion and commitment to our island residents, workforce and community continues to grow and enhance the mission of FISH. There are few that know the ins and outs of FISH like Maria, and her involvement in our community to bring awareness to FISH through networking and promotions is second to none. This award is well deserved."

Espinoza has been with FISH since 2017, when she began with the organization as a volunteer after Hurricane Irma. Her commitment to the cause led



Maria Espinoza

photo provided

to her full-time employment. She soon became the walk-in center manager, director of food programs, assistant executive director and now executive director, proving herself a committed organization advocate.

According to FISH officials, Espinoza is dedicated to the community around her – always available to help someone in need

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Pottery by Shell Point resident Augusta Crane from the Imagine That! exhibit

Images provided

## Diverse Showing At Shell Point

In partnership with The Village Church at Shell Point Retirement Community, Tribby Arts Center is presenting Unconfined Creativity: Works from the Crossroads Prison Art Project from Friday, September 9 through Saturday, October 22.

A collection of more than 100 art pieces created by incarcerated men and women, the Unconfined Creativity



Glass art by Shell Point resident Michael Armstrong from the Imagine That! exhibit

exhibition features works collected over nearly two decades by Crossroads Prison Ministries, a correspondence Bible study program that serves 29,000 incarcerated men and women annually throughout the United States.

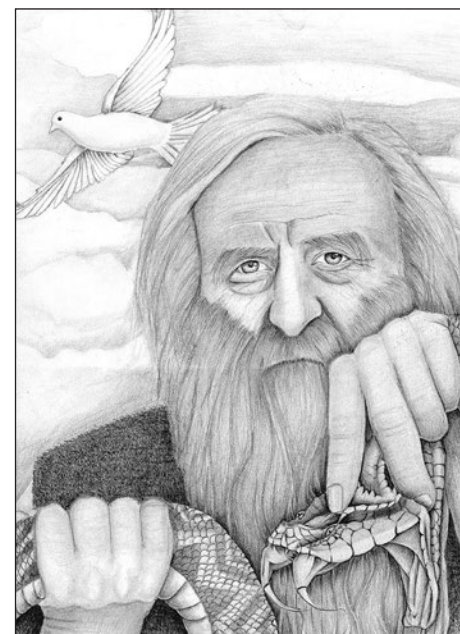
"To create these works, the imprisoned artists used whatever they could find, including discarded paper, thread, string, Styrofoam and more," said Marge Lee, Tribby Arts Center resident curator. "The reward of this exhibition lies in looking



Forgive by Nick P. from the Unconfined Creativity exhibit

beyond artistic merit and medium to see its message: faith and creativity can provide the strength to survive in difficult surroundings and the courage to change the direction of the path that led there."

The Crossroads Prison Art Project began more than two decades ago



Repent Venomous Brood by Martinez E. from the Unconfined Creativity exhibit

after students sent gifts of artwork to the organization in gratitude for the organization's services. The collection grew over the years to include a broad range of mediums and themes. Crossroads

continued on page 14



# Fund Set Up To Help Local Restaurant Staff

A fundraising page has been launched to help employees of The Island Cow restaurant, which is closed following an after-hours kitchen fire on August 6. The goal for the page is to raise up to \$250,000, enough to cover two months of wages for the restaurant's 50 employees. The Island Cow owners Brian and Elke Podlasek plan to match funds raised up to \$10,000.

The fundraising page is being hosted by the nonprofit Put It On Pete's Tab, which was established to help hospitality workers, with 100 percent of donations to be contributed to staff.

"We are so grateful to everyone who has reached out to share concerns and offer support. Many have asked what they can do," said Elke Podlasek. "Over 50 staff, servers, hosts, managers, cooks and bartenders who are part of our Island Cow family are now facing unemployment until we rebuild. Some have worked for us since we first opened our doors and have known no other job since they were teenagers. They're the ones we need to support during this time of uncertainty."

Because rebuilding the restaurant could take a year or more, the Podlaseks, with help from Put It On Pete's Tab, launched the campaign #HelptheHerd



Members of The Island Cow staff give a thumbs up after meeting for the first time since the fire

photo provided

through Put It On Pete's Tab's donorbox account. Donations to [www.donorbox.org/helptheherd](http://www.donorbox.org/helptheherd) are tax-deductible and will go directly to the employees, not to the owners or to efforts to rebuild.

Donors can also send checks to the fund at Put It On Pete's Tab, Inc., P.O. Box 150911, Cape Coral, FL 33915, Venmo donations to @PutItOnPetesTab or Zelle to PutItOnPetesTab@gmail.com.

Put It On Pete's Tab was formed to honor Michigan and Florida hospitality worker Peter O'Brien, who passed away unexpectedly in March of 2020. O'Brien was part of the Sanibel community and worked at Blue Giraffe, CinCin, Bubble Room, Doc Ford's and George and Wendy's restaurants. His friends and family decided to gift money he had after his death to hospitality workers who lost

income due to COVID-19 closures. "Sanibel was Pete's island – if he were alive, he'd be the first one standing outside The Island Cow raising money," said his sister, Emily lafrate, a co-founder of Put It On Pete's Tab. "He'd be offering his shifts up to the employees knowing they needed it more than he did. We are honored to be a part of the effort to support The Island Cow employees."✴✴

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# Shell Museum Educational Programs



Students exploring at Bailey-Matthews National Shell Museum photo provided

This summer, Bailey-Matthews National Shell Museum delivered an educational program to over 1,300 youth by bringing its Mollusks on the Move mobile outreach activities to local summer camps.

Now with school back in session, the museum is relaunching its donor-supported kindergarten through 12th grade programs that provide free field trips, outreach education and online classes to students across Southwest Florida. The diverse curricula offer students an education about the world of mollusks, their shells, marine life and conservation of vital ecosystems.

The shell museum serves thousands of students during the school year, most of the time at no cost to schools or students, thanks to donors who support the museum's long-running giving program, Adopt-A-Class. Donors help assure that students at Title One schools – many of whom have never visited the beach – have access to the unique stories, lessons, experiences and education the museum offers, regardless of a school's or student's ability to pay.

Program options include:  
Guided Field Trips – Students explore the museum's aquariums of live mollusks and marine life, touch local mollusks in the touch pools, explore the Great Hall of Shells and participate in a range of interactive educational activities taught by museum educators.

Self-Guided Field Trips – Self-guided field trips are ideal for those schools interested in visiting the museum, but also in designing their own experience. The museum offers self-guided field trips through the aquarium and Great Hall of Shells. Self-guided visits allow for greater flexibility with scheduling and transportation.

Mollusks on the Move – For schools that can't make it to the museum for a field trip, marine biologists bring the mollusks to the classroom. Hands-on programs introduce students to many

aspects of a mollusk's life including anatomy, growth, diet, reproduction and their role in the ecosystem.

Mollusks Online – Marine biologists bring the wonders of shells and mollusks virtually to classrooms via Zoom and WebEx. Programs, featuring a giant Pacific octopus and other animals, introduce students to the diversity of molluscan life and their habitats, the basics of conservation and highlights of the museum's shell collection.

For more information, contact Kelsey Hausmann at [khausmann@shellmuseum.org](mailto:khausmann@shellmuseum.org) or 347-5119, or visit [www.shellmuseum.org/k-12](http://www.shellmuseum.org/k-12).

## Interfaith Outreach Hosting Memory Café

On Tuesday, August 23, Interfaith Outreach of SanCap will hold its monthly Memory Café on Tuesday, August 23 from 10 to 11:30 a.m. at The Community House. The gathering is facilitated by the Dubin Center and is designed for individuals with memory issues and their loved ones to attend together.

It is National Family Fun month, a time to reminisce about family traditions and legacies. Participants are encouraged to bring in favorite family recipes, heirlooms and photos. Refreshments will be served.

There is no charge to attend but reservations are requested by contacting the Dubin Center at 437-3007 or [riley@dubincenter.com](mailto:riley@dubincenter.com).

Interfaith Outreach of SanCap is a partnership of Captiva Chapel by the Sea, Sanibel Congregational United Church of Christ, St. Michael and All Angels Episcopal Church and Bat Yam Temple of the Islands.✽



by KAY CASPERSON

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Sanibel Historical Museum And Village

## Looking Back: Beach Antics

Sanibel's reputation as a shelling mecca has long been appreciated, and residents could make a few extra dollars scavenging the beach. The expanse of the island's treeless prairie is apparent behind Jerry Lauer in December 1925 (courtesy Al and Joy Dobbs).

Sanibel Historical Museum and Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access. Admission is \$15 for adults over age 18; no charge for members and children.

The village is closed for the off-season and will reopen on Tuesday, October 18. Fall hours will be Tuesday through Saturday from 10 a.m. to 4 p.m. with guided tours at 10:30 a.m. and 1:30 p.m., based on docent availability.

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



Jerry Lauer clowning on the beach in 1925  
photo courtesy Sanibel Historical Museum and Village

## Churches/Temples

### BAT YAM-TEMPLE OF THE ISLANDS

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

### CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Worship services every Sunday at 11 a.m., November 13, 2022 through April 30, 2023. Sunday services posted on the chapel's website, [www.captivachapel.com](http://www.captivachapel.com) and [www.facebook.com/Captiva-Chapel-By-The-Sea](http://www.facebook.com/Captiva-Chapel-By-The-Sea). 11580 Chapin Lane, Captiva, 472-1646.

### CHAVURAT SHALOM

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

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### SANIBEL COMMUNITY CHURCH

Sunday service at 10 a.m. July 10 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](http://www.sanibelchurch.com). The 9 and 11 a.m. services resume in October. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

### ST. ISABEL CATHOLIC CHURCH

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

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✧



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# Community House Calendar

The Community House will serve as a polling place from 7 a.m. to 7 p.m. for Precinct 116 on primary election day, Tuesday, August 23.

Wednesday, August 24 is National Waffle Day. From 11 a.m. to 1 p.m., stop by The Community House for homemade Belgian waffles and a toppings bar. Cost is \$5 per person.

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

The Sanibel School PTA and The Community House are partnering to offer Kidchella on Sunday, August 28 from 2 to 5 p.m. Register for after school activities and clubs, learn about upcoming events, reconnect with local families, swap sports or Halloween gear, plan your birthday party and celebrate the launch of a new school year. Kidchella is open to all island families and there is no admission charge. There will be games and activities. Light food, beer and wine will be available for purchase. Boho festival attire is encouraged.

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



The Community House file photo

weights (optional). Cost is \$5 for members and \$10 for guests.

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

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

Speakers wanted. The Community House is looking to bring back its speaker series. If you or someone you know likes public speaking and is knowledgeable about local 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](http://www.sanibelcommunityhouse.net) or call 472-2155.✧

## Percussion Courses Offered

Professional percussionist Isaac Fernández

Hernández is starting two drumming groups, one for adults and one for children, at St. Michael and All Angels Episcopal Church. Sessions will be held on Tuesdays starting September 6, at 3 p.m. for adults and 4:30 p.m. for children ages 6 and older.

Drumming has a positive impact on physical, mental and spiritual health, plus rhythm and brain power go hand in hand. Hand drums will be provided to play along with musical tracks.

The program will consist of four sessions a month and monthly payment is required. Registration deadline is Thursday, September 1 for the sessions starting September 6.

St. Michael and All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel. To register, visit [www.drumforfun.org](http://www.drumforfun.org).✧



Professional percussionist Isaac Fernández Hernández photo provided

## Conversions To Solid Waste Collection Days

Lee County Solid Waste will have additional areas converted to same-day collections for garbage, recycling and yard waste. Beginning Monday, August 22, residents only have to put materials to the curb once a week in these areas: Captiva; Iona; Whiskey Creek; San Carlos Island; and South Fort Myers south of Gladiolus Drive and west of U.S. 41.

WM, Lee County's contracted hauler for the area, is announcing the service enhancement through postcards mailed to each of the nearly 26,000 affected addresses. Residents with questions can contact WM customer service at 334-1224.

Residents also can use the search feature on the Lee County Solid Waste website to determine which day of the week is their new collection day. Visit [www.leegov.com/solidwaste](http://www.leegov.com/solidwaste) or use the county's Resident Information Tool at [www.leegov.com/tools](http://www.leegov.com/tools).

Posters have been distributed to area

libraries, recreation centers and businesses to help inform residents of the change. Temporary digital signage will be used at major intersections in the affected areas. The county will use billboards along San Carlos Boulevard, on Summerlin Road near the Sanibel Causeway and on U.S. 41 and College Parkway.

This area of same-day collections represents the fourth area to receive customer service enhancements. The area of Estero, San Carlos, Gateway and portions of South Fort Myers converted to same-day service in May. North Fort Myers and Greater Pine Island converted in October 2021. Lehigh Acres and nearby areas were the initial area converted.

"Same-day service minimizes the time residents have material sitting curbside and reduces collection-vehicle traffic in neighborhoods to one day per week," said Doug Whitehead, Lee County Solid Waste director.

Residents can follow Lee County government on social media at [www.facebook.com/leecountyflbocc](http://www.facebook.com/leecountyflbocc). To receive updates from Lee County Government, sign up for news at [www.leegov.com/resources/newsletters](http://www.leegov.com/resources/newsletters).✧

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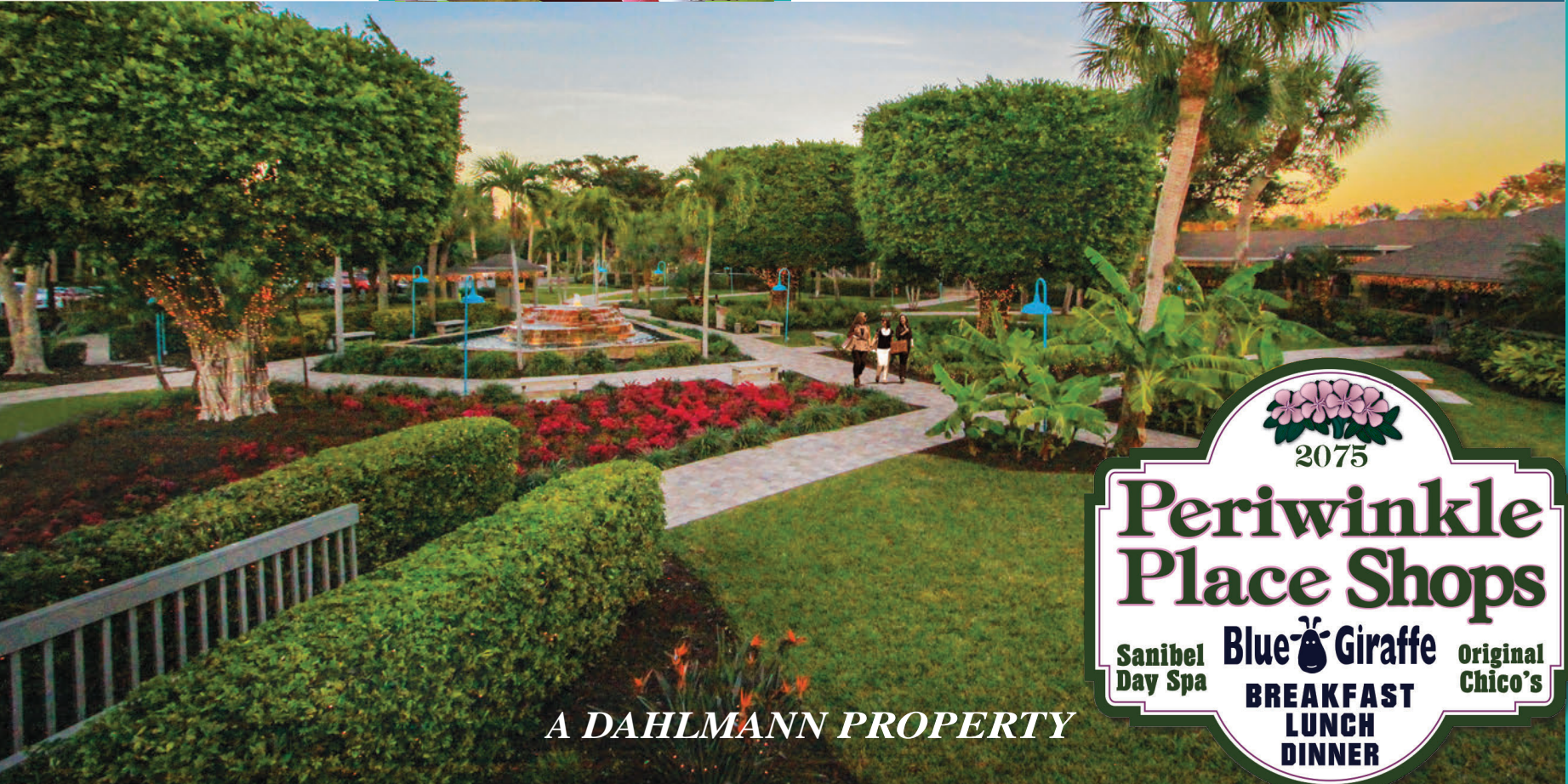


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# City Squelches Scrapping SPD

by Wendy McMullen

Sanibel Mayor Holly Smith delivered a fervent denial at the Sanibel City Council meeting on Tuesday of rumors posted on the Cape Coral Fraternal Order of Police (FOP) Lodge 33 Facebook page that the Sanibel Police Department (SPD) was about to be scrapped and that the city would be policed by the Lee County Sheriff's Department.

Describing the Facebook post as "malicious," Smith said that the post claimed that closed meetings were held on labor issues without Sanibel Police Chief Bill Dalton in attendance and that the mayor and council were not supportive of the Sanibel Police Department and

worked against pay increases.

"This is untrue," said Smith, pointing to Sanibel as a city manager form of government in which the city manager is responsible for selecting the staff members required for executive meetings.

As to city council not being supportive of the police department, Smith pointed out that one of the priorities set for the new city manager, who was hired last year, was to have a comprehensive wage and classification review.

"As a council, we unanimously committed that under our own initiative," she pointed out, adding that SPD members received an average increase of six percent as a result of that review.

Smith also said that council unanimously approved moving forward on a new standalone police facility rather than adding on to their existing building or renovating existing facilities.

"I will reiterate, there is absolutely no

truth to the statement made through an anonymous individual via social media," Smith said, emphasizing that there is no verification that Cape Coral Fraternal Order of Police was responsible for the content of the post that has since been taken down. The SPD is part of Lodge 33 of the Cape Coral based FOP since it is too small to support its own lodge.

Smith added that the post had hurt her deeply as she comes from a deeply rooted police family and has always had the utmost respect for police.

"As mayor, and as a citizen of this community, I understand the importance of a strong police department," she said, adding that she has been humbled by the outpouring of support throughout the community.

"I am confident that the intended desire to divide our community will in fact bring us closer," she asserted.

It was apparent that city council

members were fully in support. Vice Mayor Richard Johnson pointed out how privileged Sanibel residents are to live in such a safe community. Councilman Dr. Scott Crater emphasized this, recounting how his children had grown up on Sanibel, free to ride their bikes and be safe for their entire childhood.

When you hear a rumor, it's a rumor until it's a fact," he said.

Councilman John Henshaw echoed the sentiments of the other councilmembers but added that the council always has to look at the most cost-effective way of producing security and safety for the community.

"In my view, the best way is to support the Sanibel Police Department and the men and women here," Henshaw said.

The police department has a larger budget than any other city department, according to the comprehensive audit delivered at Tuesday's meeting.\*

# Contract Supports Restoration Efforts In Everglades

The South Florida Water Management District (SFWMD) Governing Board awarded a contract for the Central Everglades Planning Project (CEPP) New Water Seepage Barrier Project recently. This project builds on the successful 8.5 Square Mile Area Seepage Wall Project that broke ground in August 2021 and increases the length of the seepage wall. These projects help support increased flows of water from the Central Everglades into Everglades National Park while mitigating potential flooding to nearby communities.

"Today marks another great day for America's Everglades. I am proud of the historic progress we continue to make to remove barriers to move water south where its needed while reducing harmful discharges to our estuaries," said SFWMD Governing Board Chairman Chauncey Goss. "Thanks to the leadership of Gov. Ron DeSantis and my fellow board members, we are seeing record progress to restore the Everglades. Our actions

today will ensure that this underground wall not only supports our restoration goals to get more water to the Everglades and Florida Bay, it also helps to mitigate flooding in nearby communities. A true win-win."

The district will install approximately 4.9 miles of a new seepage wall along the L-357 West Levee. The wall will add to the 2.3-mile segment of the seepage wall that is almost finished along the same levee and the C-358 Canal. Recent rainfall events demonstrated the success of the completed portions of the seepage wall, which retained water in Everglades National Park and helped keep residential areas dry.

The CEPP suite of Everglades restoration projects focuses on restoring flows into and through the central and southern Everglades by increasing storage and treatment south of Lake Okeechobee, improving conveyance to the Central Everglades and removing barriers to move water south.

Gov. DeSantis prioritized improving water quality and completing Everglades restoration projects for the State of Florida with the Achieving More Now for Florida's Environment Executive Order signed in January 2019. SFWMD continues to advance key Everglades

restoration projects that will send more water south, reduce harmful discharges to the estuaries and improve water quality in South Florida.\*

# Commuters Revisit Low-Speed Vehicle Issues

by Wendy McMullen

Residents at Tuesday's city council meeting again brought up the demand for a ban on low-speed vehicles on Sanibel-Captiva Road and Periwinkle Way, claiming increased danger to drivers and passengers.

Andrea Van Buren argued that Sanibel had an identity as a wildlife sanctuary and that unlike other communities that had 10- to 12-foot wide concrete paths specifically for low speed vehicles, Sanibel was not set up for them. She was also concerned about the safety of passengers in these vehicles.

"I was behind a line of 10 cars on San-Cap Road a while ago going 25 miles per hour with two 3-year-old boys and their maybe 5-year-old brothers on the back facing the seat of the golf cart with

no restraints," Van Buren recounted. "The little one was falling asleep, falling forward and falling to the side."

Resident Troy Thompson echoed her complaint. "There's lots of babies and children sitting on the laps of parents in these carts that are being passed by cars. I'm sure you all know what would happen if a car hit one of these golf carts with these children without their safety seats."

The low-speed vehicles are legal on Sanibel but resident Milissa Sprecher pointed out that because something is legal doesn't mean it's safe, and mentioned several near misses with low-speed vehicles.

At the last city council meeting, most councilmembers saw the problem as one of speed limit enforcement, rather than banning the vehicles. They were reassured by Chelsea Sweiss, owner of San-Cap Moke, that a confederation of owners of companies renting low-speed vehicles has pledged to try to make sure that drivers are licensed, child restraint seats are used and that children are not placed in rear-facing seats.

The proposal to ban low-speed vehicles on the island's main arteries was introduced by Councilman Dr. Scott Crater but received little support from other councilmembers.\*

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Volunteer Melissa Laidlaw prepares mangrove saplings for Coastal Watch's program focused on planting more mangroves in Pine Island Sound photo provided

## Fundraiser To Support Marine Conservation

Sanibel-Captiva Conservation Foundation (SCCF) will host The Watch Party, an indoor-outdoor fundraiser in support of SCCF's Coastal Watch, at Sanibel Sea School on Friday, September 30 from 5:30 to 9 p.m.

The Watch Party will include live music from Uproot Hootenanny, a

shrimp boil, food, craft beer, wine, non-alcoholic beverages, a casting competition and a 50/50 raffle. Tickets will be available on Wednesday, August 24.

"Funds raised at The Watch Party will help ensure the continuation of SCCF's Coastal Watch and its valuable citizen science work that preserves and strengthens Sanibel and Captiva islands against threats like sea level rise and harmful algal blooms," said James Evans, CEO of SCCF. "We're thrilled to be putting Coastal Watch in the spotlight

through this event and are really hoping the community comes out to support us."

SCCF's Coastal Watch carries out volunteer-driven, community-based marine conservation initiatives. It is dedicated to preserving Southwest Florida's estuaries and oceans for future generations – a mission it carries out

## High Holidays At Bat Yam Temple Of The Islands

Congregants at Bat Yam Temple of the Islands anticipate the High Holiday season with joy and awe. Guests and residents within the Southwest Florida area are invited to share in services at Bat Yam. A schedule of events is as follows:

Tashlich – Monday, September 26 following Rosh Hashanah morning services, a Tashlich ceremony will be held on the beach. Congregants will cast shells into the ocean to metaphorically represent the thrusting out of their sins.

Potluck Rosh Hashanah Luncheon – Following the Tashlich ceremony, a traditional potluck luncheon will be served. Elissa Karasin Samet will chair the luncheon as well as provide homemade chicken soup and kugel in the setting of her condominium clubhouse. Guests are encouraged to bring items to complete the menu.

with the help of volunteers who execute projects such as mangrove planting, oyster gardening and a beach cleanup.

Sanibel Sea School is located at 455 Periwinkle Way. For tickets, visit <https://coastalwatchparty.eventbrite.com>. For sponsorships, contact SCCF Development Director Cheryl Giattini at 822-6121 or [cgiattini@sccf.org](mailto:cgiattini@sccf.org).

Contact Elissa at [elissakarasinsamet@gmail.com](mailto:elissakarasinsamet@gmail.com) for reservations.

Break the Fast with Bat Yam – Thanks to Judy Adler and Elissa Karasin Samet, the Break the Fast meal is back. They will supply all the basics (Lox, bagels, whitefish salad, etc.) All are invited to bring something to the table. Contact Edina Lessack at [edinalessak@gmail.com](mailto:edinalessak@gmail.com) for reservations and to submit what you will bring.

Both the Rosh Hashanah lunch and Break the Fast meal are complimentary, however, reservations are necessary for planning purposes.

Cantor Murray Simon is retiring following the High Holidays. There are currently two finalists for the position.

Weekly Sabbath services will begin on Friday, August 23 at 7 p.m. Rabbi Stephen Fuchs will also offer a Torah study group every Saturday morning beginning on November 5 at 10 a.m.

Services are held at Sanibel Congregational United Church of Christ, located at 2050 Periwinkle Way. For more information, email [batyamsanibel@gmail.com](mailto:batyamsanibel@gmail.com) or call 860-305-4876.

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Plant Smart

# Hummingbird Attractors

by Gerri Reaves

You can influence which pollinators visit your yard to sip nectar by choosing particular flower shapes, colors and other characteristics. For example, planting fragrant nocturnal bloomers can attract moths and bats. Plants and pollinators have co-evolved to ensure pollination for the survival of the species.

Without the transfer of pollen grains from the male anther of a flower to the female stigma, seeds will not develop. Stationary plants must rely on pollinators, wind, water and other animals to get that pollen where it needs to go.

A pollinator's anatomy suits it to access disk-, cup- or tube-shaped flowers and will seek them out.

A basic rule for attracting hummingbirds is to plant tubular flowers in the red-orange-pink range.

Tubular flowers' petals closely fuse into a cylindrical, tube, funnel, or trumpet shape.

Hummingbirds, with their long slender beaks, have evolved to access nectar deep in the throats of such flowers.

The birds return the favor of a nectar sip by emerging from a flower with a head dusted with pollen, which is then transferred to another flower.

If you want to attract these tiny



Native firebush's tubular flowers attract many pollinators, including hummingbirds photos by Gerri Reaves

jeweled wonders, there are many native wildflowers, shrubs and vines to choose from.

Pictured here are two of the most popular, firebush (*Hamelia patens*), a shrub with red-orange tubular flowers and coral honeysuckle (*Lonicera sempervirens*), a vine with deep pink-red tubular flowers.

Others to consider are Cherokee bean (*Erythrina herbacea*), a low-growing shrub; scarlet sage (*Salvia coccinea*), a wildflower; and trumpet creeper (*Campsis radicans*), a vine, just to name three.

The ruby-throated hummingbird is the



Coral honeysuckle is an easy-to-grow native vine

most likely hummingbird species you'll see in South Florida, but the rufous and buff-bellied are occasional winter visitors. Planting bright red tubular flowers in

your yard might give you a chance to glimpse one of these iridescent beauties. *Plant Smart explores the diverse flora of South Florida.*✧

From page 1

## Songwriter Fest

positivity, they scored 17 No. 1 singles and sold more than 23 million albums, making the band the most awarded country group of the last decade.

Embarking on a solo chapter, LeVox's debut single *The Distance* is one of five songs on his debut collection, *One On One*, which includes multiple collaborations.

The 10-day Island Hopper music festival features performances by some of the country's greatest BMI singer-songwriters. The first weekend kicks off on Captiva Island from September 16 to 18, then moves to downtown Fort Myers from September 19 to 22 and ends with a weekend on Fort Myers Beach from September 23 to 25.

In addition to LeVox, BMI singer-songwriters performing this year include: Kristian Bush, two-time Grammy award-winner and half of the Sugarland duo; Aaron Barker, who has written songs for George Strait, Clay Walker and Willie Nelson; and Dave Pahanish, who co-wrote the No. 1 Billboard Country

music singles *Do You Believe Me Now* by Jimmy Wayne, *American Ride* by Toby Keith and *Without You* by Keith Urban.

Most shows are free, with the exception of a few ticketed experiences, such as headliner shows. Fans will select their favorites from 70 singer-songwriters who will perform more than 100 shows.

"The intimate settings for each performance allow for interaction between the performer/songwriter and the audience, which is unique because you can meet the artist and learn the backstory of their songs," said Tamara Pigott, executive director of Lee County Visitor & Convention Bureau.

Island Hopper is produced by Lee County Visitor & Convention Bureau, iHeartMedia and BMI.

For more information, visit [www.islandhopperfest.com](http://www.islandhopperfest.com). Tickets for the headliner event are available on the Island Hopper app or at [www.island-hopperfest.visitfortmyers.com/artist/gary-levox](http://www.island-hopperfest.visitfortmyers.com/artist/gary-levox). Download the app to be entered for a chance to win a two-night stay at Pink Shell during the final weekend of Island Hopper, tickets to the LeVox concert and a \$200 gift card.✧

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# FISH Helps Students With Supplies



Mairelys Romero and child, Nicole Garcia  
photos provided



Sierra Sanders



From left, volunteers CJ, Carol and Elaine



Carlen Todd



Olga Oliver

FISH of SanCap helped families in need with school supplies and clothing to begin the new school year. This year, the FISH school supplies drive assisted 265 students with essential items for the 2022-23 school year. FISH reported that most people requesting assistance stated ongoing inflation and reduced work hours due to slow season as the top two explanations for financial struggle.

"We are tremendously appreciative



Mariedite Supre

to our community for their contributions to our back-to-school drive," said Maria Espinoza, FISH executive director. "The support of businesses, service clubs and individuals helped our students feel confident and organized for the school year."

For more information on programs and services offered by FISH, call 472-4775, visit [www.fishofsancap.org](http://www.fishofsancap.org) or stop by the FISH Walk-in Center at 2340-B Periwinkle Way on Sanibel.✧



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# Big Moon, Big Tides



by Capt.  
Matt Mitchell

**W**hen I looked at this past week's tide chart and saw such big highs and major lows, that meant we were going to have lots of water movement.

The more the water moves, the better our fishing is. Even with such a big full moon, the action was outstanding all week. Trout and mangrove snapper were caught out on the flats, while the snook fishing was good from the beaches and passes all the way to the backcountry.

My favorite tide to fish all week was the big midday high incoming. This tide offered lots of water flow and options from both oyster bars and mangroves. Oyster bars on the western side of the sound from Captiva to Cayo Costa were loaded up with snook and even an occasional redfish. Every day I fish these bars, I'm seeing more and more redfish as our best redfish action of the year is coming up fast. Mangrove fishing for redfish was also a good bet with the northeast end of the sound. Start at Panther Key and work north. Cut bait and cut pinfish did best during the last few hours of the incoming tide.

Though fall cool-off is a very gradual



Vinnie with a redfish that completed his slam while fishing with Capt. Matt Mitchell this week  
photo provided

thing, you can certainly notice our days have begun to get shorter. When asked what's my favorite time of year to fish our waters, I cannot think of a better time than late September and October. Spring is good too, though the lack of angling pressure in the fall makes it as

good as it gets. Cooling temperatures along with the bait migration mean the variety of target species is limitless. One of my favorite things to do in the fall is get out along the beaches and fish around the bait schools. These pods of bait can be found from in close to out a

few miles. Once you find the birds and bait, you never know what it can lead to.

On the back side of the super moon, tarpon have slowly started to reappear in the sound. Slick calm mornings made it easy to spot them. One cool thing I saw this week that I have not seen for years was tarpon working bait on a weed line in the sound. Seeing these fish push up and down the edge of the floating grass was amazing, even though we never caught one. Live pinfish under a float are hard to beat as we approach fall tarpon fishing. If your willing to put in your time and start early, tarpon have been more active than I've seen in months. Start the hunt in the middle sound.

The Florida Fish and Wildlife Conservation Commission has planned to open the redfish harvest for our region on September 1 after a five-year closure. With these fish making what seems like a slower comeback than both snook and trout, I don't agree with this move and personally think they should keep this fishery closed for at least another year. The size regulations on redfish will remain 18 to 27 inches though, thankfully, the one per person per day limit will be reduced to two per boat max. After what our beloved fishery went through, airing on the side of caution would have been a better call.

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

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## Board Members Sought For Police Pension Board

**S**anibel City Council is currently accepting applications to fill three four-year terms of the Municipal Police Officers' Pension Board of Trustees. Terms commence on October 1 with an expiration date of September 30, 2026.

Responsibilities include:

Attend quarterly board meetings on the second Wednesday of February, May, August and November at 2 p.m. in MacKenzie Hall at Sanibel City Hall,

located at 800 Dunlop Road.

General time commitment is 15 to 20 hours per year to review materials and attend quarterly meetings.

Any resident wishing to serve may visit <https://mysanibel.granicus.com/boards/w/7544dac3d80bbd3e> to access the online advisory committee application. After opening the hyperlink, click the green "Apply" button and continue to complete the online application. At the end of the application process, click the green "Submit" button, which will deliver your application to the city clerk.

The deadline for submission is noon Wednesday, August 24. If you have any questions, contact the city clerk's office at 472-3700.✴

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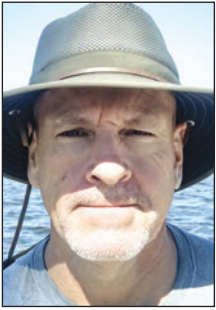


Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

# Eastern Spotted Skunk



by Bob Petcher

The eastern spotted skunk (*Spilogale putorius*) is one of the smallest skunks, with short legs and a long, bushy tail. This nimble carnivore is about half the size of a house cat and has a

weasel-like body shape.

The eastern spotted skunk is less known than the traditional striped skunk. It is so-called "spotted" due to four stripes on its back that are broken in pattern, giving it a "spotted" appearance.

Like most skunks, the spotted skunk does possess the defense mechanism of releasing noxious odors from its scent gland. Unlike the striped skunk, the spotted skunk is an excellent climber and will climb trees if it needs to.

At CROW, an infant male eastern spotted skunk was found alone in Fort Myers. Veterinarians noted he was slightly dehydrated but otherwise healthy, leading them to believe he was likely orphaned.

"The finder located the infant in the median of a busy road and was unable to see any parents at that time," stated CROW Rehabilitation Manager Breanna



**Patient #22-4150 relaxes after being found orphaned**

photo by Haillie Mesics

Frankel. "The surrounding area was too vast for them to search without knowing which direction the infant came from as there were no obvious skunk dens."

The young skunk will be raised according to protocol.

"This skunk is one to one and a half months old at this point. Being raised according to protocol just means that we have a pre-determined feeding plan based on age, and we will adhere to

those guidelines to raise this infant," said Frankel. "This ensures appropriate nutrition, growth and development."

The patient needs to grow and be able to defend itself.

"The infant is eating entirely on its own so we are refreshing the diet offered three times a day. We also provide environmental and food enrichment to encourage natural behaviors," said Frankel. "As far as supportive care goes,

this infant does not require additional supplements or medication and is doing well independently. It is too small to be on its own at this point so it will likely be in the clinic until roughly four to five months old."

The infant skunk will either remain at the clinic for its upbringing or be transferred to another wildlife clinic or center to be raised with other spotted skunks around the same age.

"We do not have any other spotted skunk patients right now, so we are actively searching for other centers with infants we could transfer to," said Frankel. "We can either transfer this skunk out, or transfer others in. It really just depends how many skunks the other centers have. If they have more than one skunk, it makes more sense for us to transfer to them."

While that issue gets resolved, the juvenile spotted skunk will receive the quality care it needs at CROW.

"It is eating well on its own and growing appropriately for its age," said Frankel. "We do not have any release information at this time since it will need another three months or so at the clinic before considering release."

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

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## CROW Calendar Of Events

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

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

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](mailto:reservations@crowclinic.org). Payment is required with reservation.



### Daily Presentation Schedule

**Friday, August 19, 11 a.m.**

Why Animals Come to CROW

– Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

**Monday, August 22, 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 23, 11 a.m.**

Patient Profiles: Wading Birds –

Wading birds fill the shallows of waters all across the world. Originally hunted for their plumage, many wading bird populations saw a great decline, but have made recoveries. Learn the differences between herons and egrets, some of their unique hunting styles, and the many species native to Southwest Florida. One of CROW's animal ambassadors will be present.

**Wednesday, August 24, 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 25, 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.

**Friday, August 26, 11 a.m.**

Baby Care at CROW – Wildlife parents are devoted to the care of their young and rarely abandon them. Juveniles found “abandoned” might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the hospital and provided supportive care until they are old enough to care for themselves.✱

From page 1

## Diverse Showing

shares the work with the public in special showings a few times each year, with the Tribby exhibition being the largest art show in its history.

The Tribby exhibition will also be an opportunity to debut several new pieces highlighting figures from the Bible who were arrested and imprisoned, including Samson, Daniel, Paul, John the Baptist and Jesus.

“Most of these artists began creating art after they were imprisoned and are self-taught,” said Lee. “So, the objects in this exhibition range from very simple creative expressions to those that show significant natural ability.”

Eliezer Yeong, the Crossroads Prison Art Project coordinator, is the featured speaker at the Shell Point Academy of Lifelong Learning lecture in Connie Brown Hall in the Tribby Arts Center on Friday, September 9 at 1 p.m. Yeong's presentation is free and open to the public; RSVP is required by calling the box office at 415-5667.

“This opportunity means so much to men and women in our program because it not only showcases their God-given talents in a setting that previously seemed unattainable, but it allows our artists to recognize that

they are more than just their prison ID numbers and that their worth is not summarized by the crimes they have committed,” said Yeong.

To learn more about Crossroads Prison Art Project, visit [www.prisonartproject.org](http://www.prisonartproject.org).

In addition to the Unconfined Creativity exhibition, Tribby Arts Center will also present, in its Legacy and Overlook Galleries, Imagine That! Artworks by the Glass and Pottery Studios. This exhibition will be a visual feast as members of the Shell Point Glass and Pottery Studios create and display artworks they have imagined. The exhibition will present nearly 70 works of art produced by the most highly-skilled, experienced artists at Shell Point as well as those created from residents just beginning to learn their artistic skills. All works in this display of three-dimensional objects have been produced in the Glass and Pottery Studios of Tribby Arts Center.

Tribby Arts Center is located at 17281 On Par Boulevard in Fort Myers. For more information, visit [www.tribbyartscenter.com](http://www.tribbyartscenter.com) or call 415-5667.✱

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## Intern Joins Wildlife Refuge

**A**li Reece recently arrived from Indiana State University in Terre Haute to join the team of interns helping JN "Ding" Darling National Wildlife Refuge and "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).



Ali Reece

Reece is helping with conservation efforts on Sanibel as the Harkey development and communications intern.

Originally from Cambridge City, Indiana, Reece was previously working in the office of sustainability as outreach and communications student project manager at the university, from where she graduated in May with a degree in marketing and a minor in sustainability. Prior to that, she worked on Sanibel at Clinic for the Rehabilitation of Wildlife from June to December 2020 as the conservation education and marketing intern.

"I have been coming to Sanibel with my family for as long as I can remember," said Reece. "I love how Sanibel represents and supports conservation and values habitat restoration and conservation overdevelopment. 'Ding' has always been one of my favorite places to come and visit, and it is a dream come true to work for a place that helps preserve this beautiful island."

Through June 2023, Reece will be

assisting DDWS with its fundraising efforts, development and programmatic efforts to support the refuge, particularly in the areas of social media, graphic arts and other communication tools.

"I'm so grateful to the Harkeys for making my internship at 'Ding' Darling possible," said Reece. "I'm looking forward to learning more about nonprofit management and communications during my time here at 'Ding.' I'm also very excited to help plan fundraising events and be a part of such a great team."

"Laurie and I have always been fans of the outdoors and wildlife, and this is a way to support public education and environmental and wildlife protection while we are still around to see the results," said Bill Harkey, who serves on the board of directors. "The society's intern program is crucial to the refuge's mission. We have witnessed firsthand the challenges at the refuge with staffing and managing the nearly one million annual visitors, visiting school children, restoration, research and overall conservation work."

"We are grateful to the Harkeys for supporting our interns, who bring youthful energy, enthusiasm and creativity to the refuge team," said DDWS Associate Executive Director Sierra Hoisington. "Our Friends group works hard to assist the refuge, through monetary support, with conservation work and messaging, community outreach, and programmatic and staffing needs. These are all important skills our interns learn and take with them into their professional lives to continue impacting conservation wherever their career paths take them."

For more information about the internship program, contact Sierra Hoisington at 472-1100 ext. 233.✱

## City Employee Pension Board Members Sought

**S**anibel City Council is currently accepting applications to fill three two-year terms for the General Employee Pension Board of Trustees. Terms commence on October 1, with an expiration date of September 30, 2024.

Responsibilities include:

Attend quarterly board meetings on the second Wednesday of February, May, August and November at 10 a.m. in MacKenzie Hall at Sanibel City Hall, 800 Dunlop Road.

General time commitment is 15 to 20 hours per year to review materials and attend quarterly meetings.

Any resident wishing to serve may visit <https://mysanibel.granicus.com/boards/w/f94171688e403d7e> to access the online advisory committee application. After opening the hyperlink, click the green "Apply" button and continue to complete the online application. At the end of the application process, click the green "Submit" button, which will allow submission of the application directly to

the city clerk.

The deadline for submission is noon on Wednesday, August 24.

For questions, contact the city clerk's office at 472-3700.✱

## Theater Auditions

**G**ulf Coast Symphony will be hosting open auditions for the 2022-23 season. Auditions will take place for *Snowbird Follies*, *The Thing About Men*, *Forever Plaid*, *Gypsy* and *Nunsense*.

Auditions for Actors' Equity Association (AEA) and non-equity actors will be held at Gulf Coast Symphony's Music and Arts Community Center from Sunday, August 21 to Tuesday, August 23. While in-person auditions are preferred, video submissions will be accepted for these shows via [www.backstage.com](http://www.backstage.com). Time slots can be reserved on [www.signupgenius.com](http://www.signupgenius.com). All dance calls and callbacks will be scheduled the same day from 7 to 9 p.m. by invitation only. Travel stipend and housing available.

Gulf Coast Symphony's Music and Arts Community Center is located at 13411 Shire Boulevard in Fort Myers. For questions, email [auditions@gulfcostsymphony.org](mailto:auditions@gulfcostsymphony.org).✱



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### FREE ONLINE LECTURES

#### Aug. 11: Mobilizing Millions of Mollusks of the Eastern Seaboard

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

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

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

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

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

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

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

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

### FALL CLASSES

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

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

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

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

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

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



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Bailey-Matthews National Shell Museum  
Shell Of The Week

## The Dubious Cerith



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

**A**t about 4.5 mm (about 0.5 inch) in height, the Dubious Cerith, *Finella dubia* (d'Orbigny, 1840) is one of the small gastropod

species that dwell in sea grass beds around Southwest Florida and other parts of the tropical Western Atlantic. Dubious Ceriths feed on plant and algal detritus. The shell is elongate, turret-shaped, with three or more strong spiral cords. The shell color may be cream-white to light-brown with faint spots of darker color. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in 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](http://www.sanibelmuseum.org).



The Dubious Cerith, *Finella dubia*, from Sanibel, Florida

photo by José H. Leal

## Grief Support

**G**riefShare 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 any-

one 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.

## American Legion Post 123

**A**merican 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.



Bartenders and cooks are needed. Call for details.

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


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

All are welcome to shoot 9-ball pool on Mondays now through October at 5:30 p.m. Two tables are in play. Come out and watch the action.

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

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

Post 123 is a non-smoking facility with an outside area for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday, 11 a.m. to 9 p.m., and Sunday, noon to 9 p.m. For more information, call 472-9979.



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# Locals Support Family Following Tragic Accident



by Allison  
Havill Todd

Many islanders recognize the friendly face of Chad Kithcart as a fixture at Sanibel Island Golf Club. As superintendent of the golf course for the past six years, he has

worked diligently along with owner Drew Donnelly to bring the course back to life and provide members and guests with a first-class experience. Kithcart has worked on Sanibel and Captiva islands for over 10 years in the golfing industry and has many strong ties in the community, but he recently suffered a terrible setback.

Over the July 4 weekend, Kithcart was involved in a terrible fireworks accident that resulted in the amputation of his left hand, ruptured eardrums and many other medical complications. Fortunately, his eyesight, previously thought to have been lost, was restored during an emergency surgery in Tampa. He has already undergone two surgeries on his arm and is in the process of obtaining a prosthetic for his missing hand. Needless to say, Kithcart, along with his wife, Michelle, and their two children,



The Kithcart family on a recent vacation, Chad and wife Michelle with son Ryan, 8, and daughter Emma, 10 photo provided

Emma and Ryan, have a very difficult road ahead of them along with staggering medical costs associated with the accident.

To help support the family, Donnelly has organized a golf tournament and fundraiser to enable the community to offer assistance during this time of crisis. The golf scramble will be held on Saturday, September 3 with a 9 a.m. start time, but spaces are filling up quickly. However, additional sponsorships or donated items for a silent auction are greatly appreciated. Donnelly has been very pleased with the level of care and interest so far, and Michelle Kithcart expressed her gratitude when she shared, "The love and support for our family has been overwhelming. We couldn't get through this without it."

Interested parties may contact Donnelly at [ddonnelly@sanibelislandgc.com](mailto:ddonnelly@sanibelislandgc.com) or 472-2626 to learn about sponsorship opportunities. Donnelly has also set up a fund with FISH of SanCap where those wanting to offer financial assistance can make a tax-deductible contribution with the monies going directly to the Kithcart family. Send checks to FISH of SanCap at 2430-B Periwinkle Way, Sanibel FL 33957 noting Chad Kithcart in the memo line or contact them at 472-4775.

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](https://www.facebook.com/thedoggiemom).

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## Royal Shell Earns Exclusive Membership

Royal Shell Real Estate, an affiliate of the Leading Real Estate Companies of the World, has joined its invitation-only luxury marketing division, Luxury Portfolio International.

Leading Real Estate Companies of the World is a global real estate community comprised of 550 real estate companies awarded membership based on rigorous standards for service and performance. With 4,700 offices and 136,000 sales associates in over 70 countries, these firms represent 1.2 million transactions annually.

This distinction ensures that Royal Shell Real Estate clients are working with exceptional local professionals who also deliver connections to buyers and quality real estate companies worldwide. The company also benefits from LeadingRE's industry-leading international referral network, award-winning professional development programs and events, and professional marketing resources.

Royal Shell Real Estate also earned membership in Luxury Portfolio International (LPI), an exclusive group of LeadingRE companies that hold significant luxury market share and demonstrate a commitment to the high-end. LPI attracts a global audience of visitors from over 200 countries/territories every month and markets

approximately 50,000 luxury homes annually.

Based in the United States, LPI is backed by the experience of the most well-respected and renowned experts in luxury real estate in markets worldwide. This group collectively has expansive experience in the high-end luxury real estate market.

"We are delighted to have Royal Shell Real Estate as part of our distinguished network of premier brokerages. The company has an impeccable reputation in Southwest Florida, and we are committed to helping the firm achieve even greater success," said Paul Boomsma, president and CEO of LeadingRE. "As a member of LeadingRE and LPI, Royal Shell combines authentic, local expertise with global connections to the highest quality real estate firms worldwide."

"Leading Real Estate Companies of the World (LRE) extended Royal Shell's reach across the nation and throughout the world. We are now honored to be a part of Luxury Portfolio International, the luxury marketing division of LRE. The addition of Luxury Portfolio allows Royal Shell to serve the elevated needs of our clients," said Michael Polly, president of Royal Shell Real Estate.

To learn more about Leading Real Estate Companies of the World, visit [www.leadingre.com](http://www.leadingre.com). To learn more about Luxury Portfolio International, visit [www.luxuryportfolio.com](http://www.luxuryportfolio.com). For more information on Royal Shell Real Estate, visit [www.royalshellrealestate.com](http://www.royalshellrealestate.com) or call 333-1774.



# City Manager Responds To Social Media Post

Sanibel City Manager Dana Souza released the following letter on August 12 to Sanibel residents and the business community concerning the Sanibel Police Department:



Dana Souza

## Dear Sanibel Residents and Business Community:

On August 10, I learned that the Cape Coral Fraternal Order of Police (FOP) Lodge 33 posted false information on its Facebook page (on August 9) concerning Sanibel's mayor and city council. The post questioned the city council's support for the Sanibel Police Department, including false allegations of inquiries related to disbanding Sanibel Police Department in favor of receiving services from the Lee County Sheriff's Office. The City of Sanibel posted a response to these false accusations on the Cape Coral FOP Facebook page on August 11. The original post and the city's response was removed from the Cape Coral FOP Facebook page at approximately 5:30 p.m. on August 11. For transparency purposes, I have attached to this letter the original Cape Coral Facebook post and the city's response.

The Sanibel Police Department is woven deeply and intricately into the fabric of our community, and the Sanibel City Council has neither expressed any interest in nor showed any intent to disband the police department. The women and men who serve in the Sanibel Police Department are greatly respected by the mayor, city council, and the city's administration. Sanibel enjoys a low crime rate because of the police department's presence, professionalism and community policing focus. The department has a legacy of leadership and service that the city council and residents are proud of.

The Sanibel Police Department and the Lee County Sheriff's Office have a long-standing relationship of mutual respect and support. On August 11, I spoke with Sheriff Carmine Marceno about the accusations contained in the post on the Cape Coral FOP Facebook page. He confirmed that his office has not had any conversations with Sanibel elected officials or staff about providing police services to Sanibel. He conveyed his full support for Chief (Bill) Dalton and the Sanibel Police Department and commented on the excellent working relationship he and his staff have with Sanibel. I'm grateful for the time Sheriff Marceno took to speak with me and, in doing so, assist in dispelling the false information being circulated.

The accusations presented in the Cape Coral FOP Facebook page are

false, unfortunate and divisive. It does not represent the positive community culture generally found in Sanibel. We are a community founded on principles of positive communication, tolerance and civil discourse. I hope this letter can put these false accusations to rest, so we can all focus on our work to ensure Sanibel remains a beautiful, safe and respectful place to live and work.

## The August 9 post on the Cape Coral Police FOP Lodge 33 Facebook page:

Trouble in Paradise

The Sanibel Police Department needs your immediate support. Covid-19 has put a strain on all of us and our community over the last two years, particularly dealing with finances, retention, and recruitment of Police Officers.

When it comes to budgets and finances, the Mayor of Sanibel, Holly Smith, is attempting to have closed meetings without the Chief of Police being present, when he has always been present in the past, to discuss the future of the Police Department.

The Officers of the Sanibel Police Department have been and always will be dedicated to providing superior community service and a safe environment for all to enjoy.

As Officers, we risk our lives every day to make sure our Island and its residents are safe. We have had Officers infected with Covid and it has impacted our work force.

We are short staffed and are being overworked and have advised the City Council of this short staffing. The Island has seen a huge increase of vacationers and an uptick in calls for service.

The City Council has responded with pay studies, and has raised starting pay throughout the whole department, but refuses to address the bigger issues of the sustainability of the Police Department.

However, it appears that this is their answer; The City Council of Sanibel, particularly the Mayor, does not Back the Blue but only the green in the form money and the Lee County Sheriff's Office. With recent budget issues it has been mentioned that Mayor Holly Smith has been making inquiries about bringing in the Sheriff's Office to save money.

The residents of Sanibel Island, its business owners, and visitors deserve to have the same high level of continued community policing and service from its police department. Please contact the City of Sanibel by phone, email, in person, or attend the City Council meetings to show support for YOUR Police Department.

## In response, Souza posted the following to The City of Sanibel, Florida Facebook page:

Your organization's post was brought to my attention, as were similar verbal comments made by a Sanibel police officer to a city department director following a meeting last week. Several of the points in your post are false. Here are the facts:

First, the statement that Mayor Smith is attempting to have closed meetings,

without the chief of police present, is false. It is the city manager (me) who makes the decision which members of city staff will attend lawful, closed executive session meetings to discuss bargaining agreements and not the mayor. To date, the police chief has not been excluded from any of these executive sessions during my tenure.

Second, the statement that city council is not supportive of the police department is false. The city council, on its own initiative and outside of any collective bargaining negotiations, recently approved a new pay and classification plan which provided sworn police personnel an average six percent pay increase. Further, city council has shown their support through formal votes in the last year supportive of a multi-million-dollar upgrade to SPD facilities. Additionally, while the police department has four sworn officer positions vacant, these positions have been fully funded by the budgets approved by city council and have not been filled, because there has been a lack of qualified applicants – an issue all police departments in Southwest Florida are experiencing.

Finally, the statement that the mayor has inquired about replacing SPD

(Sanibel Police Department) with LCSO (Lee County Sheriff's Office) is false. When I learned about this rumor, I met with the mayor, who was emphatic she has not made those inquiries and has no interest in disbanding the Sanibel Police Department. It is particularly disappointing this false statement was published, since prior to the timing of this post, the Sanibel police chief and I met with a majority of Sanibel Police Department personnel to advise them directly that this allegation was false. The city council has never expressed any interest in disbanding the Sanibel Police Department.

Sanibel's mayor and city council members are proud of the men and women who serve in the Sanibel Police Department. They always have been. Our sworn officers and civilian personnel serve the residents of Sanibel with honor and distinction every day, and the city council and I have the utmost respect for each of them. These are the facts.\*

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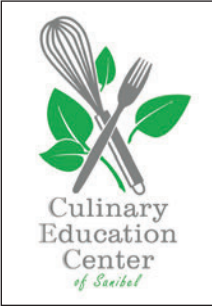
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The Community House

# Florida Lettuce



by Chef John Wolff

Florida doesn't produce much lettuce; actually, no more than about one percent of the entire nation. Lettuce requires very specific soil, climate and sunlight conditions to thrive. Fortunately, in this day and age, we have the technology to control some of these factors.

Most varieties of lettuce need warm days and somewhat cool nights, and usually can't take more than about eight hours of direct sunlight a day. There are only a few spots here in Florida that make growing lettuce lucrative financially but, on a smaller scale, a lot of local "boutique" farms are popping up all across the state. In fact, we have one right in our own backyard. East Fork Creek Farm and Gardens grows a variety of artisan lettuces and other fruits and vegetables, and also

has a retail operation on site as well. It supplies many higher-end clubs, restaurants and catering companies in the area. Shoppers are welcome and it is sometimes possible (especially this time of year) to have one of the employees show you around and explain the operation. It is really a very interesting process. Lettuces are grown in aquaponic tube systems housed under large shade structures, which route the irrigation water from large tanks full of Blue Nile tilapia to provide the lettuce, started from seed plugs, nutritive water until they mature and can be harvested (about every two to three weeks if my memory serves). It's definitely worth checking out.

I found some lettuce growing tips specific to Florida online and I've paraphrased some of them for your use. Lettuce is divided up and put into a category based on how the plant grows. The texture of leaves and the taste will change from variety to variety. There are four major types of lettuce:

Leaf – These are defined by their loosely grown leaves and are probably considered the easiest to grow. Black Seeded Simpson lettuce is one of the more popular leaf options to grow but there are lots of other leaf types that grow well for us here in Florida like Red Sails, Oak Leaf, Ruby Red, Green Salad Bowl.

Butter – Also called Bibb or Boston lettuce. These plants have tender, rounded and wrinkly leaves. Popular varieties of Butter lettuce that grow

in Florida are Bibb, Big Boston and Buttercrunch.

Romaine – Grows just like you see it in the store, except you can get varieties that are pretty colorful, not just plain old green (although, you can grow those too). Your standard, run-of-the-mill romaine varieties are Parris Island and Dark Green. More colorful varieties are Freckles and Cimarron Red.

Crisp Head – Just like iceberg lettuce. This is the most difficult variety of lettuce to grow in Florida. Iceberg lettuce requires a long growing season and is temperamental in the heat. You can try growing Iceberg, Ithaca and Great Lakes.

Like most plants, lettuce likes a balanced soil; something that isn't soggy or compact but also that isn't pure sand, like most of our Florida soil.

Whenever I start a new veggie garden, I usually get the same mix and I have pretty good luck with it; 40 percent peat moss, 20 percent perlite, 40 percent compost .

Lettuce plants can take full sun (eight hours) if planted at the correct time. However, I've noticed that lettuce plants don't mind the afternoon shade. If you planted a little late, like I sometimes do, and the weather starts to warm up, you may notice that your plants look a little sad at the peak of the day if left in the direct afternoon sun. Planting on the east sides of gardens and buildings usually offers morning sun and afternoon shade.

Lettuce grows quickly. You are

harvesting most varieties within two months. You want to harvest your lettuce when the leaves are still young and tender. If you let the plant fully mature, the leaves will begin to thicken and might start tasting bitter.

Leaf, Butter and Romaine type lettuces can all be harvested by clipping or ripping the outer leaves while leaving the center leaves to continue to grow. You can also just cut the whole plant down and eat it that way too. Crisp head type lettuces produce just one big head that you clip off when you think the center is firm.

Always try to buy local when you can. Supporting small nurseries and farms is a great, sustainable and eco-friendly practice that not only helps the local economy but also reduces large amounts of carbon from being released into the atmosphere.

Several years ago, I spent some time at East Fork Creek Farm and Gardens working as a liaison to local chefs in the area to help introduce them to the different varieties of lettuce produced there as well as other seasonal, very high-quality honey, fruits and vegetables. The farm is right here in Fort Myers, south off of U.S. 41 on Hendry Creek Drive, which is about a half mile south of the U.S. 41 and Gladiolus Drive intersection.

Here is one of my Thai salads; very traditional and popular in Thailand. I use locally grown, distributed and produced fruits and vegetables.

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### Green Papaya Salad

Dressing:  
2 tbsp. garlic, roughly chopped (10 normal or 4 large garlic cloves)  
6 bird's eye chilis, roughly chopped with seeds (use fewer for less spicy)  
6 tbsp. dried shrimp  
1 cup palm sugar, grated using standard box grater, loosely packed  
1/2 cup lime juice  
1/2 cup fish sauce

Salad:  
1 cup roasted peanuts, unsalted  
20 snake beans, cut into 2-inch pieces raw  
3 cups grape tomatoes, cut in half (14 oz.)  
4 cups green papaya, shredded, tightly packed cups  
1/2 cup Thai basil leaves

Instructions:  
Place peanuts in a mortar and pestle. Pound lightly to break them up into largish pieces, not into powder. Transfer to bowl.  
Place garlic and chili in the mortar. Pound into a paste. Add shrimp and pound to crush them – no need to grind them to a paste.  
Dressing: Stir in palm sugar, lime and fish sauce until sugar dissolves. Pour dressing into a large bowl.  
Add snake beans to mortar (in batches, if needed). Pound to bruise, split and soften (they are raw, so they need to be bashed to soften). Add to dressing.  
Grab handfuls of tomato, crush with your hands, then add into the bowl.

Add papaya and 3/4 of the peanuts. Toss well with 2 wooden spoons or tongs.

Once everything is coated in dressing, immediately pile up onto plates. Spoon over some dressing (there will be a bit of dressing still left in the bowl, that's normal). Garnish with Thai basil leaves, sprinkle with remaining peanuts. Serve immediately.

Recipe Notes:  
Authentic Green Papaya Salad is quite spicy. Six chilis with the seeds in is the average strength of spiciness you get in Thailand and authentic Thai restaurants here in Florida. Feel free to dial it back (1 chili would be quite mild).

Small shrimp that are sun-dried are an ingredient used in Asian cooking to add savory flavor. It tastes like concentrated shrimp (prawns). Sold at Asian grocery stores (small, light packet, not refrigerated, so suitable for online order). If you skip the dried shrimp, you may find this dressing a bit one-dimensional.

Sugar extracted from palm trees has a wonderful caramel flavor. It comes in blocks and needs to be grated using a box grater so it will dissolve into the dressing. Substitute: brown sugar.

Snake beans are a bit harder than ordinary green beans. Used raw in this dish, so it's bruised to soften. Substitute: green beans or French-

continued on page 22





## Pink Tea Party Coming This Fall

The annual Pink Tea Party is set for Tuesday, October 4 at Sundial Beach Resort & Spa. Hosted by San Cap Pink Project, Inc. – also known for more than 10 years on the islands as Let’s Pink Out – the event kicks off a month of festivities designed to provide support, remembrance and fundraising for the community. Funds raised by ticket sales, raffle and auction items will benefit the uninsured and underinsured members of the Sanibel and Captiva communities needing mammograms or help with other cancer-related needs.

“We are so excited to be hosting the annual Pink Tea Party,” said San Cap Pink Project founder Mary Bondurant. “This is such a fun event where we can celebrate

image provided

survivorship and honor those who have gone before us, as well as raise funds for our community. And to top it off, the location at Sundial overlooking the gulf is just stunning.”

At this year’s event, attendees can choose to sip tea or a specialty cocktail while having finger sandwiches and desserts. The guest emcee will be Lisa Spooner from NBC2 News. There will be raffle and auction items offered from community members and businesses.

“In this community, no one fights alone – that’s our goal,” said Ann Neubauer, president of San Cap Pink Project, Inc. “Creating a foundation and opportunity for others to fight this battle with the best support possible is our mission.”

Tickets are \$75 per person and can be purchased online at [www.pinkouttea.com](http://www.pinkouttea.com) or by contacting the San Cap Pink Project at [pinkoutsanibel@gmail.com](mailto:pinkoutsanibel@gmail.com).✱

## Shell Crafting Ollie Octopus



by Anne Joffe



Ollie Octopus

photo by Anne Joffe

How cute is this guy? And super easy to make. Just pick up a bunch of worm shells, the longer the better, but any size will do. Then look for a shark’s eye. They can be a little harder to find but you can always buy one at a local shell shop. Pipe cleaners can be substituted for the legs. This makes a fun and easy craft for the little ones.

Here’s what you’ll need:

Materials

- 1 shark’s eye shell
- 8 long worm shells (or pipe cleaners)

Directions

Glue the worm shells or pipe cleaners together to form a starburst shape. It is cute if the legs stick up or out and go in different directions. You can make your octopus with as many legs as you’d like.

Once the legs are completely dry, glue the shark’s eye on top, in the center.

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.✱



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The Southwest Florida Symphony hosts a variety of rehearsals and concerts at Bell Tower throughout the season photo provided

# Symphony Receives Grants For Programming

The Southwest Florida Symphony has been awarded \$79,125 in grants from the LAT Foundation, Rotary Club of Fort Myers and the Sanibel-Captiva Kiwanis Club to fund rehearsal space updates, season programming and school ensemble

performances. “We are truly humbled by the generous support from our community partners,” said Amy Ginsburg, executive director of Southwest Florida Symphony. “These funds will allow us to continue growing our programming and performance offerings throughout Southwest Florida.” The LAT Foundation, a private foundation based in Fort Myers, presented the Southwest Florida Symphony with a \$75,000 grant to

support its mainstage concerts at Barbara B. Mann Performing Arts Hall during the 2022-23 performance season and operations at the symphony’s rehearsal space at Bell Tower. A second grant for \$3,000 from the Rotary Club of Fort Myers will also help support the Southwest Florida Symphony’s upcoming season. In addition, the symphony received a \$1,125 grant from the Sanibel-Captiva Kiwanis Club in support of The Sanibel School Ensemble performances during the upcoming school year. The 62nd season of Lee County’s only professional orchestra and the fourth oldest in the state will be led by newly appointed Music Director Maestro Radu Paponiu. The 2022-23 season will include a variety of Masterworks, Pops, TinyConcert and Holiday Pops performances. Full season details, subscription and ticketing information are available by calling 418-1500 or visiting [www.swflso.org/concerts](http://www.swflso.org/concerts).

# Children’s Programs At Captiva Library

The Captiva Memorial Library is offering the following free programs for children in September: Bookmark and Pencil Case Craft – September 1 to 10. Available during normal library operating hours. Check out the back-to-school book display and decorate your own pencil case and fancy bookmark. For all ages while supplies last. Talk Like a Pirate – September 13 to 17. Available during normal library operating hours. Celebrate International Pirate Day at the library with pirate crafts and swashbuckling reads from the pirate-themed book display. Campfire Craft – September 20 to 24. Available during normal library operating hours. Did you miss out on a camping trip this summer? You can have the next best thing with a glowing campfire craft. Under the Sea Craft – September 27 to October 1. Available during normal library operating hours. Visit the library

and make your own tropical shell sea creature. Check out a book to learn about life under the sea. The Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. Normal library operating hours are Tuesday and Thursday, 10 a.m. to 6 p.m.; Wednesday, noon to 8 p.m.; and Friday and Saturday, 9 a.m. to 5 p.m. For more information about a program or to register, call 533-4500, visit [www.leelibrary.net](http://www.leelibrary.net) or call the host library at 479-4636.

# Poetry Corner



by Jim Weyant  
**She Sleeps**  
She sleeps, breath soft on pillow, a hushed and murmured breeze whispering to a weeping willow.

She sleeps, on clouds of white linen,  
lay beautiful in silent repose  
pacific in this moment, this minute.

She sleeps, lips to betray a smile,  
dreams of love and far off places  
in slumber still able to beguile.

She sleeps untroubled in her rest,  
the lone sign of her earthly being  
the rise and fall of her breasts.

She sleeps, moonlight upon her face  
as though to give forth reason  
to why the moon is in its place.

She sleeps, and I by her side  
as ever before and forever more  
with a love for her never to die.

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

# From page 20 Florida Lettuce style beans.

Find green or unripe papaya at Thai or Vietnamese grocery stores. To prepare, peel the dark green skin off using a standard vegetable peeler (the skin is quite soft), then cut in half and remove the seeds using a spoon. Finely shred using a julienne shredder. The best substitute is green mango, another fruit used in salads in Thai cuisine but also an ingredient that would need to be sourced from an Asian store. Prepare and use in the same way. The most similar readily accessible vegetable I can think of is English

cucumber, which are less watery than regular cucumbers. Peel, scoop out and discard watery flesh, finely julienne the firm part. It will be slightly softer but similar in flavor and texture once dressed. Alternately, use 4 very packed cups of finely shredded cabbage (wombok/ Chinese cabbage or regular). It’s a different texture but it will still be extremely delicious and will have a similar “slaw-like” texture. John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at [kitchen@sanibelcommunityhouse.net](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.

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Liz Wiseman

photos provided

## Author Talks, Park Passes And Pyrex At Sanibel Library

With support from the Sanibel Public Library Foundation, Sanibel Public Library has launched a series of virtual author talks this summer – a range of talks from bestselling authors and thought leaders.

The next talk in the series will be held on Monday, August 22 at 9 p.m. Dr. Michele Harper, author of *The Beauty in Breaking* will discuss her memoir, the poignant story of an emergency room physician's journey in a life of service to others that taught her how to heal herself. A question-and-answer session with the author will follow the talk. To borrow a mobile WiFi hotspot to participate or for help setting up or logging into library webinars, email [notices@sanlib.org](mailto:notices@sanlib.org) or call 472-2483.

Liz Wiseman, author of *Impact Players: Take the Lead, Play Bigger, Multiply Your Impact* will speak at noon on Thursday, August 25. Drawing on insights from leaders at top companies, Wiseman explains how small and seemingly insignificant differences in how we think and act can make an enormous impact.

Dr. Michele Borba, author of *Raising Thrivers: Parenting Tips & Tools to Help Kids Thrive*, is next in line on Thursday, September 8 at 2 p.m.

Medicare advisor Frank Ciccone of Wellcare will present a program about Medicare Advantage choices at the library at 10 a.m. on Tuesday, August 23. The presenter is not connected with the federal medicare program.

Sanibel-Captiva Art League's non-injured exhibit, *Home Sweet Home*, is on display at the library until September 30.

Sanibel Public Library is circulating two Real Florida Reader state park passes. Patrons can use their library card to place a hold or check out a pass. Each pass is good for one vehicle with up to eight passengers. The program runs through September 12. The library also offers passes to some of the area's most popular attractions – Bailey-Matthews National Shell Museum and Clinic for the



*Burnap Cottage* watercolor by Gloria Krekel  
image provided



Pam Green and Karen McGlamery admire the vintage Pyrex display

Rehabilitation of Wildlife (CROW) Visitor Education Center. Call the library for more information or to place a hold for a pass.

Stop by to see a collection of vintage Pyrex dishes from 1956 to 1984 on loan from Beth Jarrell. The display is in the cabinet next to the glass elevator. The library's display case offers a peek at unique collections. Past displays include origami, World War II medals and Lionel Trains. If you have a collection to share, contact the library

The library also offers Book Bingo – a self-directed reading challenge for adults – with opportunities for prizes. Participants fill appropriate squares on their Bingo sheet as they read. Recommended reading for the Bingo challenge can be picked up from the book display near the east service desk. Pick up your Book Bingo card at the service desks, or download it from the library's website. Turn in forms by Wednesday, August 31.

The Sanibel Public Library is located at 770 Dunlop Road. For more information or to register for the virtual talks, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org).

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### Grilled Ribeye with Herb-Citrus Butter

2 (12 ounce) beef ribeye steaks  
Sea salt and fresh ground pepper, to taste

2 (1-tablespoon slices) Herb-Citrus Butter

Preheat charcoal or gas grill to medium-high. Season each side of the beef with salt and pepper. Carefully place steaks on the hot grill. Grill the steaks for 2 to 4 minutes on each side. When the desired doneness is reached, remove from the grill, and allow to rest. Serve warm and garnish with herb-citrus butter.

#### Herb-Citrus Butter

½ cup unsalted butter, room temperature

1 tablespoon fresh herbs (rosemary, thyme, parsley), finely chopped

1 tablespoon citrus zest (orange, tangerine, lime, lemon), finely chopped  
1 tablespoon fresh garlic, chopped fine

1 teaspoon all-purpose seasoning blend (such as Everglades)

Sea salt and fresh ground pepper,



Grilled Ribeye with Herb-Citrus Butter

to taste

In a small bowl, combine the butter, chopped herbs, seasoning blend, chopped garlic and citrus zest. Lightly season with salt and pepper and stir to combine. Place on a sheet of wax paper

and evenly roll it to form a cylindrical shape, then place in the refrigerator to harden. When firm, slice into discs. Serve cold or melted for dipping.

Fresh tip: The best way to check if the steak is your preferred temperature

is to stick an internal read food-safe thermometer in the thickest part of the steak. For medium-rare, pull the steak out at 110 degrees, medium 120 degrees, medium-well 130 degrees, and cooked well 140 degrees.\*

photo courtesy Fresh From Florida

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## Partnership Helps Adults With Special Needs

Trailways Camps, Inc. and Sanibel Carts, LLC are working together to help transport adults with disabilities and other special needs around Trailways campgrounds. For each of the Trailways Camps offered during the year, Sanibel Carts will provide two of its electric-powered low speed vehicles along with a recently donated eight-seat handicap-accessible golf cart that will help bring Trailways campers from one part of the campground to another.

"We have such great regard for Sharon and Jerry Miller and the inspiring work they do through Trailways Camps," said Jeff Blackman, co-owner of Sanibel Carts. "It's a real pleasure for us to play a small



Back, from left, Chris Walker, Tim DeVost, Jeff Blackman, Laura DeBruce, Jim Senkeleski and Tom Chambers. Front, from left, Kristi Walker (camp director), Sharon and Jerry Miller, and Jamie Senkeleski photo provided

part in this wonderful endeavor that brings joy to the campers and some needed R&R for their caregivers."

"I worked as a volunteer at one of the camps," said Laura DeBruce, co-owner of Sanibel Carts. "There was a powerful sense of love and belonging as well as a lot of fun for the campers and volunteers alike with the fishing and other activities."

"We are grateful for Sanibel Carts' donation," said Sharon Miller, co-founder of Trailways Camps, along with her husband, Jerry Miller. Trailways Camps was established following the Miller family move to full-time residency on Sanibel in 2012. Sixty eight adults with special needs participate in residential camping experiences each year, which also provides their caregivers an opportunity for respite. Jerry Miller added that the Trailways mission is: "Enabling adults with special needs, and those who care for them, to grow their social, emotional and spiritual relationship." ❖

## Auditions At Broadway Palm

Broadway Palm Dinner Theatre is holding open auditions on Sunday, August 21 at 11 a.m. for male and female cut dancers, ages 16 to 35, for the upcoming production of *A Chorus Line*.

All ethnicities are encouraged to audition. Some cut dancers will also be hired as understudies in the production. Auditions are on a first-come basis. A sign-up sheet will be available at 10 a.m. No appointments will be taken.

Anyone interested in auditioning should bring a current headshot and resume. All auditioning should be in dance attire, and females should dance in heeled character shoes. After the dance audition, actors/actresses may be asked to attend a vocal and/or reading audition. Those auditioning need to be prepared to sing 16 bars. Bring sheet music in the proper key; an accompanist will be provided (no recorded music is accepted.) Songs should be in the musical theater genre; no pop songs.

All roles are non-AEA (Actor's Equity Association) paid positions. Productions require rehearsals daily from Thursday, September 22 through Thursday, October 6. *A Chorus Line* plays October 7 through November 12. Anyone interested must be available for the two-week

rehearsal process and all performances. Performances are Tuesday through Sunday evenings with selected matinees. The cut dancers will perform in the opening number, which is approximately the first 20 minutes of the show.

Performance schedules are available at [www.broadwaypalm.com](http://www.broadwaypalm.com). All auditioning must have local housing in the Southwest Florida area or be able to commute from their home location.

Broadway Palm Dinner Theatre is located at 1380 Colonial Boulevard in Fort Myers. For more information, visit [www.broadwaypalm.com](http://www.broadwaypalm.com). ❖

## Correction: Attic Sale Dates

The dates for the Tower Gallery Attic Sale were incorrect in last week's *Island Sun*. The sale will be held on Friday, Saturday and Sunday, October 21 to 23 from 10 a.m. to 5 p.m. each day. Artists clear their studio spaces, homes and attics of artwork to make room for new art for the season. These works of art are sold at a reduced price and only on this one weekend each year.

Tower Gallery is located at 751 Tarpon Bay Road on Sanibel. For more information, visit [www.towergallery.net](http://www.towergallery.net) or call 472-4557. ❖



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Book Review

The Soul Of An Octopus



by Di Saggau  
I'm sure many of you have heard about and seen pictures of the new giant Pacific octopus at Bailey-Matthews National Shell Museum on Sanibel. A few months back, Sam Ankerson, executive director of the museum, spoke to my Continental Women's Club and while talking about the octopus he mentioned a book *The Soul of an Octopus* for anyone wanting to know more about octopuses. I quickly found a copy and discovered a page-turning adventure about one woman's relationship with the multi-hearted, smart and affectionate characters.

In the book, naturalist Sy Montgomery elegantly offers a unique window into octopus behavior and intelligence, both science-based and emotional, of her extended encounters with octopuses while going behind the scenes at Boston's New England Aquarium and diving in Polynesian waters. She documents her intimate, often poignant relationships with octopuses, including four she calls by name, Athena, Octavia, Kali and Karma. Octopuses only live several years and they

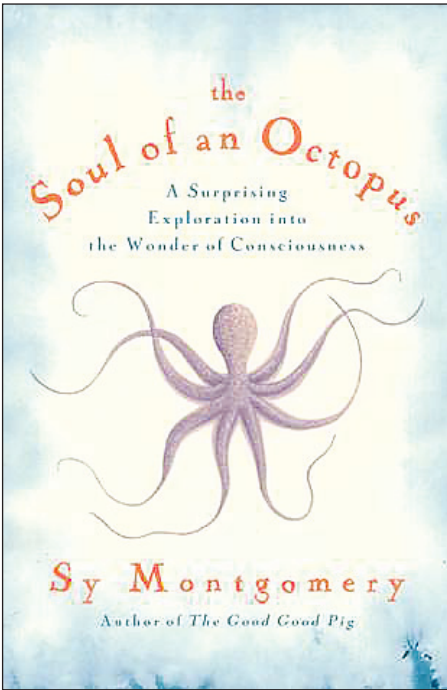


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not only master a variety of skills but also win over Montgomery's heart, so much so that she actually grieves over their deaths. The reader begins to understand the author's attachment and her fascination with their minds and intelligence. They "play" by using their jet propulsion to propel bottles around their tank. They can turn their bodies into extraordinary color patterns, changing multiple times in seconds. Montgomery documents her world

travels in pursuit of opportunities to meet and engage with more of these incredible animals. *The Soul of an Octopus* is an intimate look at these highly intelligent creatures, capable of tenderness, playfulness, happiness and friendship, and as the subtitle states, "a surprising exploration into the wonders of

consciousness." If you missed this book, like I did when it first came out several years ago, I hope this piques your interest in picking up a copy. Funny, entertaining, touching and profound, *The Soul of an Octopus* reveals what octopuses can teach us about the meeting of two very different minds.\*

School Smart



by Shelley M. Greggs, NCSP  
**D**ear Shelley,  
My 7-year-old daughter is frantic about her lunch time at school this year. She can't find a seat easily, nor finish her lunch quickly enough to get out to recess. Plus, she says that her lunches don't taste good. What can I do?  
*Janine V, Cape Coral*

**Janine,**  
School lunch time is not relaxing. Cafeterias are noisy, crowded, sometimes dirty and filled with obstacles for kids. There may be physical obstacles such as maneuvering through the lunch line and finding a place to sit. There are certainly social obstacles that can become more significant as kids get older with blatant bullying and social exclusionary behaviors. Kids have a very limited amount of time to eat their lunch, go to the restroom and get back to class on time. Some schools have implemented creative ways to work through lunchroom issues, but most have not.

Below are a couple of ideas to help with some of the concerns that kids face in the lunchroom:  
With younger kids, practice eating a "school lunch." Make sure they can open everything you send with them. Talk about not eating off of the table in the lunchroom. Set a timer for 20 minutes or whatever amount of time is allowed and talk about how they may not finish eating and that's ok. Practice packing everything back up and talk about what is trash and what should come back home in their lunch box. Be specific about which lunch items they can share with friends. If your school has a donation table for unwanted items, make sure to explain that to your child as well.

Make sure your child has a nutritious lunch. They cannot be expected to learn if they have eaten lots of overprocessed foods and sugary items. Here are some expert ideas from dietitians for preparing a healthy sandwich and lunch for school (or work).  
Kathryn Riner, a pediatric dietitian, says that, "Ideally a sandwich offers some nutritional benefit and physical satiety so that kids are not distracted by hunger while also meeting their nutritional needs with food they enjoy. I like to recommend including a source of dietary fiber as well as protein, which can help kids feel satisfied while fueling their learning, activity and growth."

Rebecca Dittkoff, New York City-based registered dietitian, says that a balanced

lunch includes three macronutrients: protein, carbohydrates and fat.  
"Ideally, proteins will be lean options such as chicken, turkey, eggs or tuna, carbohydrates will come from whole grains like whole wheat bread or pasta, brown rice, quinoa or starchy veggies (like) potatoes and fats will come from mainly unsaturated sources such as avocado, nuts".  
Lunch is an important time to incorporate vegetables into a kid's diet. Meredith Price, a registered dietitian nutritionist, said to include one or two vegetables in a sandwich to get kids more exposed to them.  
"That can even just be lettuce and tomato – it doesn't have to be fancy," Price said. "This way you'll use less of another filling, like a processed meat or cheese, which will reduce sodium and fat content [of a sandwich]." She also recommended using hummus or smashed avocado instead of other condiments and experimenting with plant-based versions of foods your child likes to raise their veggie consumption.  
These three nutritionists have suggested some sandwiches that are healthy and meet most of the requirements that they consider important for a healthy lunch. The sandwiches below are ranked according to the three nutritionists' input and are based on the sandwich fillings but include personal selections of bread or condiments. Here are their top suggestions.  
1. Wrap with hummus and vegetables (spinach-and-herb tortilla, classic hummus, sliced vegetables)  
2. Tuna salad sandwich (tuna, mayonnaise)  
3. Deli chicken breast and cheddar sandwich (deli-sliced rotisserie chicken breast, thin-sliced mild cheddar)  
4. Turkey and Swiss sandwich (deli-sliced oven-roasted turkey, thin-sliced Swiss cheese)  
5. Peanut butter and jelly sandwich (creamy peanut butter, grape jelly)  
6. Ham and American cheese sandwich (deli-smoked ham, American cheese slices)  
7. Cheese quesadilla (Mexican-style shredded four-cheese blend, flour tortillas)  
These ideas may seem insignificant but a healthy lunch and feeling secure in the lunchroom can be powerful for your child. If they are more comfortable in the lunch room and eat a healthy lunch, their day will be better.  
Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email [smgreggs@gmail.com](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).\*

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# Scholarship Awarded

Allie Attuso was awarded the \$3,000 Margaret B. Lee PEO Foundation Scholarship to support her post high school education. Attuso, the daughter of Pam and Jeff Attuso, is a 2022 graduate of Fort Myers High School.



Allie Attuso

“Being the recipient of this scholarship means so much to me,” said Attuso. “I feel I have been rewarded for my stamina for juggling school work, studying to get good grades, attending soccer practices and games for my club and travel teams, being involved in other clubs, and working my jobs to save money for college all throughout the past few years.”  
Attuso will be attending Florida State University and pursuing a career in nursing. She said she chose nursing because she wanted to give back to a community that had done so much for her family whenever they needed medical care.  
“I realize I want to be the nurse helping the patient and the family with constant support and sympathy,” Attuso said. “My goal is to be a traveling nurse. It would fulfill my dream of traveling and dream of a profession where I can help others. It

would be the best of both worlds for me.”  
The scholarship was established by Sanibel resident Jack Lee and his family to honor wife and mother Margaret (Margie) B. Lee who passed away in November 2019. Margie was an active member of the Sanibel PEO Morning Stars, women who remained affiliated with their northern PEO chapters.  
The scholarship is administered by the PEO Foundation of PEO International, a women’s educational philanthropic organization that grants scholarships to high school graduates of outstanding achievement or of financial need, and women continuing their education to earn higher degrees or career certification.  
The selection of the recipient was made by Sanibel Chapter FV of PEO.  
Robin Wright, who chaired the selection committee, said, “An outstanding group of young women applied for the scholarship this year. It was a difficult decision to make, but Allie stood out because of her drive to be successful, her time management skills, her setting of specific goals, her enthusiasm for helping others, and her personal poise and confidence around people.”  
Attuso said, “Getting this scholarship shows that others believe in my future enough to present me with financial help. That solidifies my drive to succeed. I will use this as motivation to never give up on myself and to always strive for success. It’s especially rewarding to know I was chosen from so many other very talented and hardworking women for this financial help.”✧

# 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](http://www.center4life.org) for more details.  
**Coffee Social** – Tuesday, Wednesday and Thursday, 9:30 to 11 a.m.  
**Hot Dog Lunch Bunch** – Wednesdays, 11 a.m. to noon. Cost is \$3 per person; chips and drink included.  
**Balance-Core and Strength Aerobics** – Wednesdays, 9:30 to 11 a.m. 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** – Tuesday, 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.  
**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.  
**Upcoming Trips** – Limited seating, call ahead for reservations, 472-0345 or visit [www.center4life.org](http://www.center4life.org) for details.  
**IKEA Shopping Day, Plantation, Florida** – Wednesday, September 7. Cost is \$5 for Island Seniors members and \$10 for non-members. Sign up by Friday, September 2.  
**East Coast Thrifting with Trendy Tours** – Thursday, September 22. Cost is \$89 per person. Sign up by Friday, September 9.  
**Tennessee Trip: Pigeon Forge, Gatlinburg and Dollywood** – Saturday to Thursday, October 1 to 6. Cost is \$1,699 per person if sharing a double room or \$2,189 for a one-person single room. Sign up by Friday, September 16.  
The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.✧



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



## Pacesetters Lead By Example



submitted by  
Jonathan Gabel

As a small, family-owned local business, serving the community is a priority. Through United Way of Lee, Hendry, and Glades Counties, Priority Business Solutions

is proud to give back as a Pacesetter Company, one of 172 businesses who "jump start" the local United Way campaign by raising the initial dollars and leading by example.

While there may not be enough hours in the day for full-time employees to give their time and talents directly, our collective giving through the United Way campaign gives us an easy, consistent way to give back. As a payroll and payments solution for businesses, Priority understands the power of United Way's payroll deduction program and the ripple effect it has on our company and the greater community.

Every employee contributes a small portion of their paycheck, and I'm proud to say that Priority Business Solutions has achieved 100 percent participation. As a business owner, that makes me very grateful and proud. It truly validates that we have good people who care for our community and are willing to give back, even if it's just a few dollars a paycheck.

As a longtime volunteer for United Way, my history began when a friend recommended that I serve on the allocations committee. As volunteers, we represent a diverse group of business leaders and residents who meet with United Way agencies, and hopeful agencies, to assess and ensure fiscal and program accountability for United Way donors. This involves tours, interviews, and financial audits to make sure these organizations are making the best use of the dollars they receive.

Through this process, I have learned that United Way is involved in so many facets of our community and is truly the backbone of human and social services throughout the region. This gives me a firsthand look at the impact of the dollars

raised in the community.

Take for example, Beesley's Paw Prints, a United Way program that engages volunteers with registered therapy dogs to visit partner agencies such as the Children's Advocacy Center where pet therapy helps offers distraction and stress relief to children experiencing trauma. As a parent, I feel a connection to this program, and it brings me great joy to see smiles on the faces of children who are hurting.

Additionally, United Way's 211 program is the first step for finding help, regardless of the situation. United Way is also often first to respond in the event of a disaster such as a hurricane or tornado.

One of the reasons that United Way is a top choice for employee giving is that all the funds they raise stay local. Many of us feel strongly that if we are going to donate our hard-earned dollars, we want the funds to stay in our community. I know that whether I give \$25 or \$2,500, the dollars are going directly to those struggling in our community – experiencing homelessness or hunger, a tragedy or trauma. Our team sees the incredible amount of goodwill and effort United Way gives to our neighbors and that inspires and compels us to continue giving.

For Priority Business Solutions, being a Pacesetter company adds to the culture of our organization and brings everyone together. We enjoy attending the United Way Campaign Kickoff breakfast and it's an energetic environment where we can celebrate together. We are truly working as a team for our community and I encourage other business owners to get involved as a Pacesetter Company, by joining the allocations committee or volunteering.

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

## Lee County Security Breach

Lee County Emergency Medical Services (EMS) reported that, on August 4, staff received notification of a customer data breach related to a previous third-party vendor responsible for ambulance billing services.

Lee County EMS conducted business with a company called Intermedix Corporation for nearly 15 years, ending its vendor contract in September 2014.

Intermedix hired a law firm called Smith, Gambrell & Russell (SGR), and the firm was in possession of the data when the breach occurred.

Of all the records the firm handled, less than two percent of the total may have been compromised. At this time, there is no indication that any of the information was misused, and the notice is being provided out of an abundance of caution, according to SGR.

The county immediately worked with Intermedix and SGR to assist its efforts to notify those who are potentially impacted, as required by federal law. Impacted individuals should receive a letter in the mail within the next 14 to 21 days.

The county is sharing this with media for transparency and to assist Lee County residents who may be receiving notification in the mail.

Lee County's EMS website has been updated to include information about the types of protected health information involved, steps that individuals should take to protect themselves, a description of the SGR/Intermedix security breach and contact information for those with questions. For more information, visit [www.leegov.com/publicsafety/emergencymedicalservices](http://www.leegov.com/publicsafety/emergencymedicalservices) or call 800-939-4170.

## ISLAND SUN BUSINESS NEWSMAKERS

### RE/MAX of the Islands



Steve Fisher



Maxine Fisher

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Superior Interiors

# Natural Design In Home Décor



by Katie Frederick

**D**o you want to give your home a revamp that's inspired by the style and textures of the environment? Natural design in home decor is a popular option to consider; bringing elements influenced by the outdoors inside can make your living space more inviting and help you feel more grounded in the foundation of your home.

From accents and textures to accessories and furniture, there are so many timeless options to choose from that can work throughout your space and make it feel cozy and satisfying. Adding natural design isn't only optimal for aesthetic reasons, it's also an environmentally conscious choice, bringing awareness to sustainability and what it means to use renewable, natural materials over others.

Here are some of our favorite natural elements in home design and decor that can bring your space to life:

**Rattan** – Rattan is a long-stemmed vine that looks like bamboo. Similar to wicker, the biggest difference between the

two materials is the method of weaving. In furniture, it produces a thinner look, which can be more subtle in-home design and decor.

**Wicker** – Speaking of wicker, rattan doesn't necessarily make a replacement for this classic material. If you want to incorporate both rattan and wicker throughout your living space, you can achieve this by placing the two in separate rooms. This is a simple way to avoid the clash of weave styles and enjoy both options. As a bonus, both rattan and wicker are easily harvested from fast-growing trees that don't require the use of chemicals, making them sustainable products.

**Teak** – Those searching for a simple wood to incorporate into their home can benefit from teak, as it can help you achieve a minimalist look while offering plenty of versatility. Reapply a coat of oil to help its natural oils shine and this material will continue to hold its condition for years.

**Marble** – If you're going for a more luxurious take on natural design, marble makes a great option. It's said that the Greeks and Romans added marble to their homes instead of classic building materials because it was more durable and made their living spaces more extravagant.

**Leather** – Leather is a timeless texture that can add a touch of sophistication to any living space. This traditional material is tough, flexible and very simple to clean, making it the perfect option for homeowners with families.

**Terracotta** – If you want to achieve

a classic mid-century modern aesthetic, terracotta fits right into the style. Add accessories in this rusty orange color to complement the rest of your natural design accents.

**Live plants** – Decorating with natural foliage throughout your home has always been trendy and shows no signs of stopping. Whether you add a bouquet to every level of your home or want to create a cute indoor garden with succulents, the options are endless.

*Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at [katie@coindceden.com](mailto:katie@coindceden.com).✽✽*

## Top 10 Books On The Island

1. *Red Flags* by Lisa Black
  2. *All Your Perfects* by Colleen Hoover
  3. *The Bodyguard* by Katherine Center
  4. *Book Lovers* by Emily Henry
  5. *Something's Cooking* in Chianti by Jennifer Schiff
  6. *Apples Never Fall* by Liane Moriarty
  7. *James Patterson* by James Patterson
  8. *The 6:20 Man* by David Baldacci
  9. *The Forest of Vanishing Stars* by Kristin Harmel
  10. *The Homewreckers* by Mary Kay Andrews
- Courtesy MacIntosh Books and Paper.✽✽*

From page 1

## Professional

or taking time with staff or volunteers to hear about their day or help problem-solve. She is multi-lingual and uses her language skills when communicating with a diverse community of clients. She always exemplifies professionalism and a can-do spirit. She doesn't take no for an answer when solving problems for those in need – always putting FISH families at the forefront of any decision-making. She is often the first person in and last person out during the day, walking out the door with her laptop and a smile.

Espinoza possesses the confidence to communicate with individuals or groups. She trains, works with staff and volunteers, and organizes many programs and services. She has strong core values in her personal and business life and is respected by board, staff, volunteers and clients. Her motto is "Treat others as you wish to be treated...with dignity and respect." She is honest, humble and transparent. Espinoza is always eager to cooperate and work in a team or as a team leader.

"I am grateful to be recognized by the Greater Fort Myers Chamber and my peers, and humbled to receive this prestigious award," said Espinoza. "As I continue to grow with the FISH organization, I'm thankful to have the support of the FISH board and an extraordinary team of dedicated professionals and volunteers that allows us to continue to serve our community."✽✽

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- **\$4,350,000 EURO 4,015,156**

## 2. UPDATED HOME IN THE DUNES - SANIBEL

- 2 BR/2 BA beautifully updated home tucked amidst the secluded privacy of tropical vegetation in the coveted Dunes Golf & Tennis community
- Vaulted beamed ceilings, large open kitchen, updated primary suite, impact windows & doors, large back lanai with sunken hot tub and trellis overlooking your own secret garden.
- **\$925,000 EURO 895,281**

## 3. REMODELED HOME IN SHELL HARBOR - SANIBEL

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

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

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



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

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

## 6. MITZI LANE HOME - SANIBEL

- 2 BR / 2 BA home located in the heart of Sanibel, convenient to shops, restaurants, grocery stores, & more.
- Vaulted ceilings, impact windows & sliders, 2 car garage, and private pool
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# Rotary Happenings



submitted by  
Cindy Carter



Dr. Shawn Clem

**H**ave you seen the ghost in Southwest Florida? If not, you are definitely missing out. I'm talking about the "Super" ghost orchid located in Corkscrew Swamp Sanctuary. This beautiful orchid was discovered in 2007 and is the largest ghost orchid in the world. That is just one of many specimens to see at the Corkscrew Swamp Sanctuary amongst 600-year-old giant cypress trees.

Last week, we heard from Shawn Clem, PhD, director of research at Corkscrew Swamp Sanctuary. Dr. Clem was introduced by her colleague, Sarah Sauerland, senior development manager, a name many know on Sanibel due to her previous connection with "Ding" Darling Wildlife Society and JN "Ding" Darling National Wildlife Refuge on Sanibel.

Corkscrew Swamp Sanctuary was

created in 1954 when concerned citizens came together to protect the old-growth cypress forests of Corkscrew Swamp from logging, a nesting spot for the Corkscrew wood stork. Seasonally, the swamp is home to tens of thousands of wood stork nests.

Dr. Clem shared with us the recent research that has shown the ways increased regional development is impacting the water levels at Corkscrew Swamp Sanctuary, which in turn, affects everything from healthy wildlife habitat to algal blooms plaguing our waterways. She educated us on what Audubon scientists believe is causing the change, what can be done to reverse it, and how impacts to this inland wetland affects water quality on our coasts.

Dr. Clem is the research director of Audubon Florida's Western Everglades Research Center, located at Corkscrew Swamp Sanctuary. She is a community ecologist with 20 years of experience in researching and describing the ecology, hydrology and impacts from environmental stressors on our region, with past positions and projects at Everglades National Park, Audubon's Everglades Science Center in Tavernier and Big Cypress National Preserve.

Helping establish their research center in 2013, Dr. Clem is focused on filling science gaps in order to answer critical questions about western Everglades conservation and restoration. Current long-term monitoring projects include tracking and understanding hydrology, wood storks and other wildlife changes

at Corkscrew, gauging restoration success on Panther Island Mitigation Bank, and documenting changes in fish communities within the Picayune Strand Restoration Project. Under her direction, Audubon's research program is focused on better understanding and describing our region's unique ecology in light of increased environmental pressures, and using this understanding to guide wetland conservation, stewardship and restoration throughout the boundaries of Corkscrew and beyond.

Dr. Clem is the founder and leader of the annual Corkscrew Watershed Science Forum, co-director of Corkscrew's Conservation Internship program; co-organizer of Audubon Florida's Conservation Leadership Initiative; adjunct graduate faculty at Florida Gulf Coast University (FGCU); and a research affiliate of FGCU's Everglades Wetland Research Park. She earned her bachelor of science degree in marine science and mathematics with a minor in chemistry from Eckerd College in 1998 and her PhD in biology from Florida International University in 2004.

*The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email [william.harkey@gmail.com](mailto:william.harkey@gmail.com) by Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit [www.sanibelrotary.org](http://www.sanibelrotary.org).*

that enhance the learning experience. NASA provides access to lesson plans, videos and interactive games that expand knowledge of and more deeply explore science, technology, engineering and mathematics (STEM). The visitor complex offers education-focused learning specializing in STEM through educational adventures including field trips enhanced by the Explore & Learn mobile learning experience via the Space Chase! app, private educational programs, Overnight Adventures and Camp KSC.

To receive the Educator Study Pass, active teachers are required to bring one of the following items to Will Call, located at the entrance of the visitor complex:

An active teaching certificate from the United States, Puerto Rico or the U.S. Virgin Islands;

A badge with a photo that shows the title Teacher or Educator; or

Letter on school letterhead, dated and signed by the principal listing the name(s) of the teacher(s), stating they are an educator at the school.

For more information about the Educator Study Pass at Kennedy Space Center Visitor Complex, visit [www.kennedyspacecenter.com/camps-and-education/educator-study-pass](http://www.kennedyspacecenter.com/camps-and-education/educator-study-pass).

## Rotary Grant Cycle Open

**T**he Sanibel-Captiva Rotary Trust Fund Board has opened its fall grant cycle and is accepting grant applications from qualified nonprofit organizations. Grant applications are due before 5 p.m. on Saturday, September 10, with grant funds dispersed in October.

Typical grants range from \$1,000 to \$2,500. Grant request forms can be downloaded at [www.sanibelrotary.org](http://www.sanibelrotary.org) under "Trust" tab, "Trust Documents."

All grant requests must be submitted electronically on the due date to [sanibelrotarygrants@gmail.com](mailto:sanibelrotarygrants@gmail.com). Indicate in the subject line "Grant Application from (your organization's name)." Attachments may be JPG, Word or Excel documents or PDF formats.

If you have any questions, contact Trust Board Secretary William Harkey, at 717-418-1141 or Trust Board Chairman John Henshaw at 395-2023.

## Free Admission For Teachers At Space Center

**W**ith a focus on educating the public about the past, present and future of space exploration, Kennedy Space Center Visitor Complex is expanding the Educator Study Pass program to now include active teachers throughout the United States, Puerto Rico and the U.S. Virgin Islands, giving more teachers than ever before complimentary admission to the visitor complex.

Both NASA and Kennedy Space Center Visitor Complex provide resources for educators and students

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Will Power

# Revealing Vulnerabilities Necessary To Create Appropriate Estate Plan



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

I often begin my initial consultations with a simple question. “What do we hope to accomplish today?” I intend for that question to be more complex than who should receive what in your estate plan.

The longer I practice estate planning law, the more that I find it to revolve around emotion and feelings than as a technical exercise to transfer wealth. Sure, when I was a young attorney, I learned all the techniques to minimize taxes, properly provide for a spouse and to protect our progeny’s inheritance from the dangers of spendthrift beneficiaries, divorcing in-laws and bad investments.

When we’re first married, and our children are young, life is relatively simple, and so are our estate plans. Our major assets might include a residence, retirement account and life insurance. Our relationships are fresh and straightforward. We worry over who will act as the guardian of our children if we should die in a plane crash.

As we reach retirement age, it all becomes more complicated. We may still be in our first marriage, enjoying many years together. Or we may be in another relationship, complete with step-relations. Here, providing for our spouse to maintain her standard of living with the rest passed down to our own children and grandchildren isn’t so easy without having serious discussions, and making hard decisions.

Our children are no longer those rascals playing in the backyard, instead they’ve grown into adults who have their own strengths and weaknesses. They’ve married, and perhaps divorced, and have families. They may live near or far away, and our relationships with them are vastly different than what we may have imagined before they grew up.

We worry about our grandchildren’s educations. College is so much more expensive today than ever. It’s difficult for a middle-class family to make ends meet when they have two or three children attending university within a few years of one another. Yet a college diploma remains a ticket to a better lifestyle in our economy.

Our assets are a hodgepodge of complexity. We opened IRAs and 401(k) accounts that have minimum required distributions once we’re age 72. Florida homestead must be

left to a spouse, if we have one, unless we have a nuptial agreement specifically waiving the constitutional and statutory descent and devise rules. We have bank accounts, investment accounts, second residences and, perhaps, rental properties. Life is good, but not simple.

So when you sit down with me, your estate planning attorney, I need to know a few things. Not just who is supposed to get what.

Rather, I want to know what you’re worried about. Most of us don’t want to think about our own demise. It’s ghoulish, and against human nature to do so. Yet, the thoughts creep in. What is it that keeps you awake at night when you think about leaving your loved ones behind? In the best of circumstances, what do you hope to leave them, what structure would you like to create? What structure will give you the feeling that you’ve left a platform enabling them to excel?

How are the relationships between your family members? Does anyone have money issues? Marital problems? Have you loaned or gifted any substantial monies to one of your children and not the others? Some of my clients are hesitant to discuss these issues as they don’t want the other children to know, yet it’s important to your estate plan.

This requires deep thinking and exposing vulnerabilities, both yours and your loved ones. What do you anticipate the emotions to look like following your demise between your surviving spouse and your children and grandchildren? How can your estate plan promote family harmony, and the values that you hold dear?

That’s where I can help. When I hear from my clients what exactly it is that they’re thinking beyond the dollars and cents, we can get creative.

Another aspect to estate planning is communication. Our culture discourages parents and children talking about money. For some reason, it’s out of bounds. Some parents fear that if their children knew their net worth, then they might harbor expectations of gifts or assistance. That fear is compounded when our children don’t understand the amount of principal it takes to generate retirement income.

Others fear becoming a burden to their loved ones. No one wants that. This is where having a team consisting of your financial advisor, CPA and estate planning attorney can illuminate a pathway to independence. But again, before we can guide someone down that path, we need to know what the emotions are. It requires revealing vulnerabilities.

That’s why this whole process isn’t a transaction. It requires an ongoing relationship. Over time, our family dynamics change, don’t they? Our assets fluctuate, as do our financial needs and desires. Tax laws change seemingly every year.

So that’s where we begin. With a simple question. “What do you hope to accomplish today?”

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## How’s The Market? Ask Ann

### Interviewing A Realtor

Thinking about purchasing a home, condo or lot on Sanibel? Last week, we discussed some questions that should be asked when you are interviewing a Realtor who would represent your listing. Why not reverse it and ask some questions of the Realtor you want to represent you when purchasing.

1. Do they have a local knowledge of the Real Estate market and local rules and regulations applying to real estate?
2. Will they act as a “single agent” in representing you in the sales transaction?
3. Are they knowledgeable and familiar with current selling prices and marketing conditions?
4. Are they available to show the property on your schedule?
5. Will they personally be present during inspections of the property?
6. Will they provide the names of clients who recently purchased properties?
7. Are there any incentives offered by the Professional? Does the Realtor provide these services or are they delegated to an Assistant?

These type of questions would give some insight to determine if the Candidate will bring value to you. At a given point, you want to “click” with your selection.

Buying and want to ask me any of these types of questions, I would appreciate the opportunity to have a confidential discussion with you.

Shifting to local market conditions, inventory levels on Sanibel remain low with 32 Homes and 24 Condos for sale in our MLS system. I would like to acknowledge Justin Lawrence of Sunstream Realty in Fort Myers and Bryan Hall of Pfeifer Realty Group for Selling Nutmeg Village 104 and Sanibel View 104 in Fort Myers.

Thank you for reading my column.



**Ann Gee**  
Broker/Owner

**8 Closed Sales going back one week. 4 Homes 4 Condos**

|   |  |
|---|--|
| 1324 Seaspray <b>\$3,295,000</b>            | 671 E. Gulf Dr. A2A Sandalfoot <b>\$860,000</b>          |
| 458 Casa Ybel Rd <b>\$1,351,500</b>         | 2777 W Gulf Dr. 104 Nutmeg Village <b>\$850,000</b>      |
| 5304 Ladyfinger Lake Rd. <b>\$1,125,000</b> | 1610 Middle Gulf Dr. A4 Spanish Cay <b>\$638,500</b>     |
| 4301 Sanibel Captiva Rd. <b>\$1,300,000</b> | 1299 Middle Gulf Dr. 201 Compass Pointe <b>\$945,000</b> |

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

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## Grants Available For Fishing Clubs



The Punta Gorda Middle School Fishing Team

photo provided

Florida parents, teachers and school staff can apply for funding to support school fishing clubs for students.

The Florida Fish and Wildlife Conservation Commission's (FWC) 2022-23 School Fishing Club Program, previously named the High School Fishing Program, offers school fishing clubs or teams the opportunity to apply for the Florida R3 Fishing Grant. The application period is open until 5 p.m. Friday, September 16. The program is focused on engaging young anglers to

ensure the future of fishing in Florida.

Up to 40 high school fishing clubs or teams will be awarded a \$500 grant to assist with club expenses, the purchase of fishing licenses or gear for participants. Participating clubs and teams will receive an updated educational curriculum comprised of lessons and activities on fisheries conservation and resource management, plus a chance to win prizes by completing the program's conservation project.

"The school fishing club program is

an important program for teaching the next generation of anglers about ethical angling and conservation in Florida," said Jessica McCawley, director of marine fisheries management. "I look forward to seeing the hard work and creativity each club puts into their conservation project activities each year to help preserve the health and quality of aquatic habitats."

The grant program is open to new or existing freshwater and/or saltwater fishing clubs or teams at public, private and charter schools throughout Florida. To be considered for the grant, school fishing clubs or teams must have a minimum of five members and be represented by a school faculty member or parent who will follow the provided instructor's manual.

The application can be found online at [www.myfwc.com/sfc](http://www.myfwc.com/sfc). Look for "Florida's R3 Fishing Grant Program." Applicants can complete the form online or download the application to submit by mail or email. Submit the downloaded applications to [r3fishing@myfwc.com](mailto:r3fishing@myfwc.com) or mail to FWC Division of Freshwater Fisheries Management, Attn: School Fishing Club Program Grant, 620 S. Meridian St., Tallahassee, FL 32399.

The 2022-23 program is supported by partners including Mud Hole Custom Tackle, Pure Fishing, Coastal Conservation Association and Baitstick Fishing. For more information, contact Brandon Stys at [brandon.stys@myfwc.com](mailto:brandon.stys@myfwc.com) or 850-617-6012.✱

## ISLAND SUN BUSINESS NEWSMAKERS

### John R. Wood Properties



Julie Oberlin



Dana Foster



LeAne Suarez Group

The top producers for July at John R. Wood Properties were: LeAne Suarez Group, top sales team; Julie Oberlin, top sales single agent; and Dana Foster, productivity award.✱

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# Frankly Speaking



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

Today's topic is baseball trades, specifically the worst ones' ever in my humble opinion.

A team wants to be sure that they provide the team they are trading with equal value, but this is easier said than done. The trade of Juan Soto at the recent trading deadline is a case-in-point. However, measurements such as Baseball Analytics make it more possible than in years past.

An old rule that teams still follow is "the best trades are the ones you don't make." The following two examples, hard to believe but true, illustrate the truth of this belief. In the 1940s, general manager Larry McPhail of the Yankees tried to convince the Red Sox that it would be a good idea to trade Ted Williams for Joe DiMaggio. Both teams slept on it, and the following morning decided it would not be such a good idea. The Cardinals general manager Frank Lane had a well-earned nickname "Trader." Lane actually tried to trade Stan Musial to Philadelphia for Robin Roberts. The trade fell through when Musial threatened to retire, and Cardinals owner Gussie Busch halted the deal. Here is my list of the five worst trades in baseball history.

1. Babe Ruth for No-No Nanette – Since 1916, when he bought the Red Sox, Harry Frazee had watched with pleasure as his team won world championships in both 1916 and 1918. His star attraction, Babe Ruth, was not only the best left-handed pitcher in the

league but was quickly becoming the best hitter as well. Ruth lowered his pitching activity in 1919 but he increased his home run output to a record-setting 29. Apparently, Frazee thought that this home run craze was a passing thing. What he really liked was the Broadway theater. The Yankees' owners pounced on this idea and offered Frazee \$125,000 plus a \$300,000 loan for a play that eventually became the successful Broadway musical No-No Nanette. In his first year with the Yankees, Ruth shattered his own home run record with 54, and the following year he hit 59 more. By the time he retired in 1935, Ruth became the greatest drawing card in baseball history. As for the Red Sox, they would not win another world championship until 2004, which many blamed on what was known as "The Curse of the Bambino".

2. Frank Robinson for Milt Pappas – Frank Robinson came to the Cincinnati Reds in 1956 and immediately made his mark on the National League. He set a rookie record with 38 home runs. By 1961, Robinson led the Reds to their first NL pennant in 21 years and was voted Most Valuable Player. After 10 years with the Reds, and still an all-star player Robinson was suddenly traded to the Baltimore Orioles for pitcher Milt Pappas. Reds general manager Bill DeWitt defended the trade by calling Robinson "an old 30." In 1966, Pappas had a win-loss record of 12-11 and an ERA of 4.29. As for Robinson, he became the first player since Mickey Mantle 10 years before to win the Triple Crown, hitting 49 home runs, driving in 122 runs and batting .316. The Orioles went on to sweep the Dodgers in the World Series, and Frank Robinson became the first and only player to win Most Valuable Player in both major leagues.

3. Lou Brock for Ernie Broglio – If you are a Cubs fan of a certain age and this causes you too much pain, you can merely skim over this paragraph. Lou Brock was a fleet-footed outfielder signed

by Buck O'Neil who had underwhelmed Cubs general manager John Holland with his attempt to hit and play center field. At the trade deadline in 1964, Holland saw the opportunity to trade for veteran Cardinals pitcher Ernie Broglio, sending the Cardinals Lou Brock. Initially, it was thought that the Cubs had made the better deal. However, Broglio lasted just three more seasons, winning seven games in Cubbie blue. As for Brock, he immediately took over left field for the Cardinals, was given total freedom to run and led the Cardinals to three NL pennants and two world championships between 1964 and 1968. Brock played the remainder of his career in St. Louis, batting .293 with 3,023 hits and he set records for stolen bases in a career (938) and in a season (118) in 1974. Of all the teams he faced in his career, the team he outit the most was – you guessed it – the Cubs, with a batting average of .334.

4. Rocky Colavito for Harvey Kuenn – Rocky Colavito was not only a slugging outfielder with a cannon for a throwing arm, he was also a teen idol and a heartthrob. The saying in Cleveland was "Don't knock the Rock." In 1959, Colavito tied Washington's Harmon Killebrew for the AL Home Run Championship, with 42 each. The following spring training, Colavito was traded to Detroit for AL batting champion Harvey Kuenn. Cleveland's general manager Frank Lane was hanged in effigy by outraged fans but he defended the trade by comparing Kuenn to steak and Colavito to hamburger. Colavito played four years in Detroit collecting 430 home runs. Kuenn batted .308 in his one season in Cleveland before he was again traded, this time to San Francisco, where he became a part-time player.

5. Jeff Bagwell for Larry Anderson – It seemed that Jeff Bagwell was destined to be a hometown hero for the Boston Red Sox. He was born in Boston, drafted by Boston, was a rising star through Boston's minor league system, when

he was suddenly traded to Houston for relief pitcher Larry Anderson who, it was thought, could help the Red Sox win their division that season. Anderson pitched 15 games in relief for the Red Sox in 1990. He became a free agent following the season and signed with San Diego in 1991. Bagwell played his entire 15-year career for the Houston Astros, winning the Rookie of the Year Award in 1991, the Most Valuable Player Award in 1994 and finishing his Hall of Fame seasons with a batting average of .297, 449 home runs and 1,529 runs batted in.

Trading can be difficult and even stressful. Once in a while, you have to laugh. Johnny Kerr, former Bulls coach, was coaching the NBA's Phoenix Suns. One day, he called into his office Dick Van Arsdale, whose identical twin brother, Tom, played for the Cincinnati Royals. Kerr said to him, "Dick, I think there's a chance we can trade for your brother, Tom." Van Arsdale said, "That's great! Who do they want for him?" Kerr replied, "You!"

A quick good news story from Howard Prager via *The Guardian*. "Righthander Kaiden Shelton of Pearland, Texas, was facing batter Isaiah Jarvis of Tulsa, Oklahoma, in little league regional playoffs when an 0-2 pitch got away from him and slammed into Jarvis' helmet. Jarvis fell to the ground clutching his head as concerned coaches ran to his aid. Shortly after, Jarvis' head cleared and he walked to first base. Meantime, Shelton stood on the mound staring at the ground in tears. Jarvis walked to the mound and put his arms around Shelton, telling him, "Hey, you're doing great. Let's go." The gesture drew a standing ovation." That's sportsmanship, and you can't trade for that.

*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@islandnews.com.\**

## Volunteers Sought For Tax Season

**U**nited Way of Lee, Hendry, and Glades is seeking volunteers for the Volunteer Income Tax Assistance (VITA) program during the 2023 tax season. Volunteer tax preparers, greeters and bilingual-Spanish speaking interpreters are needed to provide no-cost tax preparation services at over 20 locations throughout Southwest Florida for individuals and families earning less than \$66,000 per year.

Volunteer tax preparers will receive IRS certified training including learning how to prepare basic tax returns, using online tax preparation software and learning about tax credits and deductions that benefit eligible taxpayers. Volunteers of all ages and levels of experience are welcome, though it is preferred that volunteer tax preparers be comfortable working with a computer. In addition, experienced agents, certified financial planners and non-credentialed tax return preparers can earn continuing education credits when volunteering as a VITA

program tax preparer.

The amount of federal refunds generated by United Way's VITA program in Lee, Hendry, Glades and Charlotte counties last season was over \$10.8 million and, by providing no-cost tax preparation, the 170 certified volunteers were able to assist over 6,800 VITA clients this past tax season, saving them over \$2.1 million in tax preparation fees by a commercial service, money that could be used for food, daycare, medical, transportation, housing and utilities.

The whole VITA program runs on volunteer power – volunteers who like working with people and who want to help improve the quality of life for people in the community. The service is for people who often cannot afford to pay someone to file their tax returns and do not feel comfortable or inclined to file their own. No experience is necessary – just a willingness to help. Being a VITA volunteer is fun and rewarding.

"The help we provide the community is priceless," said Carolyn Peplow, a United Way VITA program volunteer for the past five years. "Volunteering is easy, and you can do as much as you feel

comfortable with."

Flexible hours are available January through April every tax season. Online orientations and training classes for new volunteers begin in November. Small, in-person classes will be available as well.

For tax professionals or experienced volunteers, an online training and certification tool is available. Register at [www.unitedwaylee.org/vita-volunteer](http://www.unitedwaylee.org/vita-volunteer) or contact Mary Meador at [marym@unitedwaylee.org](mailto:marym@unitedwaylee.org) or 433-7206.\*

## SPORTS QUIZ

1. Paul McBeth, Ricky Wysocki, Paige Pierce and Catrina Allen are all elite competitors in what pro sports league?
2. In 2019, English football club Wigan Athletic introduced what new mascot created in a competition for primary school students?
3. Name the Brazilian tennis great who won seven Grand Slam women's singles titles during her pro career from 1950-1977.
4. What Japanese pitcher was named 1995 NL Rookie of the Year and threw two no-hitters during his Major League Baseball career from 1995-2008?
5. Jack Nicklaus, Tom Weiskopf and Ted Tryba are among the notable alumni of what university's golf team?
6. How many consecutive wins did Boston Red Sox pitcher Roger Clemens have to start the 1986 season?
7. American Bob Seagren won a gold medal at the 1968 Mexico City Summer Olympics competing in what event?

## ANSWERS

1. The Disc Golf Pro Tour. 2. Crushy the Pie. 3. Maria Bueno. 4. Hideo Nomo. 5. Ohio State University. 6. 14. 7. The pole vault.



# Causeway Safety Addressed At Chamber Lunch

Summer traffic and violations at the Sanibel Causeway Islands Park escalated this year, Jesse Lavender, director of Lee County Parks & Recreation, told members of the Sanibel & Captiva Islands Chamber of Commerce at the newly renovated Captiva Island Yacht Club during the August 10 business luncheon. The issue encouraged Lee County to step up its safety measures in Phase 2 of the park's three-and-a-half-year, \$8.5-million improvement project.

"There were more and more instances, and the pandemic didn't help," Lavender said. "People coming from the East Coast were maybe thinking our laws were more lax, and they could come here to have a vacation and party it up."

The filled-to-capacity chamber monthly meeting was sponsored by Sanibel-Captiva Conservation Foundation (SCCF).

Lavender explained how the county responded with added support from the Lee County Sheriff's Department on weekends, especially holidays, from 10 a.m. to 5 p.m. An off-hours surveillance tower, or "cop in a box," as he called it, works similarly to a motion sensor with a spotlight and automatic messaging to let people know when the park is closed and they should leave. The heightened law enforcement details will continue year-round as needed.

Furthermore, the county and city of Sanibel monitored social media channels for news of large gatherings, such as a monster truck group that had planned to meet there – a potential detriment not only to the quiet of the setting, but also to the water and the islands themselves.

The county is currently erecting about 4,000 posts to control parking patterns, plus "no parking," "one-way" and other signage. The posts will be part of a final



Jesse Lavender photos provided

strategy of posts and ropes to delineate parking. No paving, parking bumpers or fee system will be part of the parking plan.

"The general consensus is what we're doing out there is working," said Lavender.

Now close to 60 percent designed, the county has completed Phase 1 of the causeway project, which concentrated on T-groins and renourishment to protect the islands' beaches against erosion. Phase 3 will target amenities on Island A, closest to Sanibel, including restrooms, which may or may not be permanent structures.

After 13 years of public input, the county is still accepting comments and suggestions at [www.leegov.com/parks/beaches/causeway](http://www.leegov.com/parks/beaches/causeway), where anyone interested can also view project plans. Originally slated for completion by June 20, 2024, that date has been changed to December 31, 2024.

In other chamber business, John Lai,



Fran Peters was recognized by chamber CEO John Lai for her service as board chair

chamber president and chief executive officer, made a presentation to Fran Peters for her past service as the 2014-15 board of directors chair upon her recent retirement from Island Vacations of Sanibel & Captiva, which she started in 1998.

"Without Fran's guidance and leadership, the chamber wouldn't be where it is today," said Lai. "I know I wouldn't be."

The next chamber business luncheon, sponsored by *Santiva Chronicle*, will be held at Sundial Beach Resort & Spa on Wednesday, September 14 at

11:30 a.m. It will feature guest speaker John Talmage, director of Lee County Economic Development Office. Members will receive emails about registration. For more information, contact Landen Collins at 472-8255 or [landen@sanibel-captiva.org](mailto:landen@sanibel-captiva.org).

## Donate Blood

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

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Health First

# Exercise Combats Cognitive Decline



by Julie Rosenberg, MD  
**D**id you know that as you age, regular physical exercise can convey a protective effect against cognitive decline and Alzheimer's disease?

It's true. In fact, regular exercise delays brain aging, preserves memory and cognition. Studies have shown that regular exercise enhances memory and reduces risk of dementia by about 38 percent.

How does exercise protect the brain? When you engage in moderate to high intensity aerobic exercise, your heart rate increases, supplying more blood flow to your brain. This increase in heart rate is also accompanied by an increase in breathing. You breathe harder and faster. As a result, more oxygen is supplied into your blood stream and more oxygen reaches your brain. This leads to neurogenesis, the production of neurons. In addition:

1) Exercise increases neuroplasticity – Neuroplasticity is the process and capacity for the neuronal network to undergo structural and functional changes

as it adapts to stimuli, such as exercise. Studies have shown that endurance exercise training increases brain volume of different regions. Long-term endurance exercise can significantly delay the loss of neuronal volume in the hippocampus area, which underlies some cognitive disorders associated with aging, such as dementia and Alzheimer's disease. Exercise also enhances dendrite (the short extension of a nerve cell) length and complexity. These changes in brain volume and dendrites are thought to contribute to the exercise-induced improvements in motor skills, memory and cognitive function. They may also offer protection from neurodegenerative diseases.

2) Exercise increases brain-derived neurotrophic factor (BDNF) – BDNF is a promoter of several aspects of brain development in the hippocampus and cerebral cortex. An increase in BDNF is associated with an increase in hippocampal size and an improvement in spatial memory and learning. BDNF levels are increased two- to three-fold after exercise when compared to resting conditions. Several studies have suggested that exercise-induced BDNF is significant in promoting neurogenesis and correlates positively with improvements in cognitive function in humans.

3) Exercise increases angiogenesis – On the cellular level, exercise has been shown to reshape cellular pathways that promote angiogenesis (development of new blood vessels) and vasculature function in the brain. One interesting

study showed that blood flow velocity in the middle cerebral artery in individuals who engaged in vigorous aerobic exercise was about 17 percent greater than in their sedentary counterparts across age groups.

What type of exercise boosts memory? – All types of exercise (aerobic, resistance, mind-body, martial arts, etc.) are beneficial for health and wellbeing. Aerobic exercise (walking, running, skating, swimming, biking, etc.) appears to be best at preserving brain volume and memory as you age, likely due to enhancement of BDNF, particularly in women. Resistance exercises are also effective in preserving cognitive function, although the supporting evidence is more limited than for aerobic exercise.

According to the current *Physical Activity Guidelines for Americans*, each week adults need 150 minutes of moderate-intensity physical activity and two days of muscle-strengthening activity. While 150 minutes of physical activity each week may sound like a lot, it can be accomplished in smaller segments, such as 30 minutes per day, five days

per week. Isn't that amount of weekly physical activity worth the effort, if only for the potential cognitive benefits?

Conclusion – Cognitive impairment and dementia are serious social, economic and human burdens. Prevention is a key element to counteract these problems. Exercise can mitigate age-related losses in memory and cognition. These benefits cannot be understated. Cognitive improvements from exercise are not only seen during the normal aging process, but also among those with impaired cognitive health, including people with Alzheimer's disease, multiple sclerosis, Parkinson's disease and stroke.

So, move more and sit less throughout the day. Any amount of daily physical activity will offer some health benefit.

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

## Free Tai Chi Workshops

**T**he Sanibel Recreation is hosting a free five-session Tai Chi workshop series taught by volunteer Bob Vlahakis. The introductory class was held August 16, while the rest of the session building upon it will be held at 8:30 a.m. on Thursday, August 18, Tuesday, August 23, Thursday, August 25 and Tuesday, August 30.

Tai Chi is an ancient Chinese form of "soft-style" martial arts exercise that is based on slow, fluid movements. Vlahakis' instruction focuses on maintaining one's center of gravity while improving flexibility, balance and muscle tone. Tai Chi is an excellent way to reduce stress and generate mental calmness and clarity.

Participants are encouraged to wear loose fitting clothing and comfortable shoes.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit [www.mysanibel.com](http://www.mysanibel.com).✴

## Free Chronic Disease Program

**L**ee Health will offer a research-based Chronic Disease Self-Management program at the Friendship Baptist Church on Mondays beginning September 12 from 1 to 3:30 p.m. The free workshop is 2.5 hours once a week for six weeks.

"It's All About You" is offered with the Self-Management Resource Center and is designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany them. Participants will receive a complimentary copy of the book

## Living a Healthier Life with Chronic Conditions.

The Friendship Baptist Church is located at 2030 Palm Avenue in Fort Myers. For more information or to register, call 424-3121.✴

## Steer Clear Of Overhead Lines

**L**ee County Electric Cooperative (LCEC) reminds residents that overhead power lines are everywhere. Practicing caution around these lines is the responsibility of everyone. When it comes to being safe around overhead power lines, it is essential to:

Look up to locate all overhead power lines;

Stay at least 10 feet away from any overhead power lines;

Never touch anything that comes into contact with a power line;

Always carry ladders or tall equipment horizontally. It is smart to use wooden or fiberglass ladders outdoors since metal ladders conduct electricity, but remember, even wood can conduct electricity if it is even somewhat wet;

Never climb trees near power lines; and

Never fly kites, remote control airplanes, drones or balloons around power lines.

If you see a downed line, stay away. It is best to always assume that a downed power line is live and could be deadly.

If you see a downed power line: Call 911;

Never try to move a downed line; and

Never drive over or near a downed power line or anything in contact with them. Downed lines can energize the ground up to 35 feet away. This distance can increase in wet conditions.

Visit [www.lcec.net](http://www.lcec.net) for more ways to be safe around overhead power lines and electricity.✴

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ON ISLAND FOR ISLAND



dearRPharmacist

## Zantac Makers Brace Themselves For Lawsuits



by Suzy Cohen, RPh

**Dear Readers:**

The makers of the mega-popular antacid drug called Zantac are now facing potential lawsuits that could total into

the billions. If that doesn't cause stress-induced heartburn, I don't know what does.

This isn't about whether or not the drug works. It definitely works in terms of reducing stomach acid. The drug was removed from the market in 2020, but now it's coming back into focus.

Zantac was recalled due to potential contamination with NDMA (N-Nitrosodimethylamine), which is a probable carcinogen. The alleged lawsuits now state that negligence among pharmaceutical companies producing the drug led to serious harm in patients, specifically cancer. You can visit the Drugwatch website to see if you can file a claim.

The prosecutors say that NDMA-contaminated pills have led to cancer. The FDA must agree on some level that there's a problem because they issued a swift and complete drug recall 2020. You can learn more about the actual drug recall at the FDA's website. Go online, or watch TV, there are a lot of attorneys advertising their services to people who were adversely affected by the medication.

You may be wondering how NDMA toxin gets into medications. It is spawned during the manufacturing process. No one is contaminating the pills. It's just happening by virtue of normal, regular, clean production of the pill. The NDMA is introduced during the tableting process from contaminated ingredients that were sourced elsewhere. Alternatively, the contaminant results from the use of solvents and agents used during the

manufacturing process. It happens all the time, and not just with Zantac. Other medications in this drug class could be involved, as can some popular anti-hypertensives.

And this may come as a shock, but a little 'poison' is allowed. There is a "permissible" amount of 96 nanograms per day. So you may be consuming NDMA, and not realize it. Here you're trying to solve one issue, and wind up with a bigger one.

The types of cancer associated with NDMA may include those of the breast, bladder, colon, lung, liver, blood, thyroid and pancreas.

Here's a five-step plan for what to do if you've been exposed to the medication:

1. Get a physical;
2. Do bloodwork like a Chem Panel and CBC;
3. Discontinue your H2 blocker (antacid) and ask doc for a therapeutic equivalent. Consider natural remedies;
4. Change your diet, or go on one. Altering your diet will be the most important thing you do to improve the reflux situation;
5. Do not ignore. Please do not let any symptoms get swept under the rug due to your heavy workload, family needs, or whatever. Also, don't take the "wait and see" approach. Wait and see what? If you develop cancer? No! Be more proactive than that and think two steps ahead, and don't wait and see anything. Visit your practitioner if you have any new/odd symptoms.

If this topic interests you, there is much more I can share. To read a more detailed version of my article, visit [www.suzycohen.com](http://www.suzycohen.com).

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

## Help For Addicts

Narconon reminds families that an addict or alcoholic does not need to hit rock bottom before they reach out for treatment. Visit [www.narconon-suncoast.org/blog/the-concept-of-hitting-rock-bottom.html](http://www.narconon-suncoast.org/blog/the-concept-of-hitting-rock-bottom.html) or call 877-841-5509.✧

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** What is the best way to receive guidance on a issue I am trying to resolve? It's not enough for me to get professional help, rather something I want to work on myself.

**A:** I think for starters, it's always good to start with listening to your inner voice, or I also call it your inner guidance system. Inner listening can help you with answers to your thoughts and questions.

You may want to begin with finding a quiet place that is inviting to you. It can be indoors or outdoors (always nice to be in nature), and have a piece of paper and a pen.

Once you feel centered and quiet, at the top of the paper, write down a question or issue you want guidance on. Phrase it as clearly as possible. Then close your eyes and take a few deep breaths.

Ask your inner voice the question you wrote on the paper. It may take a few moments until you feel ready, but when you do, open your eyes and begin to write whatever comes through you. It may not make sense initially, but that's

okay, just let the free flow of writing continue. Keep writing until it's just not coming through any longer. Don't read what you are writing until you are finished.

Now read whatever you have written – you may be surprised at what wisdom has come out. Even a certain word or phrase may be the key to what you are seeking.

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

## Private Yoga Instruction

Private yoga instruction with Angelina Guarisco will be offered at the Sanibel Recreation Center beginning Friday, August 19. Two sessions will be available on Fridays: 3:15 to 4:15 p.m. and 4:15 to 5:15 p.m. Classes are open to all levels and all styles. Cost is \$81.50 for a one-hour session for members and \$108 for a one-hour session for non-members. To register, stop by the Sanibel Recreation Center, located at 3880 Sanibel-Captiva Road, or call 472-0345. Daily, weekly, semi-annual and annual memberships are available. For more information, visit [www.mysanibel.com](http://www.mysanibel.com).✧

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Doctor and Dietician

# Chopped Thai Chickpea Salad With Dressing



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

Red cabbage is rich in phytochemicals, antioxidants, nutrients, vitamins and minerals. These essential components include B vitamins, calcium, manganese, magnesium, iron, vitamin C, vitamin A and fiber.

Cabbage is a cruciferous vegetable loaded with antioxidants including anthocyanins and indoles, making it extremely important as a cancer preventative measure. According to National Cancer Institute, the indoles in cruciferous vegetables such as red cabbage have been connected to reducing breast cancer in women.

Red cabbage contains a large amount of the amino acid glutamine which is connected with reducing the inflammation and pain associated with ulcers in the gastrointestinal (GI) tract.

Did you know that red cabbage juice is thought to be the best remedy for GI issues and has been used as a home remedy for years!? Who knew?

Caring Medical RN Marylou Cash makes this delicious Chopped Thai Chickpea Salad with a super flavorful peanut curry dressing.

The following recipe is healthy and easy to make and a great way to get your veggies in:

**Ingredients**  
For the salad:  
1 red bell pepper, diced  
1 cup shredded carrots  
½ head of red cabbage, chopped (about 2 cups)  
1 (15 ounce) can chickpeas, rinsed and drained – roasted (toss with EVOO, garlic powder, salt, oregano, basil, and smoked paprika – roast on sheet pan 400 degrees for 10-15 minutes)  
½ cup cilantro, finely chopped  
¼ cup green onion, finely chopped  
½ jalapeno, seeded and diced, (optional)  
For the curry peanut butter dressing:  
2 tbsp. peanut butter  
2 tsp. freshly grated ginger  
1 clove garlic, minced  
1 tsp. apple cider vinegar or rice vinegar  
1 tsp. yellow curry powder  
¼ tsp. red cayenne pepper – (optional)

¼ tsp. ground turmeric  
Salt and freshly ground black pepper, to taste  
2-3 tbsp. warm water, to thin dressing  
To garnish:  
Extra cilantro, chopped  
¼ cup roasted cashews

**Instructions**  
1. In a large bowl, add red bell pepper, carrot, cabbage, chickpeas, cilantro, green onion and jalapeño (optional). Pour dressing over veggies and toss until well-combined.  
2. In a small bowl, mix the dressing ingredients. Add water to thin if necessary.  
3. Pour over salad and mix well to combine. Garnish with roasted cashews and cilantro.

We know you will absolutely love this salad – so give it a try. Fresh, healthy and delicious.

*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.\**

## Military Veterans Can Become Teachers

The School District of Lee County is welcoming veterans as teachers through the Military Veterans Certification Pathway. Florida will issue a five-year temporary certificate for military veterans who have not yet earned their bachelor's degrees and meet the following eligibility:

- Minimum of 48 months of active duty military service with honorable/medical discharge;
- Minimum of 60 college credits with a 2.5 grade point average;
- Passing score on a Florida subject area examination for bachelor's level subjects which demonstrate mastery of subject area knowledge; and
- Employment in a Florida school district, including charter schools.

"Our team is excited to connect with veterans on pathways to teaching," said Suzette Rivera, assistant director for recruitment. "The need for teachers is greater than ever, and we feel fortunate to have an opportunity where we can bring veterans in our classrooms to positively impact students' lives."

The school district's recruitment

department is available Monday, Wednesday and Friday from 9 to 11 a.m. for veterans to join a Zoom session with career experts to walk them through the application process and answer any other questions they may have. The Zoom link is available at [www.leeschools.net/careers/veterans\\_certification](http://www.leeschools.net/careers/veterans_certification). The Drop in With Lee Zoom sessions are available to anyone with a career question for the school district.

Veterans who want to become teachers can also learn more and start the application process at [www.fldoe.org](http://www.fldoe.org).\*

## Finalists Set On New Name For School Program

Four potential names have been selected as finalists for the new name of the Lee County School District's Lee Adolescent Program (LAMP), a name that more accurately reflects both the mothers and fathers who are enrolled in the program. The finalists in alphabetical order are: Lee Teen Parent Program; Parent Education Program; Student Education Parent Program; and Young Parent Education Program.

LAMP is a part of the State's Teenage Parent Program (TAPP) which provides child care, transportation, academic, health and social services for teen parents while they are completing their schooling. The district would like community input to develop a name that equitably reflects all teen parents and makes the program easily identifiable and accessible for students.

Once the survey is complete, the ad hoc committee that chose the four finalists from the initial submissions will review the results and make a recommendation to the school board for approval. The name change will become official once registered with the state.\*

## Blood Drive On Sanibel

Lee Health Blood Center will hold a blood drive at The Community House on Thursday, August 25 from 10 a.m. to 3 p.m. All blood donated stays in Lee County.

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, visit [www.sanibelcommunityhouse.net](http://www.sanibelcommunityhouse.net) or call 472-2155.\*

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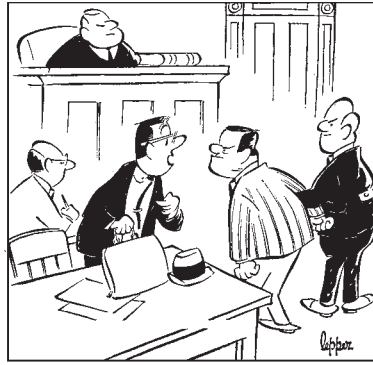


|   |   |
|---|---|
| Emergency .....                                       | 911   |
| Sanibel Police.....                                   | 472-3111  |
| Lee County Sheriff's Office .....                     | 477-1200  |
| On Call Captiva Deputy.....                           | 477-1000  |
| Fire Department, Sanibel .....                        | 472-5525  |
| Fire Department, Captiva .....                        | 472-9494  |
| Florida Marine Patrol.....                            | 332-6966  |
| Florida Highway Patrol .....                          | 278-7100  |
| Poison Control.....                                   | 1-800-282-3171  |
| Chamber of Commerce.....                              | 472-1080  |
| City Council .....                                    | 472-4135  |
| City Building Department.....                         | 472-4555  |
| City Manager .....                                    | 472-3700  |
| City Planning & Code Enforcement Department .....     | 472-4136  |
| City Public Works .....                               | 472-6397  |
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| Library, Captiva .....                                | 239-533-4890  |
| Lee County Mosquito Control .....                     | 239-694-2174  |
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| Post Office, Sanibel (toll free) .....                | 800-275-8777  |
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| Arcade Theater.....                                   | 332-4488  |
| BIG ARTS.....   | 395-0900  |
| Broadway Palm Dinner Theatre .....                    | 278-4422  |
| Fort Myers Symphonic Mastersingers .....              | 288-2535  |
| Gulf Coast Symphony.....                              | 277-1700  |
| Herb Strauss Schoolhouse Theater.....                 | 472-6862  |
| Lee County Alliance for the Arts .....                | 939-2787  |
| Naples Philharmonic.....                              | 597-1111  |
| Sanibel Music Festival .....                          | 336-7999  |
| Sanibel-Captiva Art League .....                      | sancapart.org   |
| Southwest Florida Symphony .....                      | 418-0996  |
| Symphonic Chorale of Southwest Florida .....          | 560-5695  |
| <b>CLUBS &amp; ORGANIZATIONS</b>                      |   |
| ABWA.....   | <a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a> |
| American Legion Post 123 .....                        | 472-9979  |
| Angel Flight SE .....                                 | 1-877-4AN-ANGEL   |
| Audubon of SWFL.....                                  | <a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>   |
| Audubon Society .....                                 | 472-3744  |
| Bailey-Matthews National Shell Museum .....           | 395-2233  |
| CHR Community Housing & Resources .....               | 472-1189  |
| Community Foundation of Sanibel-Captiva .....         | 274-5900  |
| COTI Committee of the Islands .....                   | coti@coti.org   |
| CROW, Clinic For The Rehabilitation of Wildlife.....  | 472-3644  |
| FISH OF SANCAP Neighbors Helping Neighbors .....      | 472-4775  |
| FISH OF SANCAP 24-hr service.....                     | 472-0404  |
| JN "Ding" Darling National Wildlife Refuge .....      | 472-1100  |
| Kiwanis Club .....                                    | 677-7299  |
| League of Women Voters .....                          | sanibelLWV@gmail.com  |
| Master Gardeners of the Islands .....                 | 472-6940  |
| Military Officers Assc. of America, Alex MacKenzie .. | 395-9232  |
| Newcomers .....                                       | 472-9332  |
| Notre Dame Club of Southwest Florida .....            | 768-0417  |
| Optimist Club.....                                    | 472-0836  |
| PAWS, Protection of Animal Welfare Society .....      | 239-699-6310  |
| Progressive Club of the Islands .....                 | pcisancap@gmail.com   |
| Rotary Club .....                                     | 472-7257 or 472-0141  |
| Sanibel Bike Club .....                               | sanibelbicycleclub.org  |
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| Sanibel-Captiva Lions Club, Steve Schulz .....        | 239-233-6261  |
| Sanibel-Captiva Orchid Society.....                   | 472-6940  |
| Sanibel-Captiva Power Squadron .....                  | <a href="http://www.sancapboating.club">www.sancapboating.club</a>        |
| Sanibel-Captiva Republican Caucus.....                | 395-0819  |
| Sanibel-Captiva Shell Club.....                       | 267-7291  |
| Sanibel Historical Museum & Village .....             | 472-4648  |
| Sanibel Island Fishing Club .....                     | 472-8994  |
| Sanibel Youth Soccer.....                             | 395-2040  |
| SCCF Sanibel-Captiva Conservation Foundation.....     | 472-2329  |
| SCCF Sea Turtle Hotline.....                          | 978-728-3663  |
| Shell Islands Garden Club .....                       | 246-8875  |
| United Way of Lee County - 24 hour helpline 211 ..... | 433-2000  |
| Zonta Club .....                                      | 728-1971  |

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## PUZZLES

Answers on page 47



"Don't blame me! I never wanted to be a lawyer.

It was my \_\_\_\_\_ idea!"

### 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!

Average \_\_\_\_\_  
**MAILED** \_\_\_\_\_  
 Expire \_\_\_\_\_  
**PLEASE** \_\_\_\_\_  
 Witness \_\_\_\_\_  
**ONTRAY** \_\_\_\_\_  
 Delirious \_\_\_\_\_  
**BRAID** \_\_\_\_\_

**TODAY'S WORD**

### HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Hair is different. 2. Sleeve is shorter. 3. Bow is missing. 4. Bat is added. 5. Cap is reversed. 6. Shirt is shorter.

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

### To Play Sudoku:

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



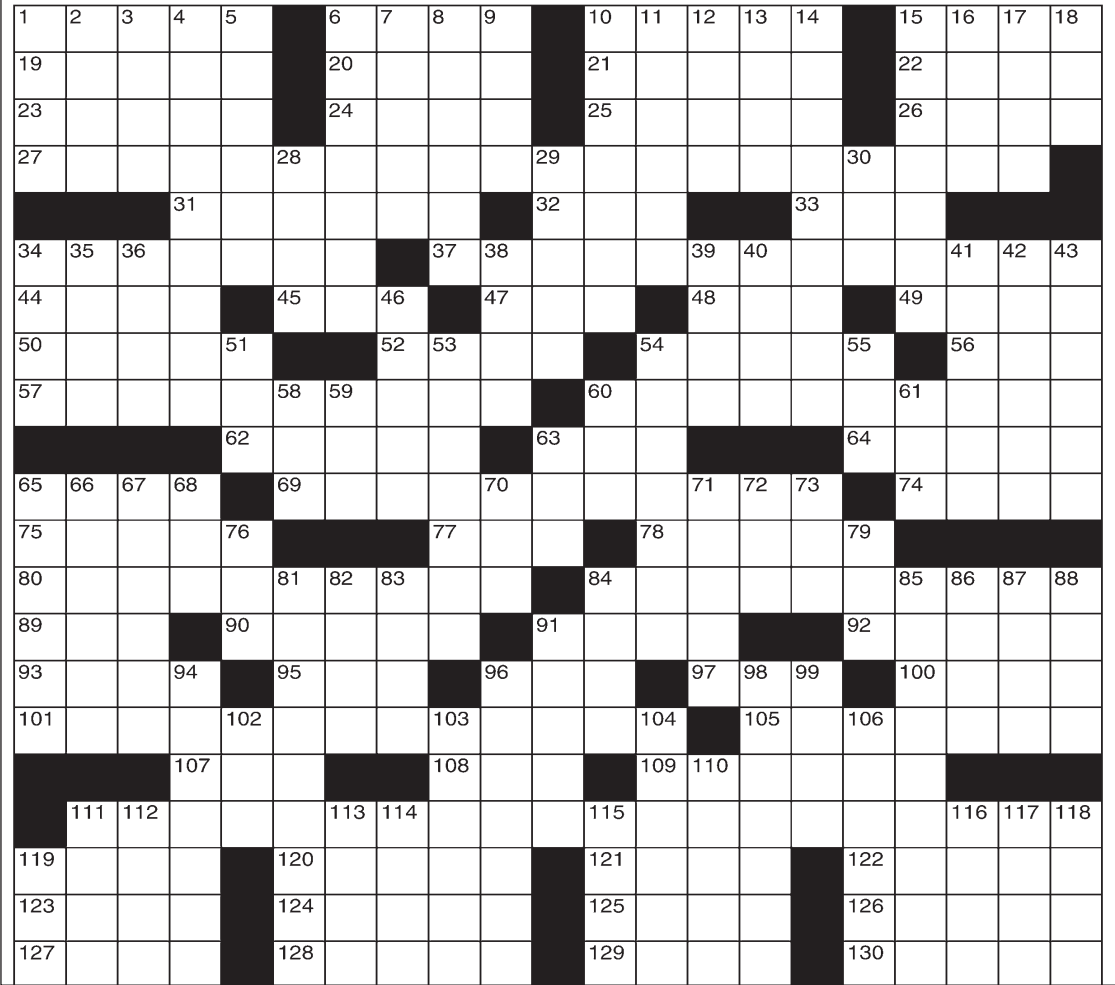
PUZZLES

Answers on page 47

Super Crossword

NEIGHBORS' NAMESAKES

- ACROSS**
- 1 Singer Reddy  
6 "Preach it!"  
10 Italian Riviera city  
15 At the home of, French-style  
19 Muscat citizen  
20 Display model  
21 In the midst of  
22 Plastic brick brand  
23 Certain bolt  
24 Spanish for "bears"  
25 Ravi Shankar played it  
26 As a result  
27 2008 Lucasfilm sci-fi flick [TV personality]  
31 — Mae (government lender)  
32 Mai —  
33 Part of ENT  
34 Hiker's carrying bag  
37 College academics overseer [actor]  
44 Very busy  
45 Screw up  
47 Blvds., e.g.  
48 Legal deg.
- 49 Funeral pile  
50 Tangent, e.g.  
52 Actor Omar of "House"  
54 Singer Cole or Abdul Long  
56 Actress  
57 Ranch food provider [animator]  
60 Teen girl, in old lingo [golfer]  
62 Flavorful  
63 Sch. in Manhattan  
64 Harsh  
65 Magic spell  
69 Creditor's time of forgiveness [singer]  
74 Bacon sizzle sound  
75 Cost — and a leg  
77 Part of ETA  
78 "— bleu!" (French "Egad!")  
80 "Monterey" food [singer]  
84 Male gobblers [singer]  
89 Western Amerind  
90 Jumped  
91 Illegalizes
- 92 "I want that now!"  
93 Leaf veins  
95 Pro  
96 Animator's sheet  
97 Tolkien fiend  
100 They may bedevil dogs  
101 Lace a party drink [bandleader]  
105 Fourth-place finisher, say  
107 Envoy's bldg.  
108 Oval portion  
109 Very dense element  
111 What you do when you solve this puzzle?  
119 Tiny fly  
120 Tiger sounds  
121 Went by bike, e.g.  
122 Unmoving  
123 Part of ENT  
124 Binge  
125 At the drop of —  
126 Strange  
127 Lyft competitor  
128 Baby's bear  
129 Downsides  
130 Tire pattern
- DOWN**
- 1 — d'oeuvres  
2 Send off
- 3 Volcano stuff  
4 Full of pep  
5 Dummy  
6 Ornament hanger, e.g.  
7 Barcelona soccer great Lionel  
8 Overplayed the part  
9 Have a snack  
10 Fuel holders  
11 Estevez of film  
12 "Just say — drugs"  
13 — even keel  
14 In a pleasant way  
15 Get resolved  
16 Mr., in Munich  
17 Custard components  
18 Noted Bronx attraction  
28 Stud money  
29 States, to Macron  
30 Female WWII enlistee  
34 Playwright Connelly  
35 Bryce Canyon locale  
36 In — (as found)  
38 X Games airer  
39 "Spare tire" fat
- 40 Screw up  
41 Forest cats  
42 Ones making an effort  
43 Aches (for)  
46 Aqua — (highly corrosive liquid)  
51 Approves of  
53 Show that you can download  
54 Gives out in abundance, as flattery  
55 Stubborn equine  
58 Witty sort  
59 Car financing abbr.  
60 "So long!"  
61 NBA nail-biters, in brief  
63 It aired "Car Talk"  
65 College focuses  
66 How police may get info  
67 Actor Derek  
68 Mork's planet  
70 Lead-in to "now"  
71 "You are not!" reply  
72 Lead-in to Nov.  
73 Joanne of "My Pal Gus"  
76 Roman 1,150
- 79 Work unit  
81 Sudden temperature increase  
82 Apiece  
83 Fencing sword  
84 After-bath application  
85 6214 mile  
86 Kuwaiti chief  
87 Community rec center  
88 Not veiled  
91 Piano seat  
94 Pesky insect, informally  
96 Bow of respect  
98 Some aircraft engines  
99 Ad award  
102 Realm: Abbr.  
103 In groups of two  
104 Santa's laugh  
106 Sight at dusk  
110 Roomy car  
111 Radio dial  
112 Relieve  
113 Vatican head  
114 Fend (off)  
115 — Il (Gillette brand)  
116 Colt's father  
117 Director Kazan  
118 Arctic vehicle  
119 African antelope



King Crossword

- ACROSS**
- 1 Mimics  
5 Satchel  
8 Blue hue  
12 Tibetan monk  
13 Crew tool  
14 Galoots  
15 Spring flower  
17 Marathon fraction  
18 Vagrant  
19 Nearsighted  
21 Pie-in-the-face sound  
24 Blueprint  
25 San — Obispo, CA  
26 Lose weight  
30 Web address  
31 April forecasts  
32 Pi follower  
33 Pained expressions  
35 Egyptian deity  
36 911 responders  
37 Garden statuette  
38 Shrimp recipe  
41 Gloomy guy  
42 Horseback game  
43 Record holder?  
48 Sharif of "Funny Girl"  
49 Melody  
50 Long tale  
51 Theater award
- 52 Texter's chuckle  
53 Yon folks
- 8 Candy bar nut  
9 Witticism  
10 Wrinkled fruit  
11 In — (shortly)  
16 Trench  
20 Orange veggies  
21 Punch  
22 Kitten's sound  
23 Leslie Caron film  
24 Snoops  
26 Strategic period  
27 Guesser's words  
28 Caprice  
29 Proboscis
- 31 Wheelchair access  
34 "Cats" show-stopper  
35 Demand  
37 Wrigley product  
38 Espy  
39 Lake of Lombardy  
40 Arkin or Alda  
41 Lass  
44 2016 Olympics city  
45 "Unh-unh"  
46 Census stat  
47 Non-clerical
- DOWN**
- 1 Jungfrau, for one  
2 Standard  
3 Brit. record label  
4 Brazilian dances  
5 Prosperous  
6 Small batteries  
7 Glitch makers

— BRIDGE :  
MAGIC MAZE ● CROSSING THE  
MISSISSIPPI RIVER

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

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

- Bayview  
Black Hawk  
Camden  
Chester
- Clark  
Eads  
Harahan  
Helena
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- Sunshine  
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FRIDAY  
Mostly Cloudy  
High: 86 Low: 78




SATURDAY  
Sunny  
High: 87 Low: 81



SUNDAY  
Partly Cloudy  
High: 90 Low: 82




MONDAY  
Mostly Cloudy  
High: 89 Low: 83



TUESDAY  
Mostly Cloudy  
High: 88 Low: 81



WEDNESDAY  
Mostly Cloudy  
High: 87 Low: 82



THURSDAY  
Cloudy  
High: 86 Low: 79

| Redfish Pass Tides |          |         |          |         | Point Ybel Tides |         |         |          |         | Punta Rassa Tides |          |          |         |         | Cape Coral Bridge Tides |          |         |         |          |
|--------------------|----------|---------|----------|---------|------------------|---------|---------|----------|---------|-------------------|----------|----------|---------|---------|-------------------------|----------|---------|---------|----------|
| Day                | High     | Low     | High     | Low     | Day              | High    | Low     | High     | Low     | Day               | High     | Low      | High    | Low     | Day                     | High     | Low     | High    | Low      |
| Fri                | 6:23 am  | 2:21 pm | None     | None    | Fri              | 5:28 am | 2:23 pm | None     | None    | Fri               | 6:34 am  | 12:18 am | 7:47 pm | 1:46 pm | Fri                     | 8:33 am  | 2:51 am | None    | 5:37 pm  |
| Sat                | 7:12 am  | 3:41 pm | None     | None    | Sat              | 6:17 am | 3:43 pm | None     | None    | Sat               | 6:54 am  | 12:24 am | 8:33 pm | 2:42 pm | Sat                     | 9:22 am  | 6:57 pm | None    | None     |
| Sun                | 8:17 am  | 4:49 pm | None     | None    | Sun              | 7:22 am | 4:51 pm | None     | None    | Sun               | 7:13 am  | 12:13 am | 9:28 pm | 3:41 pm | Sun                     | 10:27 am | 8:05 pm | None    | None     |
| Mon                | 9:32 am  | 5:45 pm | None     | None    | Mon              | 8:37 am | 5:47 pm | None     | None    | Mon               | 7:44 am  | 12:15 am | None    | 4:49 pm | Mon                     | 11:42 am | 9:01 pm | None    | None     |
| Tue                | 10:41 am | 6:30 pm | None     | None    | Tue              | 9:46 am | 6:32 pm | None     | None    | Tue               | 8:31 am  | 6:05 pm  | None    | None    | Tue                     | 12:51 pm | 9:46 pm | None    | None     |
| Wed                | 2:23 am  | 4:52 am | 11:37 am | 7:08 pm | Wed              | 1:28 am | 4:54 am | 10:42 am | 7:10 pm | Wed               | 11:35 am | 7:08 pm  | None    | None    | Wed                     | 4:33 am  | 8:08 am | 1:47 pm | 10:24 pm |
| Thu                | 2:36 am  | 5:40 am | 12:23 pm | 7:40 pm | Thu              | 1:41 am | 5:42 am | 11:28 am | 7:42 pm | Thu               | 12:40 pm | 7:56 pm  | None    | None    | Thu                     | 4:46 am  | 8:56 am | 2:33 pm | 10:56 pm |

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## PETS OF THE WEEK

Lee County Domestic Animal Services

### King And Naomi

**H**ello, my name is King. I am a 3-year-old male pit bull mix. Look at my goofy mug and you will no doubt fall in love with me. Who doesn't love an under bite and constant smile?! Throw in my terrific personality and I am no doubt going to reel you in and have you completing the paperwork to take me home. My adoption fee is \$25.



King ID# A833798

photos provided

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

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

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



Naomi ID# A928355

## My Stars ★★★★★

FOR WEEK OF AUGUST 15, 2022

**Aries** (March 21 to April 19) You're wise to let your Arian skepticism question a former adversary's request to let bygones be bygones. Time will tell if they are trying to pull the wool over the Lamb's eyes.

**Taurus** (April 20 to May 20) Congratulations. Your hard work soon pays off with some well-deserved recognition. Meanwhile, that important personal relationship needs more attention from you.

**Gemini** (May 21 to June 20) That new person in your life seems trustworthy, but don't turn him or her into a confidant just yet. Remember: The secret you don't reveal is the one you won't lose sleep over.

**Cancer** (June 21 to July 22) Your kindness makes a difference in someone's life. But by the week's end, a touch of Cancerian envy could create a problem with a colleague. Take care to keep it under control.

**Leo** (July 23 to August 22) A new spurt of energy sends you roaring back into that challenging work situation. But be careful not to overdo it, or your sizzle could fizzle before your task is completed.

**Virgo** (August 23 to September 22) Your practical sense helps you see the logic of being a bit more flexible with a workplace colleague. But you still have a ways to go before there's a true meeting of the minds.

**Libra** (September 23 to October 22) A surprise situation could cause you to spend more money than you feel you can afford. But, careful budget adjustments will help. Your fiscal picture soon brightens.

**Scorpio** (October 23 to November 21) That decision you made might still have its detractors, but your supporters are growing. Meanwhile, your personal life takes on some welcome new developments.

**Sagittarius** (November 22 to December 21) Matters of the mind intrigue the sage Sagittarian through the week's end. By then, you should feel more than ready to make room for pursuits of the heart.

**Capricorn** (December 22 to January 19) The canny Capricorn can offer good counsel to others. But how about taking some advice yourself from a close friend or family member who is able and ready to help?

**Aquarius** (January 20 to February 18) A new workplace opportunity offers a variety of challenges that you might find intriguing. Best advice: Take things one step at a time so that you don't feel overwhelmed.

**Pisces** (February 19 to March 20) A bid to revive a relationship that ended on a bitter note needs to be carefully thought-out before you can even begin to consider plunging into a new emotional commitment.

**Born This Week:** You enjoy being with people, and people love being with you.

continued on page 46

*I was going to use a \$20 bill for extra time at the arcade but decided to use it on a tip for a waitress.*

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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—Nick from *The Sanibel School*



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From page 45

# My Stars

you. You would probably do very well in politics.

## MOMENTS IN TIME

- On Aug. 24, 1814, during the War of 1812 between the United States and England, British troops enter Washington, D.C., and burn the White House in retaliation for the American attack on the city of York in Ontario, Canada, in June 1813. When the British arrived at the White House, they found that President James Madison and his first lady Dolley had already fled to safety in Maryland.
- On Aug. 22, 1851, the U.S.-built schooner *America* bests a fleet of Britain's finest ships in a race around England's Isle of Wight. In the 53-mile race, the *America* trounced the competition, beating the cutter *Aurora* by 22 minutes.
- On Aug. 27, 1908, future President Lyndon B. Johnson is born on a farm near Stonewall, Texas. As president, Johnson pushed through the creation

of Medicare/Medicaid, Head Start, the Voting Rights Act, the Civil Rights Act and the Department of Housing and Urban Development.

- On Aug. 25, 1939, *The Wizard of Oz*, which will become one of the best-loved movies in history, opens in theaters. Though the scenes in Kansas were shot in traditional black and white, *Oz* appears in vivid Technicolor, a relatively new film process at the time.
- On Aug. 23, 1947, the first Little League World Series championship game – the culmination of a three-day tournament in Williamsport, Pennsylvania – features teams from Pennsylvania. Maynard, a team from Williamsport, defeated Lock Haven, 16-7, to win the title at Original Field. Although it was called the World Series, 11 of the 12 teams in the tournament were from Pennsylvania.
- On Aug. 26, 1959, the British Motor Corporation (BMC) launches its newest car, the small and affordable – at a price tag of less than \$800 – Mark I Mini. At only 10 feet long, the Mini could sit four adults and had a trunk big enough for luggage.

On Aug. 28, 1972, the U.S. Air Force gets its first ace designation since the Korean War when Capt. Richard S. Ritchie and his “backseater” (radar intercept officer), Captain Charles B. DeBellevue, shoot down his fifth MiG near Hanoi.

## NOW HERE'S A TIP

- You can whiten chopping boards with lemon juice. Just use the cut side of a lemon to scrub the board, let it sit for up to 10 minutes, and rinse clean.
- If you are stuffing pillows or a child's toy with foam rubber chips, rub a bit of

fabric softener over your hands first. The tiny pieces won't get stuck to your hands with static, and it will smell nice to boot.

- Here's a fun activity for the kids: Let them “paint” cookies. Using clean craft brushes or watercolor brushes, the kids can use food coloring to paint designs on cookies. They can even paint the dough before it's been cooked and see how the design spreads and settles.
- “We made our own umbrella stand by taking the bottoms off of two large coffee cans, and then stacking them on top of a third can with only the top removed. We taped the cans together and covered the whole thing with leftover wallpaper, which we sealed where it overlapped.” – ID in Ohio
- If you have stubborn shellac on your paintbrush, try dissolving it by soaking in alcohol. Make sure you do this in a ventilated area.
- Need a funnel quickly? Double a sheet of aluminum foil and roll into a funnel shape. It works.

## STRANGE BUT TRUE

- In 2008, Nestle played an April Fool's joke on Butterfinger fans by announcing that the candy bar's name had been changed to The Finger. The company even distributed 200,000 bars with The Finger wrapper to 7-Eleven stores.
- Modern body armor was created by pizza delivery man and former Marine Richard Davis, who was wounded after a delivery turned into a shootout.
- Japanese honeybees destroy hornets by enclosing them in a ball of bees then vibrating their flight muscles so fast that carbon dioxide levels increase and the ball's temperature rises enough to kill the hornet.

- Mastercard's global headquarters is located on Purchase Street in Purchase, New York.
- Talk about a novel way to make a statement. Teenage art student Demi Barnes created a wedding dress made of 1,500 divorce papers to heighten awareness of rushing into matrimony only to end up in divorce court.
- The “Emergency Bra” can be unhooked and split into two face masks that filter out harmful chemicals.
- Nail polish remover will outlive us all. It has no expiration.
- Recycling one ton of paper will save 3.3 cubic yards of landfill space, 17 mature trees, 682.5 gallons of oil and 7,000 gallons of water.
- In a now-banned practice called “boosting,” wheelchair athletes with spinal injuries would intentionally harm the lower parts of their bodies to increase their blood pressure, thereby enhancing their performance.
- A study conducted at the University of Pavia in Italy showed that music promotes a healthy cardiovascular system by triggering physiological changes that modulate blood pressure, heart rate and respiratory functions.

## THOUGHT FOR THE DAY

“I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have.” – Abraham Lincoln

## TRIVIA TEST

- General Knowledge:** What is the only vowel on a computer keyboard's middle row of letters?
- Language:** What is the diacritical mark used over the first “a” in “chateau”?

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Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment.  
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[chipwolfe.com](http://chipwolfe.com)  
239-848-0906  
REMAX OF THE ISLANDS  
6/5 ✴ TFN

SERVICES OFFERED

**PROPERTY MANAGER/CARETAKER**  
Professional family seeking long-term position as Property Manager/Caretaker with accommodation on Captiva or Sanibel. Excellent reputation, years of experience and references.  
Please call or text Laura on 407-230-1294.  
8/12 ✴ 8/19

HELP WANTED

**FULL/PART-TIME SALES ASSOCIATE**  
Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required.  
Please email a resume to [sanibelsale@gmail.com](mailto:sanibelsale@gmail.com).  
4/22 ✴ TFN

**Island Vacations**  
Of Sanibel & Captiva  
*Million \$ Views Await You!*  
• Cottages • Condos • Homes •  
Miles of Beaches & Bike Paths  
**239-472-7277**  
**1-888-451-7277**  
1/4 ✴ TFN

SERVICES OFFERED

**ROGER NODRUFF ELECTRIC**  
Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc.  
Call or text Roger 239-707-7203  
State License #13002788  
4/20 ✴ TFN


HELP WANTED

**CAREGIVER**  
We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake. Also assist with physical transit.  
Contact Lisa 239-395-0153.  
1/21 ✴ TFN

ISLAND PRESCHOOL TEACHERS

The Children's Education Center of the Islands (CECI) is looking for part-time or substitute preschool teachers for its nature themed education program. Potential for full-time growth possible. Flexible hours. Competitive salary. Tolls paid.  
Please call Nita at 239-472-4538.  
10/22 ✴ TFN

Shore Fishing:



**Don't Harm The Fish**  
by Capt. Matt Mitchell

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

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

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

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

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

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



3. **Geography:** What is the capital of the Czech Republic?
4. **Movies:** Where was the *Lord of the Rings* trilogy filmed?
5. **Measurements:** What is 4 ounces of liquid equal to in cups?
6. **U.S. States:** Which is the only American state that begins with the letter P?
7. **Language:** What is the word that stands for the letter Y in the international radio alphabet?
8. **Chemistry:** What is the symbol for the element zinc?
9. **Television:** What is Kramer's first name in the sitcom *Seinfeld*?
10. **Music:** Which country is home to the rock group AC/DC?

## TRIVIA ANSWERS

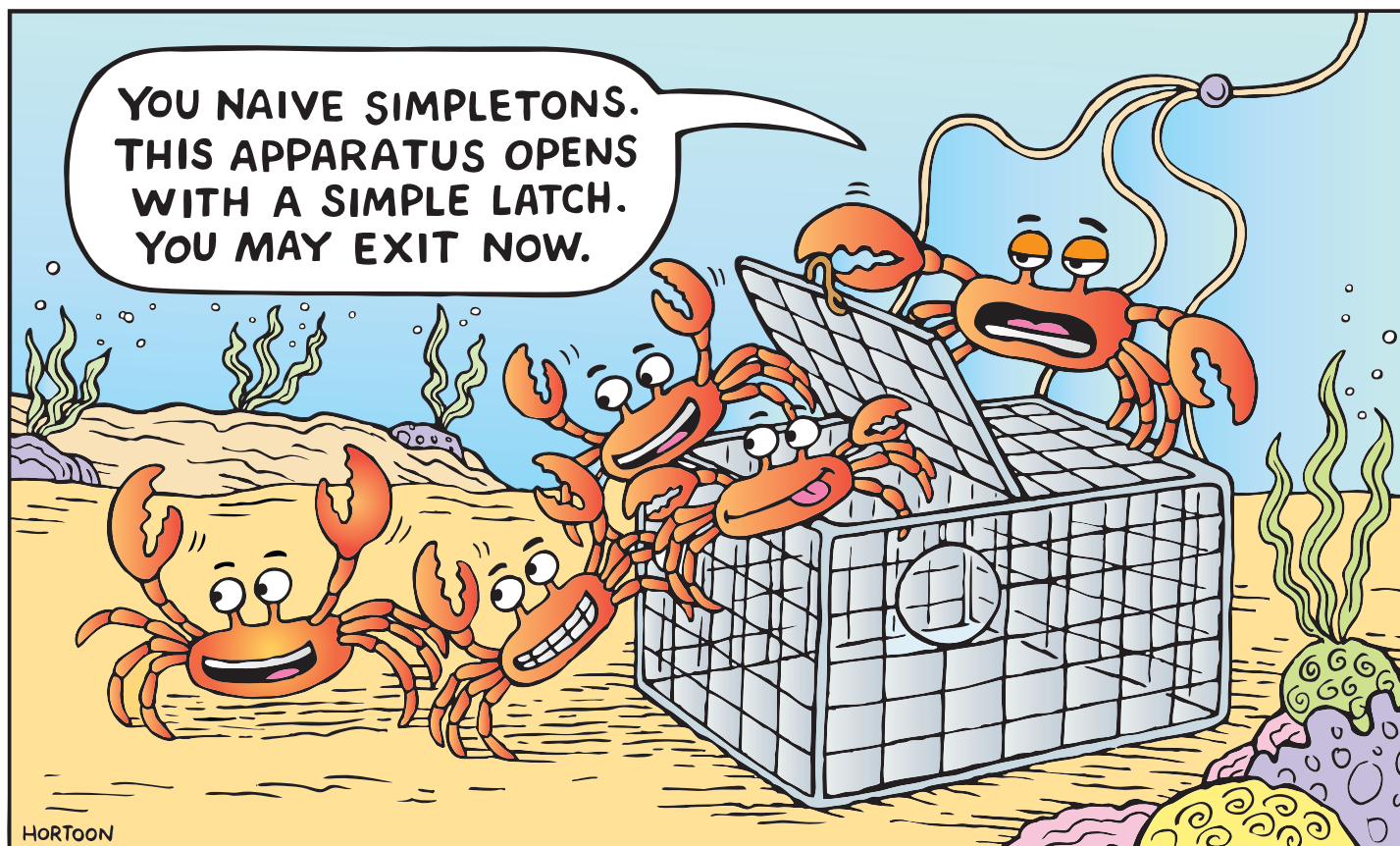
1. A. 2. Circumflex. 3. Prague. 4. New Zealand. 5. 1/2 cup. 6. Pennsylvania. 7. Yankee. 8. Zn. 9. Cosmo. 10. Australia.

## SCRAMBLERS ANSWER

1. Medial 2. Elapse  
3. Notary; 4. Rabid

*Today's Word*  
**PARENTS**

# HORTOONS



# PUZZLE ANSWERS

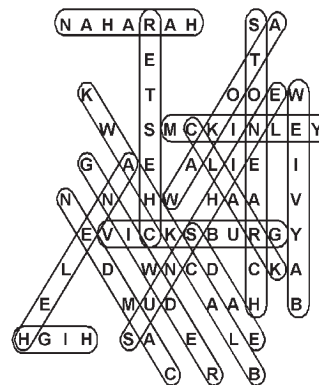
# SUPER CROSSWORD

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

## KING CROSSWORD

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | P | E | S |   | B | A | G |   | A | Q | U | A |
| L | A | M | A |   | O | A | R |   | L | U | G | S |
| P | R | I | M | R | O | S | E |   | M | I | L | E |
|   |   |   | B | U | M |   | M | Y | O | P | I | C |
| S | P | L | A | T |   | P | L | A | N |   |   |   |
| L | U | I | S |   | T | R | I | M | D | O | W | N |
| U | R | L |   | R | A | I | N | S |   | R | H | O |
| G | R | I | M | A | C | E | S |   | I | S | I | S |
|   |   |   | E | M | T | S |   | G | N | O | M | E |
| S | C | A | M | P | I |   | G | U | S |   |   |   |
| P | P | O | L | O |   | C | R | I | M | I | N | A |
| O | M | A | R |   | A | I | R |   | S | A | G | A |
| T | O | N | Y |   | L | O | L |   | T | H | E | Y |

## MAGIC MAZE



## SUDOKU

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

## Top 10 Real Estate Sales

| Subdivision       | City       | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|-------------------|------------|------------|----------------|---------------|---------------|----------------|
| Hermitage         | Cape Coral | 1997       | 4,362          | \$2,795,000   | \$2,725,000   | 25             |
| Cape Coral        | Cape Coral | 2016       | 2,854          | \$1,999,000   | \$2,100,000   | 25             |
| Cape Coral        | Cape Coral | 2002       | 2,740          | \$2,199,999   | \$2,100,000   | 43             |
| Wildblue          | Fort Myers | 2020       | 3,178          | \$1,983,282   | \$1,983,282   | 0              |
| Cape Coral        | Cape Coral | 2001       | 3,530          | \$1,650,000   | \$1,690,000   | 5              |
| Buckingham Park   | Fort Myers | 1994       | 6,133          | \$1,600,000   | \$1,600,000   | 23             |
| Vista Wildblue    | Fort Myers | 2022       | 2,800          | \$1,586,739   | \$1,586,739   | 0              |
| York Manor        | Fort Myers | 1963       | 3,848          | \$1,545,000   | \$1,500,000   | 40             |
| Sanibel Highlands | Sanibel    | 1984       | 1,491          | \$1,250,000   | \$1,351,500   | 2              |
| Belle Lago        | Estero     | 2005       | 3,120          | \$1,295,000   | \$1,225,000   | 28             |

Courtesy of Royal Shell Real Estate





**"FOR THE SUN-KISSED &  
SUN-DESIROUS ALIKE,  
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The New York Times  
Magazine



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