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SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 16, 2022

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## News Anchor To Kick Off Month Of Special Events

**L**isa Spooner, NBC2 *News Today* anchor, will serve as emcee again this year at the Annual Pink Tea Party on Tuesday, October 4 at Sundial Beach Resort & Spa on Sanibel.

"The Pink Out Tea on Sanibel is one of the highlights of my year," said Spooner. "Having a maternal grandmother who was a breast cancer survivor as well as several friends who have battled the unfair disease, I always try to make sure I do my part to support causes which support the brave men and women who have battled and continue to fight breast cancer."

Tickets are \$75 and available online at [www.pinkouttea.com](http://www.pinkouttea.com), by email to San Cap Pink Project at [pinkoutsanibel@gmail.com](mailto:pinkoutsanibel@gmail.com) or by mail to P.O. Box 125, Sanibel,



From left, Lisa Spooner of NBC2 *News Today*, San Cap Pink Project President Ann Neubauer and Susan Yarab of John R. Wood Properties at last year's tea party photo provided

FL 33957. Donations and volunteers are still needed.

"Last year's Pink Out Tea was so impactful to me, that I can't wait to share the experience this year with my own mom," said Spooner. "I can't wait to be a part of this year's event."

Spooner launched her broadcasting career in Houston after earning a degree in journalism from Texas A&M. She moved to CBS *Eyewitness News* in Tyler, Texas and quickly advanced from anchor to managing editor. Today, Spooner is a well-known personality in Southwest Florida following more than eight years at NBC2. She was the face of the 4 and 11 p.m. newscasts and is now the morning anchor on *News Today*. She started in Florida anchoring morning news for Fox 4 and moved on to lead the nationally syndicated show, *The Daily Buzz*.

"We are delighted Lisa continues to be involved," said Mary Bondurant, founder continued on page 12



Kaitlyn D'Alessandro of Casa Ybel Resort won the top award in the Attractions category photo provided



Kyle Kuhn of The Island Cow earned top honors in the Restaurant category photo provided



Clare Harris of Billy's Bike Rentals won the top award in the Other Services/Businesses category photo by Anna Marrero



Veronica "Roni" Martorelli of Bailey's General Store earned an Honorable Mention in the Other Services/Businesses category photo by Anna Marrero

## Hospitality Award-Winners

**T**he Lee County Visitor & Convention Bureau (VCB) held its 22nd annual Elaine McLaughlin Outstanding Hospitality Service Awards recently to honor tourism professionals and their extraordinary customer service and dedication. A number of employees from Sanibel and Captiva islands

were honored at the ceremony. Their nominations are highlighted.

The "E Awards" ceremony, held at Hyatt Regency Coconut Point Resort & Spa in Bonita Springs, included more than 700 guests.

Presented by the VCB and The News-Press Media Group, the E Awards recognize Lee County's hospitality industry employees for going above and beyond to take care of visitors.

Residents, visitors and colleagues

wrote 751 nominations for 553 individual nominees. Awards were presented in seven categories: Accommodations; Best Tourism Boss; Attractions; Restaurants; Transportation; Good Samaritan; and Other Services/Businesses. The Honor of Distinction award goes to the overall nominee who best represents the spirit of hospitality in Lee County.

Following are the winners:  
**Honor of Distinction** – Anne

**Accommodations** – Allison Wood, Holiday Inn Express & Suites Fort Myers Airport.

**Honorable Mentions** in this category went to: Kadir Kocasoy, Sanibel Harbour Marriott Resort & Spa; Gabriela Bellorin, Days Inn by Wyndham Fort Myers Springs Resort; and Dee Stevens, continued on page 2



From page 1

## Award-Winners

Outrigger Beach Resort.

**Best Tourism Boss** (first winner) – Yevonne Ellerbee, Lovers Key Resort.

**Best Tourism Boss** (second winner) – Bill Waichulis, Pink Shell Beach Resort & Marina.

**Attractions** – Kaitlyn D'Alessandro, Casa Ybel Resort.

From the nomination: “You can always count on above and beyond customer service. She is creative, engaging, friendly and problem-solving, and she’s great with customers of all ages.”

**Honorable Mentions** in this category went to: Adam Sauerland, Tarpon Bay Explorers; Alexis Marino, Tarpon Bay Explorers; and Erin Lovejoy, River District Alliance.

Sauerland said, “It is always an honor to get an E Award. But to be recognized individually was truly special, especially considering the caliber of service hospitality employees in Lee County provide.”

**Restaurants** – Kyle Kuhn, The Island Cow.

From the nomination: “He had a party of 10 people who were celebrating their son’s departure to the military and this nominee, being an Air Force disabled veteran, took a very personal interest in this boy’s future. He rang the bell and announced this boy’s achievements and what his future was going to hold. All our patrons and staff of more than 100 people stood up and applauded. The whole place was emotional as was my nominee, who had a hard time finishing his speech. As the night was coming to an end, the family was so gracious and very moved by the nominee’s recognition for their brave son.”

Kuhn said, “I was completely in shock when I won this award. I had no idea someone would have thought of me for anything like this. Being in the hospitality industry, we never know whether someone is having a



Adam Sauerland and Alexis Marino of Tarpon Bay Explorers each won an Honorable Mention in the Attractions category photo provided

good or bad day. I always try and connect with people and make them feel special even if it’s for a quick bite to eat. It takes a team effort at The Island Cow and I would like to dedicate this award to the rest of The Island Cow family as well.”

**Honorable Mentions** in this category went to: Tony Scafidi, Sundial Beach Resort & Spa; Ruthann Miljus, Hyatt Regency Coconut Point Resort & Spa; and Justin Hornyak, Hyatt Regency Coconut Point

Resort & Spa.

**Transportation** – Diane Phillips, Lee County Port Authority.

**Honorable Mentions** in this category went to: Joshua Clark, Lee County Port Authority Police; Janet De Jesus, Frontier Airlines; and Jems Melidor, Lee County Port Authority Police.

**Good Samaritan** – Michael O’Connell, Hyatt Regency Coconut Point Resort & Spa.

**Honorable Mentions** in this category went to: Douglas Jaureguy, Edison & Ford Winter Estates; Nicholas Luberacki, Lee County Port Authority Police; and Anthony Miller, Dollar General.

**Other Services/Businesses** – Clare Harris, Billy’s Bike Rentals.

From the nomination: “As I was walking my bike on the Sanibel Causeway, my nominee generously stopped and asked me if I was OK. After seeing my flattened tires, she loaded me and my bike into her truck and took me to the bike shop. I told her that I had no money with me, and she insisted on repairing my tires nonetheless – which she did excellently. She clearly went above and beyond when it came to helping me.”

Harris said, “I learned from my boss, Billy Kirkland, to always look out for cyclists pushing their bike, usually a sign they need help.”

**Honorable Mentions** in this category went to: Jesse Myers, Jorge Ramirez and Shain Smith, Plumbing Nerds; Veronica “Roni” Martorelli, Bailey’s General Store; and Michael Antenor, United States Postal Service.

For more information on the individual stories of the award recipients, visit [www.eawards.org](http://www.eawards.org).

The E Awards were open to nominees from Sanibel and Captiva islands, Fort Myers Beach, Fort Myers, Bonita Springs, Estero, Cape Coral, Pine Island, Matlacha, Boca Grande & Outer Islands, North Fort Myers, Alva, Buckingham and Lehigh Acres.✱

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## Update On Sea Turtle Monitoring And Research

Most sea turtle nesting has concluded on Sanibel and Captiva, but hatchlings continue to emerge. So far, the Sanibel-Captiva Conservation Foundation (SCCF) sea turtle team has documented 31,255 emerged sea turtle hatchlings on the beaches in 2022.

Most recent nest counts include 766 loggerhead sea turtle and 18 green sea turtle nests on the islands. The team and volunteers have inventoried 578 of these nests.

In addition to monitoring and educating the public about sea turtles, SCCF staff are also investigating differences in sea turtle hatch success on Sanibel versus Captiva beaches, as annual hatch success (the proportion of eggs producing live hatchlings) on Captiva tends to be considerably lower than on Sanibel.

"There are some historic differences in the sand between the two islands, and we wanted to try to tease out potential impacts on sea turtle reproductive output," said Kelly Sloan, SCCF coastal wildlife director and sea turtle program coordinator. "This multiyear project is taking a deeper look into how several physical properties of the incubation environment may interact to impact embryonic development and ultimately hatch success."

Much of the field work for this year's research has been possible thanks to Research Technician Jacob Wozny, whose position at SCCF is 100 percent funded by a grant through the Florida Sea Turtle Specialty License Plate Sea Turtle Grants Program.

For this work, Wozny installs probes in each research nest to record the temperature, moisture and groundwater level every 15 minutes throughout incubation to evaluate how these variables vary across the beaches. This has been done for 60 nests this summer.

"We're also taking sand samples to measure grain size, compaction, color



Jacob Wozny in the field photo provided

and bulk density, and calculating beach elevation, width and slope," Wozny said.

Analysis from research nests studied in 2021 suggested that sand is coarser and nest exposure to groundwater is more likely on Captiva than Sanibel, but conditions will likely be different this year due to the recent addition of nonnative sand to Captiva, according to Sloan. The team will also be examining the contents of unhatched eggs from each research nest to determine the developmental stage at mortality and identify potential causes of mortality.

"After this season, we will be able to evaluate how the incubation environment may have changed after Captiva's beach renourishment project. Our data will provide valuable insight into local conditions, with implications concerning future generations of sea turtles," Sloan said. "Hopefully, our results can help inform future beach management."

Other SCCF staff involved in this study include Sea Turtle Biologist Jack Brzoza, Wildlife Biologist Mike Mills and Research Technician Megan Reed (2021 season).\*

## Bowman's Beach Video Voyeurism Arrest Update

On September 8, the Sanibel Police Department clarified certain facts surrounding the arrest of Dana A. Caruso, the 58-year-old white male facing multiple charges of video voyeurism at Bowman's Beach Park in July, following an investigation led by the Sanibel Police Department.

While Caruso was on Sanibel for nine days between July 16 and July 28, Sanibel police only have evidence of criminal activity on July 28.

On July 28, two video recording

devices were discovered in the family restrooms at Bowman's Beach Park. The devices captured more than 270 videos running on continuous loop in five-minute increments. There are 55 total victims. Some of the victims appear in more than one video clip. There are numerous video clips of an empty bathroom. Several videos at the end of the time period in question show police personnel at the beginning of the investigation.

The Sanibel Police Department is working to identify the 55 people who were recorded. If you were at Bowman's Beach on July 28 and used the family restrooms, contact Detective John Eicher at the Sanibel Police Department by calling 472-3111.\*



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Teacher Nancy Pearson with several children including Russell Buck, whose hand she holds photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

## Looking Back: The Buck Family

The Buck family's Buttonwood cottage was east of the Matthews. In his teens, Russell Buck attended the Snyder Outdoor School for Boys, whose winter home was on



Captiva.

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).✱

## 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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Saturday, September 17 at 7 pm

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Sunday, Sept. 25 at 7 pm -Evening Service

Monday, Sept. 26

10:00 am Morning Service

12:45 Taslich Service at a Sanibel Beach

*Yom Kippur*

Tuesday Oct. 4 at 7 pm -Kol Nidre

Wednesday Oct. 5

10:00 am Morning Service

Noon Congregants Hour

3 pm Afternoon Discussion & Music

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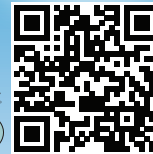


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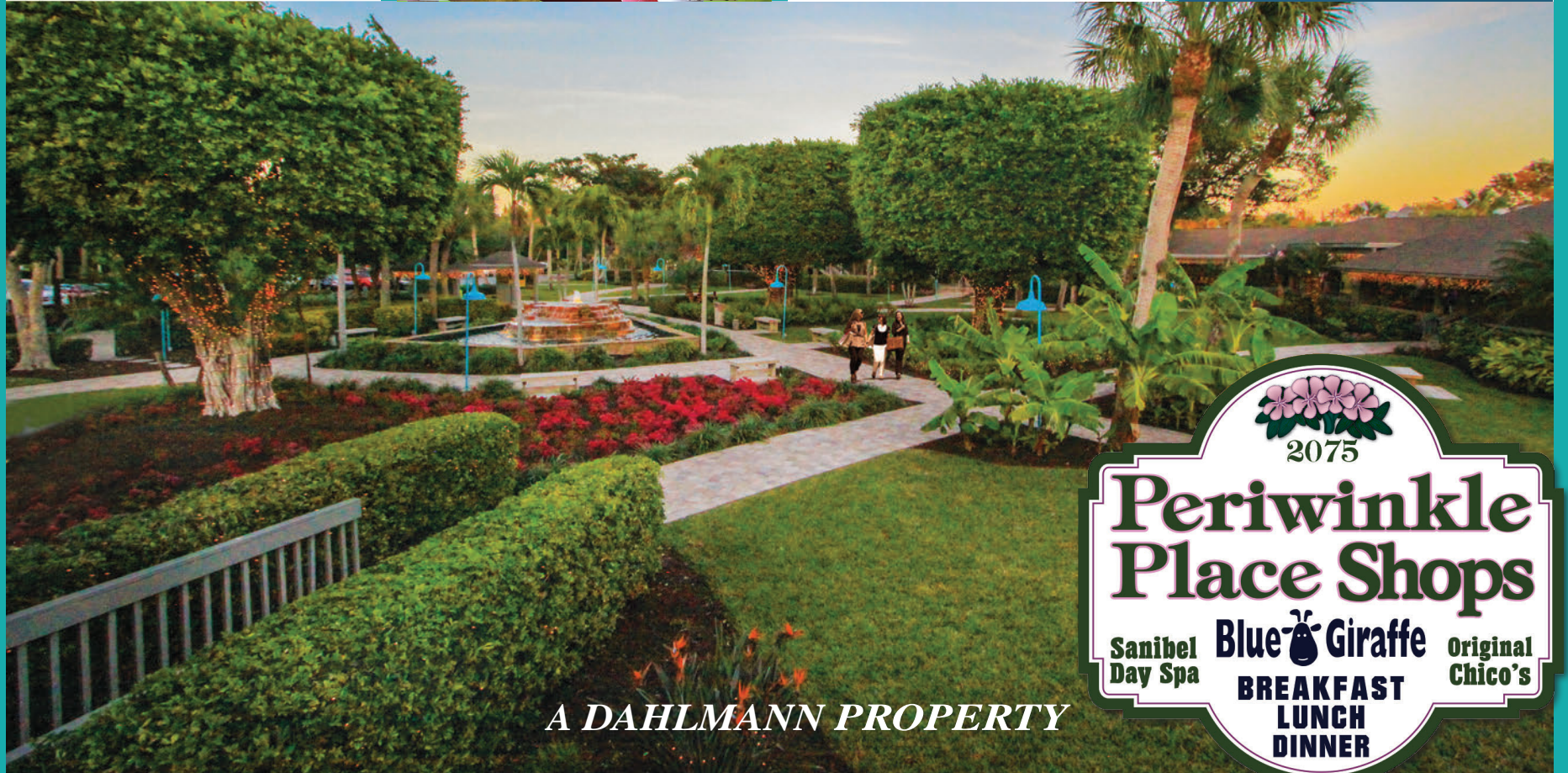


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# Community House Calendar

The next community social, themed In Chiang Mai, is scheduled for Friday, September 23. Reservations are required. Dine in at 6 p.m. or pick up at 5 p.m. Cost is \$25 for members and \$30 for guests.

Interfaith Outreach of SanCap hosts Memory Café on the fourth Tuesday of the month at 9 a.m. for individuals with memory issues and their loved ones. The next gathering will be held on Tuesday, September 27. No reservation required.

A wine tasting class with Pacific Northwest Wines will be held on Tuesday, September 27 at 6 p.m. Chef John Wolff will provide food pairings. Cost is \$50 for members and \$55 for guests.

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. A shell crafting class is offered at 10 a.m. There is no charge to attend; supplies start at \$5. Young children must be accompanied by an adult.

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

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

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



The Community House file photo

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 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 JoAnn LaPadula and Julia Tamblin are exhibiting their work during September. Viewing hours are 9 a.m. to 1 p.m. Monday through Friday.

The next arts and crafts fair is scheduled for Sunday, October 23. 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.\*

## Center 4 Life 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** – Every third Wednesday, 11 a.m. to noon. Cost is \$3 per person; hot dog, 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.

**Leisure Lunchers** – Tuesday, September 20, 11:30 a.m., George & Wendy's Seafood Grille. Sign up required. Contact Deborah Butler at 314-4554, [deborahbutler@comcast.net](mailto:deborahbutler@comcast.net) or Jessica or Dave at 472-0345.

**Page Turners Book Club** – In person and Zoom, Tuesday, September 13, 2:30 p.m., Osprey Room. For more information, contact Louise Fitzgerald at [sanibelbum22@gmail.com](mailto:sanibelbum22@gmail.com).\*

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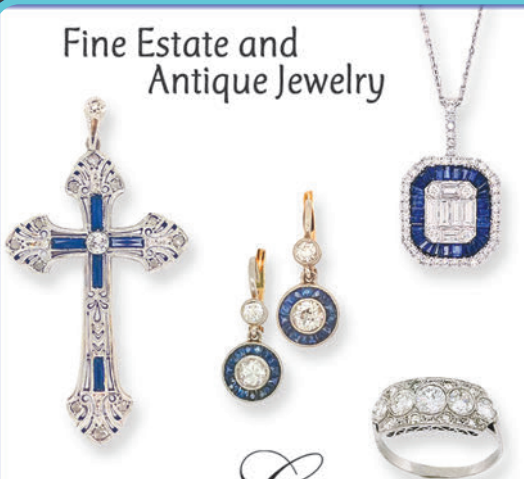




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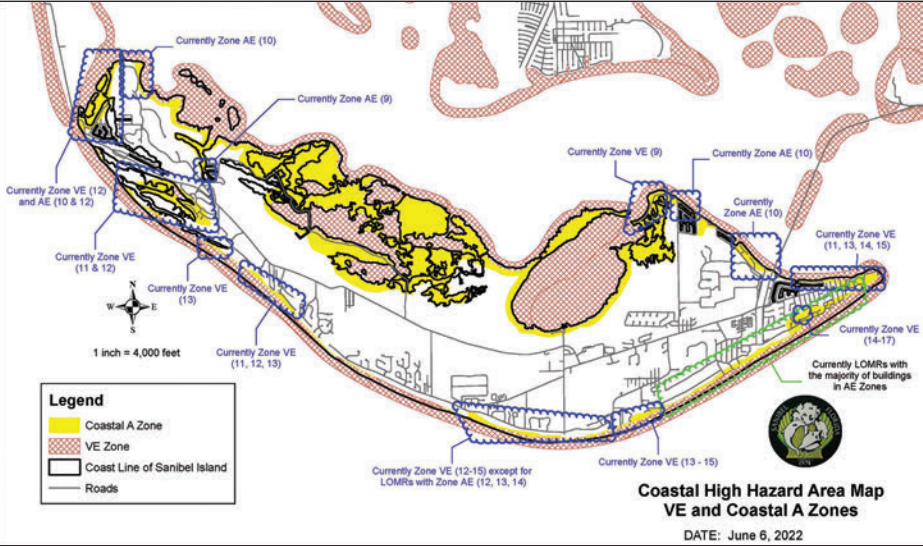
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# New FEMA Maps May Mean Lower Pilings

by Wendy McMullen

The new Federal Emergency Management Agency (FEMA) flood maps may decrease the elevation height of some new buildings on Sanibel, planning commissioners heard at Tuesday’s meeting.

The decrease in the elevation of structures results from FEMA’s ability to create more detailed modeling maps. This has resulted in some areas being removed from the Coastal High Hazard VE Zone and put into the Coastal A Zone, which allows property owners within that zone to build homes with the first livable floor at a lower elevation.

“There was much more detailed modeling done which then resulted in the delineation of limit of moderate wave action areas,” explained Sanibel Planner Kim Ruiz. “This then prompted staff to look at whether the 500-foot additional coastal high hazard area that was existing in the land development code should be maintained, or if it should be removed and we should rely on more detailed modeling of FEMA maps that delineated those areas.”

The result is a win for property owners

of undeveloped land in the Coconut Drive, Clam Bayou, Tradewinds, West and East Gulf drives, Lighthouse and northern Sanctuary areas, among others.

The new FEMA maps indicate the exact number of feet that the building must be elevated in order to meet FEMA standards and to maintain the favorable flood insurance rates available to Sanibel property owners. City of Sanibel building codes add one foot to the FEMA requirement so that, if FEMA requires the first livable floor to be 12 feet above grade, Sanibel’s code requires 13 feet.

“For the majority, it will be a decrease in height requirements,” said Ruiz.

The changes in flood maps do not necessarily mean lower insurance rates, however. Ruiz explained that insurers now consider the individual features of each building as well as city codes and location. Sanibel’s insurance rates are 25 percent lower partly because of the large amount of preservation land on the island.

All of Sanibel is considered a high hazard area, but the VE Zone which surrounds the island is in a coastal high hazard area. The VE zones which have been changed to Coastal A Zones are areas that are vulnerable to both surge and wave action in the event of a storm. The remainder of the island is in an A Zone that is susceptible to surge action only.

Changes to the Land Development Code suggested by the new FEMA maps will go to city council for approval. The

new FEMA maps will soon be available on the City of Sanibel website at [www.mysanibel.com](http://www.mysanibel.com).

New Systems and GIS Manager Brian Dye is in the process of providing online an Eco-Zone Map with links to definitions and coverage, a Resort Zoning Map, Environmental Sensitive Land Map, Interior Wetland Map and Commercial Zone Map.☆☆

# City Sets Tentative Budget For 2023

by Wendy McMullen

City councilmembers set the tentative fiscal year 2023 property tax operating millage rate at 1.9750 with a tentative budget of \$84,029,407 at their first budget hearing on Monday.

The decision was not unanimous. The proposed millage rate is 4.4 percent higher than last year despite a substantial increase in island real estate values and \$2.8 million in grants from the American Rescue Plan Act (ARPA) and Federal Emergency Management Act’s Hazard Mitigation funding.

Arguing against the increase in the millage rate, Sanibel Mayor Holly Smith said that in view of the fiscal health of the city, the millage rate should remain the same as last year.

“These are taxpayer dollars and I’ve pretty much made it clear that I’m very comfortable with the extremely healthy budget that we put together at 1.8922,” she told fellow councilmembers in urging them to keep the lower rate.

“I’m very conflicted about why we would have that increase,” she concluded.

But Councilman John Henshaw was wary about future revenues when the city may not get additional funds from the federal government. He was also concerned about a possible decline in property values.

“While it’s healthy now and we have money to spend, in my view, we’re not looking long term on developing a healthy ending balance that can carry us through downturns,” he said. “Right now, we’re fortunate with property values going up. But God forbid, if property values go down and we’re forced to increase the rate.”

Councilman Dr. Scott Crater concurred,

pointing out that the council is just being conservative for the future. He added that the increase in the millage rate from 1.8922 to 1.9750 would mean a difference of only \$62 for the average Sanibel household.

“Things are not going to be as flush,” he said, referring to a future downturn. “At the present time, we have this ARPA money, which is totally artificial.”

Councilman Mike Miller pointed out that the ARPA money was not the only funding that might disappear or decrease. He conceded that while funding from beach parking and property taxes were fairly stable, other sources such as the gas taxes and toll revenue will decrease. Sanibel’s share of the gas tax collected by Lee County has been decreased from 3.5 percent to 1.35 percent, which means a loss of some \$600,000 in fiscal year 2023, a \$800,000 total year impact to the city. In addition, Florida Gov. Ron DeSantis has proposed lifting tolls on various roads including the Sanibel Causeway in order to ease the financial burden of people commuting to work. Sanibel receives 21 percent of the net Sanibel Causeway toll revenue collected by Lee County.

Miller also pointed out that the city had spent down the fund balance over the past few years and questioned City Finance Director Steve Chaipel as to whether that could continue in future years without going into debt.

“We’ve set a budget every year to spend down on that fund balance to keep the tax rate at a certain rate over the past few years. It’s certainly not sustainable for the next 10 years to continue the same practice,” Chaipel said, pointing to inflationary adjustments and increased personnel costs.

The percentage of the total real estate tax bill that goes to Sanibel to provide all city services, including policing, is approximately 16 percent, according to Chaipel.

The American Rescue Plan was passed in March last year and provided \$350 billion in COVID relief for state and local governments. FEMA’s hazard mitigation assistance provided funding for mitigation measures to reduce disaster losses.

The final budget hearing will take place at Sanibel City Hall at 5:01 p.m. on Wednesday, September 28.☆☆

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## Church Supports FISH As Sponsor



From left, Kevin Schafer, Beth Winters, Teddy Folkerts, Jeramie Rinne, Nicole McHale and Nancy Craig photo provided

Sanibel Community Church (SCC) is a Premier Sponsor of the 14th annual 10K Race 4 FISH, a fundraiser for FISH of SanCap.

Pastor Doug Hummer said, "FISH has been a trusted and faithful organization meeting critical needs of the Sanibel community for decades now. Their service to the island family embodies the neighboring attitude that runs deep on Sanibel. SCC is proud to consider FISH a partner in the community life of Sanibel Island."

Sanibel Community Church is a congregation of all ages, life experiences and faith backgrounds, serving residents

and visitors for more than a century.

"We are appreciative of Sanibel Community Church's support of our organization and the island community," said Nicole McHale, co-chair of the 10K race committee. "They always lead by example in their generous spirit and support of their neighbors in need."

The race for adults will begin at 7:30 a.m. on Saturday, October 22 at The Community House. The Kids Run will begin at 9 a.m. Registration is open at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com).

For more information, contact Nicole McHale at [noel2me@icloud.com](mailto:noel2me@icloud.com) or Diane Cortese at [dianerc10@gmail.com](mailto:dianerc10@gmail.com).✧

## National Public Lands Day Activities



Supervisory Refuge Ranger Toni Westland taking a look through the colorblind scope at the observation tower on Wildlife Drive photo provided

Saturday, September 24 is National Public Lands Day across the U.S., a day to enjoy and show love for refuges, parks and other green spaces protected by the federal government. JN "Ding" Darling National Wildlife Refuge is hosting free activities that day and waiving admission fees to Wildlife Drive.

The schedule of activities is as follows:  
7 a.m. to 7 p.m. – Free admission to Wildlife Drive;

8:30 a.m. – Morning Mindfulness at the observation tower on Wildlife Drive, pre-register at [www.dingdarling.eventbrite.com](http://www.dingdarling.eventbrite.com);

9 a.m. to 4 p.m. – Self-guided Scavenger Hunt with prizes, check in at the visitor and education center;

10 to 11 a.m. – Educational nature programs in the visitor and education center classroom;

12:30 p.m. – International Color Blindness Awareness Month promotion in partnership with EnChroma in the visitor and education center auditorium (year-round, the refuge serves the colorblind population with a colorblind scope at the observation tower and loaner pairs of colorblind sunglasses at the reception desk);

1 to 3 p.m. – Artist in Residence Reception featuring Jacqui Roch in the visitor and education center auditorium with refreshments.

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



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Plant Smart

Fetterbush Lyonia

by Gerri Reaves

Fetterbush lyonia (*Lyonia lucida*) is a glossy-leaved shrub native to the southeast U.S.

A long-lived member of the heath family, it is found throughout Florida and grows in moist low areas such as pine flatwoods, swamps, wet woods and bogs.

The term lucida derives from Latin for “shining,” glittering” or “clear,” thus another common name, shiny lyonia.

It grows six to eight feet high, usually developing multiple three-angled stems from the trunk.

The alternate lance-like or oval leaves have pointed tips and measure one to three inches long.

A notable characteristic is a vein that runs along the entire leaf edge.

New leaves are coppery in color but mature to a shiny deep green.

The attractive foliage provides cover for wildlife.

Elongated racemes of showy urn-shaped flowers range in color from white to pink to deep rose.

They have a honey-like fragrance, bloom in spring, and attract bees.

They are about a half-inch long and have five light-green sharply pointed sepals at their base.

This species has a low tolerance for salt inundation, spray or wind.

Once established, it will tolerate short periods of drought.



Native fetterbush lyonia produces fragrant urn-shaped flowers photo by Gerri Reaves

Give this shrub partial shade or sun and moist well-drained acidic soil. It has a moderate growth rate.

Birds and other wildlife eat the dark brown ovoid fruit, which splits open when mature to reveal the seeds.

Propagate it with root cuttings, by root division or with the tiny seeds.

It will also spread via suckers.

Sources: *A Gardener’s Guide to*

Florida’s Native Plants by Rufino Osorio; *The Guide to Florida Wildflowers* by Walter Kingsley Taylor; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Native Florida Plants* by Robert G. Haehle

and Joan Brookwell; <https://edis.ifas.ufl.edu>; [www.flawildflowers.org](http://www.flawildflowers.org); <http://floranorthamerica.org>; [www.fnps.org](http://www.fnps.org); [www.regionalconservation.org](http://www.regionalconservation.org); and [www.wildflower.org](http://www.wildflower.org).

Plant Smart explores the diverse flora of South Florida.✧

Fish Caught

On his three-week holiday, Sanibel native Jaime Gustafson caught a seven-foot (at least) lemon shark off the beach along West Gulf Drive last month. It took him almost an hour to bring the shark ashore shortly after midnight. He had his father take a quick photograph and safely released the shark back to its home in the gulf.

Gustafson finished his first year at the U.S. Coast Guard Academy in May, and then successfully completed his 11-week summer assignments at Coast Guard Station Yaquina Bay in Newport, Oregon and on U.S. Coast Guard cutter *Eagle*. On *Barque Eagle*, he sailed with other Coast Guard cadets and her crew from Galveston, Texas down to Bermuda via Key West and then back up to New London, Connecticut. He just returned to New London to begin his second year of service at the academy.

There will hopefully be more “Fish Caught” stories to come.✧



Jaime Gustafson photo provided

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**DAILY FLAVORS**





Atala butterfly

photos courtesy SCCF

## Atala Butterfly Making A Comeback

The Atala butterfly (*Eumaeus atala*) was once believed to be extinct.

The survival of the Atala is tightly tied to the survival of its host plant, coontie (*Zamia integrifolia*). In the 1950s, it was thought extinct due to over-harvesting of coontie as a starch substitute. Now that coontie is used as an

ornamental and in butterfly gardens, the Atala is making a comeback, although it is still considered very rare and threatened throughout its range. The Atala is naturally found in Palm Beach, Broward and Miami-Dade counties in Florida, the Bahamas and Cuba. Recent sightings on the Gulf Coast extend as far north as Pinellas County and include Sanibel.

The Atala butterfly is small with a wing span of 1.75 inches. It is dark black with florescent blue or green scales on the wings and a bright orange abdomen. The caterpillars are bright orange with yellow



Atala caterpillars

dots. Like the monarch, the bright colors advertise toxicity. This toxin comes from the butterfly's favorite host plant, the coontie.

The coontie is a hardy plant and grows easily without much attention. It can grow well in full sun or full shade and in poor soils, which makes it ideal for use in sandy soils. The coontie contains a toxin called cycasin which is heavily concentrated in the new soft growth of the plant. Atala caterpillars eat these soft leaves. Coontie can tolerate much abuse from scale and sooty mold to mealy bugs.

However, Atala caterpillars can defoliate a plant.

Keep in mind, though, that the Atala has a very low chance of making it to the adult butterfly stage. By knowing it is very rare and threatened, you may help by tolerating the loss of a few plants.

Learn more about landscaping for wildlife at the Sanibel-Captiva Conservation Foundation (SCCF) Native Landscapes & Garden Center, located at 1300 Periwinkle Way at Bailey Homestead Preserve on Sanibel. For more information, call 472-1932.✱

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## Wide Open Redfish Action



by Capt.  
Matt Mitchell

All the rain we have experienced over the past week has done wonders to cool off our waters and fire up the fish. These late summer rains have made getting out on the water a little sketchy as thunderstorms have come at almost any time. Staying closer to home and keeping an eye to the sky has been key to staying dry, at least most of the time.

Strong southerly winds also blow the water in and create huge high tides, which we saw last week. During these massive tides, the first thing that comes to my mind is fishing shorelines that are usually not accessible during regular tide cycles. One favorite area is the many mangrove islands from Demere Key north to Pineland. No matter how long I have fished this area, I always seem to find somewhere new that produces fish. Start on the wind-blown sides of these mangrove islands, concentrating on the points and in the small creek mouths.

If you plan on anchoring up or more likely dropping the power poles, a tail-hooked, half dollar-sized pinfish or cut bait is hard to beat. Don't stay anywhere for very long until you find the fish. My



Fall tarpon fishing is only getting better

photo provided

favorite ways to fish these shorelines is on a trolling motor or push pole throwing soft plastic jigs. This method allows you to cover lots of ground and basically pick a whole shoreline apart. With so many options on soft plastics, I generally go with a DOA Cal or a Z-man swim bait on either a weighted weedless setup or a quarter-ounce jig head. This style of soft plastic bait is easy to skip way up under the limbs. Go with a three-inch bait in a natural color that resembles a shiner or pinfish.

Our amazing redfish fishing will continue over the next few months with big schools pushing into the sound. These fish can be caught in a wide variety of places using lots of different methods.

Over the past week, I've had several reports of redfish being mixed in with feeding bluefish and jacks in the Redlight Shoal area of the middle sound. When you're in a wide-open blitz like this, the bait just doesn't matter. What's more important is that you are rigged and ready to go. Every bait gets attacked as these fish have that pack mentality, racing towards anything and everything they can eat.

Both Redfish and Captiva passes are ground zero for these schools of redfish as they move in from the gulf. Either drifting these passes or setting up on the many docks with live weighted baits is a great game plan. Shoals and spoil banks just inside the passes are the highway for

these roaming schools of hungry redfish. Most of these schooling redfish caught will be over the slot of 27 inches and need to be carefully released.

With most anglers spending their time chasing these schooling redfish, I like to sneak away when conditions are right and look for tarpon. Although this fall bite has not kicked into high gear yet, if you locate these fish, they are very happy to eat a well-presented bait. Out on the beaches, Fort Myers Beach and West Rocks on Sanibel are always worth a good, long look. A pinfish under a float is seldom refused once you do find these fish. Being the only boat on tarpon will happen more as our fall bait migration heats up.

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

From page 1

## Special Events

of the San Cap Pink Project, Inc., known for over 10 years as Let's Pink Out. "Lisa and the NBC2 News team have a history of supporting Cancer Awareness Month and are now beloved members of the Pink Out team. It is an honor to have them on board again for the launch event of this year's activities.

"Besides our signature mobile mammogram program for uninsured individuals, Pink Out will field a series of events in October," said Bondurant. "Coming up next, at the Sanibel fire station, the Pink Out Picnic is October 20. At Sundial Beach Resort & Spa courts, the Dink for Pink pickleball tournament is October 27 to 29 with a round robin October 30. The Pink-A-Boo Halloween costume party dance will cap off an exciting month on October 29 in the Sundial Beach Resort & Spa ballroom."

To participate in any of the San Cap Pink Project events or for more information, visit [www.pinkoutsanibel.com](http://www.pinkoutsanibel.com). Funds raised by ticket sales, contributions to raffles and auctions, donations and merchandise benefit uninsured and underinsured members of local communities needing help with cancer related needs.✱

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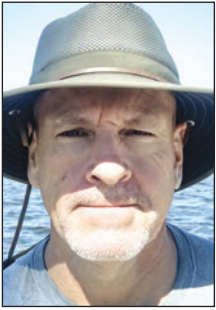


Dave Doane with his co-worker Jesse



## CROW Case Of The Week:

## Virginia Opossum



by Bob Petcher

The Virginia opossum (*Didelphis virginiana*) is the only marsupial found north of Mexico. It has a triangular head, pointed nose and grayish fur on its entire body except

its ears, tail and feet. It also has a long, prehensile tail as well as short legs with sharp claws.

The opossum lives in a wide range of habitats but prefers wet areas like swamps, marshes and streams. In response to extreme fear, the opossum will feign death thus the phrase "playing possum."

At CROW, a juvenile male Virginia opossum was admitted from Cape Coral after he was found wandering around in a driveway. After a few days of care, veterinarians noted scabbing on his ears and began closely monitoring for signs of necrosis. Intestinal parasite treatments were also administered.

"The necrosis is probably secondary to disease. If an animal has internal inflammation, such as from infection, the blood vessels inside their bodies can also become inflamed – called 'vasculitis.' The tips of the ears have high numbers of



Patient #22-4515 relaxes after a bout of necrosis and a possible internal parasite

photo by Haillie Mesics

very small blood vessels, so if these blood vessels are inflamed, they are very prone to becoming blocked. If they are blocked, the blood cannot get to the tissue in the ears, and the tissue can start to die off – necrose," said Dr. Melanie Dittmer, CROW veterinary intern. "We did not see any ear injuries when the opossum arrived, so we assume it is because of disease."

Later, the patient was taken into surgery for a successful procedure to remove the necrotic tissue.

"The surgery went very well," said Dr. Dittmer. "Dead tissue can get infected very easily, so it is important to remove it

as soon as possible. Luckily, once tissue has died, it is fairly simple to remove. The main focus of the surgery was to remove the dead tissue and control any bleeding that resulted from the healthy tissue. It was akin to removing a scab. All the necrotic tissue was successfully removed."

The opossum will continue to receive medications under supportive care, and close monitoring.

"The patient is receiving pain medication, multiple antibiotics and a medication that treats intestinal parasites," said Dr. Dittmer. "We have a species-appropriate formulated diet that

he is getting, which is supplemented with fruits, vegetables and protein – such as egg, fish and insects.

Although the patient is in the juvenile stages of its life, CROW medical staff believes it may be ready for the wild. Opossums reportedly remain in the mother's pouch until they are two months old, and may ride on their mother's back for up to two more months before becoming independent.

"This opossum, although not fully grown on arrival, was still old enough to be on his own out in the wild. As soon as he is back to full health, he will be released," Dr. Dittmer confirmed. "There is always a concern a patient could develop a secondary problem or have a setback during their treatments. Having said that, this opossum has been progressing well since admit, and we have no reason to think his condition would decline at this point."

The opossum is expected to be sent back to its natural habitat soon.

"We are waiting for his ears to heal and for the intestinal parasite treatments to finish clearing his parasite load," said Dr. Dittmer. "After that, he can be released."

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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ISLAND FAVORITES



# Girl Scouts Earn Shelling Patch At Sanibel Museum

Earlier this year, Bailey-Matthews National Shell Museum launched a new collaboration with the Girl Scouts of Gulf Coast and recently, 66 Girl Scouts of Cape Coral participated, ranging in age from Daisies (grades kindergarten to first) to Seniors (grades nine to 10).

The 60-minute program was divided into four sessions. Marine biologists from the museum led the Girl Scouts and their troop leaders through the Beyond Shells Living Gallery of aquariums and provided an introduction to a diverse group of animals that make shells. Scouts explored touch pools and the Great Hall of Shells.

During the classroom portion of the program, they learned about what causes tides, the optimal time to go shelling and how to be responsible shellers. They learned how to identify 10 different species of mollusk shells, and got to take home the shells along with a laminated shell guide. After completion of the four sessions, the Girl Scouts earned a Shelling of Gulf Coast Florida patch.

For more information on educational programming or to book a program, visit [www.shellmuseum.org/childrens-experiences](http://www.shellmuseum.org/childrens-experiences) or contact Kelsey Hausmann by email at [khausmann@shellmuseum.org](mailto:khausmann@shellmuseum.org).



Girl Scouts of Gulf Coast at Bailey-Matthews National Shell Museum

photo provided

shellmuseum.org. 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. Permanent

exhibitions on view include the Great Hall of Shells, which highlights the museum's collection of some 550,000 shells, as well as the Beyond Shells living gallery of aquariums and over 50 species of marine life.

Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open from 10 a.m. to 5 p.m. daily. For more information, call 395-0900 or visit [www.shellmuseum.org](http://www.shellmuseum.org).



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## Beach Buckets Being Put To Use



Coastal Watch volunteers

photo provided

Coastal Watch reported that the buckets at the beach bucket stations are being used. Several volunteers have been monitoring and reporting the usage of the buckets over the past two months at the three bucket stations – Lighthouse Beach,

Tarpon Bay Road access and Bowman's Beach. Residents and visitors are taking advantage of this program and helping Coastal Watch keep the beaches clean.

More volunteers are needed to help monitor the stations. For information, email [coastalwatch@sccf.org](mailto:coastalwatch@sccf.org).

## Juried Show Is Back At BIG ARTS



Partly Cloudy, watercolor, by Shah Hadjebi

image provided

The BIG ARTS annual juried show opens on Friday, September 16 in the Dunham Family Gallery. A record number of submissions came in from artists around the globe as well as Sanibel and Captiva. Submissions were received from Africa to California. Each year, applications are posted on the BIG ARTS website.

"I was so pleased to see the wealth of artists that are attracted to BIG ARTS beautiful new gallery, and we are excited to bring this to our community," said Wilson McCray, the new BIG ARTS

gallery manager.

The exhibit is juried by the volunteer BIG ARTS Fine Arts Committee: Diane Olsson, chair; Deborah Butler; Bunny Ospa; Kathy Taylor; Annie Wainwright; and Peter Zell.

An artists reception will be held on Friday, October 7 from 5 to 7 p.m. with complimentary wine and cash bar. It is free and open to the public.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information and gallery hours, email [info@bigarts.org](mailto:info@bigarts.org), call 395-0900 or visit [www.bigarts.org](http://www.bigarts.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](http://ShellMuseum.org).

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

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

### FALL CLASSES

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

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

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

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

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

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Bailey-Matthews National Shell Museum  
Shell Of The Week

# The Juvenile Junonia

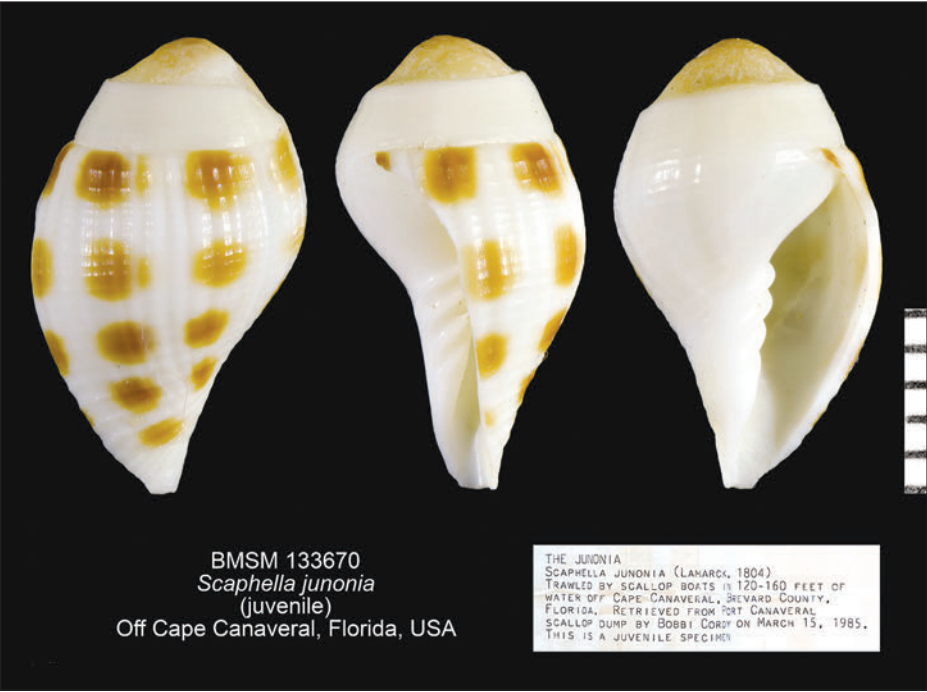


by José H. Leal, PhD, Science Director and Curator

This 12 mm (about 0.5 inch) *Scaphella junonia* already has the trademark brown spots that tipify the adult shells

of the species. The young shell, however, has a reticulated (net-like) surface sculpture that is absent from the adult shell. Read more about the Junonia at <https://tinyurl.com/a8dv8kkc>. Read more about mollusks and their shells at <https://shellmuseum.org/shell-guide> and <https://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).



Juvenile Junonia, *Scaphella junonia*, from off Cape Canaveral photo by José H. Leal

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

# American Legion Post 123

American Legion Post 123 is serving a Southern fried chicken dinner from noon to 8 p.m. this Sunday, September 18. All are welcome.



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 noon to 8 p.m. Bartenders and cooks are needed. Call for details.

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 seven days from noon to 8 p.m. For more information, call 472-9979.

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Australian pine trees photo courtesy SCCF

## The Cost Of Australian Pines

The Australian pine tree is an exotic and extremely invasive tree that is fairly common on Sanibel and throughout Southwest Florida. Although not part of the natural flora on the island, this upland tree is either loved, hated, or sometimes both by residents and visitors.

While driving across the causeway

to Sanibel, take notice of the tree line across the island. You will notice that most of the trees are around the same height. These are primarily the native trees that have adapted, due to tropical storms and hurricanes, to attain around the same height to minimize wind effects through safety in groupings.

The individual trees that rise above that tree line tend to be the non-native examples such as Australian pines and Norfolk pines, which are highly exposed and often take on the full force of winds during a storm.

"Groupings of trees fair better than individual trees during tropical storms," said Sanibel-Captiva Conservation Foundation (SCCF) Wildlife & Habitat Management Director Chris Lechowicz. "Large, heavy and shallow-rooted exotic trees such as the Australian pines tend to fall over with high winds and can cause a lot of damage to buildings, yards, and obstruct roadways."

As a habitat management practice, Australian pines are removed or killed in place on conservation lands to prevent their spread across the island. In areas where they occur, the leaves (needles) they drop form a dense layer (duff) that suffocates the ground by preventing native ground cover plants to grow.

"This is detrimental to uplands where gopher tortoises live because they shade out the ground and prevent grasses from growing, which are essential to this keystone species," said Lechowicz.

Often, small numbers of Australian

pinos are left in place on conservation lands, after they have been treated with herbicide, to allow the nesting of several types of birds including raptors. This is only implemented in areas where there will be no damage to human structures if they fall.

Although some private landowners like them because they provide shade on their properties, they are usually unaware of the negative and often expensive repercussions that could occur if they are left to grow to full size. Cutting down and disposing of a single tree can cost thousands of dollars, with the removal or grinding of the stump costing extra.

Some people hire a company to simply "top the tree" after several years, which involves cutting the upper part of the tree off, so it doesn't grow over their home. This is a cheaper option but will need to be repeated several years later if the tree is not treated with herbicide in place. Be aware, the wood of Australian pine becomes very hard (almost stone-like) after it is cut and left on the ground after a short amount of time. Once it is in this state, even chainsaws have a hard time cutting through it.

"It is highly recommended that any

young trees be removed or treated in place from private properties before they get too tall and expensive to deal with," Lechowicz said.✱

## Fish Caught



Grant Tucker

photo provided

Grant Tucker of Columbus, Indiana caught a snook and a redfish while fishing with Capt. Jimmy Burnsed out of Tween Waters Marina on Captiva recently.✱

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# Conserving The Horseshoe Crab

submitted by Elsa Wilson,  
SCCF Shorebird Intern

**H**ave you come across a horseshoe crab while walking on the beach? These strange looking creatures aren't the most charismatic critters, but they play a surprisingly crucial role in the natural world and in biomedicine.

Despite their name, horseshoe crabs are more closely related to spiders and scorpions than crustaceans – and they've been crawling on ocean floors for hundreds of millions of years. Since their features and genetics have remained virtually unchanged over this time, they're considered "living fossils."

During high tides in the spring and fall, horseshoe crabs come to shore to spawn. Each female creates a small egg chamber to lay her eggs (up to thousands) and then one or more males fertilize the eggs. The almost microscopic crabs hatch from the eggs after two weeks and spend the next 10 years growing and molting until they reach maturity. Horseshoe crabs can live up to 20 years.

Horseshoe crab eggs and the crabs themselves provide food for multiple species, most notably migrating shorebirds. Red knots, a medium-sized sandpiper, migrate between their breeding grounds in the Arctic tundra and their wintering grounds in South America twice a year during spring and summer.



From left, Aaron White, Avery Renshaw, Audrey Albrecht and Elsa Wilson with a variety of horseshoe crab specimens

Their journey is about 9,000 miles long, making it one of the longest migration paths of any bird species in the world. When horseshoe crabs in the northeast began to be overharvested in the 1990s, red knot populations began dropping at an alarming rate. Scientists figured out that the eggs were essential for red knot survival during migration, especially at major stopover sites like Delaware Bay. Without horseshoe crab eggs, red knots run out of energy and can starve to death.

Horseshoe crabs not only help shorebirds survive – they also help

humans. Horseshoe crab blood contains something called Limulus amoebocyte lysate (LAL), which is used to test for sterility in medications, needles and biomedical devices. In the presence of bacteria, LAL coagulates, serving as an indicator to the presence of bacteria. If you've ever taken medicine, gotten a vaccine or had an implant, horseshoe crabs played a big role in ensuring your safety and health.

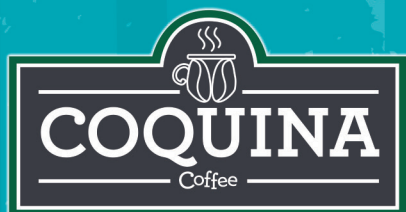
The Atlantic States Marine Fisheries Commission (ASMFC) has protections in place to ensure that the harvest of east coast populations remain at a sustainable

number. Gulf Coast horseshoe crabs are not protected by the ASMFC, so they are of special conservation interest.

On August 19, Sanibel-Captiva Conservation Foundation (SCCF) staff and partners from the U.S. Fish and Wildlife Service and other organizations attended a training session hosted by Florida Horseshoe Crab Watch (FHSCW), a partnership between the Fish and Wildlife Research Institute and University of Florida. The main goal of FHSCW is to learn more about the Florida horseshoe crab by training volunteers to assist biologists in surveying, tagging and re-sighting crabs. Not much is known about the status of Florida horseshoe crabs, and citizen science has proven to be an effective way to learn more.

Since 2015, data collected by biologists and volunteers has helped the Florida Fish and Wildlife Commission learn more about horseshoe crab populations, which has led to increased protections. While other horseshoe crab populations, such as those in the northeast U.S., are known for massive spawning events in the late spring, Southwest Florida horseshoe crabs may behave differently, coming to shore at different tides or moon stages, and in much smaller numbers.

To help researchers better understand Southwest Florida horseshoe crab populations, report horseshoe crab sightings, especially spawning crabs, by downloading the FWC Reporter app for Apple phones or go online to [www.myfwc.com](http://www.myfwc.com).



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## Sad Situation Leads To A Happy Ending



by Allison  
Havill Todd

Once upon a time, there was a man who lived alone on Sanibel Island. People would describe him as reclusive since he didn't have any friends or family, and kept to himself. He lived in a very humble home in a quiet neighborhood, and nobody saw him very much – except when he walked his dog. Although he may have been thought of as a loner, he enjoyed the loyal friendship of his doting golden retriever named Ginger, and they were constant companions.

Recently, Ginger lost her owner. Thanks to the attention of a postal carrier who noticed that the man's mail had been gathering in his mailbox for two days, it was discovered that the man had passed away in his home. Ginger had been alone in the house for a couple of days, confused and scared. The police were alerted but had been unable to contact any family or friends of the homeowner. Fortunately, a kind neighbor, who had been unaware of the man's



Ginger in her temporary foster home

photo by Allison Havill Todd

death, was outside when they saw the police loading the dog into the back of their car to take it to a shelter. This caring neighbor, who had seen the man walking his dog every day, insisted on taking the animal to her home temporarily. She and her husband had just gotten a puppy of their own and were unable to keep the dog but couldn't bear the idea of Ginger going to a shelter where she would be even more scared and confused.

Though Ginger had been dearly loved by her prior owner, her grooming had been neglected. Her coat was quite matted and her nails had grown so long,



Steve and Lena Brown with Domino and Ginger

photo provided

they were curling under. The neighbor bathed Ginger, cut the matted tangles out of her hair, trimmed her toenails and brushed her over and over until her silky, golden locks were restored to their natural beauty. Having been alone for at least two days, Ginger was starving and thirsty. She voraciously scarfed down all the food and lapped up all the water the kind neighbor provided until she was sated.

She spent the night in this safe home but started crying and shaking when the neighbor took her for a walk, and they inadvertently passed in front of the house

where Ginger had lived with the man for several years. Knowing even Ginger's calm and gentle temperament would be tested with a young puppy in the house, the neighbor knew it was best to find a good home for this sweet dog that was calmer and not right next door to where her owner had died.

A picture and a message were posted on Facebook where another dog loving island resident saw the cry for help and offered a safe haven for Ginger. A meeting was arranged to introduce her to this resident's two other large dogs and all went well. Ginger went to stay with them in what was thought to become a permanent home. This was all a lot of change for the confused golden. She was used to living alone with just the man, without other pets or people, and she was understandably very anxious.

After spending the night in this home, it came to these folk's attention that another couple had learned about Ginger's need for a new home. They had just lost their beloved golden retriever a few months prior and had been looking for another one from local rescue groups, with no success. They were devastated when they learned that Ginger had already gone to another family as they wanted so very much to meet her.

After some discussion between the original neighbor who saved Ginger from going to a shelter and the other people willing to take her in, it was decided it was in the best interest of all involved for Ginger to go live with the couple who did

continued on page 20

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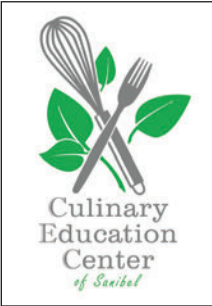
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The Community House

# Turnips and Rutabagas



by Chef John Wolff

The turnip is a delicious vegetable that is a member of the Brassicaceae family, which includes Brussel sprouts, broccoli, cabbage and cauliflower. Turnips have a sweet, peppery, radish-like taste and are used in soups, stews and casseroles. The leaves are delicious as well. They taste like mustard greens and can be cooked like spinach, used fresh in salads or juiced. Turnips were first cultivated during 15th century BC in India. They were grown for their seeds, which were used to make oil. Turnips were a staple food source for ancient Greeks and Romans. They also used the vegetable for animal feed. Rutabagas are also known as yellow turnips, “neeps” and Swedish turnips

or “Swedes.” Many call them “the ugly vegetable I don’t know how to cook.” Rutabagas are a hybrid vegetable. They are a cross between turnips and cabbage and they have a slightly sweeter taste than the turnip. They were first found growing wild in Sweden around the 1620s and then later cultivated throughout Scandinavia. Rutabagas reached North America around 1817 where they were first grown in Illinois. Turnip and rutabagas are rich in dietary fibers, vitamins C, B6 and potassium. The leaves of the plants have more nutritional value than the roots. The leaves contain vitamins B6, E, K, A and C. They also contain calcium, copper, iron and manganese. Here is an interesting recipe to try. Okay, stay with me here. I don’t usually preface my recipe in these articles but I wanted to make a few points before you got to the word “prune.” Yes, this gratin recipe contains prunes! This isn’t as crazy as it sounds. Sweet and savory are always interesting together. The one enhances the other and keeps every bite interesting, and prevents the dish from becoming one dimensional. The recipe was inspired by an old French recipe that I got from a chef/colleague who had remembered his French grandmother making something similar. The prunes melt into the middle layer of this gratin and absorb the cream so that their flavor leans more into a subtle, caramelized sweetness, like a well-browned onion, instead of something fruity. This version of a classic gratin

goes brilliantly with pretty much anything but pairs exceptionally well with pork or lamb. It is one of those dishes that

surprises people in the most wonderful way, and I usually don’t even mention the prunes until someone asks.

## Turnip And Rutabaga Gratin With Prunes

- 2 ½ lbs. each of turnips and rutabagas, (5 lbs. total), peeled and sliced thin on a mandolin (do not rinse)
- 2 leeks, white and light green, washed well and chopped
- 2 scallions, white and green, chopped
- 2 tbsp. chopped flat leaf parsley
- 2 cups half and half
- 3 cups cream
- 1 clove garlic, halved
- Nutmeg
- Salt and pepper
- 1 cup prunes, quartered
- 1 stick unsalted butter, softened
- Salt and pepper, to taste
- Heat oven to 350°F.
- Butter the dish liberally with 2 tbsp. of the butter.
- Sauté the leeks and scallions in 4 tbsp. of the butter until soft but not browned. Set aside.
- Put the turnips and rutabagas in a large pot and add the half and half and the cream, the cut garlic clove, and a good grating of nutmeg. Bring to a

simmer and cook 5 minutes until the liquid is slightly thickened and the turnips and rutabagas become flexible but not cooked through. Ladle half of the turnip/rutabaga mixture into the gratin dish, followed by the leek and scallions and sprinkle the prunes evenly over the top, and then the parsley. Add the rest of the turnip/rutabaga mixture. Fill with cream and half and half mixture just to the level of the top of the vegetables. Discard the rest or save for soup. Dot the top of the dish with remaining butter and bake 40 minutes to 1 hour. Cook until well browned and softened all the way through. The dish should be creamy and thick, not soupy. You can hold in a 200°F oven nearly indefinitely before serving. 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.\*

From page 19

## Happy Ending

not already have two big dogs, where she could be the center of attention. They live in a beautiful home on the beach where they would walk their previous dog every day with a group of other dog owners and their pets, called “the pack.” When they met Ginger, it was love at first sight. They adored her and were committed to welcoming her as part of their family. Ginger settled in right away with them and will undoubtedly spend the rest of her years in a loving home. The moral of the story? It is amazing to see how this small island community

pulls together to help in times of crisis, even for a stranger! A group of caring individuals, whose paths had not previously crossed, helped turn a very sad situation into a true story with a happy ending. Something tells me that Ginger’s original owner is smiling down on her right now, and he can rest knowing that she is right where she is supposed to be. Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she’s not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggiemom and facebook.com/thedoggiemom.\*

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## New Education Intern At Refuge

**B**ecca Parker joined the team at JN "Ding" Darling National Wildlife Refuge recently, thanks to funding through "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). Parker fills the role of education intern for the refuge's WoW (Wildlife on Wheels) mobile classroom and other educational programs this school year.



Becca Parker

Born in Mullica Hill, New Jersey, Parker was teaching at a Quaker school in her hometown before arriving here in August. She graduated from Mount Holyoke College in South Hadley, Massachusetts in December as an environmental studies major with a concentration in geosciences.

"Becca brings some language and strong science skills to the position and is already a great asset," said "Ding" Darling Urban Education Leader Melissa Maher. "Our first priority with WoW

outreach is to travel to Title 1 schools and other venues where kids and adults don't have the opportunity to visit the refuge."

"I am particularly looking forward to working with children," said Parker. "The curiosity and earnest nature of young people is so inspiring; I often feel that they have more to teach me than I could possibly teach them. I hope I can teach these kids more about nature and the beauty that surrounds them as this may help to influence their passions and priorities as they continue to learn and grow as people."

A first-timer to Florida, Parker is already appreciating the change in climate and habitat. "I am really loving Sanibel," she said. "I've found the warm weather, beautiful scenery, wildlife and sunshine make me feel so happy. I could really see myself living in Florida long term. I love all the plants and animals I can see here at the refuge, and I am really touched by how welcoming and friendly everyone is."

DDWS provides living stipends and other benefits for about a dozen interns each year. For more information on internships or supporting the program, contact Sierra Hoisington, DDWS associate executive director, at 472-1100 ext. 233. For information on DDWS, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org).

## More Supporters For Sold-Out Party



James Evans and Colin Heard

photos provided

**T**he Watch Party, a fundraiser supporting the Sanibel-Captiva Conservation Foundation (SCCF) community-based marine conservation and volunteer program Coastal Watch, is now sold out.

SCCF has many supporting partners for The Watch Party, including longtime supporters Doc Ford's Rum Bar & Grille and Island Inn, which were named Watch Sponsors.

"Doc Ford's and the Island Inn are no strangers to our conservation efforts. Doc Ford's Rum Bar & Grille has long supported SCCF's mission-driven work. This summer, the Island Inn enlisted its guests to collect and grow mangrove propagules that will be planted at SCCF Coastal Watch restoration sites," said James Evans, CEO of SCCF. "We're proud to continue our strong relationship with these conservation-minded



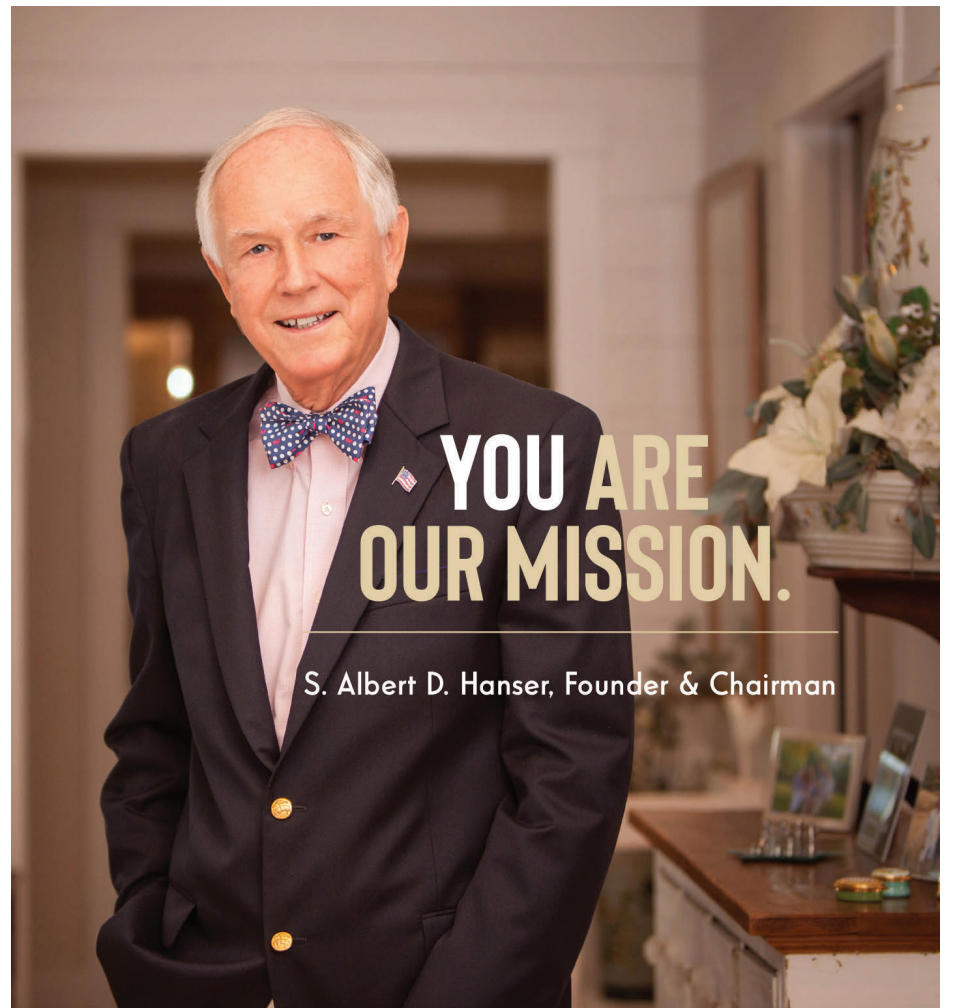
From left, Kealy McNeal, Chris Davison, and James Evans

businesses."

Five additional local businesses and community members were named Watch Sponsors including South Seas Island Resort, Bailey's General Store, Superior Title Services of Sanibel, the Gaudreau Family, and Pete and Kriss Squibb.

You don't have to attend The Watch Party to support marine conservation. You can purchase tickets for a chance to win the 50/50 drawing or the drawing for a custom piece of mangrove-inspired jewelry designed and donated by Congress Jewelers. Enter the drawing by clicking "Tickets" at [coastalwatchparty.eventbrite.com](http://coastalwatchparty.eventbrite.com).

The Watch Party will be held on Friday, September 30 from 5:30 to 9 p.m. at Sanibel Sea School, featuring live music from Uproot Hootenanny, a shrimp boil, craft beer and wine, and a casting competition.



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Shell Crafting

Shell Mirror



by Anne Joffe

These are general directions and can be used to make any type of shell mirror. They come in all sizes and shapes. The masonite pre-cut frames work very well and are light to

hang. You may choose a collage look or a repeat pattern. Mirrors should be made to suit your personal taste. Here's what you'll need:

- Materials
- 1 mirror and frame, any size or shape; some people paint the frames
- Shells
- Acrylic spray glaze
- Directions

Select the shells you will use. Broken or chipped shells can certainly be used. Always begin by covering the connecting part – that is where the mirror and masonite frame meet. Do not let any of the frame show here. It doesn't make any difference if you use all the same shells or different ones. Also, be sure to cover the outside edge with small shells to give it a finished look.

Glue the first layer of shells to the frame. Use the broken ones here. Always put the glue on the shell, not on the



Shell Mirror photo by Anne Joffe

frame. These should be placed flat onto the frame, not touching, but side by side. Add the next layer of shells by fitting them together as a jigsaw puzzle. Here you can hide the flaws of the shells. By fitting them together, you will get a nice beveled look. Do not worry if you get glue on the mirror itself. A cotton swab soaked in nail polish remover will take it off your hands as well as the mirror, if you are using a craft glue. Continue to build up by gluing shells, touching each other so that none of the frame shows through. Add finishing touches such as tiny shells, seahorses, small sand dollars, sea whips, etc. Cover the mirror portion with paper towels and spray shells. One coat is usually enough. If you get spray acrylic on

the glass mirror, use cotton swab method to remove. 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.\*



ReadingPals volunteer Betsy Stewart helping a student photo provided

Volunteers Needed For Reading Program

United Way of Lee, Hendry, and Glades is recruiting volunteers for the United Way ReadingPals program to read with prekindergarten to second graders at 12 school sites in Lee County. ReadingPals offers volunteers an opportunity to build meaningful relationships with young children, while helping them improve their social-emotional development and early literacy skills. The program provides mentors to positively influence students' understanding of the fundamental building blocks of reading. Children who are read to are more likely to become good readers. Children who read at grade level by the third grade are four times more likely to graduate from high school. Volunteers commit to one hour a week during the week and throughout

the school year. A short training period will provide all the necessary tools and materials. Volunteers are needed at the following participating sites: Bonita Springs Elementary, Colonial Elementary, Edgewood Academy, Franklin Park Elementary, J. Colin English Elementary, New Horizons Estero, Pinewoods Elementary, Villas Elementary and all Lee Health Medical Child Development Centers – Cape, Gulf Coast, HealthPark and Lee. The program is supported by the Children's Movement of Florida in 15 United Ways. To learn more, contact Nancy Coker at nancyc@unitedwaylee.org or 433-7544. To register, go to www.unitedwaylee.org/readingpals. In addition to raising funds for human service organizations in the community, United Way promotes partnerships and collaborations among agencies and initiatives. Helping them work together focusing on issues and solutions that continue to improve lives. For more information, call United Way at 433-7544 or visit www.unitedwaylee.org.\*

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 1 large cucumber, diced small  
 2 tablespoons fresh dill, chopped  
 fine  
 1 lime, juiced  
 Sea salt and fresh ground pepper, to taste  
 Combine all ingredients and thoroughly mix. Cover and refrigerate for 30 minutes before serving.\*



Avocado, Corn and Cucumber Salad

photo courtesy Fresh From Florida

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Book Review

The Last House On The Street



by Di Saggau  
**T**he Last House on the Street by Diane Chamberlain is a historical fiction set in the deep south during the mid 1960s as the civil rights movement is growing. The novel

switches between two points of view, Ellie in 1965 and Kayla in 2010. Kayla Carter is a recently widowed mother of a 4-year-old daughter. While building their dream home, her husband dies in an accident. She wrestles with moving into the house where her husband died but also feels obligated to fulfill their dream. When mysterious people and happenings seem determined to keep her away, she starts looking for answers. When she is confronted by an odd, older woman telling her not to move in, she feels the woman has a connection not just to the area but to Kayla herself. Her new neighbor, Ellie Hockley, is more welcoming, but she too has secrets that stretch back almost 50 years. Further complicating things, she discovers that Kayla is the daughter of

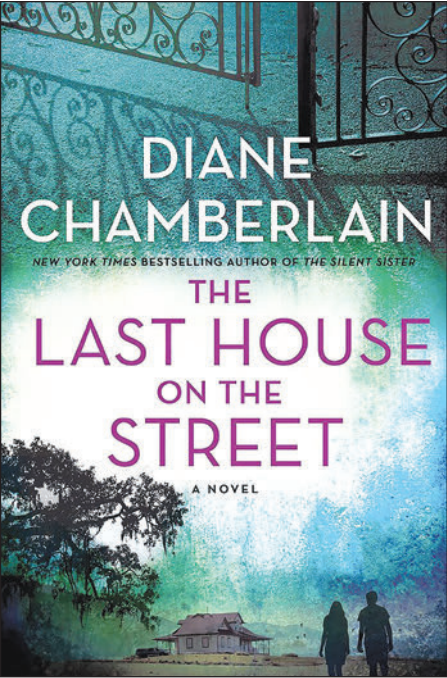


image provided

Reed, the beau she forsook for the civil rights movement. The plot gets complicated with well-meaning whites endangering black people and a kudzu-choked forest, complete with a treehouse, a murky pond and an ominous clearing, making for a coverup that compromises even the most irreproachable characters. A community's past sins rise to the surface when two women, a generation apart, find themselves bound by tragedy

and an unsolved, decades-old mystery. Two women. Two stories. Both are on a collision course with the truth. The Last House on the Street is a powerful novel about the search for justice.✪

School Smart



by Shelley M. Gregg, NCSP  
**D**ear Shelley, I'm having such a hard time getting my kids to share anything about their days at school. I know they're tired and want to chill but I would like to know more of how their day has been. Do you have any suggestions of how to get them to share a few pieces of their day?  
Celia R., Cape Coral, FL

**Celia,**  
You are not alone in wanting to know how your children enjoyed or didn't enjoy school every day. It's an age-old problem that increases with difficulty as kids become older. Just asking, "How was your day?" generally gets a one-word answer that tells you very little. Kids typically clam up as they get older. Some see the daily questions as an invasion of privacy, some think their parents don't trust them or think they are capable. Often kids want to be in control of the conversation, have it on their terms and schedule. Keeping communication open as your child becomes a teen is crucial. Remember, communication can take many forms, conversation for sure, but texts, emails, phone calls, good night notes slipped under their door and even notes tucked into their lunch are great ways to send supportive messages to your children. The best place for face-to-face conversation is where you can talk without interruptions from phones, TVs etc. and it could be in the car, at the dinner table or taking a walk together. Most kids expect to be asked about their day. And while they expect it, it might be fun to change up some of the same old questions that we ask of our kids daily and give them a reason to chat.

Here are some sample questions to replace "How was school today?" My guess is that these questions will elicit a smile, maybe some laughter and some discussion. If you see a positive response to this type of quirky questioning, then you might want to come up with your own quirky questions so you can keep that conversational ball "rolling."  
Questions to replace "How was school today?"  
What was the craziest thing that happened at school today?  
Which one of your teachers would survive a zombie apocalypse and why?  
Who made you smile today?  
What new fact did you learn today?  
Who brought the best food for lunch today? What was it?  
What was the nicest thing you did

for someone today?  
What was the nicest thing someone did for you today?  
What was the most boring thing you did today? Why?  
What was the most exciting thing you did today?  
Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.✪

Poetry Corner



by Jim Weyant  
**Dead Certain Rap**  
The sun rises.  
Nature surprises.  
Nothing's as appears.  
Governed by our fears.  
People conceal.  
The eyes reveal.

Evil persists.  
Goodness exists.  
Malevolence hides.  
Kindness abides.  
Laughter cures.  
Love endures.  
Intolerance wrong,  
same old song.  
There's no meritocracy.  
Equal rights hypocrisy.  
Social media captivates.  
Privacy evaporates.  
Lobbyists winning.  
Democracy dimming.  
Power concentrated.  
Oligarchs elated.  
Very Orwell  
How Rome fell.  
Tomorrow will come,  
but only for some.  
The mighty need fall.  
Justice for all.

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

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Richard Finkel with students and faculty at The Sanibel School

photo provided

## Mangrove Project Part Of Science Studies

Sanibel-Captiva Conservation Foundation (SCCF) Environmental Educator Richard Finkel initiated a year-long mangrove study and planting project with eighth graders at The Sanibel School. Over the past month, students have collected red mangrove propagules found washed up along local shorelines,

and recently potted 200 of these seedlings in one-gallon containers.

"Mangrove seeds germinate while they are still on the tree, a process known as vivipary, which gives them a head start in the growing process over traditional fallen seeds," Finkel said.

Students will monitor mangrove growth in different salinity concentrations, soil substrates and amounts of sunlight, and conduct research studies. They will then have the opportunity to present the results of their research to biologists at SCCF's Marine Laboratory. At the end

of the school year, they will take part in a community planting project with SCCF's Coastal Watch group, which has been restoring multiple mangrove habitats across Sanibel and Pine Island Sound.

"With these mangroves, students will

help stabilize our shorelines, provide vital habitat for marine life, and increase the functioning of our back bay estuary as a nursery and natural filter," Finkel said. "And they'll learn about environmental science along the way."✱

## Business Women Challenge Kiwanis



From left, Tom Uhler, Taylor Osborne and Dick Muench

photo provided

Taylor Osborne, president of SanCap Business Women's Association (SCBWA), was a recent speaker at the weekly Sanibel-Captiva Kiwanis meeting. She spoke about the mission of SCBWA, which is empowering women and helping advance the careers of

women on Sanibel and Captiva.

SCBWA has challenged the Kiwanis club to a corn hole tournament, with all proceeds going to charity. The tournament will be held on Tuesday, October 11 at Blue Giraffe 2 at Beachview Estates. Stay tuned.✱

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# Get Your Library Card And You May Win A Prize

September is Library Card Sign-Up Month and staff members are encouraging everyone to sign up for a Sanibel Public Library Card. Your library card gives you access to books, magazines, ebooks, music, databases, online tutoring, streaming movies, computer/Internet access, mobile WiFi hotspots, birdwatching kits and GoPro cameras. Library cards are available to all residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID) to staff, showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year. Sign up for a library card and you could be a winner of a gift tote bag filled with goodies. Winners will be announced



Kelly Young was one of the Book Bingo winners photos provided in October.

This summer, the library hosted a Book Bingo challenge for adults. Participants were challenged to read



Merriam and Bobbe Kern won gifts during Library Card Sign-Up Month

books in different categories. Reference and Archives Librarian Beth Jarrell said, "Sanibel Public Library was delighted to have members of the community participate in the first ever Summer Book Bingo. Readers had a chance to dive into materials they maybe wouldn't have picked up before and had the chance to explore ebook resources like Libby and Hoopla. Many participants remarked that Book Bingo helped them discover their new favorite author." Winners of Book Bingo include Heather Orr and Kelly Young.

Library Card Sign-Up Month first started in 1987 as a response to then Secretary of Education William Bennett, who said, "Let's have a campaign... Every child should obtain a library card and use it." The following year, September was declared Library Card Sign-Up Month. Since then, thousands of public libraries and schools have participated every fall, stressing that a library card is a child's most important school supply.

Family Storytime (for children ages 5 and under) is held on Wednesdays and Thursdays at 10 a.m. Parents and

caregivers should plan to be engaged with their child for this program. The storytime portion is approximately 20 minutes followed by play and craft centers.

Crafternoon Crew starts with a story and moves into arts and crafts. It is designed for children in kindergarten through sixth grade. Bring a covered drink and snack to the program, which starts at 3 p.m. on Thursdays.

With support from Sanibel Public Library Foundation, virtual author talks are offered featuring bestselling authors and thought leaders. The next talk in the series will be with British-American writer, journalist and adventurer Simon Winchester on Tuesday, September 20 at 2 p.m. Winchester is a bestselling author with more than 30 titles, including *The Professor and the Madman*, *Pacific*, *The Perfectionists* and, most recently, *Land: How the Hunger for Ownership Shaped the Modern World*.

Winchester has received numerous honors throughout his career. In 2006, he was made an officer of the Order of the British Empire by Her Majesty the Queen. A Q&A session with the author will follow the talk. Register online at [www.sanlib.org](http://www.sanlib.org). You will receive an emailed link to log in. If you need to borrow a mobile WiFi hotspot or if you need help setting up or logging in, email [ntices@sanlib.org](mailto:ntices@sanlib.org) or call 472-2483.

Pulitzer Prize finalist and PEN/Faulkner Award-winner Hernan Diaz, author of *In the Distance* and *Trust*, will speak on Tuesday, September 27 at 4 p.m. Register at [www.sanlib.org](http://www.sanlib.org).

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

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

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



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## Resort Stay Top Prize For Ball Drop

Keep Lee County Beautiful, Inc. (KLCB) will offer a five-day, four-night stay at South Seas Island Resort as its winning prize for a golf ball drop fundraiser. The ball drop will take place during the 32nd annual GO GREEN Golf Tournament at The Plantation Golf & Country Club on Friday, October 21.

The tournament, organized by an all-volunteer board of directors, is KLCB's largest fundraiser. The sold-out 2021 tournament was the most profitable ever for KLCB with a net profit just shy of \$40,000. This year, KLCB hopes to raise even more for a new initiative called Growing Community Roots – a program putting agriculture back into schools. The program sees high school students caring for native trees on their campuses. When the trees reach maturity, they are used in KLCB beautification projects and/or sold to raise funds for the school and KLCB.

The ball drop is offered to golfers and non-golfers alike. Winners do not have

to be present. Cost is \$20 per ball or six balls for \$100. Visit [https://bit.ly/KLCB\\_Balldrop](https://bit.ly/KLCB_Balldrop) to purchase your ball for a chance to win.

The Plantation Golf & Country Club is located at 10500 Dartington Drive in Fort Myers. For more information, call 334-3488 or visit [www.klcb.org](http://www.klcb.org).

## Top 10 Books On The Island

1. *Flying Solo* by Linda Holmes
  2. *Verity* by Colleen Hoover
  3. *Something's Cooking in Chianti* by Jennifer Schiff
  4. *Mermaid Confidential* by Tim Dorsey
  5. *Book Lovers* by Emily Henry
  6. *The Forest of Vanishing Stars* by Kristin Harmel
  7. *Need to Know* by Karen Cleveland
  8. *The Risk* by Elle Kennedy
  9. *The Songbirds* by Christy Lefteri
  10. *Where the Crawdads Sing* by Delia Owens
- Courtesy MacIntosh Books and Paper.✱



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- Unique Property, 125' Water Frontage
- \$15,500,000** **MLS# 222021059**

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### CAPTIVA ISLAND



#### 16151 CAPTIVA DR., CAPTIVA

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#### 16512 CAPTIVA DR., CAPTIVA

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- 100'+ of Frontage on Gold Coast
- \$11,995,000** **MLS# 222057371**

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#### 6680 DANIEL CT., FORT MYERS

- Modern 5,600+ S.F., 4 BR, 4.2 BA
- Stunning Open Concept Remodel
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### SEASPRAY



#### 1318 SEASPRAY LN., SANIBEL

- Spectacular Gulf Location, Boardwalk Beach Path
- 5 BR, 3.5 BA, Wonderful Beach Home
- \$4,295,000** **MLS# 222029828**

Trevor Nette 239.281.4435

### CAPTIVA GULF FRONT



#### 16163 CAPTIVA DR., CAPTIVA

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- Peaceful Vintage Island Getaway
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### CAPTIVA VILLAGE



#### 11505 GORE LN., CAPTIVA

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#### 1501 MIDDLE GULF DR. #F403, SANIBEL

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- Turnkey, Great Rental Opportunity
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#### 749 CARDIUM ST., SANIBEL

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- Walk to Beach, Easy Bike Path Access
- \$1,179,000** **MLS# 222049350**

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### BEACHVIEW CC ESTATES



#### 1283 PAR VIEW DR., SANIBEL

- Beautifully Updated Near Beach Home
- Great Room w/Vaulted Ceiling, Plank Floors
- \$1,149,000** **MLS# 222050588**

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#### 9476 BALSAL CT., SANIBEL

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- Pool/Spa, PV Solar Electric
- \$1,135,000** **MLS# 222024499**

David Liebetrau 239.472.7748

### CARDINAL RIDGE



#### 3005 TURTLE GAIT LN., SANIBEL

- Beautiful, Cleared 1.17 Acre Lot
- 5 Minute Walk to Beach
- \$995,000** **MLS# 222023861**

Maureen Ahmed 239.839.7250

### SUNDIAL OF SANIBEL

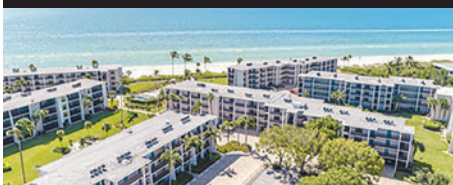


#### 1501 MIDDLE GULF DR. #C310, SANIBEL

- Fantastic Gulf of Mexico View
- Updated, New Appliances, Screened Lanai
- \$875,000** **MLS# 222051563**

Fred Newman & Vicki Panico 239.826.2704

### SUNDIAL OF SANIBEL



#### 1501 MIDDLE GULF DR. #C209, SANIBEL

- Updated 1 BR, 1 BA w/Gulf Views
- Rental Income Already in Place
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### MARINA BAY



#### 11546 MEADOWRUN CIR., FT. MYERS

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- Upgrades Galore, Upstairs Loft
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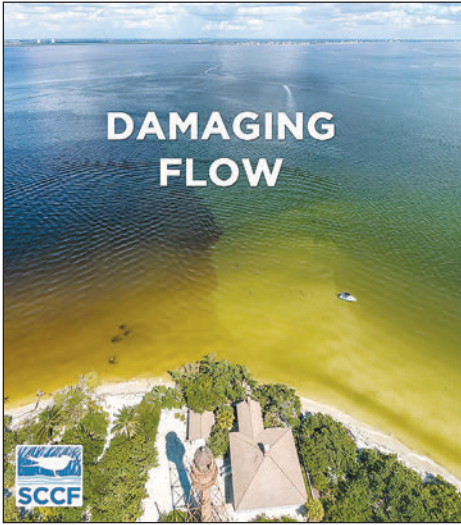


# Policy Statement: LOSOM

submitted by Matt DePaolis, SCCF  
Environmental Policy Director

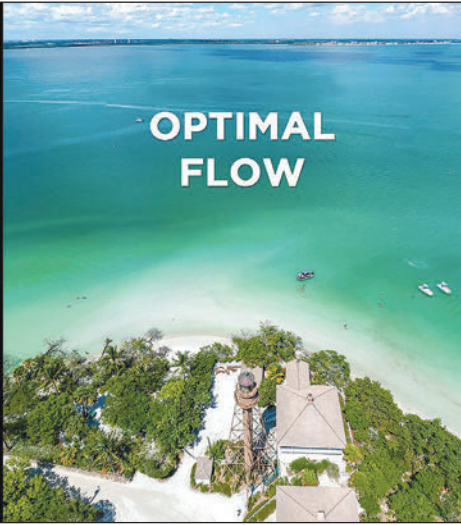
As Sanibel-Captiva Conservation Foundation (SCCF) continues to evaluate the Lake Okeechobee System Operating Manual (LOSOM) Draft Environmental Impact Statement from the U.S. Army Corps of Engineers, we have found a clear benefit for the Caloosahatchee Estuary. Admittedly, the preferred alternative under LOSOM is not perfect. However, we believe that it is the most equitable solution for the needs of all stakeholders reliant on water within the system. If the preferred alternative is adopted, the Caloosahatchee will see an increase in beneficial flows, a substantial decrease in stressful and damaging flows, and an increase in extreme flows. With such a dense document, our staff wants to clarify some of the modeling contained within the plan and help interested parties digest the data.

Under the preferred alternative, the Northern estuaries will receive a lower total volume of water. The Caloosahatchee Estuary (CRE) will see



Two aerial views of differing flows

a four percent decrease of total release volume, and the St. Lucie Estuary (SLE) will experience a 40 percent decrease. While at first glance this may seem like a discrepancy, it reflects the different needs of the two estuaries. The goal of the SLE stakeholders is to aim for no water releases, while the CRE requires minimum flows to protect the health of the estuary. If the Caloosahatchee were to see a 40 percent drop in volume



photos courtesy SCCF

released, it would have a negative impact on our estuary, as the salinity would increase to stressful levels for oysters, tapegrass, seagrass and other estuarine species.

The nuance of the preferred alternative lies in how and when water releases are distributed. In the CRE, just as too little water can cause damage, too much water will also compound stress on the environment. The LOSOM plan aims to have as many release events in the “optimal flow” range of 750 to 2100 cubic feet per second (cfs) as possible. It achieves this by reducing the amount of time the CRE experiences “stressful” and “damaging” ranges of 2100 to 2600 cfs and 2600 to 6500 cfs, respectively. Overall, the CRE will see a 23 percent increase in optimal events compared to the current release schedule, and the SLE will see an increase of five percent. Stressful and damaging flows for the CRE will decrease by 64 percent and 57 percent, respectively, and by 79 percent and 72 percent for the SLE. By structuring the releases in such a way, the estuaries will see a large increase in optimal flows. However, there remains a certain amount of water that will need to be released to the northern estuaries.

In order to limit the amount of stressful and damaging flows, and maximize the amount of optimal flows, a trade-off is required. To be able to release the necessary amount of water from the system, there must be an increase in “extreme” flows of over 6500 cfs for

the CRE and 3500 cfs for the SLE. The proposed plan will increase these extreme flow events by 21 percent (from 57 to 72 over the 53-year period assessed) for the CRE and by (from 162 to 164) for the SLE. Through their modeling efforts, our scientists believe that this distribution is the most effective way to protect the health of our estuaries within LOSOM. We believe that it is better for the water quality of the estuary, the environment, and our way of life in coastal Florida to maintain optimal flows and the best water quality for as long as possible. The current plan will send extreme flows of water to the estuaries all at once. This will allow the lake to return to a safe level quicker, lessen the time that the estuaries are experiencing flows that are above optimal, and allow the estuaries to return to safe levels of releases. The other option evaluated was to lower extreme flows and increase the amounts of stressful and damaging flows throughout the wet season. Overall, we found that the consistent, lower water quality would be more damaging to the system than shorter, more stressful bursts. Restricting flows above optimal to only the most extreme will be like ripping a band-aid off to return the lake to a safe level, rather than slowly and painfully peeling off the adhesive.

While we at SCCF believe that the proposed management plan presents the best option under the current restraints, it is by no means perfect. There will be days where we see dark water, and our environment will suffer. We are hopeful that the operational flexibility within the plan will allow the Army Corps to synthesize new research into creative mitigation strategies for downstream environments. For instance, a recent study suggests that “pulsing” extreme flows so the salinity of the estuary is not at 0 for more than ~six days could greatly reduce oyster mortality. While this would increase the number of extreme events and potentially increase the days the Caloosahatchee is experiencing flows >6500 cfs, if it protects the ecosystems, it’s worth exploring. After years of work, SCCF believes that the current iteration of LOSOM is equitable to all stakeholders, a step up for the environment over the current schedule, and the best plan we are going to get unless our natural systems are prioritized over permitted water users.\*



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## ISLAND SUN BUSINESS NEWSMAKERS

## Royal Shell Real Estate



McMurray and Members

The top producers for August at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray and Members; top listing producers team; Tracy Walters, top listing producer individual/partners; McMurray and Members; top sales producers team; and Brian Murty, top sales producer individual/partners.✱



Tracy Walters



Brian Murty

## CROW Team Member Earns Master's Degree

Breanna Frankel, wildlife rehabilitation manager at Clinic for the Rehabilitation of Wildlife (CROW), earned her master of science degree in wildlife ecology and conservation, with a concentration in wildlife forensic sciences and conservation, from University of Florida.

Frankel, a core part of CROW's rehabilitation team, has been working towards her master's degree for the past two years while working full time. "To take on graduate level classes and work full time is a balancing act, but it is all worth it to do something I love," said Frankel.

Frankel's accomplishments and dedication are not surprising to her CROW team members. "Breanna's continued growth in the field further strengthens the positive impact she and members of the CROW team strive to achieve through our mission. We are proud of her unwavering dedication



Breanna Frankel

and compassion for our patients and celebrate this major achievement in her career," said Dr. Robin Bast, CROW staff veterinarian.

Prior to joining CROW, Frankel spent time studying wildlife conservation in South Africa on a big game preserve and worked with domestic animals at a small veterinary medicine practice. Her experience in South Africa illuminated the challenges wildlife face and sparked her passion for conservation.

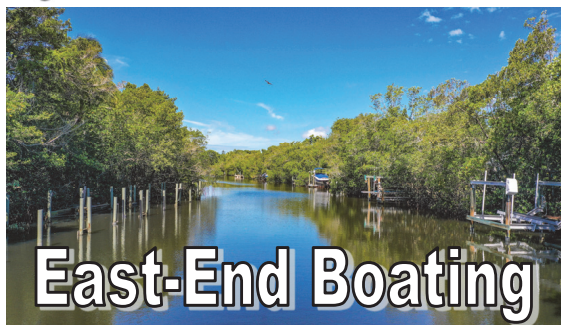
"Conservation is crucial in the big picture; it is bigger than CROW and it is bigger than any one entity," said Frankel. "If we can educate about the importance of conservation, keeping wildlife wild and the importance of peaceful cohabitation with wildlife, my hope is we can continue to grow our organization in name and size. Gaining this degree not only furthers my own personal growth and development, but also enriches the lives of those I work with."✱

## Support Group

PFLAG virtual support groups, sponsored by Visuality, Inc., are offered on the third Monday of each month from 6:30 to 8 p.m. via Zoom. PFLAG is the largest organization for lesbian, gay, bisexual, transgender and queer (LGBTQ+) people. For more information, visit [www.visibilityswfl.org](http://www.visibilityswfl.org), email [visibilityfloridainc@gmail.com](mailto:visibilityfloridainc@gmail.com) or follow PFLAG Fort Myers on Facebook.✱



Sanibel is more desirable than ever — tropical weather, laid-back lifestyle, pro-conservation, blue ribbon school. Local MLS 9/9/22 shows just 26 condos, 27 homes, & 5 lots for sale here. If you see one you like, buy it. There is no guarantee on tomorrow!



## East-End Boating

**931 S Yachtsman Dr, Sanibel Estates**

Vacation-ready 4-bedrm pool home with dock & lift. Well maintained, established Income-producer near-beach. \$1,895,000



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

The SanibelSusan Team:  
Susan Andrews Realtor Broker  
David Anderson Realtor  
Lisa Murty Realtor







Greeting customers at The Cedar Chest Fine Jewelry are staff members, from left, Bruce Gordon, Bonnie Tromba, Shelley Seemann, Pat Zambuto and Creed, the shop dog  
photo by Kathy Kurtz Ferrari

## Jeweler Supports FISH Of SanCap

The Cedar Chest Fine Jewelry is a sponsor of the annual 10K Race 4 FISH, scheduled for Saturday, October 22 at The Community House. Held in conjunction with Fort Myers Track Club, proceeds from the race support programming and services

offered by FISH of SanCap. “We feel that it is always important to help others in need. There is no better way to share the blessings in our lives than to give to those less fortunate,” said Pat Zambuto, owner of The Cedar Chest. The Cedar Chest was founded by John and Pat Zambuto in 1975 with a small collection of 14 karat gold chains and sealife charms. Over the past 40 years, the store has grown to

become known throughout the world for its unusual collection of sea and nature themed jewelry; unique pieces that celebrate the beauty and diversity of Sanibel Island, as well as Florida’s wildlife and landscape. Visit [www.cedarchestsanibel.com](http://www.cedarchestsanibel.com). Over 100 runners have registered

for the in-person and virtual formats of the 10K. To register, visit [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com). For more information on the race or sponsorships, contact Nicole McHale at [noel2me@icloud.com](mailto:noel2me@icloud.com) or Diane Cortese at [dianerc10@gmail.com](mailto:dianerc10@gmail.com), race committee chairs.✧

## Rotary Happenings



submitted by Cindy Carter



Dane Johnson

Bailey’s General Store has been an island cornerstone for many years. It all started in 1899 with Frank P. Bailey who founded Sanibel Packing Company, providing groceries and general supplies. Since then, the family, four generations of the family to be accurate, have been providing for our island. This past week, we heard from Dane Johnson, facilities engineer and great-grandson of Frank Bailey, grandson of Francis Bailey, and son of Richard and Mead (Bailey) Johnson. Johnson is a young man who is making his mark on the family legacy by coordinating the renovation of the current Bailey’s General Store. He shared with us the designs of the upcoming renovations, and more impressively, how they plan to remain open during the entire process. He also spoke of the methods the store is using to lessen their carbon footprint, such as solar panels on the roof and the use of refrigeration heat offput to heat all

their water. As the island has grown, Bailey’s has as well to meet the needs of the people, from adding a coffee bar and deli, seating outside for people to enjoy their drinks and food, catering, online grocery ordering for pickup, grocery delivery, gift basket creation and delivery. Basically, if there is a need, they will be sure to meet that need. The Bailey’s General Store family is a huge supporter of our island and we appreciate all they do. The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email [william.harkey@gmail.com](mailto:william.harkey@gmail.com) by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit [www.sanibelrotary.org](http://www.sanibelrotary.org).✧

## Drug Abuse Is On The Rise

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. Many families don’t know where to turn or what to do about their loved one who is suffering from addiction. To learn more about how to help your loved one, visit [www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html](http://www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html). Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals.✧

# Zurbriggen Financial



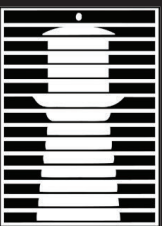
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## Superior Interiors

# Add Luxury Bedding For A Five-Star Retreat



by Jeanie Tinch

**A**t the end of the day, you most likely want to unwind and relax in your bedroom unless your room is lacking that extra level of charm. You'll spend many hours sleeping in

your bedroom throughout your life, and that means it should be a place that you absolutely adore. If you're struggling with making your bedroom a tranquil, luxurious place to lay your head, maybe it's time to switch up your bedding.

It's called a bedroom for a reason, as the bed is the focal point. Replacing your current, tired bedding with new luxury covers can completely transform your space. Ready to create a dreamy bedroom? Read on to find out how to create a five-star experience with new bedding.

Find your style. Before you purchase your new bedding, it's important to know what style you want your bedroom to reflect. Take a good look at the rest of your furniture, carpets, rugs and light

fixtures to get an idea of what bedding will match your aesthetic. Some design concepts for inspiration are listed below to help get you started.

**Cozy Cottage** – If you're searching for an escape from the hustle and bustle of everyday life, try a laid-back cottage-style design. This fashion could include natural, light-colored bedding with a mix of ruffled and organic textures to make the space the ultimate retreat.

**Breezy Coastal** – Make your bedroom feel like a seaside vacation with colors inspired by your favorite beach. Light blues and yellows combine to create an airy feel, even if you're a few miles from the ocean. Incorporate various nautical patterns to hit home the coastal theme.

**Tried-and-True Traditional** – If you're a lover of classic design, then a more traditional approach may be for you. Buy rich-colored bedding with intricate sophisticated patterns to create a room that will never go out of style.

**Straightforward Modern** – For those of you who wish for simple charm, the combination of clean, straight lines and neutral colors may be your cup of tea. Find bedding that is as easy going as your style with no ruffles, patterns or crazy textures – just comfortable, classic and straightforward.

**Eclectic Boho** – Bohemian style is carefree and whimsical. Weave in bold colors, funky patterns and unique textures to achieve a fun, yet put together look. Don't be afraid to mix textures and play with design.

After choosing a bedding blueprint

that best suits your style, discover what you want your comforter (or coverlet) to feel like, as there are many texture and weight options. To fully level up your bedroom and create a truly five-star experience, blend the elements of your bedroom together with pillows and throw blankets that match and enhance

your luxury bedding. Find patterns and textures in these accessory items that complement your bedding choice and complete the look (rather than distract) for a curated, luxurious bedroom.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at [jeanie@coindcedden.com](mailto:jeanie@coindcedden.com).✪*

## ISLAND SUN BUSINESS NEWSMAKERS



Meredith Murray



Kelsey Brown



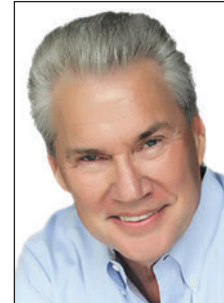
George Kohlbrenner



Evan duPont

### John Naumann & Associates

**T**he top producers for August at John Naumann & Associates were: Meredith Murray, top listing agent; Kelsey Brown and George Kohlbrenner of SW Florida Realtor Group, top sales team; Evan duPont, top sales agent; and Larry and Deb Hahn, top sales team.✪



Larry Hahn



Deb Hahn



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Will Power

# Trust Decanting



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

I've written in the past about a variety of ways to modify problem irrevocable trusts. I mentioned one technique, "trust decanting" as a viable option. Today, I thought that I'd expand on what trust decanting is and how it works, as this is a little understood option that often isn't considered when it could be a solution that the family is looking for.

For those of us who have oenophile tendencies, you may know that decanting is the action of pouring wine from its bottle into a wide-based container. The idea is to separate the wine from its sediment and expose a large surface of the wine to

oxygen, allowing it to express its desirable aromas.

Decanting also helps to soften some aromas which are overpowering or unpleasant. The same holds true when decanting a trust, which is the process of modifying an otherwise irrevocable trust to better reflect the maker's intent – to accommodate problems like scrivener's errors, changing the situs or governing law, modifying administrative provisions, consolidating assets, taking advantage of planning strategies or dealing with changed circumstances after the trust became irrevocable.

When decanting, a new trust is drawn up and the contents (assets) of the old trust are then "poured into" the new trust. Florida law, along with 28 other states, offers a specific statute that allows decanting so long as proper notice is provided to all "qualified beneficiaries," which is a legal term also defined by statute, provided that the new trust does not impair the rights of any beneficiary or adversely affect the achievement of the purposes of the original trust.

Suppose, for example, that the beneficiaries of a trust want to change the way and method that trustees are removed, appointed or compensated. Here, a decanting from one trust to another with the new trustee provisions might achieve those goals. Or sometimes, there might be two different trusts for each beneficiary, one created by their father and one created by their mother. Here, decanting from both trusts into a single trust could solve investment issues or even reduce the administrative expenses associated with carrying two different trusts that have substantially the same provisions for a beneficiary.

On the other hand, decanting may help solve issues involving pooled trusts, which

are trusts that are created for several beneficiaries. If the beneficiaries are fighting over who is entitled to the assets, or if one beneficiary needs income and the other growth, or if distributions to any one beneficiary become an issue, decanting could allow for the pooled trusts to become separate shares for each beneficiary.

Another example is where there are two different trusts, one that is very liquid and one illiquid. It might make sense to combine the trusts as the liquidity could assist with the carrying costs of the illiquid assets. Perhaps a trust is overly restrictive as to its investment strategies that have now become outdated. Here, a new trust that is more liberal in its investment options may be created, and the old trust could be decanted into it.

You may have a trust that was originally established in a state that imposes a state income tax and wish to move the trust situs to Florida that has no state income tax. Here, decanting can help achieve that goal. Since the tax law continually evolves, an irrevocable trust that was once tax advantageous could become disadvantageous. Here, decanting into a new trust could solve the problem.

Beneficiaries who encounter unexpected problems, such as creditor issues, divorce, having their own independent wealth or even those with self destructive behavior could benefit from decanting. Here, the objective could be to make the trust terms more restrictive so that creditors and predators can't take the assets away from a beneficiary.

When creating revocable trusts that continue on for your beneficiaries, it may be a good idea to proactively provide for decanting powers so that an independent trustee (one who is also not a beneficiary – to eliminate bias or tax law problems associated with having certain powers over assets) can adjust the trust to future changes in circumstances. The options should be carefully considered, since an improperly drafted decanting power could backfire and cause more harm than it does good.

When including these decanting powers, moreover, you should discuss with your attorney your comfort level of allowing for such potential future modifications to your estate plan. Continuing trusts offer substantial benefits for your beneficiaries, in the form of tax savings, creditor and divorce protection. With that said, I often counsel my clients that it's favorable to allow for flexibility in continuing trusts, since no one knows what the future brings. By specifically allowing for a decanting power, you can better ensure that your beneficiaries won't be caught by unexpected circumstances.

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## Student Loan Forgiveness Plans

The federal government may forgive all or part of federal student loans if borrowers meet certain requirements. The forgiveness options, according to the Kentucky Higher Education Assistance Authority (KHEAA), include:

Public Service Loan Forgiveness (PSLF) – Employees of a U.S. federal, state, local or tribal government or not-for-profit organization may qualify for loan forgiveness after making 120 months of qualifying payments.

Temporary Expanded Public Service Loan Forgiveness – Through October 31, borrowers may receive credit for past periods of repayment that would otherwise not qualify for PSLF.

Teacher loan forgiveness – To qualify, you must teach at least five full years in a

low-income school in an eligible district. Depending on your field, you may have up to \$17,500 in student loans forgiven.

For complete details on all three options, visit [www.studentaid.gov](http://www.studentaid.gov).

Nursing loan forgiveness – You must be at least a registered nurse and agree to work full time for a minimum of two years in a critical shortage facility. If you fulfill your agreement, 60 percent of your loan balance will be forgiven. Another 25 percent will be forgiven if you work a third year. Nurses teaching at an accredited school of nursing may also qualify. For complete details, visit [bhwh.hrsa.gov](http://bhwh.hrsa.gov).

One thing to remember is that the Internal Revenue Service may count the amount forgiven as income. You should talk with a tax professional to understand the impact it may have on your taxes.

For more information about those services, visit [www.kheaa.com](http://www.kheaa.com). or [www.advantageeducationloan.com](http://www.advantageeducationloan.com).

## How's The Market? Ask Ann

### Sanibel Is Not Your Average Market



Ann Gee  
Broker/Owner

Simultaneously to writing this column, I am observing a lot of information regarding the downturn of our National Real Estate market. Closings are down by 20-25% in National Real Estate closings from a year ago. Monthly mortgage payments have increased 40% over the same mortgage from a year ago. Currently in our local market, we haven't seen any major price reductions. However, we are witnessing fewer transactions. Recent price negotiations off the listing price are in the 2-3% range. In my opinion, our low inventory of listings of homes and condos for sale, combined with a demand for Sanibel real estate, has contributed to keeping our prices stable.

Considering a sale? It still is a good time for a seller to get a good price. Be careful not to overprice your property. If priced correctly, it should sell within 60 days. Call me for a confidential discussion on a selling price and a listing plan that will save you thousands of dollars. My husband John and I are very experienced and will promptly get back with you.

Thank you for reading my column.

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## New Veterinary Interns At CROW

**D**r. Melanie Dittmer and Dr. Kristie Schott have joined Clinic for the Rehabilitation of Wildlife (CROW) as the newest wildlife and conservation medicine interns. Their year-long veterinary internships began on July 1.

Dr. Dittmer, originally from Carrollton, Texas, received a bachelor of science in biology from LeTourneau University. She earned her doctorate degree at Texas A&M School of Veterinary Medicine and Biological Sciences in 2021.

Before coming to CROW, Dr. Dittmer completed a small animal rotating internship at a private domestic practice in Nashville, Tennessee working with cats and dogs. During undergraduate and veterinary school, she completed a wildlife summer internship at West Sound Wildlife and became involved in her university's Wildlife Disease Association chapter and Zoo/Exotics/Wildlife clubs. While in her fourth year of veterinary school, Dr. Dittmer completed externships at Waco Zoo, Abilene Zoo, Dallas Zoo, Fort Worth Zoo, Texas State Aquarium and Fossil Rim Wildlife Center, where she gained experience working in the attached wildlife hospitals.

"I have always loved animals, but I remember visiting Florida when I was a kid and hearing a presentation on the endangered Florida panther. I went home and checked out several books on endangered species from the library,



Dr. Kristen Schott and Dr. Melanie Dittmer

photo provided

including one about tracking Florida panthers," said Dr. Dittmer. "From there, I started getting interested in endangered species conservation then veterinary medicine. I love working with cats and dogs but, from the beginning, I wanted to apply veterinary medicine to exotics and conservation."

Dr. Schott grew up in Needham, Massachusetts before attending Princeton University where she graduated with a bachelor of arts degree in ecology and evolutionary biology. She earned her doctorate degree from Cornell University's College of Veterinary Medicine. After graduating, Dr. Schott

completed a rotating small animal medicine internship at Angell Animal Medical Center in Boston, Massachusetts then a specialty internship in avian and exotic medicine at Gulf Coast Veterinary Specialists in Houston, Texas.

"I've always been fascinated by the diversity seen amongst wildlife," said Dr. Schott. "Growing up, I read every book about animals in my elementary school library and in the summer spent countless hours by the ocean on Cape Cod trying to catch, study and, of course, release different kinds of fish and invertebrates. As I got older, I started to think about ways I could use my work as an aspiring

veterinarian to help animals beyond the scope of local vet practice, and that fascination made wildlife and conservation medicine a natural fit."

Dr. Schott did her thesis research on the transmission of toxoplasma gondii (a parasite shed in cat feces, causing neurologic disease) to sea otters. This research developed her interest in wildlife ecology and fascination with the influence human activities can have on pathogen transmission between different populations. Long-term, Dr. Schott hopes to find a balance in her career between clinical wildlife medicine and research, investigating wildlife health and disease at the population and ecosystem levels. Since being at CROW, Dr. Schott has already started researching how regional limb perfusion treatments can improve treatment outcomes for birds with distal limb infections.

The Wildlife and Conservation Medicine Internship at CROW is centered around the One World, One Health concept and designed for those who have completed their doctorate of veterinary medicine and are interested in gaining experience treating wildlife. In addition to clinical duties, interns participate in research and conservation projects, give case and journal club rounds, and help teach students, staff and volunteers.

"Working with cats and dogs gave me an amazing foundation needed to be successful in this field, but I am excited to start applying everything I've learned to other species," said Dr. Dittmer. "I love

continued on page 38

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Frankly Speaking



by Howard Prager  
The NFL kicked off the season with a lot of close games but no big surprises. However, in the second week of college football, there were some surprises as several Top 10 teams lost,

and the first coach has been fired (Scott Frost, Nebraska) after the Cornhuskers lost their first two games. So what's to talk about? How about some baseball. Baseball has blessed us with an exciting home run race this year, but in this case they're not competing with one another, just the record books. First, veteran Albert Pujols has been on a tear in the twilight of his career. He hit his 697th career home run Sunday, passing A-Rod for fourth on the all-time home run list. Needing just three more in three weeks, he's aiming to become only the fourth member of the 700 club. Number 697 was a game-winner, propelling the Cardinals to a 4-3 victory over the Pirates and keeping them entrenched in first place in the NL Central. Pujols has 19 home runs this season, 12 since the All-Star break. From CBS Sports: "At age 42 and in his 22nd and final season, Pujols has been enjoying his best performance in years. He's hitting

.266/.338/.528 with 48 RBI in 91 games, thriving in his return to St. Louis after playing the past 10 years in Southern California. His .866 OPS is his best since 2011, his final year with the Cardinals before signing with the Angels." Should he reach the 700 club, he'd be just the second player with 700 dingers and 3,000 hits, along with Hank Aaron. Aaron Judge of the Yankees has far more home runs than anyone in MLB this year. At 55 dingers, he's just six away from Roger Maris' record with three weeks left to go. (Hey Judge, be sure to have whatever Pujols is drinking). Clutch Points talked to Mark McGwire about Judge. "McGwire believes that Judge will break Maris' record this season, which isn't exactly bold thinking (six to go to tie it as of Monday). But what is bold is that McGwire also predicts that Judge will be able to surpass Bonds' number in the future, and he thinks that his desire to achieve that historic feat could influence which team he signs with in free agency this offseason. 'He's definitely going to break Maris' Yankee record, but I truly believe he'll break Barry's record, too. I think he'll finish with at least 65 home runs this year, and then position himself to hit, get to 73 to 74 in the next five to eight years. I really believe he'll have that opportunity. He's going to get close to it, and say, 'Where can I bunch in nine more homers?' God willing that he stays healthy, he's going to do that, too' McGwire said, via USA Today." While Judge's 55 home runs so far this season are significant, that's a far cry

from Bonds' record of 73. Judge is in his prime baseball years at 30 years old. How much more can he hit? McGwire believes he can do it and, in my mind, the Yankees are one of the best teams for him, although any contending team would be happy to have him. How about those division races? This year, there are only two divisions that are really still up in the air – although anything can still happen – the NL East and the AL Central. The White Sox have finally heated up and are just 2.5 games behind the Guardians as of Monday. The Twins are 4.5 games back. All are facing each other this month. Should be an exciting finish in a division no one seems to want to win. The NL East has two teams – the Mets and the Braves – that are very serious about winning with the lead going back and forth between them. They don't play each other until the end of September, with three games in Atlanta. Hang on to your hat for a possible wild finish. For those following the US Open, what a surprise to see Nadal lose in the fourth round, although he had been pushed in some of his previous matches. Carlos Alcaraz beat Casper Ruud to win his first men's Grand Slam title and Iga Swiatek won her second women's Grand Slam this year by beating Ons Jabeur. Swiatek became only the third woman in the last 15 years to win multiple majors on different surfaces in the same season, joining Serena Williams and Justine Henin, as reported by EuroSports. They added that "With 99 wins between them this season and the most victories on tour over the last two years, Swiatek and Jabeur are the clear and deserved No. 1 and No. 2 in the world right now. While others below strive for more consistency, the top two have both made two Grand Slam finals in 2022 and, had there been points on offer at Wimbledon, then there would have been an even bigger gap between Jabeur and those below." EuroSports take on Alcaraz: "Carlos Alcaraz is very special. His power is astounding. As is his court coverage. As is his will to win and his competitive drive, even at ridiculous hours of the morning. If he continues on the same soaring upward trajectory he has been on

for the past year, then there will be many more Grand Slam titles in his future." Our good news story of the week is from CNN on soccer. "Barcelona's La Liga match against Cadiz on Saturday was temporarily halted with less than 10 minutes remaining after a fan suffered a cardiac arrest in the stands. Cadiz goalkeeper Jeremias Ledesma has been praised on social media after he ran across the pitch with a medical kit and threw it into the stands. One of the medical teams went to the stands with a defibrillator and a monitor, starting the resuscitation tasks. At the same time, FC Barcelona offered a second defibrillator in case its use was necessary, and it was brought to the area by the players themselves. The resuscitation was positive after a few minutes, and the fan was transferred to the ICU of the Hospital Puerta del Mar, where he remains hospitalized. In addition, one of The Tribune camera operators suffered a fainting spell, which was also quickly treated by the stadium's medical staff without further consequences." We don't often read about the need for fans to have emergency medical care at a game, but to see the goalkeeper get involved and to hear about the successful resuscitation, it is great to see everyone helping. Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments to press@islandsunnews.com.\*

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Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, is offering a free autism spectrum disorder (ASD) screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, September 16 from 9 a.m. to 2 p.m. A physician referral is not required. Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule, call 343-6838.\*

## SPORTS QUIZ

1. What defensive tackle for the Indianapolis Colts and Baltimore Ravens was a sideline reporter for FOX Sports from 2003-2015?
2. What HBO comedy series included baseball teams named the Myrtle Beach Mermen, the Rockingham Ruckus and Los Charros de Copales?
3. Name the equestrian athlete from Great Britain who won a silver medal at the 2012 London Olympic Games. (Hint: She is the granddaughter of Queen Elizabeth II.)
4. What is the name of the biennial tournament played between women's amateur golf teams representing the United States and Great Britain/Ireland?
5. The right field foul pole at Boston's Fenway Park is named in honor of what player and manager?
6. Providence College basketball star God Shammgod was selected in the second round of the 1997 NBA Draft by what team?
7. What former NFL quarterback was working as a radio broadcaster for the Dallas Cowboys when he was drafted by the World League of American Football's Ohio Glory in 1992?

## ANSWERS

1. Tony Siragusa. 2. Eastbound & Down. 3. Zara Tindall (nee Phillips). 4. The Curtis Cup. 5. "Pesky's Pole" is named after Johnny Pesky. 6. The Washington Wizards. 7. Babe Laufenberg.



## Employer Survey Report Released

FutureMakers Coalition released its 2022 Workforce Employer Survey Report recently.

The goal of the FutureMakers Coalitions is to transform Southwest Florida's workforce by increasing the percentage of working age (25- to 64-year-old) adults that hold post-high school credentials to 55 percent by 2025.

FutureMakers Coalition conducts the Workforce Employer Survey annually and uses the data to inform its Southwest Florida network, specifically education partners, about employer needs and opportunities to better work together to ensure the desired qualified workforce is available to the region's employers.

A reported 110 organizations and businesses responded to the survey. Collier and Lee counties had the highest concentration (42 and 41 percent) of the responding businesses operating among the five Southwest Florida counties.

Respondents to the 2022 survey represent a broader mix of industry segments compared to the 2021 survey. Increased representation was seen from the healthcare or social services/assistance (23 percent), manufacturing (combined research and other, nine percent), government (eight percent), and construction/the trades (seven percent) segments. Nineteen percent of the responding organizations replied that

they are in education, which includes the regional universities and colleges, specialized academies and childcare/early learning organizations. Organizations in the retail trade (two percent) and accommodation/hospitality/food services (four percent) segments, which are among the largest employers in Southwest Florida, may still be underrepresented in the 2022 survey since distributing surveys to the many individual businesses in these segments is challenging.

The largest proportion of the responding organizations (24 percent) reported having more than 500 employees, which represents a significant shift from the 2021 survey results. Last year, organizations with fewer than five employees had the highest representation.

"This information gathered from the survey is shared directly with community leaders in hopes of identifying opportunities to inform priorities and work together to address workforce-related challenges employers face," said Tessa LeSage, FutureMakers director at Collaboratory, which is serving as the backbone organization for FutureMakers Coalition. "We are thrilled more diverse employers are taking the time to complete the survey and hope this trend will increase in the future."

Highlights of the report include:

Among the 110 organizations that responded to the 2022 Workforce Employer Survey, approximately 57 percent were small employers (100 employees or less) and 42 percent were large employers (more than

100 employees).

A combined 90 percent of the surveyed organizations (up from 79 percent in 2021) reported that it is "very likely" or "likely" that recruiting and hiring new, qualified employees will be a priority in 2022.

Forty-eight percent of the organizations indicated that they would pay a higher starting salary to potential employees who have a post-high school credential (degree), certificate or industry-recognized certification. Thirty-seven percent stated that the starting salary would depend on the specific job requirements and candidate, while only 15 percent of the organizations stated that they would not pay a higher starting salary to potential employees who have a post-high school credential (degree), certificate or industry-recognized certification.

Ninety-three percent of the organizations reported that, in addition to an employee's salary, the organization offers additional employee benefits. Among all organizations that offer employee benefits in addition to a salary, the most offered benefits included health benefits (97 percent), paid vacation (86 percent) and personal time off (81 percent). Compared to last year's survey results, the proportion of organizations offering housing cost assistance increased from three percent in 2021 to 22 percent in 2022 and remote working options increased from 27 percent in 2021 to 42 percent in 2022. Over half of the organizations (51 percent) indicated that financial assistance for housing would

be "very helpful" toward assisting their organizations in recruiting, hiring or retaining qualified employees. Childcare services, both from the public sector (34 percent) and the private sector (30 percent), were also ranked "very helpful" by about one-third of the organizations.

Sixty-five percent of the organizations reported that they partner or collaborate with one or more of Southwest Florida's educational institutions to assist in finding, recruiting and/or training qualified employees. A greater proportion of large organizations, 56 percent, reported partnerships or collaborations compared to 42 percent of small organizations. Among both large and small organizations, offering student internships/preceptorships/co-ops (95 percent) and participating in recruiting activities (84 percent) were the most often reported partnerships or collaborations.

"Working together through FutureMakers Coalition aligns all participants around common goals and interests," said Michael Wukitsch, chief people officer with Lee Heath, a FutureMakers partner. "Employer and education partnerships are essential in ensuring that our community thrives."

FutureMakers Coalition will continue to analyze the survey data and publish new results in the FutureMakers Coalition newsletter at [www.futuremakerscoalition.com/news](http://www.futuremakerscoalition.com/news) to provide new insights into the needs of the region's employers and how to gain better access to a qualified workforce. To view the report, visit [www.futuremakerscoalition.com/reports](http://www.futuremakerscoalition.com/reports).✱

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Health First

# Health Benefits Of Spending Time In Nature



by Julie Rosenberg, MD

We live in a highly digital world. We spend hours each day attached to devices: smartphones, computers, tablets, etc. Many people spend little time

outdoors. Even for those of us living in sunny Florida, the heat and humidity may preclude regular outdoor activity.

I'm just returning from a trip to Alaska. I spent a week taking in the breathtaking views and natural beauty of our 49th state. The trip reminded me how much Mother Nature has to offer. In this article, I discuss five health benefits of spending time outdoors and in nature.

1. Improved physical health – Exercising in the outdoors can help boost your overall motivation to exercise, as it offers a welcome diversion from an indoor gym. Physical activity can be more interesting, enjoyable and sustainable in the outdoors. It can lead to overall

improvements in physical health such as lowered blood pressure and decreased risk of cardiovascular disease.

2. Improved mental health – Spending time in natural environments has been shown to decrease stress, tension, confusion, anger and depression. It has also been shown to promote feelings of revitalization, happiness and positive engagement, thus enhancing mental wellbeing.

3. Better sleep – Spending time outdoors can greatly improve sleep. Some researchers believe that spending enough time outdoors helps to reset your body's internal clock to be more in tune with nature's light-and-dark cycle. This not only helps to support your natural circadian rhythms, but also helps you to sleep more soundly at night.

Exposing yourself to natural sunlight can improve your sleep by:

Making you feel more tired at night; Helping you to fall asleep more quickly; and

Improving your sleep quality.

Being outside can also give your mind and body a break from artificial light, which can cause people to have difficulty sleeping.

4. Mental restoration – Most of us spend hours per day with activities requiring focused attention and mental exertion (e.g., computer work, driving a vehicle, preparing a report). Being in nature provides a break from these cognitive demands. It also offers a break from the constant overstimulation in

our world today.

Results from a recent study suggest that spending time in nature can help you feel more relaxed and focused, especially when you pause to notice your surroundings. I've found spending contemplative time in nature to be a mental and emotional refuge, especially when I feel stressed and need to unwind.

5. Improved immunity – Being outdoors helps your body to soak up vitamin D. Higher vitamin D levels support more robust immune function (as well as calcium metabolism, bone health and many other bodily functions).

Many plants put organic compounds called phytoncides into the air. Breathing in phytoncides increases the level of white blood cells in your body and may help to boost immune function.

How much time in nature is enough for health benefits?

Spending time in nature is not an all-or-nothing proposition. In a large observational study published in 2019, researchers surveyed 19,806 people in the United Kingdom about the recreational time they spent in nature during the past seven days, along with their self-reported health and well-being. They found that people who spent at least two hours per week in nature experienced improvements in their mental and physical health, compared to those who didn't spend time in nature. That's about 17 minutes per day. While the researchers recognized that prospective, longitudinal studies are needed to confirm their findings, these data are a good starting point for meaningful discussions.

In conclusion, our society suffers from insufficient activity levels and an increasing disengagement between people and the natural environment, especially in the context of urbanization.

Spending regular time outdoors promotes a healthy lifestyle and can boost physical and mental wellbeing. Any outdoor activity that gets your body moving – walking, cycling, hiking, swimming, gardening – will offer some health benefits. So, spend more time outdoors and in nature. Reconnect with the earth and savor the natural beauty

around you.

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

## Blood Pressure Screening

The Sanibel Fire District has teamed up Sanibel Recreation Center to offer a complimentary blood pressure screening on Monday, September 19 from 9 to 11:30 a.m. High blood pressure increases the risk of stroke, heart attack, heart failure, kidney disease and even blindness in some cases. The complimentary screenings are offered as a first step in determining if further examination by a healthcare professional is necessary.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345.✴

From page 35

## Interns

surgery, wound management, radiology and ultrasonography, which we do a lot of at CROW. I am also excited for the opportunity to work with students again and engage in research projects."

"My previous internships have given me a strong foundation in patient assessment and case management, but not as many opportunities to perform surgery, so I am really looking forward to honing my surgical skills," said Dr. Schott. "We're so lucky to have an amazing team of knowledgeable, talented people supporting us, and I'm quite excited to learn more about the non-medical aspects of wildlife rehabilitation from them. I am also thrilled to be working within an organization involved in collaborative conservation projects outside of our clinical work in the hospital."

For more information on internships and externships offered at CROW, visit [www.crowclinic.org/articles/student-programs](http://www.crowclinic.org/articles/student-programs).✴

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dearRPharmacist

## Sugar Worsens Autoimmune Diseases



by Suzy Cohen, RPh

**Dear Readers:** We're seeing more research lately about how spikes in sugar cause your body to attack itself with more vigor. Autoimmune

disorders are exacerbated by eating a lot of foods and beverages that are high in sugar. The same goes for both refined and complex carbohydrates. That statement will fly in the face of

what many nutritionists believe, but I'm writing an opinion column, and that's my opinion. I'd keep the refined ones out of your diet, and the complex ones to a minimum.

I'll tie it in a nice neat bow right now: Sugar increases T Helper-17 (Th17) cells, which then leads to suppressed immunity and more self-driven autoimmune attacks. Sugar ultimately leads to increased rates of obesity, and thus more health problems including heart disease, stroke, Type 2 diabetes, hypertension, asthma, low back pain and arthritis.

If your own body is killing itself, you don't stand a chance. You can modify the self-driven attack with a choice made at every meal. That choice is to avoid foods and beverages that contain sugar or other sweeteners, which often produce the same glycemic high in the body.

In a recent study, it was once again shown that high glucose intake (that is, lots of sweets) spawns a lot of free radical damage and thus, Th17 overactivity. So

you can now develop your own personal strategy to lower Th17, and thus, improve your autoimmune condition. Do these three important things and start now; you don't have to wait. Your pain levels are at stake. If you have MS, your nerves are at stake, if you have psoriasis, you can help yourself right now. Here's the plan:

1. Change your diet – Completely eliminate all sugary foods, all candy and sweets, and all refined carbohydrates like bagels and white rice. I would greatly minimize complex carbohydrates as well. Things in this category include brown rice, beans, starchy vegetables like peas and whole-grain bread.

2. Improve your lifestyle – Don't eat too late at night and exercise to your level. Try to avoid stress and get proper sleep. We know that melatonin deficiency is associated with increased autoimmunity, so getting proper rest could make life easier. If you need help with sleep apnea, see a specialist.

3. Supplement your diet – Eating right will help with gut integrity, but sometimes it's not enough. Therefore, consider nutrients that are known to reduce Th17 overactivity. These include chelated zinc, vitamin D and folate (only the methylated form, not folic acid).

If you are not responding to your dietary changes within a few months, or you experience anything untoward, please contact your doctor. Remember, your goal is to reduce your Th17.

If you find this topic interesting, sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com), and I'll email you a longer, more detailed version. In that, I will share my thoughts about histamine-containing foods, CBD and kombucha.

*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).*✱

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** My husband and I recently purchased a new home. I am grieving the loss of our apartment where we lived for nine years. We got engaged there and experienced so

many wonderful things including having our first child. I am struggling with liking our new home. Is this normal?

**A:** It seems as though you are going through a transition period, which includes grieving the loss of your apartment that gave you plenty of beautiful memories. This is totally natural, as we humans tend to resist change, especially when the memories are so positive such as yours. With your new home, give it time to adjust and perhaps you will want to think about changing your narrative as this can assist you with the changes in your new life you are adapting to.

You can let go by savoring the beautiful memories through photos,

journals, joy and happiness while making new memories in your new home. You can begin to write a new chapter and empower yourself to step out of the whirlpool of your past and chart a new course for your future.

Perhaps you can begin by listing five new goals, dreams or intentions, i.e., things you wish to accomplish within a certain time frame. If you continue to be unhappy with your new home, there is always another home you can own at some point. This doesn't mean it's permanent. Perhaps think of a home that would be your dream home, including location and discuss with your husband. See if you are on the same page, and begin to design that for your future in the coming years.

Both you and your husband may want to do the home vision/dream together and even look at some homes to get an idea of what you both want and where you would like to settle.

You deserve to be happy, so be where you love and take your time to decide where that is.

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).✱

## New Local Base For Airline

Avelo Airlines is accelerating the airline's U.S. expansion with the opening of a fourth base this fall at Southwest Florida International Airport (RSW).

Avelo currently operates bases at the Los Angeles Hollywood Burbank Airport (BUR), Southern Connecticut Tweed-New Haven Airport (HVN) and Orlando

International Airport (MCO).

To support its expanding Fort Myers presence, Avelo expects to create more than 35 RSW-based jobs. These positions will be a combination of Avelo crewmembers and jobs with Avelo business partners operating at RSW. Roles will include airport customer service, aircraft technical operations and maintenance, pilots, flight attendants and supervisors. Learn more about Avelo's Fort Myers-based career opportunities at [www.aveloair.com/careers](http://www.aveloair.com/careers).✱

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Doctor and Dietician

# Options For Shoulder Pain



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

When someone comes into our clinic with a diagnosis of “swimmer’s shoulder” or supraspinatus tendinopathy, or rotator cuff tendinopathy, they come in knowing that their shoulder hurts, there is a problem with their tendons, and they are thinking that somewhere along the line, someone is going to eventually recommend surgery.

Surgery typically means extended time away from your sport or from work. Surgery for many, therefore, is not a realistic option.

Perhaps one of the biggest problems is that everywhere this patient has been, all the talk is about a single tendon or the rotator cuff as a single problem. It is

most probable that no one sat down and explained, “To heal this tendon issue, we have to heal your whole shoulder.”

In most cases, the shoulder tendinopathy issues are a result of shoulder instability and weakness, thus the shoulder joint loosens and weakens, and damage to the shoulder ligaments and tendons results. The degeneration will progress unless the support structures of the shoulder are addressed. Your shoulder tendons do not live on an island. They are part of the shoulder joint complex that includes ligaments and labrum. You cannot just address the tendons and expect long-term healing and the ability to return to pre-injury shoulder strength. The labrum of the shoulder may also become injured, torn or weakened, progressively making your shoulder loose and wobbly.

What happens naturally? When shoulder instability occurs, pain results, as well as loss of strength and reduced performance. Then the body moves into protective mode. The muscles of the shoulder spasm to attempt to hold the shoulder together. The joint then begins to swell, and eventually, it grows more bone to try to stabilize. Therefore, bone spurs and arthritis are the long-term results of joint instability. Unfortunately, people are typically only treated for the symptoms of inflammation and muscle spasms versus the underlying cause of the problem, namely joint instability.

Shoulder joint instability causes more force on the rotator cuff tendons, which are designed to move the shoulder

joint, not stabilize it. This causes the tendons to degenerate and become weaker, which makes them tear easier. The rotator cuff tear is the symptom of shoulder joint instability, the underlying true missing diagnosis.

What about getting a cortisone shot? While some may “feel” short-term pain relief, research from a 2019 study from Tufts and Rush University Medical Centers published in the journal *Arthroscopy* has shown that cortisone shots prior to rotator cuff repair put patients at greater risk for post-surgical complications and the eventual need for shoulder revision. Additional studies are showing that cortisone injections further degenerate the area versus help strengthen and heal it.

At our clinic, we love treating shoulders because they respond so well to regenerative medicine treatments, and patients can get back to golf, pickleball, tennis or whatever they love to do relatively quickly. We utilize Prolotherapy to treat all aspects of the shoulder, including the ligament and tendon attachments of the whole front and back

of the shoulder, in addition to the joint itself. Our journal publications, as well as others, support its use for strengthening ligaments and tendons of the shoulder, as well as non-surgically repairing the tears.

We utilize platelet rich plasma (PRP) as one of the proliferants when a patient presents with a significant tear, cartilage lesions, or advanced degeneration/osteoarthritis. PRP is where we take concentrated cells and platelets from the patient’s own blood and inject that back into the joint and/or attachments. We typically also work with the patients to balance the shoulder muscles and range of motion with a home exercise program and/or with assistance from a skilled physical therapist to help the patients optimize their recovery.

*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](mailto:info@caringmedical.com).*✱

## VCB Wins Top Tourism Awards

Lee County Visitor & Convention Bureau (VCB) was honored with two top Flagler Awards – known as the Henry – at the annual Florida Governor’s Conference on Tourism.

Governor’s Conference, hosted by VISIT FLORIDA, Florida’s official tourism marketing corporation, was held August 31 to September 2 in Boca Raton.

The VCB won Henry Awards for creativity in public relations for “Sanibel Island Shines” on *Southern Living*’s “The South’s Best” issue that included the magazine’s April 2021 cover. The second award was for direct marketing for a Facebook welcome email series.

“We are so proud of our tourist development council and visitor and convention bureau director Tamara Pigott and her staff for being recognized at the Florida Governor’s Conference on Tourism with two Henry Awards for direct marketing and public relations,” said Cecil Pendergrass, chairman of the Lee Board of County Commissioners and TDC chair. “Lee County is leading the way in the state for tourism and economic recovery.”

Named for Henry Flagler, the Flagler Awards were established in 2000 to

recognize outstanding tourism marketing in Florida. As in previous years, the 2022 Flagler Awards drew entries from Florida’s tourism partners, large and small. Working independently, a panel of judges evaluated the creativity, innovation, production quality and effectiveness of each entry.

Based on the judges’ cumulative scores, awards were presented to the top three entries in each category: the Bronze Award for the third highest scoring entry, the Silver Award for the second highest scoring entry, and the Henry Award for the highest scoring entry in each category. For a full list of winners, visit [www.visitflorida.org](http://www.visitflorida.org).✱

## Grief Support Group Meetings

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

Sanibel Community Church is located at 1740 Periwinkle Way. For more information, call Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.✱

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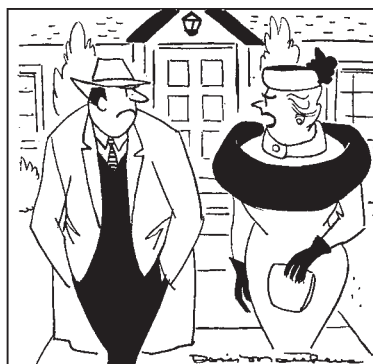


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Sanibel Police.....	472-3111
Lee County Sheriff's Office .....	477-1200
On Call Captiva Deputy.....	477-1000
Fire Department, Sanibel .....	472-5525
Fire Department, Captiva .....	472-9494
Florida Marine Patrol.....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	472-1080
City Council .....	472-4135
City Building Department.....	472-4555
City Manager .....	472-3700
City Planning & Code Enforcement Department .....	472-4136
City Public Works .....	472-6397
Library, Sanibel .....	472-2483
Library, Captiva .....	239-533-4890
Lee County Mosquito Control .....	239-694-2174
Post Office, Sanibel .....	472-1573
Post Office, Sanibel (toll free) .....	800-275-8777
Post Office, Captiva.....	472-1674
Sanibel Community House.....	472-2155
Center 4 Life, Senior Center.....	472-5743
<b>ARTS</b>	
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
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Audubon Society .....	472-3744
Bailey-Matthews National Shell Museum .....	395-2233
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	274-5900
COTI Committee of the Islands .....	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
Sanibel Beautification Inc. ....	470-2866
Sanibel-Captiva Lions Club, Steve Schulz .....	239-233-6261
Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
Sanibel-Captiva Republican Caucus.....	395-0819
Sanibel-Captiva Shell Club.....	267-7291
Sanibel Historical Museum & Village .....	472-4648
Sanibel Island Fishing Club .....	472-8994
Sanibel Youth Soccer.....	395-2040
SCCF Sanibel-Captiva Conservation Foundation.....	472-2329
SCCF Sea Turtle Hotline.....	978-728-3663
Shell Islands Garden Club .....	246-8875
United Way of Lee County - 24 hour helpline 211 .....	433-2000
Zonta Club .....	728-1971

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## PUZZLES

Answers on page 47



"If we don't go, people will think we weren't

\_\_\_\_\_."

### 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!

Tust \_\_\_\_\_

LIVEBEE \_\_\_\_\_

Revise \_\_\_\_\_

DIET \_\_\_\_\_

Cheat \_\_\_\_\_

NEWLIDS \_\_\_\_\_

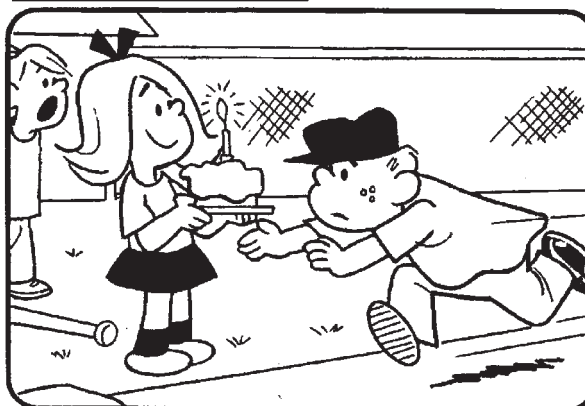
Delicate \_\_\_\_\_

RENTED \_\_\_\_\_

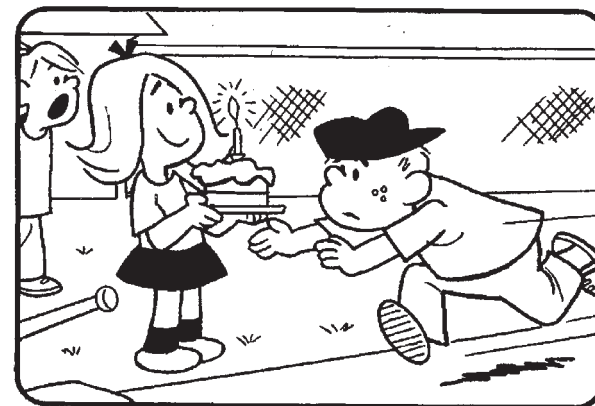
TODAY'S WORD

### HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bow is smaller. 2. Bat is moved. 3. Cake is different. 4. Cap is reversed. 5. Shirt is different. 6. Sneaker is different.

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

### 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

GIFTS OF THE YEAR

- ACROSS

1 First scale syllables

7 Gripping tool

11 Arid expanse in Mongolia

15 Move like a grasshopper

19 "Not Afraid" rapper

20 Affirmation of self-ability

21 De-wrinkle

22 Giant fair

23 Stocks and shares [1st]

25 Stand-up comedian Richard

26 Super serves

27 Low digit

28 Play starter

29 American robin's close relative [5th]

31 Figure on a kid's toy battleground [10th]

35 Revolutionary War mercenaries

36 Wed. follows it

37 Yellow-disked flower

39 'Zine

40 Canon camera line

43 Rapping noise
- 47 She sang "Don't It Make My Brown Eyes Blue" [15th]

51 Online selling

52 Driver's license, SSN, etc.

55 Determined to accomplish

56 Living space

57 1988-91 war drama series [20th]

60 Earth's heater

61 Bluegrass fiddler Alison

62 Longtime ISP option

63 Laundry receptacle

65 &&&&

66 "Hey, over here ..."

68 Tree of eastern North America [25th]

72 Lid fastener

76 Infamous Idi

78 Very small minority

80 Mineral spring

81 Taxi driver

84 Angry
- 87 Small, pungent pickling vegetable [30th]

89 Player's top effort, informally

90 Literary leaf

92 Part of IPA

93 Slow a car down

94 Dorothy's magical shoes [40th]

97 Filleted

99 Cough up

100 Low digit

101 Rapscaillon

104 PC key abbr.

105 Daughter of JFK

109 Half-million-selling album [50th]

114 Mae West play [60th]

116 "Dies —" (hymn)

117 Dog coater

118 "Eso Beso" singer Paul

119 Revered sort

120 Occasion associated with the starts of 10 answers in this puzzle

124 Salt Lake City NCAA team
- 125 Soothe

126 Profit

127 Actor Steven

128 Work honcho

129 Deli breads

130 Possesses

131 Attractive
- 34 Grazing area

38 Near-grads: Abbr.

41 Part of 122-Down

42 Beholds

43 Quick review

44 Eldest

45 Kite features

46 Has a link (with)

48 Actor Erwin

49 Whole lot

50 Disconcert

53 Author Roald

54 1976-81 skit series

58 Sink bowl

59 Color shade

61 Get down to propose

64 "It's freezing!" Hitchcock

67 Singer Wynette

69 See 70-Down

70 With 69-Down, tourist's printed guide

71 Ring, as bells

73 Nepali, e.g.

74 Said words

75 Sectioned, as a window

77 Conductor

79 Teeter

81 Be a kvetch
- 82 Juan's water

83 Sweetums

84 Swabby's tool

85 High mount

86 Semi fuel

88 College org. for sailors-to-be

90 Occasion for unrestricted amusement

91 Tolkien terror

95 More silly

96 Eastern Michigan city

98 Corn serving

102 "Top o' the — to ya!"

103 Prairies, e.g.

106 Accrue

107 "Victory is yours"

108 Brother on "Frasier"

110 Actor Patel of "Lion"

111 No longer a minor

112 Countryish

113 In a deadpan manner

114 Smear on, as paint

115 Crazy about amount

120 Past

121 PC key abbr.

122 Speed Wagon

123 Golfer Snead

1	2	3	4	5	6		7	8	9	10		11	12	13	14		15	16	17	18	
19							20					21					22				
23							24					25					26				
27							28					29					30				
31				32	33	34						35									
				36				37				38				39					
43	44	45					46			47			48	49				50			
51							52	53	54		55						56				
57							58				59		60				61				
62					63						64				65						
66				67		68						69	70	71				72	73	74	75
				76	77						78						79		80		
81	82	83						84	85	86		87						88			
89								90				91		92				93			
94							95					96			97	98					
99					100						101			102	103		104				
				105	106					107	108			109			110				
114	115												116						117		
118							119					120					121	122	123		
124							125					126					127				
128							129					130					131				

King Crossword

- ACROSS

1 Milan's La —

6 Mops the deck

11 First game of the season

12 Fortune-telling decks

14 Gift giver's words

15 Not level

16 Italian "three"

17 Trombone part

19 Coach Parseghian

20 Coup d' —

22 Summer on the Seine

23 Not kosher

24 Hose material

26 1955 Platters hit

28 — -di-dah

30 Pinnacle

31 "Pretty please?"

35 From the area

39 Writer Kingsley

40 Highland hat

42 "Elephant Boy" actor

43 UV ray-block-ing stat

44 James — Garfield

46 Stanley Cup org.
- 47 Spill the beans

49 "Psst!"

51 Dodged

52 Knight suits

53 Basilica areas

54 Inclines
- 6 Pupil

7 Diminish

8 "Right you —!"

9 Emma of fic-tion

10 Sound sys-tem

11 Frequently

13 Major mix-up

18 "Am — blame?"

21 Bridge fees

23 Printing errors

25 Aye undoer

27 Texter's

5 As — (usually)
- 29 Sites of rapid growth

31 Squander

32 Chevy model

33 Boost

34 Eg. and Syr., once

36 Big gorge

37 Loathes

38 Humdingers

41 Taj —

44 Out of the storm

45 Simple

48 Pro Bowl stats

50 Singer Sumac

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

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

- Aniston

Brooks

Cher

Coppola
- Duvall

Fonda

Goodman

Lewis
- Mirren

Novak

Perry

Plummer
- Spears

Stiller

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<div>FRIDAY Cloudy High: 85 Low: 74</div>					<div>SATURDAY Cloudy High: 87 Low: 78</div>					<div>SUNDAY Cloudy High: 86 Low: 76</div>					<div>MONDAY Cloudy High: 87 Low: 78</div>					<div>TUESDAY Few Showers High: 88 Low: 77</div>					<div>WEDNESDAY Few Showers High: 86 Low: 78</div>					<div>THURSDAY Few Showers High: 89 Low: 77</div>				
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	4:26 am	12:16 pm	None	None	Fri	3:31 am	12:18 pm	None	None	Fri	5:03 am	12:08 pm	6:32 pm	11:20 pm	Fri	6:36 am	1:09 am	None	3:32 pm															
Sat	5:05 am	1:33 pm	None	None	Sat	4:10 am	1:35 pm	None	None	Sat	5:22 am	12:57 pm	7:14 pm	11:22 pm	Sat	7:15 am	4:49 pm	None	None															
Sun	5:58 am	2:56 pm	None	None	Sun	5:03 am	2:58 pm	None	None	Sun	5:45 am	2:03 pm	8:02 pm	11:28 pm	Sun	8:08 am	6:12 pm	None	None															
Mon	7:22 am	4:09 pm	None	None	Mon	6:27 am	4:11 pm	None	None	Mon	6:18 am	3:12 pm	9:01 pm	11:41 pm	Mon	9:32 am	7:25 pm	None	None															
Tue	9:08 am	5:05 pm	None	None	Tue	8:13 am	5:07 pm	None	None	Tue	7:04 am	4:20 pm	None	None	Tue	11:18 am	8:21 pm	None	None															
Wed	1:03 am	4:08 am	10:30 am	5:50 pm	Wed	12:08 am	4:10 am	9:35 am	5:52 pm	Wed	8:18 am	5:30 pm	None	None	Wed	3:13 am	7:24 am	12:40 pm	9:06 pm															
Thu	1:13 am	5:04 am	11:28 am	6:25 pm	Thu	12:18 am	5:06 am	10:33 am	6:27 pm	Thu	11:16 am	6:28 pm	None	None	Thu	3:23 am	8:20 am	1:38 pm	9:41 pm															

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# PETS OF THE WEEK

Lee County Domestic Animal Services

## Zane, Goldie And Kate

**H**ello, my name is Zane. I am a 2-year-old male pit bull mix that has been on the adoption floor for over two months. I am super smart and love my toys. I am affectionate and believe I am



Zane ID# A928310

photos provided

During the September promotion, you can adopt both for a reduced adoption fee of \$25 with an approved application. In addition, cats and kittens are two-for-one; adopt one and take home a second feline at no additional cost. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health check. 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.\*



Goldie And Kate ID# A936179 and A936177

## My Stars ★★★★★

FOR WEEK OF SEPTEMBER 12, 2022

**Aries** (March 21 to April 19) As eager as you are to take on that new challenge, it would be best to temper that spurt of "Ram"-bunctious energy until you have more facts to back up your decision.

**Taurus** (April 20 to May 20) This is a good time for hardworking Bovines to take a break from their hectic on-the-job schedules to bask in the unconditional love and support of friends and family.

**Gemini** (May 21 to June 20) Pay attention to what you hear in the workplace. You could pick up some hints about possible changes. Meanwhile, a new infusion of creative energy sets in by week's end.

**Cancer** (June 21 to July 22) Try to be more flexible in dealing with a suddenly difficult situation, whether it's on the job or at home. Others might have some good points to offer. Listen to them.

**Leo** (July 23 to August 22) You might think you're not getting the royal treatment you deserve. But, be careful not to become a royal pain by complaining about it. Be patient and allow things to work out.

**Virgo** (August 23 to September 22) Watch that penchant for being super judgmental at work. It might create a bad impression with someone whose decisions could determine the course of your career.

**Libra** (September 23 to October 22) You've been your usual busy-bee self, gathering nectar wherever you can find it. But now's a good time to kick back, relax and just enjoy smelling the roses.

**Scorpio** (October 23 to November 21) That pesky personal situation seems to be improving. But, change comes slowly, so be patient. Expect someone to bring more positive news by week's end.

**Sagittarius** (November 22 to December 21) Whoa! Ease up on that hectic pace you've been putting yourself through. Take time to recharge your energy levels before going at a full gallop again.

**Capricorn** (December 22 to January 19) Try to be intrigued, not intimidated, by the issues you're suddenly facing, and you'll be ahead of the game. Don't be afraid to demand answers to your questions.

**Aquarius** (January 20 to February 18) Are new associates freezing you out of their inner circle? Never mind. Put a warm smile on that friendly face of yours, and you'll soon thaw them all down to size.

**Pisces** (February 19 to March 20) Your wise guidance helps colleagues agree to compromise and move forward. Meanwhile, there are still vital issues you need to deal with in your personal life.

**Born This Week:** You enjoy being free with your emotions, but you can exercise disciplined focus as well. You would make a fine artist.



## My dad gave money to a person in need at the sailing center.

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



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—a student from  
The Sanibel School



MOMENTS IN TIME

• On Sept. 22, 1776, in New York City, Nathan Hale, a captain in the Continental Army, is executed by the British for spying. Before being executed, legend holds that Hale said, “I only regret that I have but one life to lose for my country.” There is no historical record to prove that Hale actually made this statement.

• On Sept. 23, 1846, German astronomer Johann Gottfried Galle discovers the planet Neptune at the Berlin Observatory. The blue gas giant has a diameter four times that of Earth and completes an orbit of the sun once every 165 years.

• On Sept. 24, 1902, pioneering cookbook author Fannie Farmer, who changed the way Americans prepare food by advocating the use of standardized measurements in recipes, opens Miss Farmer’s School of Cookery in Boston. Farmer later educated medical professionals about the importance of proper nutrition for the sick.

• On Sept. 24, 1975, *Three Days of the Condor*, a political thriller starring Robert Redford, opens. In the film, Redford played a low-level CIA employee being stalked by an assassin. The film was based on the novel *Six Days of the Condor* by James Grady.

• On Sept. 20, 1988, at the Summer Olympics in Seoul, South Korea, American diver Greg Louganis wins the gold medal on the springboard despite nearly knocking himself unconscious during a qualifying round dive the previous day. Bloodied and dazed, he received five stitches from a doctor before returning to the board.

• On Sept. 19, 1995, a manifesto by the Unabomber is published in the hope that someone will recognize the person who, for 17 years, killed and maimed innocent people by sending homemade bombs through the mail. David Kaczynski linked the writing style to that of his older brother Ted, who was later convicted of the attacks.

• On Sept. 21, 2008, the last game at historic Yankee Stadium – The House That Ruth Built – is played. In the finale, the New York Yankees beat the Baltimore Orioles, 7-3, as future Hall-of-Famer Mariano Rivera closed the game with a perfect ninth inning.

NOW HERE’S A TIP

• Before I pluck my eyebrows, I rub on a bit of my granddaughter’s teething gel. She’s done teething and doesn’t need it anymore, but it works well for me. Be very careful to apply, let dry and wash your hands before touching your eye any further.

– ML in California

• When microwaving items of different sizes, arrange the largest parts toward the outside of the plate for more even cooking.

• Lemon juice mixed together with coarse salt makes an inexpensive copper cleaner.

• When going fishing and you are only bringing a couple of lures, use an old, empty pill container. It holds well and you won’t be poked.

– DB in Minnesota

• When figuring up the cost of moving yourself or using a service, be sure to consider the cost of your time and your health. And be certain that you are able to drive the moving van if you rent a large truck.

• If you don’t keep a lot of foods in your freezer, you can fill large gallon-size zipper-top bags with ice cubes. You will always have plenty of ice on hand, and your freezer will not have to work as hard to keep the items in it frozen.

STRANGE BUT TRUE

• Swimmers sweat underwater.

• Shout out to *The Wizard of Oz*: Dominic Wilcox designed “No Place Like Home” shoes containing a small GPS unit that can be programmed with a home address. How is it activated? By clicking your heels together three times, of course. A series of LED lights on top of the left shoe will then point you in the direction of home.

• The average person spends 38.5 days brushing their teeth.

• In 1775, a 78-year-old Massachusetts farmer named Samuel Whittamore fired at British soldiers and killed three. Out of ammo, he drew his sword to continue fighting and was shot in the face, bayoneted multiple times, and left for dead. But those pesky Brits had nothing on Whittamore: He was found, was patched up, and lived another 18 years.

• Studies show that about 85 percent of people breathe out of just one of their nostrils at a time.

• The auto industry used sperm whale oil as an ingredient in automatic transmission fluid until 1973, when Congress passed the Endangered Species Act and banned it.

• More than 40 buildings in New York City, including the General Motors and Empire State buildings, have their own zip code.

• In 2013, a petition requesting that the U.S. government build a Death Star

reached 25,000 signatures, the amount required for an official response. That hopeful effort proved to be in vain, however, when the government replied that “the Administration does not support blowing up planets.”

• Research found that some neighborhoods containing more dogs had lower levels of crime, likely because of their residents’ need to walk or at least let out their canines at all hours.

THOUGHT FOR THE DAY

“Winning doesn’t always mean being first. Winning means you’re doing better than you’ve done before.”


– Speed skater Bonnie Blair

TRIVIA TEST

1. **Geography:** What is the only country in the world without an official capital city?
2. **General Knowledge:** Which Chinese zodiac animal is celebrated in the year 2022?
3. **Business:** When did the auction site eBay launch?
4. **History:** How many years has Queen Elizabeth been on the throne?
5. **Movies:** Who played Wolverine in the *X-Men* movie series?
6. **U.S. States:** Which state’s motto is “Mountaineers are always free”?
7. **Astronomy:** What is the only planet in our solar system that isn’t named after a Greek-Roman deity?
8. **Mythology:** Which Egyptian god has the head of a jackal?
9. **Television:** How many times has the hospital’s name changed in the drama *Grey’s Anatomy*?
10. **Religion:** Where was the founder of Buddhism born

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1/26 ★ TFN

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9/16 ★ 9/30

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9/2 ★ 9/23

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**Warn to pass**  
**Wear a helmet**  
**Use lights at night**  
**Always be courteous**



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TRIVIA ANSWERS

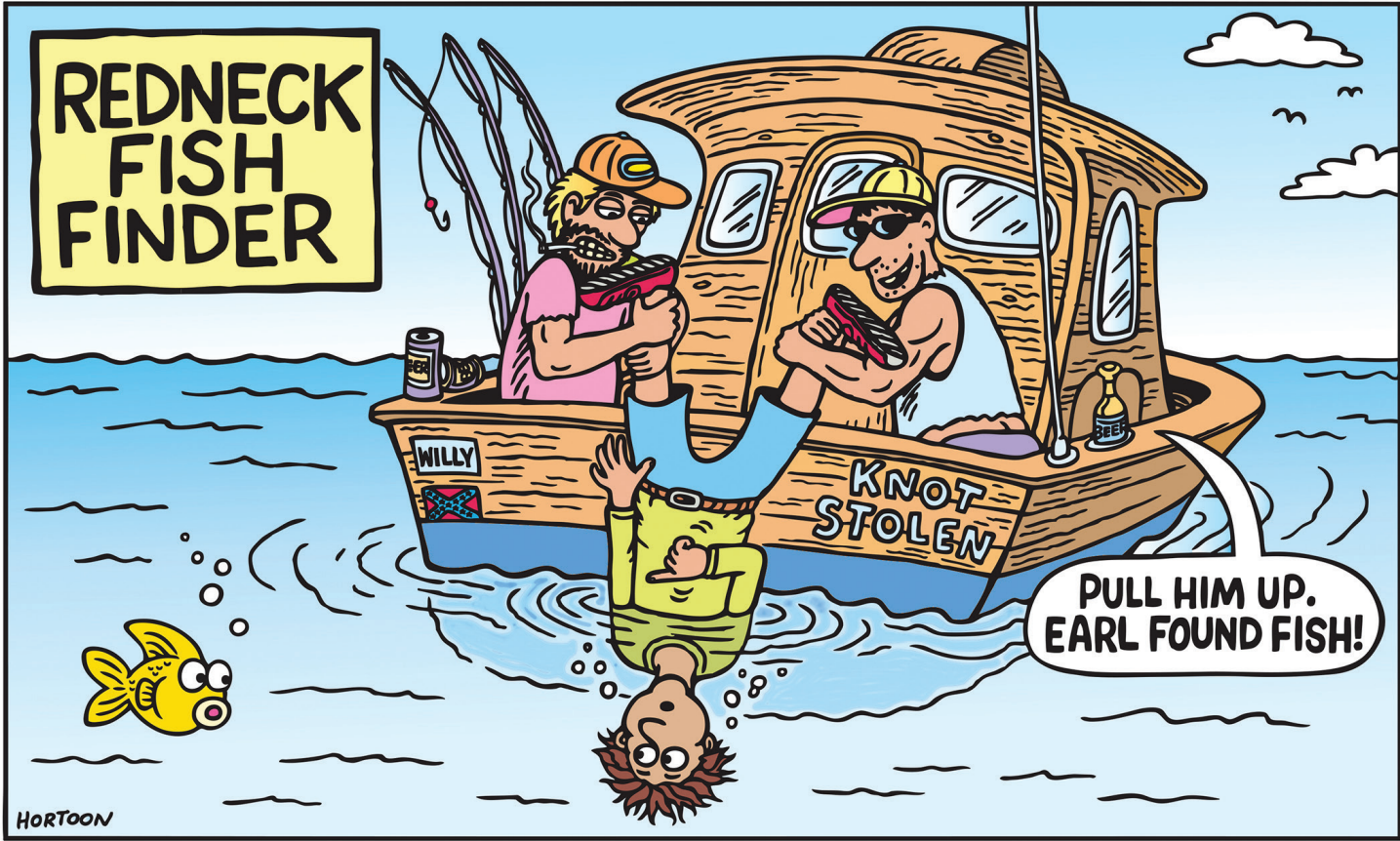
1. Nauru, an island nation in the Pacific Ocean.  
2. The Year of the Tiger. 3. 1995. 4. 70. She just celebrated her Platinum Jubilee. 5. Hugh Jackman. 6. West Virginia. 7. Earth. 8. Anubis, god of death. 9. Three. 10. Buddha was born in what is modern-day Nepal.

SCRAMBLERS ANSWER

1. Believe 2. Edit  
3. Swindle; 4. Tender  
  
Today's Word  
**INVITED**



HORTOONS



PUZZLE ANSWERS

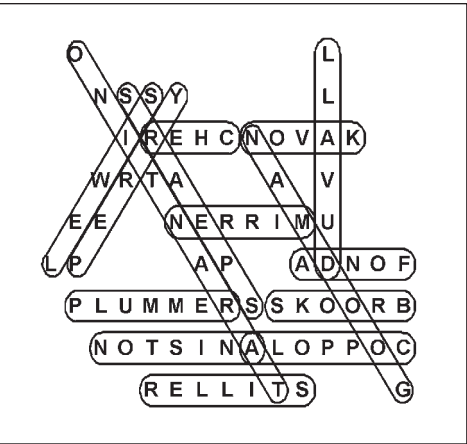
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R	A	T	A	T	A	T	C	R	Y	S	T	A	L	G	A	I	E
E	T	A	I	L	I	D	S	S	E	T	O	N	A	B	O	D	E
C	H	I	N	A	B	E	A	C	H	S	U	N	K	R	A	U	S
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A	G	A	M	E	F	O	L	I	O	A	L	E	B	R	A	K	E
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KING CROSSWORD

S	C	A	L	A	S	W	A	B	S
O	P	E	N	E	R	T	A	R	O
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W	I	L	L	Y	O	U	L	O	C
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A	P	S	E	S	L	E	A	N	S

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Oakbrook	Estero	2003	3,873	\$3,249,000	\$3,249,000	0
Useppa Island	Useppa Island	1992	4,984	\$3,100,000	\$3,100,000	307
Colonial Farms	Fort Myers	2017	3,685	\$2,250,000	\$2,175,000	29
Matlacha Shores	Matlacha	1990	3,743	\$2,750,000	\$2,050,000	170
Cape Coral	Cape Coral	1985	3,485	\$2,590,000	\$2,000,000	122
Hidden Harbor	Fort Myers	2019	2,816	\$1,875,000	\$1,735,000	70
Wildblue	Fort Myers	2020	3,923	\$1,675,000	\$1,525,000	34
Glenview	Fort Myers Beach	1961	1,809	\$1,249,000	\$1,200,000	121
Cape Coral	Cape Coral	2003	2,270	\$1,200,000	\$1,100,000	39
Ginger Pointe	Estero	2000	2,534	\$1,095,000	\$1,050,000	6





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