

Support  
Our Island  
Businesses  
**SHOP AND  
DINE LOCAL**

# Island Sun

PRSR STD  
U.S. POSTAGE  
PAID  
FT MYERS, FL  
PERMIT #5718

Postal Customer  
ECRWSS

VOL. 28, NO. 3

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 17, 2020

JULY SUNRISE/SUNSET:

17 6:46 • 8:23 18 6:47 • 8:23 19 6:47 • 8:22 20 6:48 • 8:22 21 6:48 • 8:22 22 6:49 • 8:21 23 6:49 • 8:21

## Snowy Plovers May Nest Once More This Summer

**S**anibel-Captiva Conservation Foundation (SCCF) Shorebird Biologist Audrey Albrecht reported that there is now only a single brood of two snowy plover (*Charadrius nivosus*) chicks who turned 1 month old last week.

“The photo here is of a snowy plover chick with mom taken while people were walking by who never even saw them. We are waiting to see if any of the snowy plovers will attempt to nest one more time this summer,” said Albrecht.

The snowy plover fledglings have left the area, and SCCF officials are curious to see where they turn up. Last week, according to eBird online database, one of the fledglings was at Bowditch Point. Another of the snowy plover fledglings was reported to be on Keewaydin Island south of Naples on July 2. As of July 7, it was back on Sanibel.



A snowy plover checks for food in the wrack line photos provided

SCCF’s oldest known snowy plover turned up at Carlos Pointe on Fort Myers Beach. The 12-year-old female is usually spotted there at least once a year.

SCCF officials ask beachgoers to continue to safeguard nesting shorebirds through August.

Respect signed nesting areas – Plover nests are very difficult to see. The



Snowy plover with her 1-month-old offspring

posted areas prevent beachgoers from accidentally trampling the eggs in a nest.

Honor the leash law – Plovers view dogs as predators. An unleashed dog

can destroy nests and kill hatchlings.

Be a respectful photographer.

If you have any questions about shorebirds, email [shorebirds@sccf.org](mailto:shorebirds@sccf.org) ✨



New equipment purchased with grant funds will assist CROW staff in treating endangered sea turtles, particularly large loggerhead sea turtles photo provided

## CROW Receives Grant For New Equipment

**T**he Clinic for the Rehabilitation of Wildlife (CROW) recently received a grant for \$10,258 from the Florida Sea Turtle Grants Program, which is funded by the sales of the sea

turtle specialty license plate.

With hundreds of miles of shoreline, Lee and Collier counties’ barrier islands provide an abundance of important coastal habitat for juvenile sea turtles and beaches for nesting adult turtles. As the only licensed sea turtle rehabilitator between Sarasota and the Florida Keys, CROW plays an important role in helping preserve the health of sea turtles in

continued on page 16

## Tracking Turtles Aids In Research



Pepper is a loggerhead sea turtle that has been satellite-tagged photo provided

**M**eat Pepper. At four feet, three inches from head to tail, she is the largest loggerhead sea turtle the Sanibel-Captiva Conservation Foundation (SCCF) sea turtle team has encountered this season.

Pepper is also the second loggerhead sea turtle ever to be satellite-tagged after nesting on Sanibel. The SCCF team tagged Pepper after she successfully laid a nest on

July 6. They previously encountered her on Sanibel in 2018, which was a season of naming turtles after spices.

The first loggerhead to be tagged this summer was a loggerhead named Junonia.

Pepper and Junonia will be part of a study to learn more about the post-nesting movements, migratory pathways and foraging grounds of loggerhead sea turtles

continued on page 6



Old Bailey General Store

photos provided

## A General Store That Dates Back Four Generations

“If we don’t have it, you don’t need it!” That was the motto Sam Bailey gave to his family’s general store, and a humorous one for a general store located on a still pretty isolated island. The store carried everything from ladies’ garters to pigs’ feet in gravy, to all manner of tools.

Frank Bailey, one of the island’s

early pioneers, came to farm in 1895. He soon purchased the buildings on Matthews Wharf and set up a packing house for shipping out produce. This became the island’s only general store, but the primary business was buying and shipping produce grown on Sanibel, and the corporate name was – and still is, four generations later, Sanibel Packing Company.

In the 1926 hurricane, the entire wharf was swept away and, within a year, Frank Bailey rebuilt, this time on the shore. This second store is the one now located in the Sanibel Historical



The general store returned to its 1927 look

Village. The only thing that remains of the first store is the steel safe (now sitting in the corner), which was dragged out of the water and has never been opened.

The store was the social center of the island. It had telegraph and telephone service, a freight dock and, after 1926, a ferry landing. People voted there, socialized and shopped for everything essential. The gas pumps, previously on the wharf, were moved to the new store, now safely on land. Just before the 1926 hurricane, Frank

Bailey was building a gas station, on land, the frame of which survived the hurricane and became Miss Charlotta’s Tea Room, which is also now in the historical village.

After the causeway was built, in 1963, the store was no longer at the geographical heart of the island and the Baileys moved it to its present location, at the intersection of Periwinkle Way and Tarpon Bay Road, where it is still run by the Bailey family.

The Sanibel Historical Village is located at 950 Dunlop Road, next to

WOMEN'S CLOTHING

MEN'S CLOTHING

SHOES

JEWELRY

HOME DÉCOR

COLLECTIBLES

GIFTS

CARDS

SPECIALTY SHOPS

FAMILY DINING

TAKE-OUT

HAIR SALON

ART GALLERIES

PET NEEDS

f t p i



# SHOP ON SANIBEL



Come for the beaches...  
discover the shopping!

**Now open in  
The Village Shops**  
a restaurant by Traders



LUNCH BAR DINNER GIFTS

*Tahitian*  
**GARDENS**  
1975-2019 Periwinkle Way

*Town*  
**CENTER**  
2496 Palm Ridge Road

*Olde*  
**SANIBEL SHOPPES**  
630 Tarpon Bay Road

*The*  
**VILLAGE SHOPS**  
2340 Periwinkle Way

# ONE-OF-A-KIND PIECE OF HISTORY.

Congress Jewelers has an extensive selection of famous Atocha, 1715 Fleet, and land find authentic certified coins.

Stop in and learn about the history behind each unique treasure.



**CONGRESS JEWELERS**

SEALIFE ◀ FASHION ◀ DIAMONDS ◀ ESTATE

Periwinkle Place Shops • Sanibel Island • 239-472-4177 • CongressJewelers.com



Frank Bailey's desk

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

### A Brief History Of The Old Store

by the late Sam Bailey, 1924-2010

*In 1900 was the beginning of  
Bailey's store*

*However, some of us (the building  
and I) did not arrive until '27 and '24  
Things were good in the early days  
When transportation was boats and  
one-horse shays*

*Progressing fast from farmers and  
fishers*

*To land grabbers and Yankee well  
wishers*

*From out of the bay after the '26  
deplorium*

*Came this building, Sanibel's finest  
(and only) emporium*

*On our store dock came all freight  
and mail to carry*

*And right next to it, the auto ferry  
This was the lifeline of all the folks  
here,*

*The meeting place for islanders and  
visitors far and near*

*Our shelves were stacked with  
supplies and goods*

*For everybody coming from the  
beach or the woods*

*From tweezers and needles to  
double team plows*

*From overalls and tools to ladies'  
things that were the cat's meows*

*Dried beans, canned beans, slab  
pork, et al*

*Bananas, vegetables, honey and  
fruit - winter, summer or fall*

*Our slogan - and you should really  
heed it*

*This I quote, "If we don't have it,  
you don't need it"*

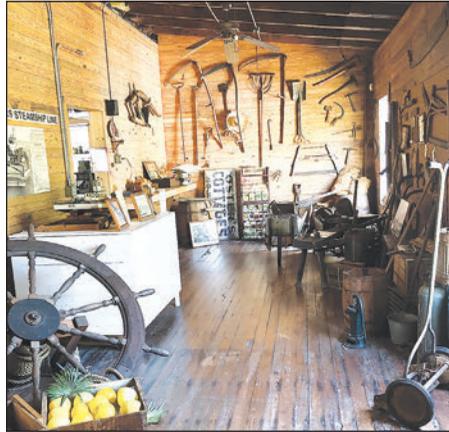
*Our father and the real father of  
this store*

*Was Frank P. Bailey, but yet there  
was much more*

*He fathered three sons as you see  
here now*

*Born, he thought, to fill his shoes  
and follow the plow*

*But plan and ideas don't always*



Back room

*come out right*

*However at the end of the tunnel  
there was some light*

*I'll get to that in a sec or two*

*But then came the Depression and  
many dreams blew*

*Getting the boys interested in the  
store was tough as a rock*

*One wanted to ride horses, another  
was a jock*

*The oldest, after wandering and  
meandering around*

*Arrived back on Sanibel and his  
niche was found*

*After three years he took over the  
reins - in 1952*

*And established a record our dad  
would be proud of too*

*This old building has seen many  
come and go*

*And it's great to see these old  
clapboards again to glow*

*For in 1966 she was put to rest to  
stay*

*New Bailey's was relocated at the  
corner of Periwinkle and Tarpon Bay*

*But now it's back in its glory and  
glee*

*Here it stands again proudly for all  
to see*

*Welcome to Bailey's!*

*The Sanibel Historical Museum and  
Village is closed for the off-season and  
will reopen on Tuesday, October 20*

*with the hours of 10 a.m. to 4 p.m.  
Tuesday through Saturday.\**



# GOING OUT OF BUSINESS

After 30 years in business, we are  
closing our doors and retiring

We would like to THANK  
all of our customers who  
have been loyal to us  
throughout the years

# 30% OFF ALL MERCHANDISE

(Look for further discounts  
in the coming month)

Open Sunday thru Saturday 9am - ?  
362 Periwinkle Way "At The Lighthouse End"

## 472-1858

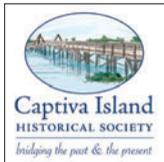


Belton Johnson by the *Santiva* photo courtesy Captiva Island Historical Society Archives

## Looking Back: Belton Johnson

This snapshot from the 1960s shows Belton Johnson, front, early pioneer and captain of the *Santiva*.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old



mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. The Captiva Memorial Library and History Gallery are temporarily closed due to the coronavirus. Call 533-4890 for more information.

Visit the website at [www.captivaishistorical.org/archives/research](http://www.captivaishistorical.org/archives/research) to view many more images to bring you closer to Captiva.✪

## Churches/Temples

**BAT YAM-TEMPLE OF THE ISLANDS** (Reform Jewish Congregation) Friday night Torah commentaries with Rabbi Stephen Fuchs at 7 p.m. at either [www.batyam.org](http://www.batyam.org) or Stephen Fuchs' Facebook page. Rabbi's coffee morning on Zoom Wednesdays, July 15 and August 12 at 11 a.m. Food and paper drive drop-offs Thursdays from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ. Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. [www.batyam.org](http://www.batyam.org), 2050 Periwinkle Way, 732-780-2016.

**CAPTIVA CHAPEL BY THE SEA** Rev. Larry Marshall. Services every Sunday at 11 a.m. November 8, 2020 through April 25, 2021. 11580 Chapin Lane, Captiva, 472-1646.

**CHAVURAT SHALOM** (Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 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** The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 2950 West Gulf Drive, 472-8684.

**SANIBEL COMMUNITY CHURCH** Offering a Blended Service at 9 and 11 a.m. through the end of June. Starting Sunday, July 5, Contemporary Service at 9 a.m. and Traditional Service at 11 a.m. in the Main Sanctuary. Now offering a "Masks Only" service via live stream at 9 and 11

a.m. in Fellowship Hall. View the Sunday Service online at [sanibelchurch.com](http://sanibelchurch.com), 1740 Periwinkle Way, 472-2684.

**SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST** The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 10 a.m., [www.sanibelucc.org](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

**ST. ISABEL CATHOLIC CHURCH** Father Ed Martin, Administrator, Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 and 10:30 a.m., Sunday May through October, 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. Holy Days. 3559 Sanibel-Captiva Road, 472-2763.

**ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH** The Rev. Alan Kelmereit, Priest-in-Charge Saturday Eucharist at 5 p.m., Sunday Eucharist at 8 and 10:30 a.m., Sunday School at 10:30 a.m., Tuesday Morning Prayer at 9 a.m., Wednesday Healing Eucharist at 9 a.m., Prayer and Potluck first Wednesday at 6 p.m., Taizé Service third Wednesday at 6 p.m. [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org), 2304 Periwinkle Way, 472-2173.

**UNITARIAN UNIVERSALISTS OF THE ISLANDS** Meets 5 p.m. on the second Sunday of each month from December through April at Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. [ryi39@aol.com](mailto:ryi39@aol.com), 2050 Periwinkle Way, 433-4901.

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



# She Sells Sea Shells

*"An Ocean Boutique"*

**"Where Islanders Have Sent Their Friends & Family To Shop Since 1976"**

Sanibel & Worldwide Shells • Corals & Exotic Sealife  
Shell Gifts • Jewelry • Books • Candles • Lamps • Craft Supplies  
T-Shirts • Tanks • Muscles • Hoodies • Hats • Cover-Ups & Dresses  
Handmade Shell Xmas Ornaments & Flowers

SEE OUR SALE BEACH DRESSES

*Celebrating Over*

*44 Years On Sanibel!*

SEE OUR SHELL SCOOPS

## WELCOME BACK!

For everyone's protection, masks must be worn & social distancing practiced. Stay Healthy!

We appreciate your business.

**FREE GIFT!**

Adult & Kids T's sizes XS-XL  
**3 for \$23**  
XXL 3 for \$29

**20% Off**  
Any Single Item  
(cash sales only)  
Good with coupon  
not valid on sale items

**WE SHIP!**

Voted The Best Shell Shop in SW Florida -News Press Readers Poll 2000-2019

Voted The Best Gift Shop in SW Florida 2019

**1157 Periwinkle Way**  
**472-6991 • 472-8080**  
**Open 7 Days 9am 'til 8:30pm**  
**SheSellsSeaShellsSanibel.com**

Winner Best Shell Shop -Islander/Island Reporter Readers Poll 2000-2019

2015 Best Craft Shop & Best Gift Shop

# Island Winds Coiffures

**HAIR SALON FOR WOMEN & MEN**

## Manicures and Pedicures by Lois

## Hair Styling



**LINDA • MARISA • JEANNE**



# 695 Tarpon Bay Road, Sanibel

# 239-472-2591



naturebrackets.com  
info@naturebrackets.com

**New Designs Available at**  
**Forever Green Ace Hardware**  
2025 Periwinkle Way • Sanibel, FL

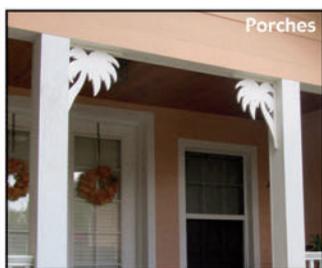
For a Full Mailbox call Dave at (239)454-1001



Mailboxes



Porches



Shelves



## Council Seeks Replacements For Two Seats



Kevin Ruane



Jason Maughan

by Wendy McMullen

City council is urging residents interested in serving on city council to let them know since they have to fill two vacant seats after November this year.

Mayor Kevin Ruane is running for Lee County Commission District 1 and Councilman Jason Maughan is running to succeed Republican Ray Rodrigues in House District 76.

Municipal elections only take place in odd years, however, so the remaining city council members have the task of filling the vacant seats on city council.

"If there are individuals who would like be up here, they need to be reaching out to us," said Councilwoman Holly Smith, one of two members who will remain on

city council next year.

"We need to put the word out that we're looking for people," said Richard Johnson, the other council member remaining.

"We share a very significant responsibility," said Vice Mayor Mick Denham, who will remain until the election on March 2 but has said he would not run again.

"There are questions that we know to ask," added Smith, "But you're right. The citizens will decide in March."

Citizens interested in running for the unpaid position should contact city council with their resumes. Check the website at [www.mysanibel.com](http://www.mysanibel.com) or call 472-3700.✪

## Community House Opens Its Doors With Care

The Community House held its annual Smoke on the Island hog roast social on July 3. This was the first big event hosted by the Sanibel Community Association (SCA) since mid-March. The indoor guest number was limited to 50 people in accordance with City of Sanibel guidelines.

Former board of directors member Tommy Williams said, "SCA launched our 4th of July weekend with a fabulous hog roast."

The guests started arriving at 5:30 p.m. Roger Grogman, SCA board of directors president, opened the front door for each group wearing their

masks. Temperatures were taken by Sarah Jacobson, director of marketing and events. Guests were then shown to their assigned table, that was physically distanced, by volunteer Linda Warschauer.

While guests waited to be called to the buffet line, they had potato salad and tomato salad prepared by Chef Jarred Harris. "I want Chef Jarred's recipes for the potato salad and mango barbeque sauce, because they are different and fantastic," said Lynn Campean. "One of his best meals ever." Teresa Riska Hall, executive director, served iced tea and lemonade.

Starting at 6 p.m., tables were called to go through the buffet line. Even though the hog was the only one not wearing a mask, as Sandy Montclare pointed out, there were plenty of smiles.

If you missed this opportunity to taste Chef Jarred's cooking, chutneys and pickles are available at The Community House as a part of the garden fundraiser. The Community House looks forward to opening its doors in August for another community social. Stay tuned for the date and menu.

The Community House is located at 2173 Periwinkle Way on Sanibel. For more information, call 472-2155.✪

Send your editorial copy to:  
[press@islandsunnews.com](mailto:press@islandsunnews.com)

## Shell Found



Lindsey Perryman photo provided

Lindsey Perryman found a junonia at Lighthouse Beach on June 14. This was Lindsey's first time visiting Sanibel and first time shelling.

Last year, on June 14, 2019, Lindsey lost her Uncle Fred, who loved Sanibel and visited for years. Lindsey and her family dedicated the finding of this unique shell to Fred Greenwood, a unique man himself.✪

# Shop and Dine Local!

At Sanibel's #1 Shopping Destination - Lee County Visitor & Convention Bureau



2075 Periwinkle Way • 2 miles off Causeway Road on the Left • [PeriwinklePlace.com](http://PeriwinklePlace.com)

Shop Mon - Sat 10-5, Sun 12-5 • Dine 8am to 7pm Daily





expects more than 120 requests. "In a normal year, it is difficult for our clients to budget for school supplies," said Maria Espinoza, FISH food programs director. "With the COVID-19 crisis, there is an unprecedented financial strain on families who have had hours drastically cut or have been laid off all together."

FISH is monitoring the discussion surrounding school reopening plans at Lee County Schools but wants to be prepared for students to have what they need regardless of what the 2020-21 school year looks like. "For those returning to on-campus classrooms, we suspect that communal school supplies won't be available in most schools, which means parents will likely have to provide those extra items for their student. In addition, there will be needs for those returning on a virtual basis as well. We just want to be prepared to provide as much as possible for students," said Espinoza.

FISH is asking the community for help to ensure students and teachers have the supplies they need for the school year. From now through August 3, supplies or financial donations may be dropped off at the FISH Walk-In Center, or mailed to FISH of SanCap, 2430-B Periwinkle Way, Sanibel, FL 33957. With community support, FISH can help defray the expense of back-to-school supplies. For a complete list of school supplies by grade, visit [www.leschools.net/parent\\_portal/back\\_to\\_school/supply\\_lists](http://www.leschools.net/parent_portal/back_to_school/supply_lists).

Donations are needed photo provided

## Support Needed For FISH School Supplies Program

While many parents and teachers are unsure of what the Lee County school reopening plan looks like, FISH of SanCap will continue its Back-to-School Supplies Program for the 2020-21 school year. Last year, FISH distributed supplies to over 115 school-aged children, along with the over 70 who received underwear and socks as part of the program. This year, FISH



Dot Lee and her assistant introduce Trouper to one of the preschoolers photo provided

## Children Learn Valuable Lesson From Raccoon

Trouper, the blind raccoon, paid a visit to the Children's Education Center of the Islands (CECI) during Sensing Nature week of summer camp. During the week, children explored and investigated their five senses outdoors.

Trouper arrived when children were learning about their sense of sight.

Thanks to Trouper's owner, Dot Lee, the campers were able to learn about what makes Trouper special and how he became blind.

Trouper's abilities shed light on teaching young children empathy skills. CECI believes that nourishing a child's sense of empathy and emotional intelligence is one of the most important foundational skills that young children should learn. Empathy is a complex skill to develop, but the natural world lends an organic pathway to help foster this skill.

CECI staff and students are grateful for friends like Trouper.

From page 1

## Tracking Turtles

that nest on the gulf coast of Florida. Since Pepper was nesting during the 2018 red tide bloom, the data will also contribute to a research project investigating the long-term impacts of red tide events on the health and reproductive success of nesting sea turtles, which is

funded by the Florida RESTORE Act Centers of Excellence. Thanks go out to the AWC Family Foundation for funding satellite tagging of loggerheads.

SCCF officials are also satellite-tracking a rare leatherback named Juniper that nested on local beaches for the first time this season.

Visit [www.trackturtles.com](http://www.trackturtles.com) to track Pepper, Junonia and Juniper.



# BEST BREASTS ON THE ISLAND

## The Pecking Order Fried Chicken

DELIVERY . CATERING . TAKE OUT

2496 Palm Ridge Road, Sanibel

239.472.2534



**WINNER:**  
BEST FRIED CHICKEN

**WINNER:**  
BEST LUNCH

**WINNER:**  
BEST BEACH FOOD TO GO



## Sanibel Beauty Salon

Sanibel's First Beauty/Barber est. 1951



**We Are Open!**  
By appointment only; please call to make an appointment

Your patience is greatly appreciated at this time

2248 Periwinkle Way by the Sanibel Bean

[www.SanibelBeautySalon.com](http://www.SanibelBeautySalon.com) • (239) 472-1111 • [SanBeautys@aol.com](mailto:SanBeautys@aol.com)

Discover  
**Tahitian Gardens**  
 Shopping Center

1975 Periwinkle Way



**Real. Authentic. Flavor.**

**The Best Burger  
 Is the One You Design**

**11:30am - 8pm**

**239-472-6111**

**www.cheeburger.com**



Tommy Bahama | Peter Millar | Robert Graham | Nat Nast  
 ORVIS | Patagonia | ExOfficio | OluKai | True Flies | SWIMS  
 Island Company | Helen Kaminski | Coola | GoPro & more!

**Adventures In Paradise Outfitters**  
 2019 Periwinkle Way Sanibel, FL. 33957. 239-472-8236  
**www.TheSanibelStore.com**

Offering Fine Island, Modern and Estate Jewelry,  
 plus the area's largest selection of Authentic Ancient  
 and Spanish Treasure Coins



If you are on the Island,  
 let us help you select  
 the perfect memory of Sanibel.  
 If you can't get to Sanibel,  
 let us send the beach to you.

**THE CEDAR CHEST**  
 FINE JEWELRY  
 A Sanibel Tradition Since 1975

Tahitian Gardens  
 1993 Periwinkle Way  
 Sanibel Island, FL 33957



Toll-free: 800-749-1987  
 Telephone: 239-472-2876  
**www.CedarChestSanibel.com**

**Sanibel Sole**

Tahitian Gardens  
 1979 Periwinkle Way  
 Sanibel (239) 395-0385

VIONIC | **täos** FOOTWEAR | OOFOS | **Teva**

**SYNERGY**  
 Tahitian Gardens  
 1981 Periwinkle Way  
 Sanibel (239) 395-0385  
 synergysportswear.com

**LIFE IS GOOD®**

**ILSE JACOBSEN**  
 HORN&EK

**Columbia** | **THE NORTH FACE** | **dude** | **ALEX AND ANI**

**For individual shop information: [www.ShopOnSanibel.com](http://www.ShopOnSanibel.com)**

## Planning Commission To Study Seawalls

by Wendy McMullen

The question of whether vinyl can be used for seawalls and the implications of placing a vinyl seawall waterward of the concrete seawalls will lead to a thorough study of the type and construction of seawalls by city planners.

The issue, which came up at the last planning commission meeting, was referred to city council by Commission Chairman Chuck Kettman, who suggested that the Sanibel City Council authorize the planning commission to undertake an investigation into seawalls on Sanibel and make recommendations to the council.

Concerns include whether vinyl seawalls are detrimental to the environment and the impact of placing vinyl seawalls in front of existing concrete seawalls, and narrowing the canals as a result.

Council voted unanimously to authorize the study.✪

## Water Quality Looking Good

by Wendy McMullen

With water levels in Lake Okeechobee a foot higher than last year but two feet lower than in the disastrous red tide year of 2018, water quality on Sanibel appears positive according to Sanibel Director of Natural Resources James Evans.

"We are getting the flows we need," he said, explaining that water flows from Lake Okeechobee need to be around 750 and 2,100 cubic feet per second and that anything greater than 2,600 is harmful to Sanibel's water. Large water releases from Lake Okeechobee were largely responsible for the red tide and blue green algae blooms in 2018.

"The water quality is good. We're right in a sweet spot," he said.

A higher than average rainfall is

predicted for this summer but we are not going to see an El Nino or La Nina, he said.

Evans reported no red tide at present but said small amounts of red drift algae have been reported at Bowman's Beach and Gulfside City Park. He attributed that to a wind event on Friday.

"We hope it's just an ephemeral event," he said.✪

## Mayor Defends Against Stand On Masks

by Wendy McMullen

Sanibel Mayor Kevin Ruane defended himself against emails attacking comments made in an interview with Beach Radio in which he indicated that he was opposed to mandatory masks and suggested that herd immunity may be ultimately successful.

Ruane, who was not present for the mask vote at the June 30 emergency meeting, said he did not "run away" from the mask vote. His mother went through a difficult surgery and he wanted to be there with her.

Ruane said that he was elected because people wanted less taxes and less government and that he preferred to educate people about masks rather than to mandate wearing them. He added that what he said in the radio interview was mischaracterized, particularly his comments on herd immunity. He explained that two of his close relatives contracted coronavirus "with not a symptom in the world."

Almost all of the 80 email messages sent to city council since the last meeting congratulated the city on passing the mask ordinance. The lone opponent to the decision claimed that the council "fell to the fear/guilt/control tactic of wearing masks" and wrote that the city had "the feel of Eastern Europe in the '70s."

City council is still encouraging comments via email to avoid large gatherings in city hall. People wishing to comment should send their messages to the city clerk, pamelasmith@mysanibel.com by 3 p.m. the day before the meeting so that they can be distributed to council members.✪

## Property Values Up, Millage Remains Same

by Wendy McMullen

Despite COVID-19, island property values are projected to have risen this year, although by less than one percent, and the city is projected to have the lowest tax rate since 2007.

Mayor Kevin Ruane pronounced it "miraculous" that the budget was balanced and noted that it was achieved by careful cuts in expenses as revenues declined because of COVID-19.

"The beginning fund balance is in line with what we have seen in the past," he said, noting that the city had cut \$3.5 million from the budget in the past year. As a result, the city council was able to keep the millage rate the same as last year at 1.89.

The cuts have not come without some pain, however.

"We have made some constrictions

and there's a gap in the public recognizing that the level of service we have had in the past can't be maintained," said City Manager Judie Zimomra. "We've prioritized those employees who provide lifesaving services and we continue to provide emergency services but less routine services can't be maintained."

"Nothing that affects health and safety has been eliminated," she said. "The next 12 months will be a necessary budget but not a comfortable budget."

"We are going to do our level best with what we have to work with," said Councilman Richard Johnson, noting that both sales revenues and state revenues are trending down.

Ruane also noted his concern that restaurants and businesses that have had their services limited may not be able to continue to meet their tax obligations.

Nevertheless, real estate and tangible values on Sanibel amount to \$5.2 billion in 2019 and are projected to rise to nearly \$5.3 billion in 2020.

"We're a blue chip stock," noted Ruane, "We did not go down."✪

## Council Rejects Hike In After School Fees

by Wendy McMullen

A proposal to increase fees for Sanibel's after school youth program was defeated by city council at its meeting on Tuesday.

Seventy two students were expected to enroll in the popular Summer Rec Program, which has attracted up to 100 students in the past but this year there have only been between 35 and 42 students, leading to a great decrease in funding. Complicating this are the Centers for Disease Control recommendations of one counsellor for nine students compared to the 15 to one ratio.

Having dramatically missed the mark in the summer and not knowing how many families will feel comfortable enrolling their children for the school year, city council was presented with a proposal to increase fees by 25 percent

for the after school program in order to make up the shortfall.

It's expected that some of the students will be covered by the LeeCares program or FISH of SanCap, but the majority of the families are cash pay.

Councilman Jason Maughan led the charge against the increase.

"Our own careers would not be the same without the child care program," he said of himself and his wife, who is a realtor. "I oppose the increase. "It's the best way to encourage younger people to move on the island. It adds to the very caring family feeling on the island."

Councilman Richard Johnson agreed, asking there was a way to fill the gap and suggesting that other sources of funds be explored first.

A compromise solution was to keep the fees the same but to register students for just one trimester and then reassess whether to raise fees in the second and third trimesters.

The cost of the after school program for Sanibel Recreation Center members is currently \$1,222 for the three-semester school year.✪

Independently Owned And Operated  
COPYRIGHT 2020 Island Sun  
LORKEN Publications, Inc.



NEWSPAPER  
Sanibel & Captiva Islands

Read Us Online: [www.IslandSunNews.com](http://www.IslandSunNews.com)



USPS 18: Bulk Rate permit paid for at Sanibel, FL, 33957.

Postmaster: Send change of address to Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957.

Published every Friday for the people and visitors of Sanibel and Captiva Islands.

Distribution: 8,000 - 10,000 per week (seasonal).

Mailed free to Sanibel and Captiva residents every Friday. Subscription prices: Third Class U.S. \$60 one year, \$30 six months (Allow 2-3 weeks for delivery). First Class U.S. \$150 one year, six months \$75 (Allow 3-5 days for delivery).

Prices include state sales tax. Send subscription requests to: Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957.

The Island Sun will correct factual errors or matters of emphasis and interpretation that appear in news stories. Readers with news, tips, comments or questions, call 239-395-1213; or write to: Island Sun, 1640 Periwinkle Way, Suite 2, Sanibel, FL 33957. FAX number: 239-395-2299.

Email: [press@islandsunnews.com](mailto:press@islandsunnews.com), Email: [ads@islandsunnews.com](mailto:ads@islandsunnews.com)

The Island Sun reserves the right to refuse, alter or edit any editorial or advertisement.

### Publisher

Lorin Arundel

### Accounting

Mike Terry

### Advertising

Bob Petcher

### Graphic Arts & Production

Ann Ziehl, Manager  
Amanda Hartman  
Justin Wilder

### Reporters

Kathy Kurtz Ferrari  
Wendy McMullen

### Contributing Writers

Kay Casperson	Craig R. Hersch
Constance Clancy, EdD	Dr. Jose H. Leal, PhD
Suzy Cohen	Kealy McNeal
Linda Coin	Capt. Matt Mitchell
Cindy Carter	Trinette Nelson
Marcia Feeney	Howard Prager
Katie Frederic	Geri Reaves PhD
Shelley Greggs	Angela Larson Roehl
Jarred Harris	Julie Rosenberg, MD
Marion Hauser, MS, RD	J. Brendan Ryan, CLU,
Ross Hauser, MD	ChFC, MSFS
Bryan Hayes	Di Saggau
	Jeanie Tinch



PRINTED ON  
RECYCLED PAPER

## Community House Events

On Tuesdays, July 14, 21 and 28, Anita Force Marshall will hold a class called Letting Loose with Watercolor from 9:30 to 11:30 a.m. Through ink and watercolor, participants can create an original 5x7-inch sand dollar. Bring your own watercolors or buy a kit for \$10. Cost is \$30 for members and \$35 for guests.



The Secure Shredding truck will be on site this Saturday from 9 a.m. to noon photo provided

A shredding day will be held on Saturday, July 18 from 9 a.m. to noon. Bring all your documents that include personal information to be shredded by Secure Shredding. The truck will be located in the north lot located across from The Community House. Cost is \$5 per box or bag.

Camp to Go Shell Critter Kits are available for purchase or to ship. Choose four out of 13 critters for you to assemble. Cost is \$20 per kit; shipping is \$8 additional.

Camp to Go Art Kits are also available for purchase or to ship. There are eight different postcards to color and Zentangle. Sharpie and educational video link included. Cost is \$20 per kit; shipping is \$8 additional.

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



images provided



The decals also spotlight important conservation issues:

The Observe with Care decal shows an adult manatee and calf swimming above a bed of sea grass. In the 1960s, legendary wildlife researcher Jacques-Yves Cousteau helped raise awareness about Florida manatees worldwide. Today, you can continue this legacy of manatee conservation by always using caution when boating, enjoying these amazing animals from a distance and encouraging your friends and family to do the same.

The Protect Florida Sea Turtles decal features a close-up photo of a loggerhead hatchling. There are many ways you can help protect sea turtles, including keeping the beach dark by not using lights or lit cell phones at night. Also, when you leave the beach after a day of fun, make sure to fill in any holes, pick up trash and put away toys and furniture. It can make a big difference for sea turtles.

Learn more about how to help conserve manatees and sea turtles at [www.myfwc.com/manatee](http://www.myfwc.com/manatee) or [www.myfwc.com/seaturtle](http://www.myfwc.com/seaturtle). To view and order past editions of decals from 1992 through 2019, simply type "decals" in the search box at [www.myfwc.com](http://www.myfwc.com).

You can also support these species by purchasing a Save the Manatee or Helping Sea Turtles Survive license plate at your local tax collector's office.

If you see a dead, sick or injured manatee or sea turtle, call FWC's Wildlife Alert Hotline at 888-404-3922.✪

## New Decals Help Manatees And Sea Turtles

The Florida Fish and Wildlife Conservation Commission (FWC) is unveiling its new 2020 manatee and sea turtle decals. New editions of these collectible stickers are released every July and are available with a \$5 donation online or at your local tax collector's office. All proceeds from the decals help fund manatee and sea turtle conservation efforts.

The high quality, waterproof stickers feature original artwork and are designed for use on a vehicle's bumper or the side of a boat. They can also be found on laptops, water bottles and coolers throughout the state and around the world. Collecting them is a fun way for people to support the research, rescue and management efforts that conserve these species.

"Proudly displaying your manatee or sea turtle decal is a great way to raise awareness about the challenges facing these iconic Florida species," said Ron Mezich, who leads the FWC's Imperiled Species Management Section. "And even more importantly, all proceeds from the decals go directly to helping these species and conserving their habitats."

## Venture safely into the AMAZING world of mollusks!



BE WOWED BY OUR GIANT PACIFIC OCTOPUS

ENCOUNTER LIVE ANIMALS IN OUR TOUCH POOLS

WIN A PRIZE ON OUR SCAVENGER HUNT

TAKE HOME A FREE SHELL CRAFT KIT

ATTEND AN EDUCATIONAL PROGRAM AT 2 P.M. DAILY



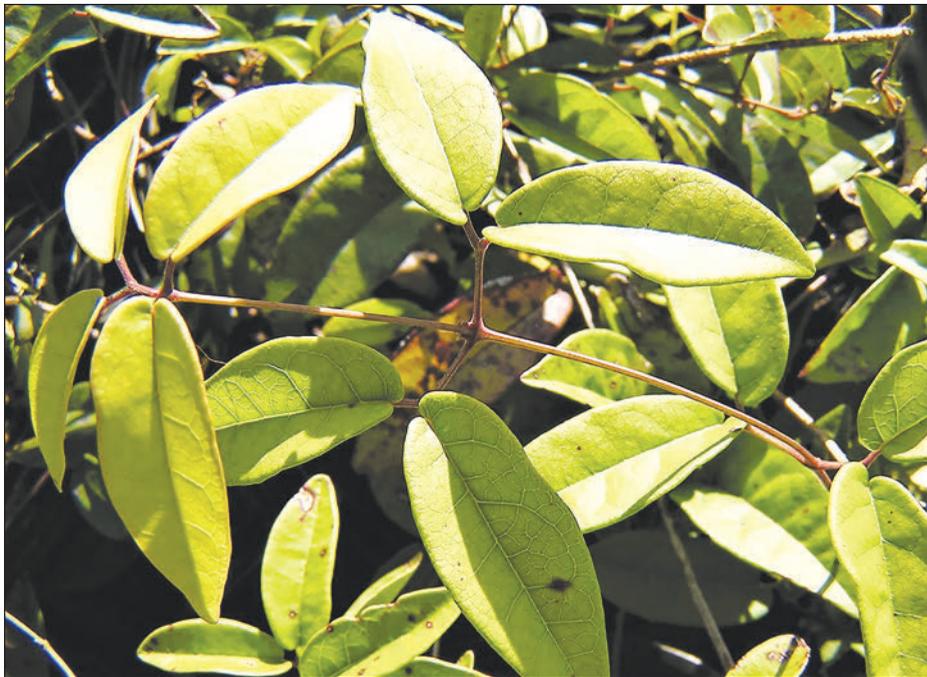
BAILEY-MATTHEWS  
**NATIONAL SHELL MUSEUM**

3075 Sanibel-Captiva Rd.  
Sanibel, Florida 33957

(239) 395-2233  
Open Daily, 10-5 

Enjoy our spacious new renovation with lots of room for social distancing. Masks are required for all guests 2 and older. We can't wait for your visit!

**Purchase tickets at [ShellMuseum.org](http://ShellMuseum.org)**



Native crossvine's reddish stems and pairs of basal leaflets

photos by Gerri Reaves

## Plant Smart Crossvine

by Gerri Reaves

**C**rossvine (*Bignonia capreolata*) is a perennial vine of the bignonia, or trumpet-creeper, family. Native throughout the southeastern U.S. and part of the Midwest, this high-climbing vine is deemed weedy and aggressive in some states. In Florida, it is an evergreen.

It closely resembles another member of the bignonia family with showy flowers, native trumpet creeper (*Campsis radicans*).

When stems are transected, cross-shaped pith is visible, thus the common name.

Long life, ornamental value and wildlife friendliness recommend this species.

The red or purplish woody stems can grow up to 50 feet long, spreading quickly via root suckers, so in a garden



Spent crossvine flowers

setting it usually requires pruning.

However, fast growth can be an asset if you want it to take over a fence or trellis. It also works well as a groundcover.

The opposite compound leaves have two basal leaflets and a tendril with a small adhesive disk in the center.

Leaflets vary from two to six inches, with smooth edges, tapered tips and a notch at the base that gives them a heart shape.

The fragrant trumpet- or bell-shaped

flowers, appear in a cluster of one to three in the leaf axils.

Their flower's shape inspires another common name, trumpet flower.

The exteriors are orange-red and the interiors yellowish red. The five irregular lobes flare out when open.

They bloom in spring and attract butterflies and, in particular, hummingbirds.

Drought tolerant but not salt tolerant, it prefers moist well-drained soil.

For profuse blooming, give it a spot in full sun. It will also adjust to lower light conditions, even filtered shade.

Propagate it with winged seeds from the flat capsule or with cuttings.

The leaves and bark were used medicinally by Native Americans to treat various conditions, including rheumatism, edema, headaches and diphtheria.

Sources: *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *The Shrubs and Woody Vines of Florida* by Gil Nelson, [www.floridata.com](http://www.floridata.com), [www.fnps.org](http://www.fnps.org), [www.plants.usda.gov](http://www.plants.usda.gov), and [www.plantsoftheworldonline.org](http://www.plantsoftheworldonline.org).

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

# GARDEN GIFT SHOP SALE

20-50%  
OFF SELECT  
MERCHANDISE  
THROUGH JULY

3889 SANIBEL CAPTIVA ROAD | 239-395-5859 | [WWW.RSWALSH.COM](http://WWW.RSWALSH.COM)

**Breakfast, Lunch & Dinner & Later**  
**Pizza & Wings • Ice Cream**  
**Gluten Free Options**  
**& So MUCH MORE!**

Sanibel's  
Favorite  
Delicatessen

10<sup>th</sup>

ANNIVERSARY

**WINNER**  
**Best Pizza**  
**Taste of the**  
**Islands**

**BOAR'S HEAD**  
Dine In or Take Out

239-472-2555

www.sanibeldeli.com

2330 Palm Ridge Rd.

(Across from CVS)

Show your colors!

I
♥
SANIBEL

This bumper sticker is available  
at these favorite island stores.

Beach Stuff
CVS Pharmacy
Island Pharmacy
Jerry's Foods
Suncatchers' Dream

**GRADUATION**



Daisy Arensman photo provided

Daisy Arensman of Sanibel graduated from Fort Myers High School Summa Cum Laude and IB Summa Cum Laude, with a final grade of 5.63. Daisy was accepted to the University of Florida and will be joining her older brother, Sam, who is starting his junior year.

Daisy is the daughter of Andre and Julie Arensman of Sanibel.\*

**American Legion Post 123**

American Legion Post 123 is serving corned beef and cabbage this Sunday, July 19 from noon to 8 p.m. Barbecued ribs and chicken are on the menu for Sunday, July 26 from noon to 8 p.m.



The third Thursday of the month is Open Mic Night from 6 to 9 p.m.

The 9 Ball pool tournament begins at 5 p.m. on Monday nights.

On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a eight-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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. Contact Tim or Randy at 472-9979.

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

**Bat Yam Temple Of The Islands Speaker Series**

submitted by Tanya Hochschild

We are in the fifth month of lockdown due to the coronavirus. Zoom, the videoconferencing app continues to provide connections to our congregants.

July is the month for our 2020 Summer Speaker Series.

On July 9, the topic was Surviving the Pandemic Mentally and Spiritually. The speakers were psychologist

Matthew Zilboorg and Katherine Zilboorg, along with Rabbi Stephen Fuchs. On July 15, the topic was On Life and Living, and Death and Dying with keynote speaker Ken Ross, son of Elisabeth Kubler-Ross.

On Thursday, July 23, we'll hear Tales from our RV Journeys with speakers Carl and Sandra Greenbaum, Ed and Nancy Greenberg, and Corey Rosen. The topic for Wednesday, July 29 is The Importance of Art as Social Commentary with artist and social activist Myra Roberts and editorial cartoonist Walt Handelsmant. For times and Zoom links, email batyamsanibel@gmail.com.

On Thursday, July 30 at 4 p.m.,

there will be a Facebook Live! event at [www.facebook.com/batyamsanibel](http://www.facebook.com/batyamsanibel) as part of the Racial Justice Forum Series. Rabbi Funnye will be the speaker. He is the rabbi of Beth Shalom B'nai Zaken Ethiopian Hebrew Congregation of Chicago, Illinois. This event is by advance registration only. Participation is limited to the first 100 registrants. Rabbi Funnye is Michelle Obama's cousin. He has previously addressed Bat Yam Temple of the Islands. He will discuss the events that have gripped our country over the last month. He will also discuss how we can take constructive action to advance racial justice in our Southwest Florida communities.\*

**NAVIGATING UNCHARTED WATERS TOGETHER**



neighbors helping neighbors  
**THROUGH COVID-19**

In these times of uncertainty and growing needs, FISH remains steadfast in providing both **help and hope** to our island communities. Thanks to generous donors, volunteers and neighbors like you, **these FISH programs—our largest and most critical—have not missed a beat:**

- Food Pantry
- Meals-by-FISH meal delivery
- Food backpacks for children
- Emergency financial assistance

Whether feeding families, providing financial relief for rent and medical bills, or making daily phone calls and visits via FaceTime, Skype or Zoom, we continue to help our neighbors in meeting their physical, mental and emotional needs. As always, we are committed to being a safety net for all. **At the end of the day, our message is simple—FISH is for everyone.**

IF YOU OR SOMEONE YOU KNOW needs assistance during these difficult times, please call us at **239.472.0404**. For more info about FISH services, visit [fishofsancap.org](http://fishofsancap.org).



neighbors helping neighbors

**food programs • island based education • social & senior services • helping hands & financial assistance**

2430-B Periwinkle Way, Sanibel FL 33957 **239.472.4775 • fishofsancap.org**



**FISH FACTS**

*Even before COVID-19, the need for FISH emergency programs has grown significantly over the past year. Thank you for helping to meet these very important needs in all circumstances.*

**FOOD PANTRY**

January - June

2019	2020
105,252 lbs	<b>117,871 lbs</b>
equating to	
87,710 meals	<b>98,225 meals</b>

**BACKPACKS DISTRIBUTED**

January - June

2019	2020
480	<b>897</b>

**MEALS-BY-FISH DELIVERY**

January - June

2019	2020
1596	<b>3388</b>

**EMERGENCY FINANCIAL ASSISTANCE**

January - June

**142% increase** over 2019



ad sponsored by:  
**Sheridan Snell**  
Board Chair



# Don't Pass On The Passes



by Capt. Matt Mitchell

Fishing the passes has remained the best bite in town as the prevailing onshore west wind made getting out on the beaches just too sloppy. Which of our passes and on which phase of the tide this bite would happen seems to change from day to day. When I did find these fish, my clients would get an hour of wide open action that made the whole trip. Drifting while dragging live baits on the bottom worked best to catch snook, redfish and even a few big trout. Working out this pass pattern was often a little frustrating with no two days being alike.

Mangrove snapper action has begun to pick up as it does all summer long. When clients are looking for fillets to take home, these have been our fish of choice. We drop weighted small baits to the bottom in the deeper passes along with docks in these same areas. Tying on a little longer and lighter leader has helped as these fish are really leader shy in clear water. Often, I will downsize to six to 10 feet of 12-pound fluorocarbon and a No. 1 hook. Small shiners and live shrimp had these fish fired up. While fishing some favorite docks in the northern sound, we had these fish up on the surface giving us a crazy, sight-fishing bite.

Many of the shallower humps inside the passes have been good action on the incoming tide. St. James hump and a few of the shallower spots at the south end of Matlacha Pass lit up with a variety of species including trout, ladyfish, mackerel and jacks. Small shiners fished under a float and allowed to float on the tide made bending the rods easy. This bite has only happened on the incoming tide as I think the water is just too hot on the outgoing tide.

The westerly wind pattern we have had all week gave us both high humidity and a disturbed weather pattern bringing coastal storms at almost any time of day. For four days in a row this week, I just could not dodge this weather and got soaked. On my return from Captiva to St. James City early in the week, I got wacked by a micro burst just a mile from home. After thinking I could make it around the small fast-moving storm, I was caught by blinding rain and wind gusts I'd estimate at 40 mph-plus. Keeping your eyes on the sky doesn't always work this time of year.

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).\*



Spencer Nowell with a big snook caught while drifting the passes with Capt. Matt Mitchell this week photo provided

**BOAT RENTALS**  
 Fishing • Cabbage Key  
 Dolphin Watching  
 Captains Available  
**472-5800**  
 Jensen's Marina  
 Captiva Island

**FLORIDA'S #1 SELLING INSECT REPELLENT**

• Locally owned and operated  
 • 100% natural ingredients  
 • Smells great  
 • Safe to use on kids  
 • Works on pets & horses  
 • Non-greasy or sticky formula  
 • Repels mosquitoes & most biting insects

**NOOsee-um™**

Visit Our Website for Locations on Sanibel & Captiva Islands  
[WWW.NONOSEEUM.COM](http://WWW.NONOSEEUM.COM)

**CLEAR YOUR GEAR™**  
 It Catches More Than Fish

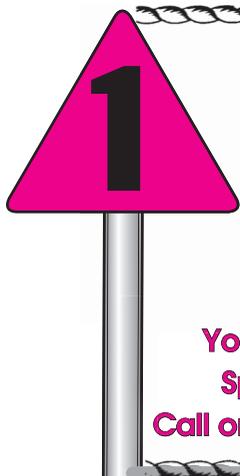
Discard fishing line responsibly/in designated receptacles

**CLEAR YOUR GEAR!**

**CAPT. MATT MITCHELL**

**Light Tackle Sport Fishing**  
 Tarpon • Snook  
 Redfish & More

**C: (239) 340-8651**  
[www.captmattmitchell.com](http://www.captmattmitchell.com)  
 email: [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com)



## ISLAND MARINE SERVICES, INC.

- NEW MOTOR SALES • REBUILT POWERHEADS •
- FACTORY TRAINED •

MERCURY - MARINER - JOHNSON - EVINRUDE  
 SUZUKI - YAMAHA - OMC - I/O'S - MERCUISER

Courteous Professional Marine Repair Service • Dockside Service  
 Serving Sanibel & Captiva For Life

**472-3380 • 466-3344**

Your Bottom  
 Specialist  
 Call on Paint Prices



**CROW Case Of The Week:**

# Gopher Tortoises

by Bob Petcher



**P**uncture wounds on the shell of a gopher tortoise (*Gopherus polyphemus*) can be troublesome. In 2019, CROW reportedly admitted 12 tortoises that had been attacked by dogs. Of the

confirmed cases, nine were released and one was deemed a permanent captive due to a leg injury.

This year, four “dog attack” gopher tortoises have come into the clinic to be cared for – two of them during a recent two-week period. On June 26, a juvenile gopher tortoise that suffered multiple puncture wounds to its carapace (upper shell) and plastron (under shell) and a fracture to the bridge (sides that connects the upper and lower shell) was admitted from Sanibel. On July 6, another juvenile gopher tortoise that had puncture wounds to its carapace as well as a displaced piece of its shell was admitted from Lehigh Acres.

The punctures to the top of the shell of the first tortoise were suspected to have also punctured the lungs based on expiration sounds and bubbles. This was confirmed with x-rays.

“Mammals and birds breathe when muscles expand and contract their rib cage,” said CROW’s Rehabilitation



**Patient #20-3242 had the more severe wounds of the two tortoises** photo by Missy Fox

Manager Breanna Frankel. “Tortoises cannot do this because their ribs are fixed to the inside of their shell, so they have different muscles that allow them to inhale and exhale. Their lung-to-body ratio is much larger than humans, which means they do not have to breathe as often. Since their breathing mechanism is different, if the top of their shell has punctures into the lungs, it may not affect their overall ability to breathe. The biggest concern is whether or not the lungs will heal completely, and each case is different.”

Remarkably, tortoise lungs can heal if given enough time. The trick is to clean and bandage the wounds very carefully so as not to get any fluids into the lungs.

“All puncture wounds are cleaned and

flushed daily for the first few days at the clinic, and the severe ones are filled with an antimicrobial gel to keep them healthy while they begin to heal. Some of the less severe punctures do not require any topical medication and can just be covered with a dry gauze bandage for protection while they heal,” said Frankel. “Our most severe cases sometimes require months of bandage changes before they are ready for release.”

Both recent patients have improved during their stay.

“(The June 26) tortoise has been improving very quickly and no longer requires any bandages. Initially, you could hear the air escaping out of the puncture wounds from the lungs, but they have

since healed over. Our hope is that it will continue to improve and be ready for release over the next couple weeks,” said Frankel. “The July 6 tortoise is doing well considering the severity of the wounds and has started eating well. The displaced shell fragment was removed, which left a portion of the shell missing. This area is flushed every other day and antimicrobial gel is applied to the area then re-banded. We hope to see some healthy tissue growth over the next several weeks as its body continues to heal.”

Frankel stated gopher tortoises, especially young ones, are generally in care much longer than other patients due to the time it takes them to heal. Dog owners must take heed and keep their pets leashed while near a gopher tortoise’s habitat.

“Typically, we see tortoise hatchlings the size of ping pong balls to juveniles the size of a small dinner plates admitted due to domestic animal attacks,” said Frankel. “Their small size makes them easy targets. Since they are relatively slow moving and their defense mechanism is to pull all their limbs into their shell, it’s easy for animals to pick them right up and use them as chew toys. That’s why it is so important for pet owners to keep a close eye on their pets while outside and keep them leashed when enjoying nature.”

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).



## Sanibel Marina






**Ireland Yacht Sales**  
“Dedicated to Yachting Excellence”

# Grammar Dot's

# SANIBEL THRILLER CRUISES



SEASIDE DINING

Taste of the Islands “People’s Choice Award”  
Winner Seven Continuous Years

Lunch & Dinner  
472-8138

SANIBEL MARINA

634 N. Yachtsman Drive • [www.sanibelmarina.com](http://www.sanibelmarina.com)

- Sanibel and Captiva Islands’ Most Exciting Boat Tour
- Circumnavigating Sanibel & Captiva Islands with Dolphins



239.472.2328 • [www.sanibelthriller.com](http://www.sanibelthriller.com)

Reservations are required • Also Available for Private Charters

Departing from Sanibel Marina  
634 N. Yachtsman Dr. • Sanibel Island




Shell Of The Week

# Spiny Piddock



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

**Jouannetia quillingi** Turner, 1955 is a member of the family Pholadidae, a group that also

includes the Angel Wing (*Cyrtopleura costata*), and piddock species of the genus *Martesia*.

The shell measures up to 18 mm (3/4 inch), and the left and right valves differ from each other in this species, with concentric ribs stronger on the right valve. This species is rare in shallow water, preferring to bore into rocky or coral-related offshore bottoms. The presence of special mantle glands in this species suggests that it may employ chemical dissolution to help the boring action carried out by the anterior part of the shell valves. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily. Holiday hours are noon to 4 p.m. Safety measures have been put in place, and staff and visitors are required



The Spiny Piddock, *Jouannetia quillingi*, from Port St. Joe, Florida.

photo by James F. Kelly

to wear face masks.

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit [www.shellmuseum.org](http://www.shellmuseum.org).

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✪

## Top 10 Books

1. *Too Much and Never Enough* by Mary Trump
2. *Friends and Strangers* by J. Courtney Sullivan
3. *Camino Winds* by John Grisham
4. *Beach Read* by Emily Henry

5. *Order* by Daniel Silva
  6. *Sex and Vanity* by Kevin Kwan
  7. *Stamped* by Jason Reynolds
  8. *Lady Clementine* by Marie Benedict
  9. *Fins* by Randy Wayne White
  10. *Dragonfly* by Leila Meacham
- Courtesy MacIntosh Books and Paper.✪

# WE'RE OPEN!

Call About Delivery or Curbside Pick-Up

Temporary Reduced Hours  
Mon. to Sat. 9AM-7PM • Sun. 10AM-7PM

## New!

### CUSTOM BLEND BARREL PICK

Bob Dylan's Heaven's Door Highway 61 Blend

Bottled Exclusively for The Grog Shop

# \$54.<sup>99</sup>

(239) 472-1682 • [www.GrogShopSanibel.com](http://www.GrogShopSanibel.com)

Bailey's Shopping Center  
(next to Island Cinema • Corner of Periwinkle Way and Tarpon Bay Road)

# OPEN

## for Indoor/Outdoor Dining

*Reservations available via Open Table or calling the restaurant*

---

**Take-Out & Delivery Available**

*"Have a Gourmet Meal and a Bottle of Wine Delivered to Your Door!"*

Call Ahead Ordering is Welcomed

**Tuesday thru Saturday • Dinner 5pm - 9pm**

1625 Periwinkle Way • 239.472.1956

View menus at  
[www.SweetMelissasCafe.com](http://www.SweetMelissasCafe.com)



THE  
**BEST PLACE**  
*to be*  
 RIGHT NOW

*“I think Shell Point has done a wonderful job of serving and protecting the residents during this challenging time. What they have done for us has been unbelievable. My wife, Carolyn, and I are raving fans.”*

**COLONEL JIM STAPLETON,  
 RETIRED U.S. ARMY,  
 SHELL POINT RESIDENT**

*just ask a Shell Point Resident*

The best place to be right now is *home* – especially if that home is at Shell Point.®  
 Our commitment to doing what is best for our residents has always made us the top choice for resort-style retirement living in Southwest Florida. *Today, that is more important than ever.*

**SHELL POINT**  
 RETIREMENT COMMUNITY  
*Unparalleled setting. Unparalleled lifestyle.™*

Shell Point is a nonprofit ministry of The Christian and Missionary Alliance Foundation, Inc.  
 2020 Shell Point. All rights reserved. SLS-4254-20

**LEARN MORE** at [shellpoint.org](https://shellpoint.org) or call (239) 228-4080  
**for a personal, non-contact appointment.**

Shell Point is located on the Caloosahatchee River in Fort Myers,  
 just 2 miles from the islands of Sanibel and Captiva.

# Virtual Candidate Forums For The 2020 Elections

The League of Women Voters of Lee County, in partnership with the Alliance for the Arts are presenting virtual candidate forums.

The following forums are now available for free public viewing at [www.artinlee.org/virtualforums](http://www.artinlee.org/virtualforums): Lee County School Board Districts 2 and 3; Lee County School Board District 7; Lee County Sheriff; Lee County Commissioner Districts 1 and 5; Lee County Commissioner District 3; Fort Myers City Council Ward 6; and Fort Myers City Council Ward 4.

Upcoming forums include: Fort Myers Mayor; Fort Myers Ward 2 (Postponed until after Primary); Cape Coral City Council Districts 2, 3 and 7; Florida House Seat 76; Florida House Seat 78; Florida Senate District 27; Lee County Property Appraiser; and U.S. House Seat 19.

Canceled forums are: Cape Coral District 5 (candidates failed to participate); Florida House Seat 77; and Florida House Seat 79.

Virtual candidate forums are available to the public, for free, by visiting [www.lwvlee.org](http://www.lwvlee.org), [vote411.org](http://vote411.org) and [www.artinlee.org/](http://www.artinlee.org/)

virtualforums.

For the August 18 Primary Election, the deadline to register to vote or to change party affiliation is July 20 and the deadline to request a Vote-By-Mail Ballot is August 8. All voters should verify their registration status. Florida is a closed primary election state, without a party affiliation you may only vote in non-partisan races.

Visit [www.vote411.org](http://www.vote411.org), a one-stop resource for nonpartisan election information with candidate and ballot information, polling places, debates and forums, and a voters' guide for Lee County and national candidates including links to videos of virtual candidate forums.

Voters may contact Lee County Elections at 533-8683 or [www.lee.vote.org](http://www.lee.vote.org) for voting and registration information.✳

## Virtual Rain Barrel Workshop

The UF/IFAS Extension is offering an online Florida Friendly Landscaping (FFL) Virtual Rain Barrel Workshop on Saturday, July 25 at 10 a.m.

Rain barrels are a great way to reduce storm water runoff and to save water for a period of dry weather.

In this workshop led by Lee County Master Gardeners, you will learn how to make and install a rain barrel to use at home.

Advance registration is required. Cost is \$45 and includes a pre-assembled rain barrel. A limited number of barrels are available and pick-up will

be discussed during registration. To register or for more information, call the Rotary Park Environmental Center at 549-4606.

For information regarding the Florida Yards & Neighborhoods program, contact Stephen H. Brown at 533-7513 or [fyn@leegov.com](mailto:fyn@leegov.com).✳

From page 1

## CROW Grant

Southwest Florida. In recent years, CROW has helped pioneer research to develop treatment for sea turtles affected by red tide poisoning, significantly increasing their survival rate.

The grant was awarded to support the purchase and installation of a new hoist, gurney and scale for use in treating sick or injured sea turtles. The new equipment will be especially helpful in aiding the treatment of loggerhead sea turtles that can weigh 200 pounds or more.

The funds were awarded through a competitive application process that is open to coastal county governments, educational institutions and Florida-based nonprofit groups striving to improve the livelihood of sea turtles and conserve Florida habitats.

Launched in 1996, the Helping Sea Turtles Survive specialty license plate raises money for two important programs that benefit Florida sea turtles – the Florida Wildlife Conservation Commission's Marine Turtle Protection Program and the Sea Turtle Grants Program, which distributes money back to the local level for turtle conservation projects.

The sea turtle plate is currently the



Florida sea turtle license plate

photo provided

number two overall selling specialty tag in Florida – second only to the University of Florida specialty plate, making it the number one environmental specialty plate.

"It's rewarding to know that so many people share our concern for Florida's sea turtles," said David Godfrey, Sea Turtle Conservancy executive director. "What we do in this state has a dramatic impact on sea turtle populations around the world. By purchasing the sea turtle specialty plate, Floridians are voluntarily funding important programs to save these amazing creatures."

To learn more about the Sea Turtle Grants Program and the Helping Sea Turtles Survive specialty license plate, visit [www.helpingseaturtles.org](http://www.helpingseaturtles.org).✳

**the TIMBERS RESTAURANT & FISH MARKET** **WAHOO!** **Fresh Fish Since 1978!** **SANIBEL GRILL**

**Friday is Lobster Night!**  
Preorder your lobster at 395-CRAB

PREORDER YOUR **SUSHI & SASHIMI**  
• THURSDAY • FRIDAY • SATURDAY

703 Tarpon Bay Road 472-3128

Timbers & Sanibel Grill - Open 4pm [www.timbersofsanibel.com](http://www.timbersofsanibel.com)  
WE HAVE ALL YOUR BBQ NEEDS at Timbers Fish Market open at 11am • 2pm on Sundays

CONTACT-FREE MENU AVAILABLE

**MATZALUNA**  
CRAFT BEER • PIZZA • PASTA

Sanibel's Home for Wood-Fired Pizza

Open 4:30-8:30  
Full Menu Available for Dine-In, Take Out, Curbside or Delivery.

Plant Based & Vegan Options  
Gluten Free Pasta

1200 Periwinkle Way | (239) 472-1998 [matzaluna.net](http://matzaluna.net)

**DON'T FORGET YOUR MASKS!!!**

Everyone Deserves A Slice of Paradise

**Island Pizza Company**  
SANIBEL • ISLAND, FL

Voted "The Best Pizza on the Island" 2009-2019

Serving Sanibel Since 1977 • Eat In - Take Out • Free Local Delivery

**Offering Curbside Pickup & Non-Contact Deliveries**  
(We've teamed up with Sweet Melissa's for delivery)

**Check Us Out on Social Media**  
**BOGO Free On All Draft Beer**

**OPEN 7 DAYS 11 am - Closing**  
**239-472-1581 & 239-472-1107**  
1619 Periwinkle Way, Sanibel, FL  
Facebook: [islandpizzasanibel](https://www.facebook.com/islandpizzasanibel)  
Instagram: [Island\\_pizza\\_sanibel](https://www.instagram.com/Island_pizza_sanibel)



Steve Schulz



Valerie Tutor



Lori Schulz



Rick Wagner

## Lions Club Announces New Leadership

Because of the pandemic, the Sanibel Captiva Lions Club met via Zoom and elected its officers for 2020-21. The officers are: Steve Schulz, president; Valerie Tutor, first vice president; Lori Schulz, second vice president; Rick Wagner, treasurer; and Jeff MacDonald, secretary. The new officers filled the positions on July 1.

Outgoing President Bill Sartoris said, "The membership has chosen a strong set of officers that will promote the service mission of the Lions and will help the club continue to improve in the future. The leadership of the Sanibel Captiva Lions Club is in good hands."

The Sanibel Captiva Lions Club has been serving the Sanibel and Captiva communities for over 50 years. While the Lions Club is most known for its

effort to eliminate preventable blindness, the club serves citizens of the islands and greater Southwest Florida in a variety of ways. The local club is part of Lions Club International, the largest service organization in the world with over 1.4 million members in chapters in over 200 countries.

Sanibel Captiva Lions Club holds regular dinner meetings on the first and third Wednesday of the month during the year. Visiting Lions or other interested parties are welcome to attend. For more information, contact Sanibel Captiva Lions Club Membership Chair Steven Schulz, P.O. Box 391, Sanibel, FL 33957, call 233-6261, or visit [www.sanibelcaptivalionsclub.org](http://www.sanibelcaptivalionsclub.org).



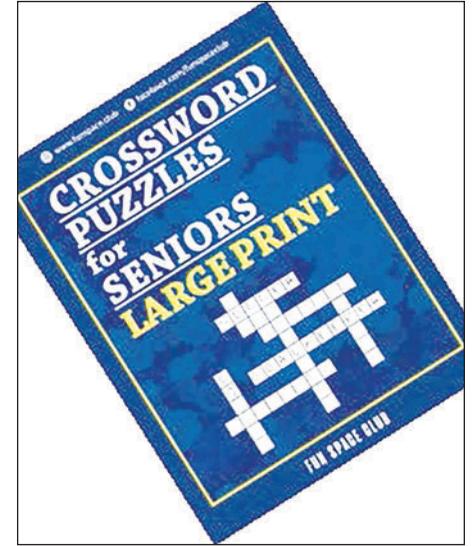
Jeff MacDonald

## FISH Launches New Program To Help Seniors

Senior Boxes, a new offering from FISH of SanCap, will be distributed during the month of August. FISH works throughout the year to combat the growing issue of isolation among seniors and has taken a closer look during the current health crisis. "Summer can always be a lonely time for island seniors when friends and neighbors go back north," said Maria Espinoza, food programs director. "The issue seems compounded now that we're living in a socially distanced world, so we wanted to find a way to still connect with our neighbors and give them something to look forward to without risking their health."

The inspiration for the boxes comes from the current subscription box trend where participants receive boxes of products and goodies regularly by mail. FISH plans to start by distributing 20 boxes to island seniors that are currently using other FISH services. The contents may include items like activity books (crosswords, word searches, etc.), cards, puzzles, soaps, DIY gardening kits, candles, crochet/knitting kits, comfy socks, handheld back massagers, stationery sets with stamps, and even a healthy and sweet treat.

"Our senior island neighbors mean



Senior Boxes will include items like puzzle books photo provided

a lot to us and we want them to know we're here for them," said Espinoza.

If you are interested in assisting by either making a financial contribution to FISH Senior Boxes or would like to donate items to be used in the boxes, contact Maria Espinoza at 472-4775. FISH is also seeking volunteers to assemble and deliver the boxes.

The FISH Walk-In Center and Food Pantry hours are Monday through Friday from 10 a.m. to 4 p.m. If you have any questions or concerns, or if you need assistance, contact Alicia Tighe, executive director, at 472-4775 or [alicia@fishofsancap.org](mailto:alicia@fishofsancap.org).

# Bailey's

Groceries • Hardware • Gifts



Serving Sanibel and Captiva Since 1899

ALSO SERVING YOU IN 2 OTHER LOCATIONS

### The Island Store

11500 Andy Rosse Lane, Captiva  
(temporarily closed for remodeling)

### Bailey's Marketplace at Sundial

1451 Middle Gulf Dr, Sanibel  
**NOW OPEN! 239-395-6016**

2477 Periwinkle Way • Sanibel, Florida • 239-558-0548 • [baileys-sanibel.com](http://baileys-sanibel.com) • OPEN 7 DAYS 7 AM - 7 PM (due to COVID)

THE ISLAND'S ORIGINAL SHOPPING  
**experience**

Whether you're visiting, vacationing or an island resident, Bailey's is an island tradition.

Our seafood counter has the freshest and best variety of local and sustainable seafood on the island—guaranteed. From fresh local grouper and snapper, to our delicious Mahi Mahi fillets, rest assured that your family will enjoy it! If you're not sure how to prepare something, just ask one of our knowledgeable seafood associates.



- FRESH MEATS, SEAFOOD & PRODUCE
- In-House Bakery & Deli
- Organic & Gluten Free Products
- Catering Service & Fine Wines
- SHOPPING & DELIVERY SERVICE
- Coffee Bar with Daily Specials
- Gifts & General Merchandise
- Full-service Hardware

**ENJOY BEER & WINE IN-STORE  
WHILE YOU SHOP  
AT OUR COFFEE SHOP!**



**Watermelon and Pork Lettuce Wraps**

- 3 cups watermelon, diced
- 1 orange, segmented
- 1 cucumber, diced
- 1 head lettuce (butter lettuce or romaine)
- 1 pork tenderloin
- 3-4 sprigs fresh rosemary or thyme
- 2 tablespoons all-purpose seasoning (your favorite)
- 1 lime, sliced
- 2 scallions, sliced thin
- Oil for cooking
- Sea salt and fresh ground pepper, to taste

Prepare watermelon, orange, and cucumber and store in refrigerator until ready to serve. Tear lettuce into serving size portions and store in refrigerator until ready to serve.

Preheat oven to 375 degrees. Preheat large sauté pan over medium-high heat with one tablespoon oil. Season pork with 1 tablespoon all-purpose seasoning, salt and pepper. Place rosemary into pan and set pork over top. Sear pork

**Watermelon and Pork Lettuce Wraps**

on all sides, transfer to oven safe dish and finish cooking until an internal thermomometer reaches 145 degrees. Remove from oven, cover, and allow to

rest for at least 10 minutes. Slice thin or dice small for lettuce wraps. Assemble by placing pork, watermelon, cucumber, and citrus segments into lettuce cup.

Sprinkle each with remaining all-purpose seasoning, squeeze fresh lime juice on top and garnish with scallions. Serve immediately. ✨



photo courtesy Fresh From Florida

# FAST AND FRESH TO GO

To advertise call: 395-1213

SHARE US ON FACEBOOK

239-472-2525 • www.BlueGiraffeRestaurant.com  
Periwinkle Place Shops • 2075 Periwinkle Way, Unit #14, Sanibel, FL 33957  
Drive 'round back for our flags Dine on our patio!

**Blue Giraffe**  
Island Dining

OPEN EVERYDAY!  
BREAKFAST 8AM-NOON  
Full Liquor Bar, Happy Hour 4-6PM  
Family Owned & Operated  
Casual Dining Inside or Outside on our Pet Friendly Patio  
DINE IN & TAKEOUT

Breakfast, Lunch & Dinner & Later

**Sanibel Deli & Coffee FACTORY**

10th Anniversary

Sanibel's Favorite Delicatessen

239-472-2555  
www.sanibeldeli.com  
2330 Palm Ridge Rd.  
(Across from CVS)

Gluten Free Options  
Pizza & Wings • Ice Cream & SO MUCH MORE!  
WINNER Best Pizza Taste of the Islands

**The Pecking Order**

Old-Fashioned Fried Chicken

BEST BREASTS ON THE ISLAND

Open Daily 11am to 8 or 9pm 239.472.2534  
Take Out . Delivery . Catering 2496 Palm Ridge Road, Sanibel

**Gramma Dot's**

The Only Dockside Dining on Sanibel  
Located at the Sanibel Marina  
Specializing in Local Seafood  
We also feature Petite & 10 oz. Filet Mignons

Dining Awards: 6 years running 472-8138

**JERRY'S Foods**

Restaurant & Deli

Daily Lunch Specials • Salad Bar • Take-Out or Eat In • Breakfast • Lunch • Dinner  
Open Daily 6 a.m. - 8:30 p.m.

CALL FOR DAILY SPECIALS 472-9300

Store Hours 6 a.m. - 10 p.m.

**SPOONDRIFT**  
ISLAND BOWLS

POKÉ BOWLS • SALADS  
DESSERTS • BEVERAGES  
VEGAN • GF/DF OPTIONS  
take out or outside dining

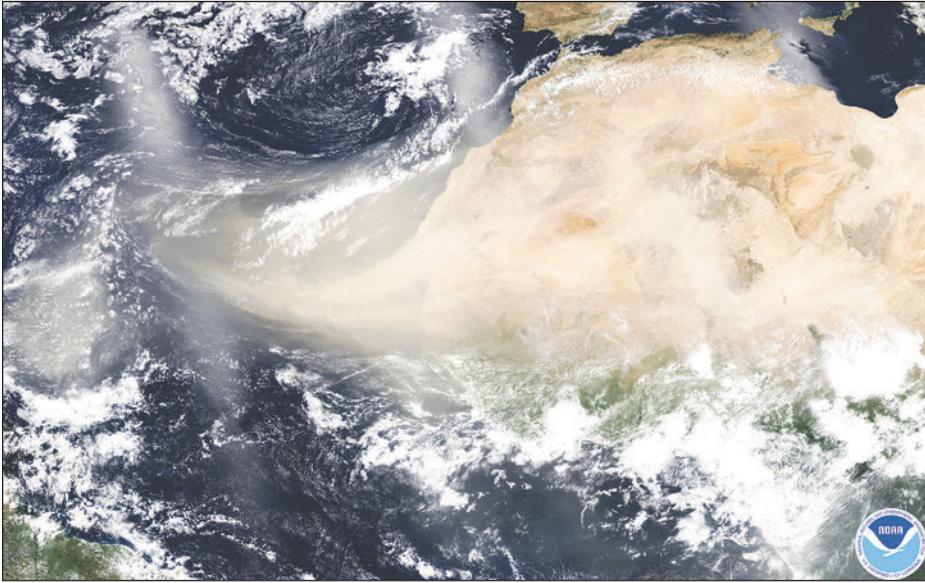
239.472.0875  
sanibelspoondrift.com

CALL FOR DAILY PREPARED ENTRÉES

**Bailey's GENERAL STORE**  
ESTABLISHED 1899

FULL DELI, BAKERY  
DAILY LUNCH SPECIALS  
COLD BEVERAGES

Call us for your cookout, picnic and party needs. We'll take care of you!  
Corner of Periwinkle Way & Tarpon Bay Road  
472-1516



A Saharan dust plume shown from above

photos provided

## Saharan Dust Feeds Phytoplankton

A Saharan dust plume of historic proportions blanketed the southeastern United States and the Gulf of Mexico in late June. A smaller plume followed close on its heels and continues to hover over parts of the Gulf Coast and the Caribbean.

“These plumes bring high temperatures and hazy skies to Florida, but they can also have a surprising and

equally important effect on the Gulf of Mexico’s phytoplankton community,” said Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab Research Assistant Kevin Jones.

Saharan dust plumes are an annual summer occurrence, but the one that recently reached the U.S. was among the largest on record. These plumes begin as sandstorms in west and central Africa.

Fine particles are carried high into the atmosphere, where they are swept westward over the Atlantic by wind currents known as the African Easterly Jet. As they travel across the Atlantic, these dust clouds can actually suppress the formation of hurricanes and tropical



### Trichodesmium, or sea sawdust

storms. Upon reaching North America, some of the dust settles in the Gulf of Mexico, where it provides an important ingredient to the offshore waters – iron.

“This influx of iron is a vital nutrient source to a small cyanobacterium called Trichodesmium. Cyanobacteria, or blue-green algae, are photosynthetic bacteria. They, along with other types of phytoplankton, form the basis of the marine food web,” Jones said.

Trichodesmium, sometimes called “sea sawdust,” is found in open water throughout the world. It blooms each summer in the gulf, and forms brown patches at the water’s surface that may

look like floating oil or sawdust. Unlike red tide, these blooms are not believed to be hazardous to humans or marine life. Typically found offshore in nutrient-poor waters, this plankton has a special adaptation for the difficult environment where it thrives.

Trichodesmium is one of the relatively few organisms capable of nitrogen fixation, or converting atmospheric nitrogen into a usable form. This ability gives Trichodesmium an important advantage, since nitrogen is a vital nutrient for phytoplankton.

Most phytoplankton utilize various

continued on page 22

## FRESH FARE



## FUN DRINKS



Visit our award-winning newly remodeled restaurant and enjoy creative farm-to-table dishes, each carefully crafted with the freshest ingredients. And be sure to check out our new bar room addition featuring small plates and yummy drinks.

To learn more, visit [cielo-sanibel.com](http://cielo-sanibel.com)

# CIELO

1244 Periwinkle Way, Sanibel Island

Call 239-472-5555

The Community House

# Cilantro



by Resident Chef Jarred Harris

Cilantro, also known as dhania, Chinese parsley and coriander, is an herb that is widely used across the world. It is a member of the parsley family and is considered one of the world's oldest spices. Cilantro is extremely versatile, has many health benefits and the entire plant is edible.

The word cilantro is Spanish for coriander and is what Americans call the leaves and stems of the plant. Throughout the world, cilantro is called coriander and both the plant and seeds are used in Mexican, Indian, Asian, Mediterranean, Latin American, Chinese, African and even Scandinavian cuisine.

Cilantro was originally cultivated in North Africa and Southern Europe and has been around for thousands of years. The herb is mentioned in ancient Roman and Chinese texts, dating back 7,000 years and is even mentioned in the Bible 31 times. The ancient Egyptians placed coriander in tombs and believed it could

be used in the afterlife as food.

Cilantro was brought to Mexico by the conquistadors during the early-1500s. It was brought to the Americas by English colonists around the mid-1600s and was mainly used for medicinal purposes. Cilantro contains vitamins A, C and K. It also contains folate, potassium and lutein.

Cilantro is used to correct digestive issues and to treat stomach illness. It also has anti-inflammatory properties and can be used topically for joint problems. In Europe it is called the "anti-diabetic" plant because it is believed to help control blood sugar. The herb also has antioxidant properties and can delay or prevent food spoilage.

Here is a simple recipe to try:

### Carrot Coriander and Lentil Soup

#### Ingredients

- 1/2 stick butter
- 3 large carrots (fine diced)
- 1 stalk celery (fine diced)
- 1 large onion (fine diced)
- 1 tbsp. curry powder
- 1 tsp. coriander
- 1 1/2 inch piece of ginger (minced)
- 1 clove of garlic (minced)
- 1 cup red lentils
- 4 cups vegetable or chicken stock
- 1 cup yogurt
- 1/2 cup cilantro (leaves and stems)
- Salt and pepper

#### Method

In a large, heavy bottom pot, heat the coconut oil over medium heat.

Add the carrots, celery and onions. Cook until the onions are translucent. (about 5 minutes).

Add the curry powder, coriander, ginger and garlic, then cook for 2

minutes.

Stir in the lentils and stock, then bring to a boil.

Reduce heat to a simmer. Cook on a low heat, gently simmering for 20 minutes.

Remove from the heat and season with salt and pepper.

In small batches, puree the soup at high speed in a blender, immersion blender

or food processor.

Serve hot and garnish with the yogurt and cilantro.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at [kitchen@sanibelcommunityhouse.net](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.\*

## Local Restaurant Earns Award Of Excellence

James Beard-nominated Sweet Melissa's Café on Sanibel has been honored by *Wine Spectator's* 2020 Restaurant Awards with the Award of Excellence for its highly-curated wine list.

The annual program recognizes restaurants around the world as the top destinations for wine lovers. Recipients of this award are celebrated for their excellent breadth across multiple wine growing regions and a significant vertical depth of top wines. The Sanibel Island-based restaurant is one of 2,289 restaurants in the world to receive an Award of Excellence this year. The magazine honors excellence in wine lists, recognizing programs in all 50 states and 80 countries and territories.

*Wine Spectator* has presented Sweet Melissa's Café with the coveted award for the past three years, a testament to the restaurant's distinctive wine list. The restaurant features a wide assortment of wines at a variety of price points all the



Chef Melissa Donahue photo provided

while displaying excellent breadth across multiple regions and significant vertical depth of top wines. Wine from California, France, Italy, Austria and other locations around the world are featured on the list.

To browse the award-winning menu and wine list, visit [www.sweetmelissascafe.com/menu](http://www.sweetmelissascafe.com/menu).\*

# Lighthouse Cafe

The World's Best Breakfast



## WE'RE OPEN!

Serving Breakfast 7-3 & Lunch 11-3

**TAKE OUT AND DELIVERY**

Providing you with enhanced safety measures to safely bring you

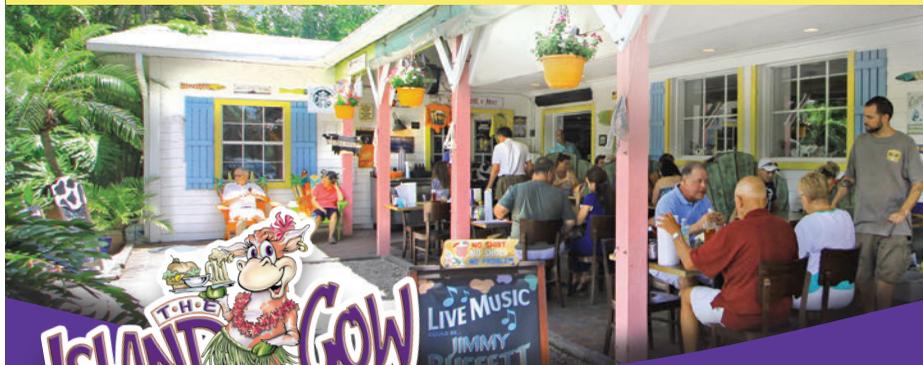
## "The World's Best Breakfast"

Call Ahead Seating

# 239.472.0303

362 PERIWINKLE WAY, SANIBEL | [LIGHTHOUSECAFE.COM](http://LIGHTHOUSECAFE.COM)

## UDDERLY GREAT FOOD!



**SOCIALLY DISTANCED**  
Indoor & Outdoor Seating

## DINE HERE OR TO GO



**CRAZY FULL LIQUOR TROPICAL DRINKS**



2163 Periwinkle Way, Sanibel Island  
239.472.0606 • [SanibelIslandCow.com](http://SanibelIslandCow.com)



## Captiva Library Now Offering Limited Services

Captiva Memorial Library is currently offering contactless pickup on holds, and the exterior book drop is open, however, donations are not being accepted.

**Live Virtual Book Club Event** – Join participants on Wednesday, July 29 at 7 p.m. for an exclusive live virtual book club event featuring Julie Clark, author of the best-selling new thriller *The Last Flight*. Register now. *The Last Flight* is available for everyone to read (with no wait-list) on OverDrive and Libby through the end of July. Get your copy at the library.

**Summer Reading Program** – For all ages from June 1 to August 1, the Imagine Your Story Summer Reading Program is designed to spark curiosity and encourage a life-long love of reading and learning with virtual programs, activities, weekly missions, reading challenges and games. Register to get started.

**Virtual Programming for Kids** – There will be a full summer of virtual programming every weekday, Monday through Friday, for 10 weeks. Programs will include comedy story theater shows, crafts, recipes, author interviews, guest performers and games. See the events calendar for details.

**Stay At Home Storytime** – Come by any time and see a Stay At Home Storytime, where recordings of favorite rhymes, books and songs are shared. A new storytime is posted every Wednesday at 10 a.m. on YouTube.

**Kids Activity Book** – Free activity books are available for families that wish to unplug for the summer or are looking for an additional reading challenge. Pick up a free activity book at your local branch, while supplies last, or visit [www.lee.gov.com/library/documents/2020-summer-reading-activity-book.pdf](http://www.lee.gov.com/library/documents/2020-summer-reading-activity-book.pdf) to download a free copy.

**Election Information** – The deadline to register to vote or change party affiliation for the August 18 Primary Election is Monday, July 20. Get information on voting by mail, early voting and poll locations on the Lee County Elections website at [www.lee.vote](http://www.lee.vote).

**Take the 2020 Census** – Each individual who completes the 2020 Census helps to obtain funding for services in Lee County. Take the 2020 Census online, by phone or by mail. Get all of the details at [www.2020census.gov](http://www.2020census.gov).

Captiva Memorial Library continues to offer limited services and hours. Hours for contactless curbside pickup on holds are Thursdays and Saturdays from 10 a.m. to 4 p.m.

All Lee County library branches are offering contactless holds pickup. Patrons may place holds and pick up materials at all branches.

Some locations are reopening. All exterior book drops are open. Donations are not being taken at this time. Due dates and library card expiration dates have been extended. There are no late fees during the closure.

Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. For more information, call 479-4636.\*

# home is HEALTH



# 40

years of fulfilling dreams

## COMMUNITY HOUSING and RESOURCES

"I am very lucky to be the Executive Director of the Sanibel Historical Museum & Village, a position I might not have if Community Housing & Resources didn't help me become a Sanibel resident.

How can you thank an organization for helping you own a home—one of the most important things in life—your sanctuary, stability and refuge? If not for CHR's Limited Equity Ownership (LEO) program, I would still be living in a rented condo in Fort Myers. Now, that's not a bad life, but it doesn't compare to the home I now have on Sanibel, a place I've dreamed of living since my first vacation to Sanibel in the early 1980s.

Home ownership has given me a sense of pride, of belonging, of security and a positive outlook for the future. Considering all these things, it's not an exaggeration to say that CHR changed my life for the better. It helped me affordably own a home, on an island I love, with an excellent rewarding job that I love, enjoying the fellowship of my island friends.

CHR didn't just do this for me, of course. There are many LEO residents, not to mention those who rent from CHR. All these people are enhancing our community in a way that would not be possible if they were not living here. CHR also adds to the diversity of the Sanibel population, embracing working people of all types who could not live here if not for CHR."

—Emilie Alfino, CHR resident



## our CHR mission

to provide affordable housing to individuals  
and families who work on or serve our islands

CHR is a 501(c)3 non-profit organization  
and we rely on community support from individuals  
and businesses. Donations are tax-deductible.  
We welcome both in-kind and cash donations.

Ad sponsored by  
Chris and Susan Coile

to learn more, visit [SanibelCHR.org](http://SanibelCHR.org)

2401 Library Way, Sanibel, FL 33957 | P 239.472.1189 | F 239.472.2695 | [info@sanibelchr.org](mailto:info@sanibelchr.org)

Book Review

# Camino Winds

by Di Saggau



John Grisham's latest novel *Camino Winds* hits close to home. It's about a murder mystery and a particular crime author and also a Category 4 hurricane brewing off the Florida

shores. Bruce Cable, owner of Bay Books and an undeniable force in the brutal world of bookselling, is keeping one eye on the Weather Channel while tending to his customers. While many flee the storm, Bruce decides to stay and ride things out. The hurricane is devastating, leveling homes and condos, hotels and stores. The streets are flooded, and a dozen people lose their lives.

One of the victims is an author friend of Cable's, Nelson Kerr. Cable is a friend and drinking buddy to Kerr and others in the island's literary crowd, including "an ex-con who'd served time in a federal pen for sins that were still vague." Cable finds the body and suspects that Kerr's death is a homicide. He engages an intern, a girlfriend and other assorted players to piece together what has happened to Kerr. The only known enemy is Kerr's ex-wife, but since she got all the money in the divorce, she's soon

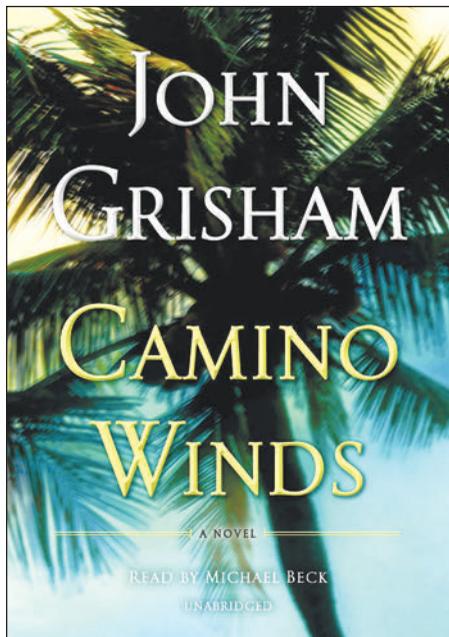


image provided

scratched off the list.

It seems Kerr's latest novel, which has not been published and is stored in his computer, is about a nursing home owned by some disreputable people. In these homes, people with Alzheimer's are given a blackmarket drug that keeps them alive longer in order to bilk the government out of many thousands of dollars. The author says there are six million Americans suffering from Alzheimer's, and the number is increasing rapidly. He goes on to say that last year Alzheimer's cost the federal government close to \$300 billion in

Medicare and Medicaid payments. All these facts are part of the plot.

And there are lots of plot twists to keep us involved, along with a few surprises. As Cable investigates, he finds

out that what is really going on is more shocking and dangerous than what's in his friend's book. *Camino Winds* is a fun read with a thrilling plot and a varied and believable cast of characters.\*

## School Smart



by Shelley M. Greggs, NCSP

**D**ear Readers, Many of you have asked what can I do this summer to help my child prepare for kindergarten. Going to kindergarten is

a rite of passage for children, and it's both thrilling and challenging. And as exciting as this time may be for some, many kindergarteners struggle initially with the long days, challenging curriculum and time spent away from loved ones. Here are some great ideas from Dr. Ann Bettencourt, professor at The Johns Hopkins University, that will help your child become ready to learn.

Establishing strong routines at home is a great way to help children prepare for school. Routines help children learn, make them feel safe and in control of their world, and increase their self-confidence and sense of belonging within the family. Some very important routines to develop are around bedtime, reading and mealtime.

Bedtime routines ensure kids get a good night's sleep and will be ready for the next day. A bedtime routine should include a consistent bed time and a predictable order of activities like bathing, putting on pajamas, brushing teeth, reading a favorite story or singing a favorite song, and getting a goodnight hug or kiss.

Read with your child. Reading with your child for at least 20 minutes a day will build language and literacy skills. Plus, it will also give you some one to one time with your child that will help increase your emotional bond. This reading routine can be part of the bedtime routine or, at another time, convenient for you and your child. Just find a time that works and stick with it.

Having a family mealtime routine is not only an opportunity to teach your children about healthy eating habits, but is also a chance to spend quality time talking with your children, which builds their language and strengthens their relationship with you. You can also build in routines around mealtime that will be useful to your children in school, such as washing your hands before dinner or teaching them how to clear dishes from the table.

Tell your child what to expect at school. Talk to your child about what kindergarten will be like to help them start preparing for this big transition. Children often have lots of questions about kindergarten, particularly if they are starting at a new school. Spend time talking with your child about what kindergarten will be like, who

will be the teacher, what will the daily home and school routines look like. You can also talk about what going to kindergarten was like for you as a way to model how your child can share feelings about kindergarten.

Take your child shopping for their school supplies. It's exciting for them to be involved in picking out their school materials like their backpack and school clothes.

Finally, stay current with all vaccinations. Take your child to the pediatrician for a checkup, and make sure all immunizations needed for kindergarten are up to date. It's so important for them to stay healthy and attend school every day, even in kindergarten.

*Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.\**

## Local Named To President's List

**K**ristin Van Olst of Sanibel was named to The University of Alabama (UA) President's List for spring 2020.

A total of 16,470 students enrolled during the 2020 spring term at UA were named to the Dean's List with an academic record of 3.5 or above or the President's List with an academic record of 4.0.\*

From page 19

## Saharan Dust

forms of dissolved nitrogen from the surrounding water, but these compounds are usually scarce in Trichodesmium's environment. This is where the iron from the Saharan dust plumes comes in.

Iron ions are a critical component of the special enzymes that allow Trichodesmium to carry out nitrogen fixation. Blooms of Trichodesmium often occur after a dust plume as the influx of iron allows them to draw nitrogen from the atmosphere, and this nitrogen in turn can become a nutrient source for other phytoplankton.

"Marine Lab staff have observed dense patches of Trichodesmium west of Sanibel and Captiva recently. While these blooms are not harmful on their own, there is some evidence to suggest that they may play a role in the initiation of toxin-producing red tide blooms," said SCCF Marine Lab Director Eric Milbrandt, PhD.\*

**Enjoy Indoor & Outdoor Dining  
in a Casual and Friendly Atmosphere.**



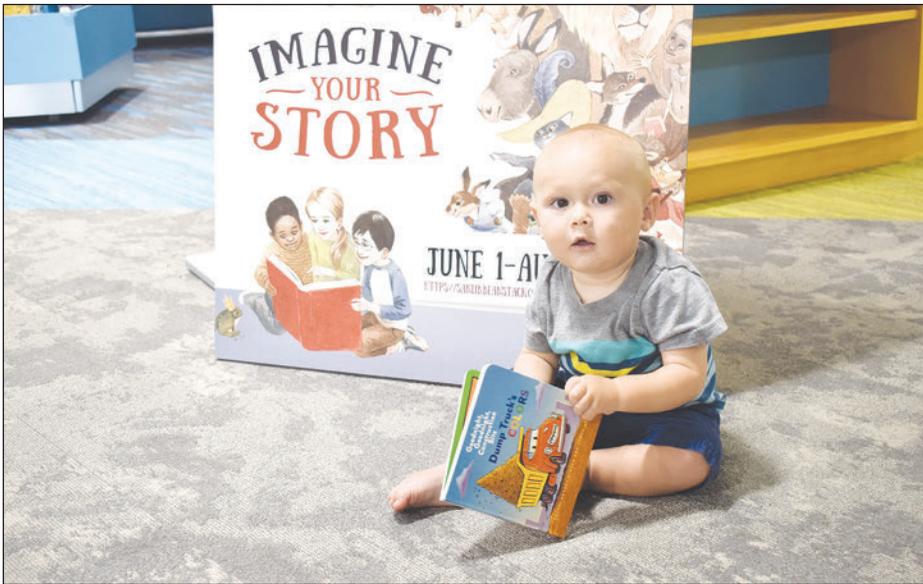
*Pesto Shrimp  
Caprese Salad*



**FOOD**  
Jean Le Boeuf, News-Press

**LUNCH: 11:30 a.m. - 4 p.m.**  
**DINNER: 4 - 9 p.m.**  
**HAPPY HOUR: 3 - 6 p.m. Daily**

**239-472-0223**  
**2055 Periwinkle Way**  
**Sanibel, FL 33957**  
**CipsPlace.com**



Luke Hussey is participating in the Summer Reading Program photos provided

## Library Book Sale, Summer Reading, Curbside Services

Sanibel Public Library's Fill-A-Bag for A Dollar book sale is back. The sale has started and will continue until inventory is depleted. The books will be restocked daily, and can be found in the library's puzzle area as well as main entrance areas.

Sanibel Public Youth Services Librarian Deanna Evans invites families with children to register online for the 2020 Summer Reading Program. More than 150 children, ages baby to teen, have registered this summer. "We are currently at about half of the previous year's registration totals, but it was to be expected," Evans said. "That being said, there have been many readers complete the reading program already. The participants, in general, are reading like crazy."

Sign up at <https://sanlib.beanstack.org/reader365>. Participants may come in to pick up their registration gift, add their name to the bricks on the "castle wall," and choose books earned at the library.

As in years past, children read to earn books for their home library and for

patients at Golisano Children's Hospital of Southwest Florida. For every two hours of reading, the Sanibel Public Library Foundation matches each book "earned" with a book for patients at the children's hospital. Since its inception in 2012, participants have helped to contribute close to 10,000 books to the hospital. The Summer Reading Program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund, which was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

New Page Turner Adventure programs are up on the website daily, Monday through Friday, with new storytimes updated weekly. A Cartooning with Doug MacGregor video will be up by Monday, July 20. Starting July 20, Evans will be giving out sculpture-to-go bags with a how-to video featuring DeVitto Kelly on the website.

The library is open, and precautions are in place to help protect staff and patrons from COVID-19. Library staff is implementing safety and sanitation procedures consistent with the City of Sanibel mandates and Florida Department of Health guidelines. Signs are posted to remind everyone age 2 and older to wear

continued on page 24



Margie Klein and Beth Jarrell restock Fill-A-Bag for A Dollar book sale



**JERRY'S HAS EVERYTHING YOU NEED!**

*Groceries • Wine & Spirits • Restaurant  
Gifts • Beach Necessities • Ice Cream  
Art • Full-Service Organic Spa*

**Nanny's Children Shop**

**H2O Outfitters**

**Footloose**

**Sanibel Surf Shop**

**Spatini Teabar, Organic Spa & Hair Lounge**

**Sanibel Spirits**

**Love Boat Ice Cream**

**Sanybel's Finest Art and Collectables**

*Visit our collection of live parrots in the courtyard!*



**f** [www.jerrysfoods.com](http://www.jerrysfoods.com) **ig**

1700 Periwinkle Way • Sanibel Island, FL 33957  
Phone: (239) 472-9300

Superior Interiors

# The Nooks And Crannies Of Your Home Decoration



by Linda Coin

**D**ecorating your living space, especially with so much more downtime than you're used to, can be one of the most thrilling ways to spend your days.

Whether you want to completely renovate the bedroom or simply add a few new accessories to the kitchen, there are so many simple opportunities to bring new life to your home via interior decoration.

Perhaps the space you want to redecorate is one you've never tackled before. Maybe it is the area in the home you've generally considered an empty space without meaning, one that never seemed to need any attention in the past but now is screaming for consideration. We're talking about the nooks and crannies, those small spaces in your home that don't seem like much with a quick glance, but now seem to need more attention than you have ever provided.

It's easy to assume that home redesign means buying new accessories and decorations to fill the void of a small

space. However, you might already have all the pieces to the puzzle right in your home. Nooks and crannies present the perfect opportunity to get creative and make this place personal with meaningful items you already have. If you have special art, plants, or statuary, displaying those items makes it personal, both for the homeowner and guests.

If you're not interested in creating your own personal sanctuary, there are plenty of other options for decorations that won't take as much thought. Simply creating a space that provides functionality can be all you need to complete the space. Simple items that can also complete a space would be a chair and small table with a lamp, a bench or a table displaying photos. Items that give it a true purpose, such as a cozy reading corner, always add character to a home.

Remember, sometimes less is more. You don't have to go above and beyond with the small spaces in your home. Sometimes, a few simple photos or accessories can do the trick. Not every nook and cranny has to be decorated. Allowing the eye to rest on occasion can be more comfortable.

Between new design trends surfacing and classic home furnishings posing new possibilities for home rejuvenation, there are so many ways to give your home a refreshing, new look while spending more time inside your home. If you're in the mood to reevaluate the current set up and design of one (or more) rooms within your dwelling but you're not sure where to get started, reach out to a design

professional. The nooks and crannies of the home can be difficult to navigate if you're lacking experience. Designers have an eye for choosing the right colors, patterns, theme and furniture to fit within

a living space and make it feel cozy, inviting and more complete.

Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindcedden.com](mailto:linda@coindcedden.com).✪

From page 23

## Book Sale

face coverings, practice social distancing, wash hands and stay home if sick.

Sanibel Public Library is open Monday and Thursday from 9 a.m. to 8 p.m.; Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m.; and from 9 a.m. to 1 p.m. on Saturday during the summer.

Stop by the Sanibel Public Library's main entrance lobby for voter registration forms and applications for mail-in ballots. The Lee County supervisor of elections has provided forms in both English and in Spanish. July 20 is the deadline to register to vote, or to update your address, or party affiliation for the August 18 primary.

Patrons can use a library computer to complete the 2020 census form. There is no library card required to use computers. If you need help, ask library staff for assistance.

Patrons have access to the library's full collection of books, DVDs and newspapers, as well as high speed WiFi and public use computers. The popular contactless curbside service will continue. Call or go online to place a hold, you will be notified when your items are ready for pickup. At this time, there will not be overdue fines assessed.



Chalina Brower earned her Certificate of Excellence for summer reading goals

Stop by to see lighthouse models, postcards and other lighthouse memorabilia on display.

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

# LUNCH CAJUN KITCHEN DINNER

## MUDBUGS

**FRESH SEAFOOD GRILL · FULL BAR**

Specializing in authentic Louisiana cuisine, fresh local seafood, tender steaks and full bar featuring hand crafted cocktails.

**Happy Hour Specials are Back!**  
 11am-5pm · Every Day  
 Live Music Thurs. - Sun. Evenings  
 Open for Lunch & Dinner 11am-9pm  
 Great Takeout Available · Expansive Outdoor Seating

**Home of the Chargrilled Oyster**

[www.MudBugsSanibel.com](http://www.MudBugsSanibel.com) • 239-472-2221 • 1473 Periwinkle Way, Sanibel

**S**  
**A**  
**N**  
**I**  
**B**  
**E**  
**L**  
  
**C**  
**O**  
**N**  
**D**  
**O**  
**S**  
  
**H**  
**O**  
**M**  
**E**  
**S**  
  
**L**  
**O**  
**T**  
**S**



### Mariner Pointe #522

Remodeled well-furnished 2nd floor bay-view 2 bedroom. No upper neighbor. Private canal-view entry deck. Steps to dockage, fishing pier, pools, tennis, & BBQs. Deeded beach access too. \$499,000



### Blind Pass #E101

Ground-floor split-plan 2 bedroom. Covered parking & beach path are steps from private fenced patio. In on-site rental program easily grossing \$32K+/year with ~30-days owner time. \$499,000 turnkey



### Lighthouse Point #117

Easy-access 1st floor furnished 3-bedroom end-unit in residential community that limits rentals. Convenient to clubhouse with pool & party room. Handy east-end location close to bay & gulf beaches. \$549,000



### Sandalfoot #2D2

Gulf-view remodeled 2nd floor 2-bedroom end-unit. Enrolled in on-site rental program with excellent rental history boosted by short-term rentals allowed in off-season. Sale includes bookings. \$659,000



### Tarpon Beach #207

Steps down this boardwalk to beach, this unit is top-floor end-unit facing gulf. Custom kitchen & baths, high ceilings, impact windows/storm shutters, covered parking, & 2 exterior storerooms. \$999,000



### White Sands #23

Spacious 2nd floor 2 bedroom with den (3rd sleeping area) with this view from screened balcony. Small 14-unit community with pool/tennis just off West Gulf. Weekly rentals & income. \$1,199,000 furnished



### 2985 Island Inn Road

Delightful easy-living ground-level beach home renovated inside & out. Impact windows/doors, new HVAC, remodeled kitchen/baths. Walk or bike to deeded beach access path & shopping. \$599,000



### 1015 Fish Crow Road

One-level living with walk-out to same-level pool. Lagoon to sunset views. 3-bedroom offering efficient year-round or vacation living. Private cul-de-sac in Gulf Shores with community beach access. \$674,000



### 1238 Isabel Drive

Spacious bayfront 4+bedroom with 2 master suites, elevator, pool, media room, great room, waterside office, gourmet kitchen with butler's pantry, plus lot with dock/lift in Sanibel Harbours basin. \$3,595,000



### 4566 Buck Key Road

Tropical lot ~105' x 139' with southern exposure. For single-family near-beach home. Build at this Sanibel Bayous address & enjoy Clam Bayou plus Bowman's Beach. Handy to bike path, school, refuge. \$149,000



### 1894 Farm Trail

One of last parcels in Island Woods community of olde-Florida-style homes. Over 1/3 acre adjoining entrance, near pool & tennis. Handy to shopping, bike path, causeway & beaches too. \$199,000

  
**Sanibel** *Susan*  
REALTY ASSOCIATES  
888-603-0603  
239-472-HOME  
(4663)

**SanibelSusan.com**

**2242 Periwinkle Way  
Suite 3 Sanibel Square**

Life Insurance

# Insuring Cash Flow



J. Brendan Ryan, CLU, ChFC, MSFS

Cash flow is an essential in life. From even before the day we are born up to and even beyond the day we die, we need money to survive, thrive and finally check out.

We spend on ourselves and, especially at the beginning and the end of our lives, others spend for us and on us.

There are four great potential interrupters of cash flow: unemployment, death, disability and retirement. And financial instruments exist to protect against these last three threats.

As for the interruption of cash flow resulting from death, life insurance was created hundreds of years ago. Some life insurance, of course, is used for its lump-sum benefit, such as for buying a business from a deceased partner's estate or paying off a loan or taxes in a single payment. But the vast majority of life insurance is used in the family setting to replace the cash flow that had been provided to the spouse and kids from the earned income of the breadwinner who died. He or she no

longer needs the cash flow, but the survivors sure do.

Regarding retirement, the paycheck stops when the worker leaves the workforce. But our financial system has devised retirement-income plans – and tax law has encouraged and supported them – to replace that lost income and thus continue the cash flow, hopefully for the rest of the retiree's life and that of the spouse, if needed.

As for disability, many people do not think about this at all, or they assume that this is a benefit that is automatically provided by the employer or that Social Security will cover. So, they feel they do not have to worry about it.

Large employers' benefit packages do cover disability, subject to limits, as discussed below. But many medium and small employers do not. And Social Security can be helpful, but is hard to qualify for, has a long wait and, in many cases, pays an inadequate benefit.

Employer-provided disability benefits received, if the premium has been paid for by the employer and not included as salary for the employee, are taxable as ordinary income. And, depending on the design of the plan, it may or may not pay benefits all the way to normal retirement age, even if the disability lasts that long.

Major shortcomings of most employer-provided plans include the cap on the amount of salary that is covered. The plan may cover the first \$8,000 or \$10,000 of gross monthly income and pay 60 percent of that income as a disability benefit. And the formula

usually does not cover bonuses. So, a person making \$15,000 or \$20,000 per month plus a bonus will get only a fraction of that 60 percent. Plus, it usually covers just total, not partial, disabilities.

Those who enjoy no employer-provided disability benefit, or who make substantially more than the maximum covered salary, have an alternative if they are healthy enough to be insurable.

They can obtain an individual income-replacement policy from one of a number of insurers. In many cases, one can in this way cover earnings up to 70 percent of gross earnings and can have it payable during total or partial disability all the way to retirement age. This policy is portable, going with the employee from one job to another. The premium is usually paid by the employee with after-tax dollars and, then, any benefits are received tax-free. If the employer chooses to pay this policy's premium for the employee, then premiums paid are deductible by the employer and not taxable to the employee, but any disability benefit received would be taxable as ordinary income.

Having an emergency fund is essential in protecting one's cash flow. But for longer, even permanent, interruptions of cash flow due to death or disability, insurance can be a godsend.

*J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at [jbryanclu@aol.com](mailto:jbryanclu@aol.com).*

## ISLAND SUN BUSINESS NEWSMAKERS

### Pfeifer Realty Group



Lisette Hitt



Kelly Huguenin

The top producers for June at Pfeifer Realty Group were: Lisette Hitt, top lister; and Kelly Huguenin, top sales.✪

## Concourse At Airport Reopens

The Lee County Port Authority recently reopened Concourse C at Southwest Florida International Airport. As of July 15, all departing and arriving flights for Delta Air Lines and United Airlines at RSW are now resuming operations in Concourse C. All passengers for Delta and United should proceed to Concourse C for security screening and flights. Ticketing and check-in remains the same. Visit [www.flylcpa.com](http://www.flylcpa.com).✪



**OPEN DAILY  
6AM-6PM**

*Jerry's Café Open Daily: 7am-8:30pm  
Jerry's Foods Open Daily: 6am-10pm*



Located on Casa Ybel and Periwinkle Way

## THIRD THURSDAY OF THE MONTH



**Featuring Local Artists  
Everyone is invited to play!**

American Legion Post 123  
4249 San-Cap Rd. (mm3) • 239-472-9979



**Trevor Nette**  
Broker/Realtor

Today is the day to live your beautiful life

3767 West Gulf Dr., Sanibel



- Newer construction. Gorgeous interior.
  - Wine Room. Elevator. Game Room.
  - Panoramic Gulf views. Private Pool.
  - Fully Furnished. Professionally Decorated.
- \$7,995,000

1306 Seaspray Lane, Sanibel



- Gorgeous & exclusive gulf front estate residence
  - 5 Bdrms/5 Baths. Private Pool
  - New roof. Impact Windows and Doors
  - Beautifully decorated. Private community w/tennis.
- \$4,650,000

5422 Shearwater Dr., Sanibel



- Gated within a sanctuary like setting.
  - Private beach access to Bowman's.
  - Pool/ tennis/ dock. Heron's Landing II.
  - 3 bdrm/den w/ 2.5 baths.
- \$799,000

2647 Wulfert Rd. #1, Sanibel



- New interior with open layout + 2 car garage area.
  - New kitchen, bathroom, flooring + electrical.
  - 3/3. Fantastic #18 Fairway + Lake Views.
  - Can be purchased with membership
- \$899,000

2737 West Gulf Drive #116, Sanibel



- Corner unit with panoramic beach views.
  - Beautifully decorated 2BR/2BA Sand Pointe Condo.
  - Awesome amenities for personal and or rental use.
  - Great location on West Gulf.
  - Direct Gulf Front location.
- \$899,000

16525 Captiva Drive, Captiva



- Captiva Hideaway+Roosevelt Channel waterfront.
  - Multiple boat docks + lifts. Gold Coast location.
  - 3 bedroom residence with Beach Access.
  - 3+/- Acres offered for \$2,495,000 (New Price).
- \$1,459,000

Spotlight Properties of the Week

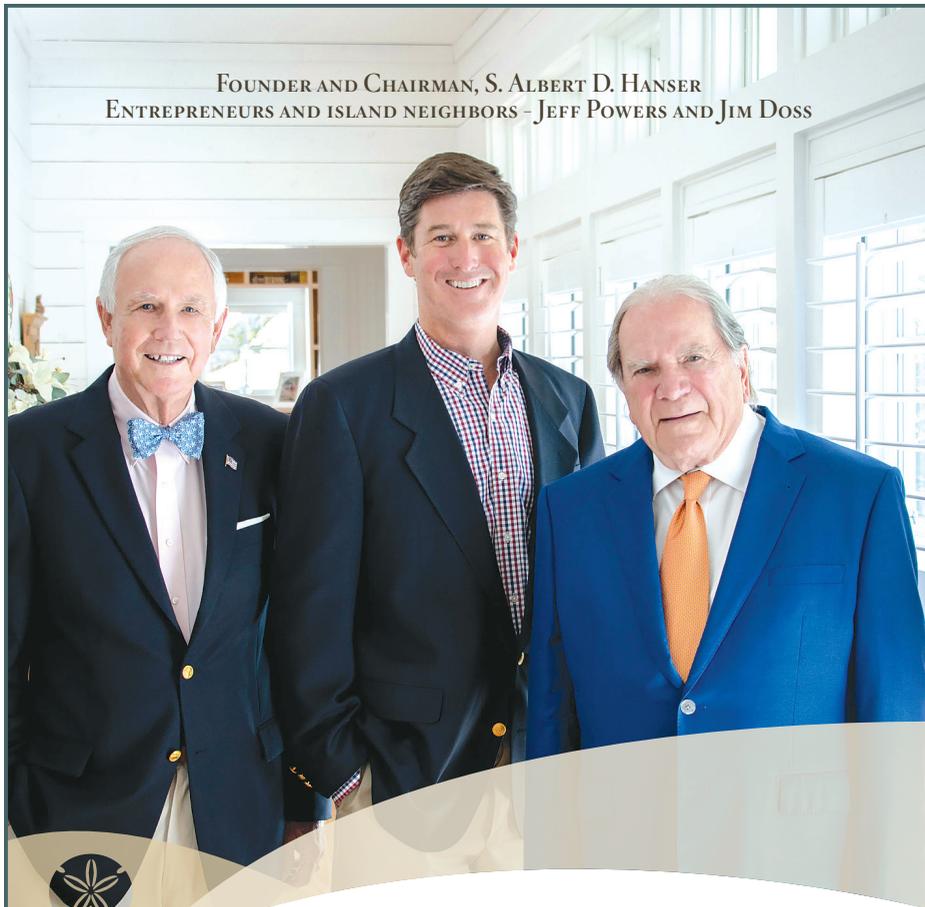


From Beach to Bay + Everything In-Between

TREVORNETTE.COM

Trevor@ TrevorNette.com 239.281.4435

FOUNDER AND CHAIRMAN, S. ALBERT D. HANSER  
ENTREPRENEURS AND ISLAND NEIGHBORS - JEFF POWERS AND JIM DOSS



## Strength in Numbers

As The Trust Company grows, the more we value the knowledge and experience of our Board and Advisory Board members.

There is strength in *community*.

**Ready for a better experience?**

We invite you to visit our office to discover the difference.

\*Available for investable assets of \$2 million and above.

**THE SANIBEL CAPTIVA TRUST COMPANY**  
PRIVATE WEALTH MANAGEMENT

TRUST & ESTATE SERVICES | INVESTMENT MANAGEMENT

2460 Palm Ridge Road | Sanibel, FL 33957  
239.472.8300 | sancaptrustco.com

NOT FDIC INSURED | NOT GUARANTEED | MAY LOSE VALUE

## Crisis Survival Discussion At ABWA Meeting

The American Business Women's Association (ABWA) has resumed its Women in Leadership Speaker Series lunch meetings with in-person and Zoom options. The next meeting will be held on Tuesday, July 21 at Sundial Beach Resort & Spa. Melanie Holliday, crisis survivor and Rapid Response Team manager, will present Find a Way to be Your Own Superhero, revealing lessons from her inspiring journey.

"Melanie's message is even more relevant now than when we planned it months ago," said Gloria Garrett, ABWA local chapter president. "Although she lives and works on Sanibel, many of us are not aware of the depth of Melanie's story of courage in the face of daunting odds."

The discussion will highlight the contrast between dealing with inconveniences, like wearing a mask, and pulling through real threats to life and wellbeing. "There is a positive ending," said Holliday, "but be prepared for challenging and, in some cases, shocking developments along the way."

All safety measures required at Sundial Beach Resort and Spa will be followed, including seating at six feet apart. Masks must be worn when entering and exiting the building and conference room. A seated mingle



Melanie Holliday photo provided

will start at 11:45 a.m. with the speaker and lunch from noon to 1 p.m. Register for the in-person lunch meeting for \$25 on Eventbrite at [www.abwasanibelcaptiva.eventbrite.com](http://www.abwasanibelcaptiva.eventbrite.com). To RSVP to pay at the door or receive a complimentary Zoom invitation, email [info@abwasanibelcaptiva.org](mailto:info@abwasanibelcaptiva.org).

The Sanibel Captiva Charter Chapter of ABWA supports professional growth through leadership, networking support, education, and recognition. For more information, visit [www.ABWASanibelCaptiva.org](http://www.ABWASanibelCaptiva.org).

Sundial Beach Resort & Spa is located at 1451 Middle Gulf Drive on Sanibel.\*

## Rotary Happenings

submitted by Cindy Carter

It is official; the new club officers, board members and trust board members have been installed and pinned. Our weekly meeting, now taking place as a Zoom call, started in smaller breakout sessions to be able to chat with Rotarian friends. Then all members and guests were brought back together for our formal meeting.



The meeting was well attended and included quite a few 6960 district governors: current District Gov. Darryl Keys; Immediate Past District Gov. Rich Kirschner; Past District Gov. Sandra Hemstead; First District Gov. Bobbi Bird; Area 3 Gov. Tracie Bagans; as well as our district membership chair, Alison Charney Hussey; and Sanibel City Manager Judie Zimomra. Officers and board members were "pinned" by our district governor, Darryl Keys.

The 2020-21 officers are: Richard Green, president (and honorary prime minister); Bill Letendre, president-elect; Jonathan Dean, vice president; Eldon

Bohrofen, past president; John Raho, treasurer; Chet Sadler, secretary; and Don Russell, sergeant-at-arms.

Appointed to the board of directors were Annie Campbell, Cindy Carter, Barbara Ellis, Roger Grogman, Mary Schoeffel and Roger Triftshauser. Trust board members are Bill Harkey, John Henshaw, Dorrie Hipschmann, Scott Mowry, Mike Raab, Clark Rambo, Eldon Bohrofen (past president) and Richard Green (ex-officio).

As President Richard Green was pinned, he officially changed his Rotary International backdrop to this year's Rotary logo and theme, "Rotary Opens Opportunities." He gave a very moving acceptance speech which can be found on the club's weekly newsletter. Even though this past year and the start to this year were very different than any other presidency, great things are expected to continue to happen. The Rotary Club extends a warm thank you to Past President Eldon Bohrofen and a cheerful welcome to the new president, Richard Green. Rotary truly opens opportunities for us all.

The Sanibel-Captiva Rotary will continue to meet by Zoom meetings until further notice on Friday mornings at 7:30 a.m. You may arrive as early as 7 a.m. to chat with other members. To be included, call Rotary at 472-7257.\*

Our email address is [press@islandsunnews.com](mailto:press@islandsunnews.com)

LET US  
HELP YOU  
**BUY & SELL**  
THESE FINE  
PROPERTIES.



#### 11559 LAIKA LANE



**CAPTIVA ISLAND BEACH RETREAT**  

- Beachfront 3 BR, 3BA, Two Huge Master Suites w/ endless Gulf Views
- Gourmet Kitchen, Double Islands, over 4,730 S.F.
- Formally Owned by a Legendary World Renowned Artist, Four Story Deck space, Lush Landscape

**\$7,700,000**

#### 1558 SAN CARLOS BAY DRIVE



**SANIBEL ON THE BAY**  

- Beautiful Home w/ Amazing Water Views
- 3 Bedroom, 3.5 Bathroom, Oversized 2 Car Garage
- Wood beamed ceilings, impact resistant floor to ceiling windows
- Gorgeous wood floors, open concept w/ custom Kitchen

**\$2,989,000**

#### 1253 ANHINGA LANE



**DIRECT BAY FRONT- SANIBEL**  

- Beautiful 4 BR, 4 BA Elevator, w/Pool & Spa
- Gorgeous Kitchen Area Private Location w/Spectacular Views
- Rental Income Opportunity Or Perfect Beach home

**\$3,795,000**

#### 11555 WIGHTMAN LANE



**CAPTIVA VILLAGE**  

- 3 Br, 2 BA, Beach house on Captiva Island
- Open Concept, large deck, 3 levels of beach living
- Perfect getaway or Rental Income, or BOTH

**\$3,849,000**

#### 16611 CAPTIVA DRIVE CAPTIVA



**GORGEOUS ESTATE ON THE ROOSEVELT CHANNEL**  

- Luxury 6 Bedroom 6 Bathroom Authentic Architectural home w/ Cypress Beams
- Beautiful Saltillo Floors, Open Kitchen w/Hand Crafted fire decorative tiles
- Deeded Beach Access, 3 Docks & Lifts 60K Weight, Lush Tropical Landscape

**\$4,889,000**

#### 1246 & 1250 SEAGRAPE LANE



**SANIBEL BAYFRONT**  

- Last Large Underdeveloped Bayfront Estate
- Located on Sanibel's East End, Natural Shoreline
- Great Investment, Build Your Dream, w/Beach to walk on!

**\$2,789,000**

#### 16500 CAPTIVA DRIVE



**GOLD COAST BEACHFRONT ESTATE**  

- Over 500K in Rental income!
- 6BD/6.5BA, Private elevator, Art Studio
- Exclusive Location, Gorgeous Landscaping & Setting on Over One Acre

**\$6,889,000**

#### 15261 CAPTIVA DRIVE



**WATERFRONT SECLUDED OASIS ON CAPTIVA ISLAND**  

- 4 BR, 4.5 Bath, Furnished Home, Master Retreat w/ loft sitting morning coffee bar
- Custom Design by Stofft Cooney of Naples, Private Deep Water Dock w/Lift
- Heated Pool w/Infinity Spa, Lush Landscape, Estate Lot

**\$12,500,000**

  
**McMURRAY** of **ROYAL SHELL**  
 & Members of Real Estate

**FOR PROPERTIES OF PRESTIGE & PREFERENCE**

McMurrayandMembers.com | Info@McMurrayandMembers.com | Mike McMurray: 239.850.7888

Follow us on Social Media at: @mcmurrayandmembers   



Exterior design

photos provided

## Builder Completes Custom Home In Nature Preserve

Daniel Wayne Homes, Inc. recently completed a custom-built home on Sanibel. The property encompasses 2,982 square feet of living area with three bedrooms and three and one-half baths.

The home is unique in multiple ways. Besides being one of few multi-story homes on the island, it is also on a preserve, making it a difficult build site. However, the owners knew who

to turn to, having worked with builder Dan Dodrill, president of Daniel Wayne Homes, three times before.

“The biggest reason we continue to work with Dan is the great communication,” said homeowner Sarah Ashton. “He’s always very accessible, and there’s never a question that he doesn’t answer. We were kept up-to-date with everything going on through the entire process, and we trusted him to fill in any of the blanks we might be missing.”

Ashton is a realtor on Sanibel, so she has had the opportunity to be in many homes and observe features that would or would not work for her. The total customization that comes with building with Daniel Wayne Homes allowed her



Kitchen and dining area

and her husband to avoid elements they didn’t think would flow with their lifestyle.

“There isn’t anything I can say I dislike in my new home, because we had such a big part in designing it,” said Ashton. As for her favorite areas, she loves her kitchen and what she calls the fireplace room. “It’s a place where my husband and I can sit, relax and reflect on our days without being in front of the television.”

Another custom aspect of working with Daniel Wayne Homes is the ability to choose the perfect lot first; the company will then work with the homeowner to design their home to fit their chosen location. In some cases, such as with the Ashtons’ home, that proves to be a challenge.

“The biggest challenge was that the Ashtons’ homesite was large, over half an acre, however, we could only build on a pad 45 by 50 feet,” said Dodrill. “The remainder of the homesite was all wetlands. With a great design and careful planning, we were able to create their dream home surrounded by nature on all sides.”

Daniel Wayne Homes has been building homes in the tri-county area since 1992 and was the developer and exclusive builder of Horse Creek, as well as developer of Coconut Creek, Caloosa Creek and Hammock Creek.

For more information, visit [www.danielwaynehomes.com](http://www.danielwaynehomes.com). ✨

# Looking to get away for the weekend?

Call to book our Key West Summer getaway!



### This Package Includes:

- Air Trek’s Key West Summer Getaway! - \$1699
- Up to 5 passengers
- 1-hour flight in Air Trek’s pressurized Cessna 414
- Trolley tour of Key West
- Champagne sunset flight home

**Air Ambulance**  
800-MED-JETS (633-5387)  
239-262-5387  
[www.MedJets.com](http://www.MedJets.com)

**Aircraft Charter**  
800-AIR-TREK (247-8735)  
239-262-8735  
[www.AirTrek.aero](http://www.AirTrek.aero)

# STUNNING ISLAND OFFERINGS



**24 Year Island Residents  
Serving Our Community**



## EASY ISLAND LIVING



### 9307 DIMMICK DR • SANIBEL

Inviting, open floor plan has been redesigned & remodeled. Natural light & peaceful sanctuary land views. 3 bed, 2 bath, 1852 sq ft, pool, lanai, covered parking. **OFFERED AT \$720,000**

## SUNRISES & SUNSETS



### 9128 MOCKINGBIRD DR • SANIBEL

Panoramic views of golf courses & lake on a quiet cul-de-sac, 3 bed, 2 bath, 2095 sq ft, relax at the covered lanai and screened pool. **Ground level**, 2 car garage. **OFFERED AT \$739,000**

## GOLF COURSE & LAKE VIEWS



### 1073 SAND CASTLE RD • SANIBEL

Beautiful curb appeal, updated kitchen & baths, 3 bed, 2 bath, 1831 sq ft. Spacious screened lanai overlooking golf course & lake. 2 car garage. **OFFERED AT \$795,000**

## GORGEOUS WESTERLY VIEWS



### 1031 SAND CASTLE RD • SANIBEL

Beautiful Dunes golf course & lake views, 3 bed, 3 bath, 1908 sq ft home is easy on and off island. Lots of outdoor space, pool and 2 car garage. **OFFERED AT \$695,000**

**Mary Bondurant**

"The Matchmaker" Realtor®

239-839-3633

Mary@GoKingfisher.com



**Fred Bondurant**

"The Captain" Broker Associate

239-281-5356

Fred@GoKingfisher.com

Kingfisher Real Estate, Inc. 2402 Palm Ridge Road • Sanibel Florida 33957



**BONDURANT**

Will Power

## Why Israel Lacks Statues



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

I'm going off topic today, choosing to address the controversy surrounding the removal of statues around our country. I understand fully those who favor the removal of confederate military figures from places of prominence. I imagine that anyone, in particular a Jew living in or visiting Germany, would be mortified if German law allowed Third Reich statues to stand in public squares rather than being banned as they are.

Much of today's controversy extends to statues of confederates who fought for slavery. Perhaps placing those in museums where they can stand amidst descriptions providing

appropriate context is an acceptable compromise. But what of our founding fathers who also owned slaves? A recent essay written by a black descendant of Thomas Jefferson suggested replacing the Jefferson Memorial located at the Tidal Basin of the National Mall with one of Harriet Tubman, an escaped slave who fought as an armed scout for the Union Army.

While I sympathize with these feelings, at the same time, I find frightful the crowds defacing and tearing down statues without any public debate or officially sanctioned action. As *New York Times* columnist Bret Stephens said in his July 3 post, "George Orwell was here before us. In connection to the recent vandalism of monuments and destruction of statues, a line from 1984 has been making the rounds – 'every book has been rewritten, every picture has been repainted, every statue and street building has been renamed, every date has been altered.'"

To consider another context, contrast Israel, where these types of issues are not likely to arise. "Israelis tend to be uncomfortable with statues of their leaders," said Maoz Azaryau, a researcher at the University of Haifa who studies monuments. "They see them as golden calves." This reference, of course, to Exodus 32:4 when the Israelites created a false idol as they became nervous Moses wouldn't return during his 40 days and nights atop Mount Sinai where he received the Ten Commandments.

Within Israel there are a few sculptures of political figures. There's a bust of David Ben-Gurion, the first prime minister of Israel at the international airport in Tel Aviv bearing his name. A bust of Prime Minister Yitzhak Rabin sits near the site of his assassination in Tel Aviv. A memorial including the likeness of British Zionist Alfred Mond stands in the Israeli town he founded, Tel Mond, but it's an abstract representation. And there's one in North Tel Aviv of Swedish diplomat Raoul Wallenberg, who saved tens of thousands of Jews during the Holocaust, but it's a replica.

## How's The Market? Ask Ann

In light of the city's "recent reclosing" of the beach parking lots over the July 4th holiday, we thought this would affect the following of new pending sales on Sanibel and it did. Going back 7 days, there were eight new transactions... 4 homes, 3 condos and 1 vacant lot. Perhaps "unfair" because it just represents one week. We were clipping along at 11-14 new pendings per week before the holiday. Let's keep our eye on this statistic. At the same time, Florida has reported a huge increase in newly diagnosed COVID cases. Sanibel reports 26 total cases to date.

Local activity. We closed on our home at 1606 Sabal Sands for \$875,000. Our thanks to the co-oping sales agent Alicia Galante of CornerStone Coastal Properties. She did a great job. We also want to acknowledge Connie Davidson, ASID, Sanibel's Best Designer of Studio Collective on Periwinkle Way for her design work, color selection, furniture choices and all her help with the design work on the home.

We are moving to a condo unit at High Pointe Place in Downtown Fort Myers and enjoying the task of getting our TVs and WiFi set up, unpacking boxes and getting settled in.

Zillow just released June's market report for 33957 (Sanibel). The typical home price on Sanibel was \$782,651 versus one year ago at \$773,906. They are forecasting a 0.6% decrease in prices over the next year. There is no explanation for the prediction. I personally disagree. The reason being, our existing listing inventory is declining. Current housing inventory has decreased to just 137 homes and the condo inventory remains stable at 119. In the short term (next 3-4 months), I think there will be a 3-4% increase in sales prices. Who knows how the presidential election and coronavirus will affect our market. Hard to predict the future, isn't it? As our founder and Realtor Emeritus John says, "I wish I had a crystal ball."

Thank you for reading my column and do not hesitate to call if you have any comments or questions. I am always open to new business.



Ann Gee  
Broker/Owner



Certified Negotiation Expert • Certified International Property Specialist  
239-850-0979 • RealtorAnn@hotmail.com • www.JohnGeeRealty.com

Orthodox Rabbi David Stav states Israeli's aversion to memorializing individuals is rooted in the Jewish prohibition against idolatry. "Jewish tradition does not encourage admiring individuals, but rather admiring ideals," he said, noting that the Torah is conspicuously silent on the location of Moses' grave.

Azaryahu agreed. He said Israel's political culture makes it difficult for heroes to emerge, let alone last long enough to get their own statues. Even one-time heroes like Ben-Gurion or Defense Minister Moshe Dayan were "eventually demolished," he said. "You don't have a hero cult in Israel, like in Roman, later European and American tradition," he stated. "For someone to become a statue, they need to be shrouded in myth, and you can't have that here."

Which begs the question for us in the United States.

Should we immortalize our heroes in bronze? Are statues of anyone appropriate? Note that there isn't any controversy over our Statue of Liberty, which represents an ideal and not an actual person.

But certainly, our culture is different. We've made *People* magazine popular. Lionized sport and movie stars become national heroes.

I'm not immune, either, having snapped family photos in front of statues of Florida Gator Heisman Trophy quarterbacks Steve Spurrier, Danny Wuerffel and Tim Tebow outside Ben Hill Griffin Stadium. Do I worship them as idols? I'm not that fanatic.

What if Lee County (named after the confederate general whose bust was recently removed from Monroe Street in downtown Fort Myers) was renamed Spurrier County with an appropriate statue located next to the big banyan tree at the county courthouse? Would FSU and University of Miami grads be justified to tear it down?

I say this to bring a little light-heartedness to a weighty topic. Please don't eviscerate me!

Nevertheless, in today's climate, I believe it's appropriate to ask questions. Do we tear down statues because they offend? Should we instead examine the worthiness of a statue or monument based upon the ideal that it stands for? For any monument, how do we identify that ideal? Who so interprets? Couldn't that interpretation differ within the mind of each viewer?

I believe my pay grade isn't up to snuff to answer those questions. I merely raise them. I'm interested in your take. If you care to share, please email me and hersch@sbslaw.com.

©2020 Craig R. Hersch. Learn more at [www.sbslaw.com](http://www.sbslaw.com).\*

## Electric Company Earns Top Honors For Response

Lee County Electric Cooperative (LCEC) was recognized as both the top electric cooperative and the top in functionality in the 16th annual Energy Utility Benchmark Report on Interactive Voice Response (IVR) systems, released recently by IVR Doctors. The 2020 report compares 100 energy utility automated telephone systems in the U.S. and Canada.

The Gold Stethoscope recognition was awarded to winners in 12 categories, and LCEC took home two of the top honors.

"The report looks at the IVR experience from two-perspectives – callers using it and those who manage it. It also highlights common design mistakes and demonstrates clearly how those errors can have a negative impact on a company and its customers' experience," said Mark Camack, IVR Doctors co-founder.

The report identifies automated telephone systems that successfully balance company objectives and customer preferences in three key rating categories: functionality, usability and aesthetics – the major drivers of customer satisfaction and system utilization.

"No other benchmark report with such a consistent set of design principles has been in place and proven effective in the utility industry over the 16 years of this benchmark," said Peter Brandt, IVR Doctors co-founder. "Correlation between top performance in this report and a utility's own internal performance measures is very high."

IVR Doctors has more than 30 years of market research, usability consulting, marketing and call center management experience, specializing in automated phone system diagnostics and optimization. Its practice, with an energy utility specialty, is not limited to a single industry and covers companies large and small.\*

## Under New Ownership

Affordable  
ISLAND  
Irrigation

Get a Complete System Check Today!

- Routine System Checks
- Repair of Current System
- New Installations
- Water Audits & Leak Detection
- Residential or Commercial

239-738-9970

[AffordableIslandIrrigation@gmail.com](mailto:AffordableIslandIrrigation@gmail.com)

# BURNS *family* TEAM



1



NEW LISTING

2



3

## 1. Magazine Ready Home in the Sanctuary – Sanibel

- 5 BR/ 5.1 BA property situated on the bay & intercoastal waterway and framed in by the Sanctuary's signature 4th hole.
- Boasting 11,000sqft, the interior finishes include luxurious accent wall of glass, walk-in wine cellar, marble inspired Cambria counters, statement light fixtures & over a million dollars in updates.

• **\$2,998,000** Euro 2,662,805

## 2. West End home with Private boat dock – Sanibel

- 3 BR/2 BA home with a private boat dock on Dinkins Bayou with Gulf access
- Updated kitchen & bathrooms, tropical pool oasis, coastal décor and close to Blind Pass & Bowman's Beach

• **\$879,000** Euro 778,189

## 3. Shell Harbor Direct Access Lot – Sanibel

- Build your dream home on Sanibel's East End. This corner lot with boat dock & lift offers direct access and can accommodate a large boat or sailboat.

• **\$1,345,000** Euro 1,245,064

## 4. Canal Home on Quiet Cul-De-Sac – Sanibel

- 4 BR/ 4 BA Gulf access canal home on corner lot in Shell Harbor
- Large floor plan wrapping around a screen enclosed pool & a short walk to Sanibel's premier beach accesses.

• **\$1,475,000** Euro 1,310,086

## 5. Lake & Golf Course Views – Sanibel

- 3 BR/3 BA + den and office on one of the premier lots in the Dunes
- Large pool, multiple porches, with panoramic lake & golf course views

• **\$595,000** Euro 531,036

## 6. Direct Gulf views at Sundial East – Sanibel

- 2 BR/ 2BA condo + den with views directly out to Gulf of Mexico
- Open kitchen w/ granite countertops, SS appliances, community pool, tennis, beach access & more. Nightly rentals & dog friendly.

• **\$899,000** EUR € 811,188



4



5



6



7



8



9

## 7. 4 Bedroom home on Intersecting Canal -Sanibel

- 4 BR/4 BA home with boat dock, lift, & private pool
- Large kitchen, private elevator, multiple's lanai's including a rooftop deck with Bay views

• **\$2,300,000** Euro 2,042,846

## 8. Remodeled at Sanibel Arms West – Sanibel

- 2 BR/ 2 BA open kitchen with granite countertops and newly painted
- Comm amenities: large pool, beach frontage, on-site management/ rental office, tennis & more

• **\$546,000** Euro 486,900

## 9. Direct Access Canal Home with Private Dock – Sanibel

- 3 BR/ 2 BA ground level home on corner lot in Water Shadows
- Remodeled with garage, private pool, overlooking the canal

• **\$995,000** Euro 883,753

## 10. Mandalay – Sanibel

- A private beachfront estate like no other. Offering 5 bedrooms, 4.3 bathrooms this estate is spread out of over 300ft of private beach frontage adjacent to preserve land. Designer finishes, extraordinary views, resort style pool & spa, his & her's master baths, and designed to be as sturdy as it is striking.

• **\$16,895,000** EUR € 15,244,755

## 11. Privacy Meets Paradise in the Dunes – Sanibel

- 4 BR/ 3.5 BA home located at the end of a cul-de-sac with panoramic lake & golf course views
- Open kitchen, screen enclosed pool & lanai, new roof, & whole house generator

• **\$899,000** Euro 800,484

## 12. Amazing canal frontage with Boat Dock & Lift – Sanibel

- 3 BR/ 3BA home located on almost 100ft of canal frontage with direct Gulf access with screen enclosed pool
- Old Florida style home with boat dock & lift, quick access to San Carlos Bay

• **\$1,100,000** Euro 977,013



10



11



12

Premier

**Sotheby's**  
INTERNATIONAL REALTY

Cell: 239.851.2696 • Cell: 239.464.2984  
LiveSanibel.com • LiveCaptiva.com  
BurnsTeam@TopProducer.com

YOUR LOCAL EXPERTS  
WITH A GLOBAL REACH.

## Health First

# Nutrition Impacts Immune Function Amid Pandemic

by Julie Rosenberg, MD



**D**id you know that your nutritional status can have a significant impact on your overall health, including a reduced susceptibility to developing

infections? prevalent in developed countries including the United States, is characterized by high consumption of processed foods such as refined grains, cured and red meats, desserts and sweets, deep-fried foods and high-fat products. As a result, there is a high intake of sugars, saturated fats and refined carbohydrates that may be associated with high blood sugar (hyperglycemia) and increased lipids in the blood (hyperlipidemia). These characteristics are associated with inflammation, metabolic conditions and chronic disease, such as type II diabetes mellitus and obesity. Notably, hyperglycemia is a risk factor associated with high mortality in patients with severe COVID-19 infection.

One diet that I often recommend for its anti-inflammatory properties is the Mediterranean diet. This diet may be especially beneficial in supporting your health and wellbeing during the current pandemic. The Mediterranean diet is characterized by a relatively high dietary intake of minimally processed fruit, vegetables, legumes, olive oil, whole grains, nuts and monounsaturated fats, followed by low-to-moderate consumptions of fermented dairy products, fish, poultry, wine and, lastly, low consumptions of processed and red meats. A diet rich in the foods contained in the Mediterranean diet supports good immune health, as it includes essential vitamins (C, D and E) and minerals (zinc, copper, calcium, etc.)

infections?

Since late 2019, the world has faced a major public health crisis against the novel coronavirus disease termed COVID-19, which is caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). In this article, I explore the beneficial effects of a healthy diet in relation to the current COVID-19 pandemic. While there is no food or group of foods that has been proven to prevent COVID-19 infections, nutritional status plays a significant role in patient outcomes. A diet that helps to reduce inflammation can benefit everyone, and specifically may prevent severe infections in those who contract COVID-19.

The “Western” dietary pattern,

Following is a sample foods list:

**Fruit** – Eat three to four servings of low glycemic index fruits such as berries, oranges, cherries and green apples, which are high in antioxidants and phytochemicals, substances that protect your health.

**Vegetables** – Eat a green salad with your lunch and dinner. Use olive oil and lemon for dressing.

**Healthy carbohydrates** – Eat three to four servings per day of unrefined carbohydrates such as quinoa, oats, legumes, sweet potatoes, lentils or chickpeas.

**Healthy proteins** – Eat two to three servings per day of chicken, fish, lean beef or legumes.

**Healthy fats** – Use olive oil or avocado oil in your meals both to cook with and as a condiment in your salads.

**Dairy** – If you do eat dairy, fermented products such as plain Greek yogurt, kefir or acidophilus milk in moderation are key.

**Herbs** – Use fresh herbs to reduce salt and sodium consumption. This is a good way to lower blood pressure naturally.

The traditional Mediterranean diet has been found to be protective against the effects of allergic respiratory diseases and some inflammatory conditions. Further, the Mediterranean diet can 1) improve your heart health; 2) help you reach your ideal weight; 3) control your blood sugar; 4) improve bone health; and 5) improve cognitive capacity.

In addition to paying attention to your healthy diet, when shopping, handling food packages, or before preparing or eating food, remember to wash your hands with soap and water for at least 20 seconds. Be sure to cover all surfaces of your hands and rub them together until they feel dry. When handling and preparing food, use proper food safety practices. While the virus that causes COVID-19 does not grow on food, nor does it spread to people through food, it is always important to safely handle and cook foods to their recommended cooking temperatures to prevent foodborne illness.

Health starts in our homes, schools, workplaces, neighborhoods and communities. Therefore, it is critical for each individual to consider the impact of lifestyle habits, such as consumption of unhealthy diets, on their susceptibility to COVID-19 and recovery. I recommend that people refrain from eating foods high in saturated fats and sugar and instead consume high amounts of fiber, whole grains, unsaturated fats and antioxidants to boost immune function. Be well and be safe!

*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 your inquiry to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).✪*

the  
**BIG**  
Book Sale



Stop by for the

**FILL-A-BAG FOR A DOLLAR  
BOOK SALE!**

Sale will continue until inventory is depleted.

Proceeds go towards the  
Sanibel Public Library Foundation,  
which helps support Library programs.

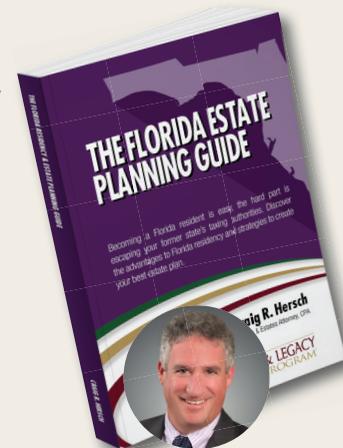
Sanibel Public Library • 770 Dunlop Road  
[www.sanlib.org](http://www.sanlib.org) • (239) 472-2483



## FREE ESTATE PLANNING GUIDE

### Is Your Plan:

- maintaining **CONTROL** over your assets while you're alive
- offering **PROTECTION** for you and your loved ones in times of incapacity or uncertainty
- providing the **PEACE OF MIND** knowing everything goes where you want when you pass
- **Most importantly, is your plan up-to-date and Florida-compliant?**



by **Craig R. Hersch**  
Florida Bar Board Certified Wills,  
Trusts & Estates Attorney, CPA &  
Island Sun Columnist

**CLAIM YOUR FREE GUIDE TODAY:**  
[www.floridaestateplanning.com/freeguide](http://www.floridaestateplanning.com/freeguide)



SHEPPARD, BRETT, STEWART,  
HERSCH, KINSEY & HILL, P.A.  
ATTORNEYS AT LAW

Main Office Fort Myers:  
9100 College Pointe Court,  
Fort Myers, FL 33919  
Virtual Appointments Available!  
Naples & Sanibel by Appointment  
239.322.3831

**SANIBEL ISLAND****3767 W. GULF DR., SANIBEL**

- Newer Construction, Gorgeous Interior
- Wine Room, Elevator, Game Rooms
- \$7,995,000**      **MLS 219071271**
- Trevor Nette 239.281.4435

**CAPTIVA VILLAGE****11544 WIGHTMAN LN., CAPTIVA**

- 1 Property from Beach, Partial Gulf Views
- Spacious 2 Story, 4 BR, 5.5 BA Home
- \$2,395,000**      **MLS 219082108**
- McMurray & Members 239.850.7888

**PINEHURST ESTATES****13782 PINE VILLA AVE., FORT MYERS**

- Private Estate, Tropical Oasis, .81 Acres
- 1st Floor Master Suite, Elegant Flow
- \$1,199,000**      **MLS 220027194**
- John Nicholson, Lomano-Nicholson Team 239.849.3250

**SHELL HARBOR****917 LINDGREN BLVD., SANIBEL**

- Remodeled, Canal, 3 BR, 2 BA, Pool/Spa
- 3D Virtual Tour: [www.917Lindgren.info](http://www.917Lindgren.info)
- \$940,000**      **MLS 220010953**
- Bob Radigan 239.691.6240

**LOGGERHEAD CAY****979 E. GULF DR. #E532, SANIBEL**

- 2 BR, 2 BA Beachfront Complex
- Gulf Views from Living Room/Lanai
- \$689,000**      **MLS 219076277**
- Cindy Sittton 239.810.4772

**SANIBEL BAYOUS****4606 BRAINARD BAYOU RD., SANIBEL**

- "Banana Cabana" 2 BR, 2 BA, Contemporary
- Walk/Bike to Bowman's Beach
- \$469,900**      **MLS 220013744**
- Sharon Kottraba, Lomano-Nicholson Team 804.240.3115

**ROYAL SHELL**

*We make it easy.  
You make it home.®*

**Florida Locations:** Bonita Springs/Estero, Cape Coral, Captiva Island, Fort Myers, Naples/Marco Island, Ocala and Sanibel Island

**North Carolina Locations:** Cashiers, Highlands and Sapphire Valley/Lake Toxaway



**RoyalShellRealEstate.com • 239.314.3640 • RoyalShell.com**

**POINTE SANTO****2445 W. GULF DR. #C23, SANIBEL**

- 3 BR, Direct Panoramic Gulf Views
- See 3D Tour: [www.PointeSantoc23.info](http://www.PointeSantoc23.info)
- \$1,150,000**      **MLS 219083100**
- Bob Radigan 239.691.6240

**SAND POINTE****2737 W. GULF DR. #116, SANIBEL**

- Corner Unit, Panoramic Beach Views
- Beautifully Decorated 2 BR, 2 BA
- \$899,000**      **MLS 220040332**
- Trevor Nette 239.281.4435

**SANIBEL SIESTA****1246 FULGUR ST. #302, SANIBEL**

- Rarely Available 2 BR, 2 BA
- Outstanding Rental Income
- \$676,000**      **MLS 220031769**
- Cindy Sittton 239.810.4772

**SUNDIAL OF SANIBEL****1501 MIDDLE GULF DR. #1405, SANIBEL**

- Gorgeous Views of Gulf of Mexico
- 1 Bedroom, 1 Bath
- \$419,000**      **MLS 220040353**
- Brian Murty 239.565.1272

**SUNDIAL BEACH RESORT****1501 MIDDLE GULF DR. #K402, SANIBEL**

- Top Floor w/Direct Gulf Front Views
- Amazing Waterfront 2 Bedroom, 2 Bath
- \$1,149,900**      **MLS 219068217**
- Fred Newman & Vicki Panico 239.826.2704

**HERON'S LANDING****5422 SHEARWATER DR., SANIBEL**

- Intimate & Serene 3 BR, 2.5 BA + Den
- Private Access to Bowman's Beach
- \$799,000**      **MLS 219073193**
- Trevor Nette 239.281.4435

**GULF RIDGE****1837 BUCKTHORN LN., SANIBEL**

- Western Exposure, Near Beach
- 119' x 396', Ready to Build
- \$599,000**      **MLS 219024613**
- Jason Lomano, Lomano-Nicholson Team 239.470.8628

**SOUTH SEAS ISLAND RESORT****5218 BAYSIDE VILLAS, CAPTIVA**

- Exceptional Pine Island Sound Views
- 1 BR, Prime 2nd Floor Location
- \$399,000**      **MLS 219011021**
- Vicki Panico & Fred Newman 239.980.0088

**CAPTIVA BEACHFRONT****15138 WILES DR., CAPTIVA**

- 102' of Premier Gulf Frontage
- Comfort Meets Luxury - 6 BR, 5.5 BA
- \$6,495,000**      **MLS 220031374**
- McMurray & Members 239.850.7888

**SANIBEL ISLAND****1226 ISABEL DR., SANIBEL**

- Direct Bayfront Parcel
- Cleared w/Seawall
- \$1,239,000**      **MLS 218015347**
- McMurray & Members 239.850.7888

**POINTE SANTO****2445 W. GULF DR. #C3, SANIBEL**

- Gulf Views, Great Weekly Rental
- Gorgeous 3 BR, 2 BA, Ground Level
- \$1,125,000**      **MLS 219076630**
- John Nicholson, Lomano-Nicholson Team 239.849.3250

**SANCTUARY GOLF VILLAGE****2605 WULFERT RD. #4, SANIBEL**

- 3 BR, 3 BA, Fabulous Westerly Views
- Wraparound Screened Porches, Elevator
- \$799,000**      **MLS 219027225**
- Trevor Nette 239.281.4435

**SUNDIAL OF SANIBEL****1501 MIDDLE GULF DR. #F108, SANIBEL**

- Large 1 Bedroom, 1 Bath
- Beautifully Maintained Property
- \$475,000**      **MLS 220009087**
- Brian Murty 239.565.1272

**THE SANCTUARY****2462 WULFERT RD., SANIBEL**

- Lovely Golf Course Views
- Overlooks 15th Fairway
- \$229,000**      **MLS 219028304**
- McMurray & Members 239.850.7888

# Frankly Speaking

by Howard Prager



**D**oug Plank is a former NFL safety who was known for his hard, take-no-prisoners hitting of players much faster and bigger than he was. A successful coach in the NFL and Arena football,

he went to college and played just five games at Ohio State, mostly on special teams, yet became the 12th round pick of the Chicago Bears in 1975. He spent time talking to me about football and success.

"I think of life as a meal – salad, entrée, dessert. NFL is the dessert. Many players have their dessert first and after the NFL, it's all over for them. I always am looking ahead. What's coming next? I was never the best, fastest or strongest player. I'm only 5-10 and am taking out guys who were faster, stronger and all-stars at 6-6, 260, and here's me coming. I considered myself the hulk on the field and would take on anyone. Players saw me and went the other way. I didn't care about interceptions, I wanted to make sure they didn't catch the ball."

Plank was a quarterback in high school in western Pennsylvania. His conference had an annual banquet, and the speaker was George Blanda. Blanda played 26 seasons, the most in the NFL, and was the oldest player

when he retired at 48. He also scored more points than anyone at that point. "He inspired me to always be my best. When I went to Ohio State, I tore two ligaments in the first 30 minutes of practice. I was out. When you're injured, you're moved down to the lowest squad. I worked hard to rehab all year and worked up to the second squad. But playing for Woody Hayes it was either first team or 'all you others.' The first team got the best practice time and finished in time for dinner. Everyone else? Last practice time and often too late for dinner. But I played with so many all-stars, first round picks, how could I not consider myself lucky?" One key learning was a poster on the wall that read YAWYAW – You Are Who You Associate With. Plank learned that associating with better players would always inspire him to be his best.

But it wasn't easy. He went for a tackle at the Ohio State-Michigan game his senior year but instead pushed the player forward. He went 30 yards and scored. "I made several excellent plays after that, and we won. No matter, I missed that play and was out for the Rose Bowl. I was so frustrated I took it out in practice on my teammates. And when I was drafted by the Bears the next season, I played with no holds barred." When the defensive coach on the Bears saw him, he said "we don't have to motivate this guy, he's already got it."

Plank did something else differently. He motivated himself by playing a "game within a game." "Even in the 4th quarter when others are starting to peter out, I played with reckless

abandon. My teammate Gary Fencik and I played the 4th quarter like it was the first. Whatever the score, we tried to see how many tackles we could have, how many stops could we make? It's your attitude that carries you, not your talent. Other players didn't have that voice inside of them that said go go go. I worked hard every practice. I left everything on the field." I've heard that phrase a lot. For Plank it meant he was totally spent and, after the game, he could barely walk to his car. He had both shoulders and knees replaced, multiple concussions and 200 stitches from football. His impassioned play led the Bears to name their defense the 46 after his number, including the Super Bowl defense even though he retired the year before.

Plank spent six years working on a garbage truck. "I learned what I didn't want to do. Smells that can almost knock you out. I also realized that when you're a garbage man at 4:30 in the morning, the cans were already out there for us. This is where I started the game within a game mentality. Why don't we get home at 10 a.m. instead of the afternoon? Let's jog to the next house. We cut the route time in half just by exerting more energy. Got home at 9 or 10 doing the same amount of work. How fast could I get through it? It became fun, it became a game."

Doug's outlook on life is bright. "My responsibility as a husband and father is to do it with joy – have a smile on your face. I look at these remaining years

as the best is yet to come. I'm never looking backwards, always forwards. What's next?" The summer before he retired, he flipped burgers while training to own a Burger King franchise. He now owns 20 of them.

"I inspire. I came back to Ohio State as an assistant coach. Nate Ebner was a junior walk-on, not something that happened often there. Nate became frustrated and thought he would be better off playing for Division 2 school. I convinced him not leave or give up on himself. He was drafted by the New England Patriots as a linebacker and thanks me every time he sees me."

Should teams play during COVID-19? "I don't believe high school or college players should. It's their administrations' decision to make, but I wouldn't want that on my conscience. Pro players are different. This is their job. They are paid to play. And the owners want their income. We'll see what happens."

"I was so lucky to play in the NFL – to get paid to play a game. I see people commuting to work and they're not happy or excited. I was. Every day." Plank is a throwback to another era. That's a reminder we all need. The dessert is in front of us, not behind us.

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

## Help SCCF Bring Back the Barn Owls

**Poisoned rats can kill the eagles, hawks, bobcats and owls that eat them.**

**Tell your pest control professional to NOT use these rat poisons:**

- brodifacoum • bromailone • difenacoum • difethialone

**Or consider not using any rat poisons at all. Instead, seal all entry points to your home.**



**SCCF 472-2329 • www.SCCF.org**

## ISLAND SUN BUSINESS NEWSMAKERS

### John Naumann & Associates



Evan duPont



Larry Hahn



Debbie Hahn



Nancy Finch

The top producers for June at John Naumann & Associates were: Evan duPont, top lister; Larry and Debbie Hahn, top listing team; and Nancy Finch, top sales.✪

## SPORTS QUIZ

1. Baseball Hall of Famer Ron Santo played third base for the Chicago Cubs from 1960-73, but finished his Major League playing career in 1974 with what team?
2. Former NFL quarterback Jay Cutler regularly appeared on what E! reality TV show from 2018-20?
3. Jim Shoulders, Don Gay, Warren G. Brown, George Paul and Larry Mahan were among the inaugural inductees into what Hall of Fame?
4. What Major League Baseball great had his No. 29 retired by the California Angels in 1986 and by the Minnesota Twins in 1987?
5. Nicknamed The Iceman, what NBA great won four league scoring titles from 1978-82 while a member of the San Antonio Spurs?
6. What cable TV sports network had its first broadcast on Oct. 1, 1993?
7. What Japanese pitcher was named Most Valuable Player of the 2006 and 2009 World Baseball Classics?

## ANSWERS

1. The Chicago White Sox. 2. Very Cavalliari. 3. The Bull Riding Hall of Fame. 4. Rod Carew. 5. George Gerwin. 6. ESPN2. 7. Daisuke Matsuzaka.

## Sponsors Sought For Red Sox Golf Tournament

As part of its continuing community outreach efforts, the Red Sox Foundation will hold its 9th annual Swings for the Sox golf tournament on Friday, October 2. The tournament will take place at the Tiburón Golf Club, located at 2620 Tiburón Drive in Naples.

A scramble format with prizes for the longest drive, putting, closest to the pin and other categories will begin at 8:30 a.m. after registration at 7:15 a.m. Lunch will be provided.

All proceeds from this year's tournament will benefit the Lee County Red Sox Scholarship program. Each year, the Red Sox Foundation awards a \$5,000 college scholarship to one deserving student from each of the 14 public high schools in Lee County.

Last year's efforts raised over \$88,000. In the past eight years, the Red Sox Foundation has raised more than \$411,000 for local nonprofits and scholarships.

This year's title sponsor is DLD Builders.

Tournament sponsorships are available from \$150 to \$5,000. Foursome player packages begin at \$1,000. If the tournament has to be canceled for any reason, all donations and entry fees will be fully refunded.

Raffle and silent auction items that can be used to aid in raising money for the Red Sox Foundation's scholarship fund, and additional funds for those in need throughout Southwest Florida are also being accepted.

The Red Sox Foundation is a 501(c)3 nonprofit organization and the official team charity of the Boston Red Sox. The foundation's primary focus locally is in serving the health, education, recreation and social service needs of children and families across Southwest Florida. The Red Sox Foundation is one of the most successful in all of Major League Baseball.

For more information, call 226-4783 or email [swingsforthesox@redsox.com](mailto:swingsforthesox@redsox.com).

## FSW Begins Next Stage Of Return To Campus Plan

Florida SouthWestern State College (FSW) entered stage two of its Return to Campus Plan on Monday, July 13.

During stage two, all FSW campuses will open to students, and enrollment services offices will begin providing in-person assistance to students at all FSW campuses. Face coverings and social distancing will be required in all FSW buildings.

Enrollment services that will be open to students are: academic advising; admissions; Bucs CARE/dean of students/food pantry; campus rec; cashier; financial aid; international student services; mental health counseling; registrar; student engagement; and testing services.

For more information, hours of

operation, contact information, or to schedule an appointment with any of the enrollment services offices, visit [www.fsw.edu/remote/contact](http://www.fsw.edu/remote/contact).

## WiFi Parking Lots Created For Students In Need

Florida SouthWestern State College (FSW) will create WiFi parking lots at each of its four locations. These WiFi parking lots will assist FSW students who might not have access to the Internet, spotty coverage, or less than ideal bandwidth. FSW student login credentials are required to access the WiFi.

"It is our goal to ensure FSW students have access to the technology necessary to succeed at FSW," said Jason Dudley, chief information officer/associate vice president of IT and eLearning. "The parking lots will allow FSW students to pull into a parking space or social distance outside and connect their devices using their FSW student login credentials to complete assignments, access online learning platforms, learning materials and more."

WiFi parking lots will be available in the following locations: FSW Charlotte Campus Parking Lot 4; FSW Collier Campus Parking Lot 6; FSW Lee Campus Parking Lot 8; and all parking lots at FSW Hendry/Glades Curtis Center.

## When An Addict Needs Help

Narconon warns friends and families that the window period of desperation when an addict reaches for help is very short-lived. Knowing this is important when dealing with an addict needing treatment. It is a life or death situation and the next pill, hit, shot or drink could very well be their last. Do not wait for that to happen, act accordingly. No addict deserves to die.

For more information on time importance, visit [www.narconon-suncoast.org/blog/time-kills-addicts.html](http://www.narconon-suncoast.org/blog/time-kills-addicts.html). Call 1-877-841-5509 for a no cost screening or referral.

WE MAKE BANKING ABOUT YOU!

# STANDING STRONG... Together



**Lending Team** – From left back row: Geoffrey Roepstorff, CEO; John Ammons, Vice President, Cleveland Avenue Office Manager; Liz Aurensan, Vice President, Lending; Robbie Roepstorff, President. From left middle row: Darrin Grotrian, Asst. Vice President, Lending, Sanibel-Captiva Asst. Office Manager; Kim Nyberg, Vice President, Professional & Executive Banking; Greg Blurton, Vice President, Sr. Commercial Loan Officer. From left front row: Leah Kirby, Vice President, River District Office Manager; Willy Ocasio, Vice President, Sanibel-Captiva Office Manager; Pam Edwards, Vice President, Lending.

*Now more than ever, relationships matter.*

As Lee County's oldest community bank, we've spent nearly 25 years building relationships with customers and giving back to our local community. During this time of uncertainty, we're working diligently to do our part, serving as the trusted and responsive banking partner that customers need and showing our heartfelt dedication to protecting and empowering those we hold dear. Discover the difference a local banking relationship can make at Bank of the Islands. We continue to stand strong together and make banking about YOU.



To learn more about our customer services and convenient locations, please visit [BankoftheIslands.com](http://BankoftheIslands.com) or call 239.472.7211.

 <p><b>FRIDAY</b> Mostly Cloudy High: 89 Low: 81</p>	 <p><b>SATURDAY</b> Partly Cloudy High: 92 Low: 83</p>	 <p><b>SUNDAY</b> Cloudy High: 94 Low: 84</p>	 <p><b>MONDAY</b> Cloudy High: 90 Low: 82</p>	 <p><b>TUESDAY</b> Chance Showers High: 91 Low: 83</p>	 <p><b>WEDNESDAY</b> Sunny High: 92 Low: 84</p>	 <p><b>THURSDAY</b> Mostly Cloudy High: 88 Low: 80</p>
--	---	--	--	---	--	---

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	1:33 am	3:37 am	10:37 am	6:33 pm
Sat	2:33 am	4:14 am	11:19 am	7:16 pm
Sun	12:03 pm	7:58 pm	None	None
Mon	3:49 am	5:39 am	12:48 pm	8:38 pm
Tue	4:14 am	6:29 am	1:35 pm	9:17 pm
Wed	4:36 am	7:25 am	2:24 pm	9:57 pm
Thu	5:00 am	8:27 am	3:16 pm	10:35 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	12:38 am	3:39 am	9:42 am	6:35 pm
Sat	1:38 am	4:16 am	10:24 am	7:18 pm
Sun	11:08 am	8:00 pm	None	None
Mon	2:54 am	5:41 am	11:53 am	8:40 pm
Tue	3:19 am	6:31 am	12:40 pm	9:19 pm
Wed	3:41 am	7:27 am	1:29 pm	9:59 pm
Thu	4:05 am	8:29 am	2:21 pm	10:37 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	9:20 am	2:39 am	None	6:08 pm
Sat	12:24 am	3:10 am	10:18 am	7:09 pm
Sun	1:25 am	3:47 am	12:07 pm	8:04 pm
Mon	2:25 am	6:45 am	1:04 pm	8:56 pm
Tue	3:32 am	8:10 am	1:56 pm	9:41 pm
Wed	4:22 am	9:12 am	3:00 pm	10:22 pm
Thu	4:58 am	10:03 am	4:08 pm	10:59 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	3:43 am	6:53 am	12:47 pm	9:49 pm
Sat	4:43 am	7:30 am	1:29 pm	10:32 pm
Sun	2:13 pm	11:14 pm	None	None
Mon	5:59 am	8:55 am	2:58 pm	11:54 pm
Tue	6:24 am	9:45 am	3:45 pm	None
Wed	6:46 am	12:33 am	4:34 pm	10:41 am
Thu	7:10 am	1:13 am	5:26 pm	11:43 am

## My Stars ★★★★★

**FOR WEEK OF JULY 13, 2020**

**Aries** (March 21 to April 19) A perplexing situation needs to be dealt with in order to avoid problems later on. Rely on both your own sense of what's right and the advice of someone you trust to help work it out.

**Taurus** (April 20 to May 20) Let your sharp Taurean business insight guide you when considering a "dream deal." Without all the facts, it could turn into a nightmare. Remember: Investigate before investing.

**Gemini** (May 21 to June 20) Sharing so much of your time and your gifts with others is what you do so well, and this week, don't be surprised if others want to share with you. Enjoy the experience. You've earned it.

**Cancer** (June 21 to July 22) A difficult personal situation seems to defy efforts to resolve it. Perhaps you're too close to it. Take some time to reassess what went wrong, and then see where things can be set right.

**Leo** (July 23 to August 22) Leonine pride could be piqued a bit when someone else appears to be standing in your light. Be patient and resist the urge to growl at the interloper. You'll soon be the "mane" attraction again.

**Virgo** (August 23 to September 22) A professional situation benefits from your clear assessment of the circumstances involved. On the personal side, that new relationship looks as if it will continue to grow.

**Libra** (September 23 to October 22) More good news about a loved one helps reassure others who could not share your more-optimistic view before. Continue to help everyone in need of your comforting presence.

**Scorpio** (October 23 to November 21) Creating new friendships could turn out to be the unexpected but welcome result of reconnecting with old friends. The weekend is a good time for fun and games. Enjoy!

**Sagittarius** (November 22 to December 21) The more you learn about what you plan to do, the more likely you are to consider making some changes in your plans. This is good; don't resist it. Instead, go with it.

**Capricorn** (December 22 to January 19) A career change is still in your aspect, but a potential workplace change could be what you've been looking for. See what develops before making any drastic moves.

**Aquarius** (January 20 to February 18) Your energy levels are high this week, which should help you get all your workaday tasks done and still leave you with enough breath to handle some domestic challenges.

**Pisces** (February 19 to March 20) An unexpected fluke could cause problems with your plans. If so, use the time to troll for other available options, and you might be pleasantly surprised at what turns up.

**Born This Week:** You enjoy the company of lots of people, but you also can treasure the moments shared with just one special person.

### MOMENTS IN TIME

- On July 20, 1865, Pierre Lallement, a Frenchman, arrives in the United States carrying the plans and components for the first modern bicycle. Although he built and patented the first bicycle, Lallement received no recognition and failed to acquire enough funds to open a factory. He sold the rights to the patent in 1868 and moved back to France.
- On July 23, 1888, Raymond Chandler, creator of detective Philip

Marlowe, is born in Chicago. During the Depression, Chandler began writing to support himself. He published *The Big Sleep* in 1939, followed by *Farewell My Lovely* and *The Long Goodbye*.

- On July 25, 1898, during the Spanish-American War, U.S. forces launch their invasion of the island of Puerto Rico. With only seven deaths, U.S. troops under Gen. Nelson Miles were able to secure the island by mid-August.
- On July 24, 1911, American archeologist Hiram Bingham gets his first look at Machu Picchu, an ancient Inca settlement in Peru. Machu Picchu is believed to have been a summer retreat for Inca leaders.
- On July 22, 1934, outside Chicago's Biograph Theatre, notorious criminal John Dillinger – America's "Public Enemy No. 1" – is killed by federal agents. In a year-long bank-robbing spree, Dillinger and his associates robbed 11 banks for more than \$300,000, broke jail and narrowly escaped capture multiple times, and killed seven police officers and three federal agents.
- On July 26, 1943, Rolling Stones front man Mick Jagger is born in Dartford, Kent, England. Michael Philip Jagger attended the London School of Economics but left without graduating in order to pursue a career in music.
- On July 21, 1973, *Soul Makossa* is the first disco record to make the Top 40. It is now best remembered as the source of the rhythmic chant that appears in Michael Jackson's *Wanna Be Startin' Somethin'* in 1982.

### NOW HERE'S A TIP

- Consumer advocacy experts say that it's best to communicate your service issues with a company by email. This way, there is a ready paper trail that

you can refer to. If you have to call a customer service line, ask for an email address that you can correspond with.

- If your scallions are growing like crazy, you should know that you can freeze them to use later. Snip into smaller portions and freeze in a single layer for a couple of hours. Transfer to a container and store in freezer. When a recipe calls for scallions, just take what you need and use immediately.
- Save energy and heat by using an electric kettle to make hot water for tea. It uses less energy than a stovetop kettle, and it won't heat up your kitchen.
- Stuff a musty cooler with crumpled up newspaper and seal. Remove and replace daily until the musty smell goes away.
- When making cookie dough, make extra and freeze it in balls or slices. You'll have an easy source of ready-to-bake fresh cookies!
- "You can use dishwasher detergent to clean your bathtub. I moved into a place with a very stained and dirty bathtub. I filled the tub with very hot water, put a cup of detergent into the water (the kind you put in a dishwasher, not soap) and stirred it to dissolve the powder. After letting it sit until it was just warm, I used a scrub brush to lightly lift away the soapy grime. It lifted stains out, too." – GG in South Carolina

**STRANGE BUT TRUE**

- As Shakespeare said, what's in a name? A duck is called a duck because it ducks its head under the water to feed. The animal was named after the verb, not the other way around.
- In the era of TV dinners, it wasn't enough that you ATE your veggies. No, etiquette experts still found time to make some interesting rules about HOW you

continued on page 46

**"There's nothing better than living in shorts!"**



**CHUCK BERGSTROM**  
Island Resident Award Winning Realtor®  
Direct: 239-209-6500

[www.SanibelCaptivaRealEstateGuide.com](http://www.SanibelCaptivaRealEstateGuide.com)

Re/Max of the Islands • 2400 Palm Ridge Rd. Sanibel • 11508 Andy Rosse Ln. Captiva



dearRPharmacist

## New Facts About Leprosy And COVID



by Suzy Cohen, RPh

**Dear Readers:** I'm reading a book called *The Island* (Victoria Hislop), which is about a leper colony and the book is set in the 1900s where

people with leprosy were exiled to an island called Spinalonga, off the coast of Crete (Greece). And people were sent there to live, and to die. The island is abandoned today. It became self-sufficient, and only after 1957 were the residents allowed to return to their homes (if they were still alive).

Today, half of the cases of leprosy occur in parts of India, and there are still leper colonies. There are leper colonies all over the world. This condition is ancient, but sadly, even with centuries of medical advancements, we still see thousands of cases globally. It is medically known as Hansen's disease. Those afflicted with leprosy are often from poverty-stricken areas where there is difficulty accessing medical professionals and clean food or water. The condition, if untreated, will cause nerve pain, skin lesions, disfigurement and amputation, not to mention social stigma.

In the book I am reading, one of the main characters, a teacher named "Eleni" becomes infected with leprosy by her student Dimitri, and they are both

banished from Crete to live forever on the little island of Spinalonga. Eleni was never to return home, but her altruistic and loving nature made life better for those she knew during her time on the island.

Like COVID, the condition of leprosy seems to show benefits from Vitamin D. They did not know that back in the 1940s and 50s when Spinalonga and other leper colonies formed. I am not comparing leprosy to corona, these are not even remotely related. The only similarity is that vitamin D can be helpful for both, according to current scientific research. Vitamin D supports many aspects of immune function, as well as myelin sheath repair.

Today's aim is to enlighten you about the condition of leprosy because it still exists in the U.S., especially in the southern U.S., and it's making a resurgence in Brazil. Just FYI, armadillos are a host, and people still eat them. As a reminder, zoonotic infections are 100 percent preventable, and therefore easier to avoid than to cure.

The signs and symptoms of Leprosy include:

- Discolored (or thick) patch of skin on the body;
  - Muscle weakness;
  - Loss of eyebrows or eyelashes;
  - Painless swelling or lumps on the face or ears; and
  - Numbness in parts of the skin.
- Treatment of leprosy will help to avoid the nerve damage. If left untreated, it may cause:
- Shortening of toes and fingers;
  - Foot drop;
  - Blindness;
  - Neuropathy or burning sensations in skin;
  - Chronic ulcers that don't heal on the skin or feet; and
  - Difficulty swallowing or talking.

There are many physicians today who specialize in the treatment of leprosy and other infectious diseases, so if you have concerns that the bacteria has invaded your body, please do some reading at websites such as The Leprosy Mission International and the National Hansen's

Disease Program.

*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 spouse is watching the news every morning before he goes to work, and I notice he is tense and angry before he even leaves the house.

Do you have any suggestions I may give him to help him understand the negative influence the media has on him?

**A:** Now more than ever, with an already heightened anxiety level, I am telling clients to please limit television and news media coverage.

We are bombarded with advertisements daily including news that knows how to wear on our insecurities and fears. The best way to stop your fear-based exposure to this is to stop watching it.

As if enough doesn't pop up on our phones and computers, watching

news episodes will only fuel the fire. If your spouse is a news junkie, ask him/her why the anger and tenseness that he/her may be oblivious to in the first place. We get addicted to television and all of its manipulative maneuvers just to keep viewers tuned in. Your spouse is a perfect example of just what media can do to our psyches.

See if your spouse won't do something alternative to watching the news such as: take a yoga/meditation class, go outside for a run or walk, take a bike ride, read some morning meditation or devotion, write in a journal, or do something creative like paint or draw. These activities all have some healthy and relaxing component to them instead of viewing something that is anxiety producing and filled with negativity. Believe me, your spouse will be able to keep up with what's going on without having to immerse him/herself in it.

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

**Thomas R. Louwers, MST**  
**Tax Consulting & Accounting Services**  
 Serving the Islands since 1978

has Affiliated with

**BriersCPA, P. A.**  
**Certified Public Accountants**  
**Auditing, Bookkeeping, Tax & Consulting Services**

1619 Periwinkle Way, Suite 102, Sanibel Island, FL 33957 • (239) 472-5152

## PHYSICAL THERAPY – MASSAGE - PILATES

**Island Therapy Center**

2242 Periwinkle Way, Sanibel

MM#278



Continued excellence in our treatment, with CDC procedures for infection control.  
 Limited times and occupancy for physical therapy, massage, personal training and Pilates. Call now.

PPEs worn by therapists. Free masks available.

239-395-5858 [www.islandtherapycenter.com](http://www.islandtherapycenter.com)

## YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

- Balance problems
- Blurred vision
- Dizziness / vertigo
- Fainting / drop attacks
- Swallowing or speaking difficulties
- Tinnitus or hearing problems
- Torticollis / cervical dystonia
- And many more!

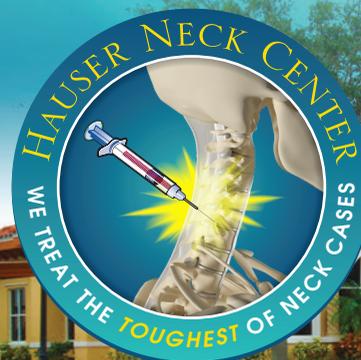
The Hauser Neck Center at Caring Medical Florida specializes in unique, dynamic diagnostic tests that find what traditional MRI scans can miss, and Comprehensive H3 Prolotherapy to treat the underlying structural cause of chronic neck pain, migraines, and neurological symptoms.

Learn more at [CaringMedical.com](http://CaringMedical.com) and contact our team to review your case!



Ross Hauser, MD

Hauser Neck Center  
 Caring Medical Florida  
 9738 Commerce Center Ct.  
 Fort Myers, FL 33908  
 (239) 308-4725  
[DrHauser@CaringMedical.com](mailto:DrHauser@CaringMedical.com)



HELPING THE WORLD SEE CERVICAL INSTABILITY WITH 2020 VISION!

Doctor and Dietician

# Cancer Diagnosis Changes Everything



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

**W**e have worked in the field of alternative medicine for nearly 30 years. We are strong proponents of putting things into our bodies that have positive effects on our health and avoiding things that are detrimental to our health. This not only relates to food, drugs and supplements, but also what we allow into our hearts, minds and souls.

When you hear the word “cancer” from your health care provider, everything changes. Most of us want

to live. We want to beat the cancer. We do not want to die. Thus, patients often quickly try to change the way they eat, start juicing, performing regular exercise, make amends with family members and work towards a positive outlook in life.

Our admonition to you is to start living a healthier lifestyle now – before you hear the “C” word.

Cancer feeds on sugar. Cancer feeds on stress. We wrote a book on cancer back in 2000 that was called *Treating Cancer with Insulin Potentiation Therapy* based on our experience treating cancer patients at Caring Medical. In this book, we provide a chapter on what we call “cancer physiology.” Basically, what this means is when you get cancer, for some reason your physiology was ripe for cancer growth. We are all constantly fighting off all sorts of bad things in our bodies. When our immune system changes and becomes no longer able to do its job, disease results. Thus, we cannot encourage you enough to strive to be the healthiest version of you that you can be.

You have heard our message before. This means that you eat real food, not fake, artificial, chemical-laden so-called food. This means fresh vegetables and other produce, organic chicken, beef and fish. Consume foods that do not produce reactions in the body. Many

people are sensitive to dairy (cow’s milk), wheat and eggs. If you suffer with intolerances or GI upset, you may want to try avoiding these items in your diet to see how much better you feel. Stop taking medications that mask the underlying issue. Get to the root cause. You do not have a “purple pill deficiency.” If you cannot digest your food and suffer with gastroesophageal reflux disease (GERD), for example, most likely you have something else going on. Wrong food? Too many chemicals? No digestive enzymes?

Living a life of health also means controlling your environment. Surround yourself with positive influences in the form of people, nature, music and

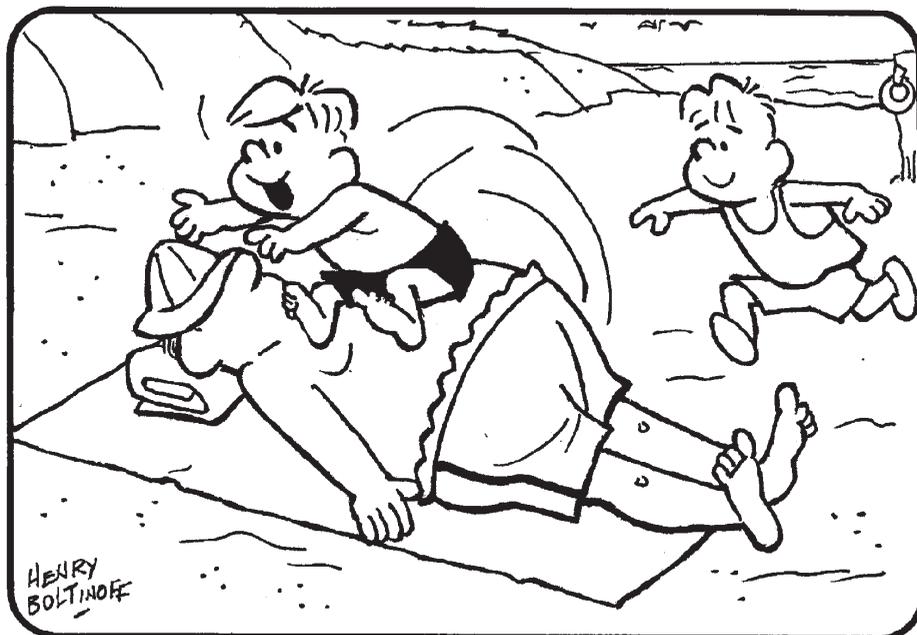
the like. If something stresses you out like the news, turn... it... off! Develop daily meditation and prayer habits. Get outside and enjoy God’s beautiful creation. Breathe deep. Increase your heart rate. Our time here on earth is short. Let us live the best lives possible, now. For more, check out [www.hauserdiet.com](http://www.hauserdiet.com).

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at [info@cairingmedical.com](mailto:info@cairingmedical.com).\**

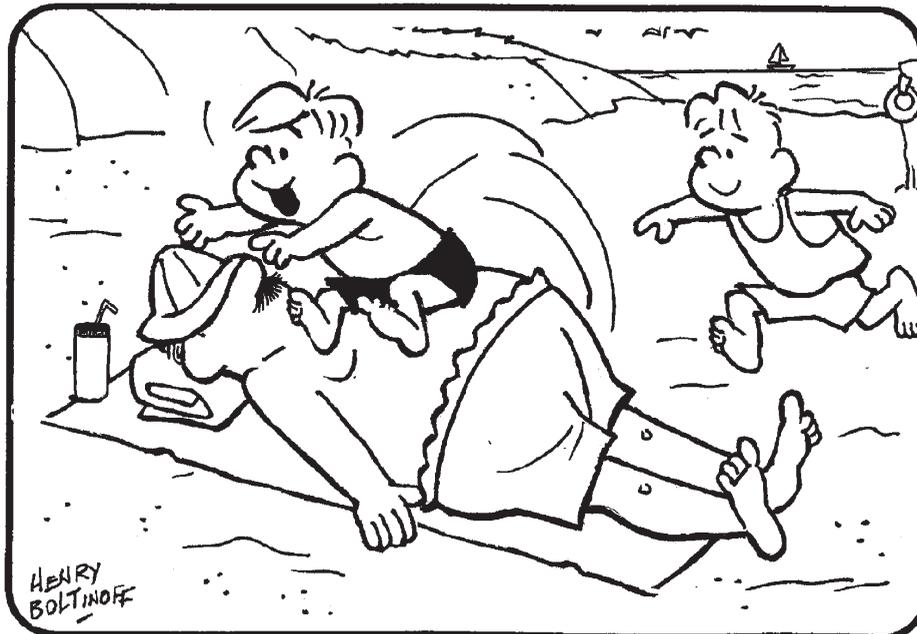
## PUZZLES

### HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy is barefoot. 2. Blanket is narrower. 3. Man has mustache. 4. Water bottle has been added. 5. Swim trunks have no stripe. 6. Boat is on horizon.

Beautifulife:

## Renew



by Kay Casperson

**R**enew is one of my favorite words for many reasons. The Webster’s definition is to make like new and restore to freshness, vigor, or perfection.

Another meaning is to renew spiritually, regenerate, revive, or rebuild. Many years ago, I built a product around this word, and it is still, to this day, one of my most sought after products in my signature skincare collection.

When I developed Renew, it was an essential part of an eight-step skincare program. The system was designed to help you have exceptional skin while ensuring that your life stays balanced and beautiful. Renew is a treatment for wrinkles and is a beneficial product to help you age well and smooth and soften fine lines.

Much thought went into each affirmation on the bottles and jars of all of the products. Renew’s statement is, “I will renew my goals,” which is an essential step for us to do regularly.

We need to renew and analyze our goals often because we can tend to forget the goals we set for ourselves as time goes by. Before we know it, we are setting the same goals year after

year. If we have something to remind us of what those goals are daily, we are more likely to accomplish them and to achieve the dreams we set for ourselves.

One of my favorite scriptures from the Bible says, “but they that wait upon the Lord shall renew their strength; they shall mount up with wings like eagles; run, and not be weary, and they shall walk, and not faint.”

Renew is a powerful word. We need to renew our lives emotionally, spiritually, physically, environmentally and socially on a regular basis to make sure that we live our most balanced and beautiful life. We need to renew our minds, hearts, bodies, surroundings and relationships from time to time to live our best lives.

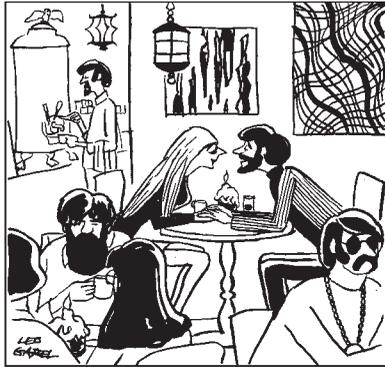
Focus on good and positive thoughts. Feed your soul with the things that help you grow as a person. Keep getting stronger and immerse yourself with the right people and the right places. Most importantly, know that you have the power to keep your life going in the right direction.

My affirmation for you this week is: “I will take the time to renew all aspects of my life to continue on my best path forward.”

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

# PUZZLES

Answers on page 47



"Will you marry me? We both  
\_\_\_\_\_ the same things."

## 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!

Crushed  
KNOBER \_\_\_\_\_

Loath  
RESAVE \_\_\_\_\_

Gentle  
COILED \_\_\_\_\_

Induct  
CURRITE \_\_\_\_\_

**TODAY'S WORD**

\_\_\_\_\_

## SUDOKU

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

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

Emergency .....	911
Sanibel Police .....	472-3111
Lee County Sheriff's Office .....	477-1200
On Call Captiva Deputy .....	477-1000
Fire Department, Sanibel .....	472-5525
Fire Department, Captiva .....	472-9494
Florida Marine Patrol .....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control .....	1-800-282-3171
Chamber of Commerce .....	472-1080
City Council .....	472-4135
City Building Department .....	472-4555
City Manager .....	472-3700
City Planning & Code Enforcement Department .....	472-4136
City Public Works .....	472-6397
Library, Sanibel .....	472-2483
Library, Captiva .....	239-533-4890
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

### ARTS

Arcade Theater .....	332-4488
Art League Of Fort Myers .....	275-3970
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

### CLUBS & ORGANIZATIONS

ABWA .....	<a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a>
American Legion Post 123 .....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
Audubon of SWFL .....	<a href="https://www.audubonswfl.org/">https://www.audubonswfl.org/</a>
Audubon Society .....	472-3744
Bailey-Matthews National Shell Museum .....	395-2233
CHR Community Housing & Resources .....	472-1189
Community Foundation of Sanibel-Captiva .....	474-5900
COTI Committee of the Islands .....	<a href="mailto:coti@coti.org">coti@coti.org</a>
CROW, Clinic For The Rehabilitation of Wildlife .....	472-3644
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211 .....	984-5920
FISH OF SANCAP Neighbors Helping Neighbors .....	472-4775
FISH OF SANCAP 24-hr service .....	472-0404
Horticultural Society of the Islands .....	472-6940
Horticulture and Tea Society of Sanibel and Captiva .....	472-8334
JN "Ding" Darling National Wildlife Refuge .....	472-1100
Kiwanis Club .....	677-7299
League of Women Voters .....	<a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>
Lions Club, Jeff MacDonald .....	302-521-1158
Master Gardeners of the Islands .....	472-6940
MOAA, 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 .....	472-4823
Progressive Club of the Islands .....	<a href="mailto:pcisancap@gmail.com">pcisancap@gmail.com</a>
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Sanibel Beautification Inc. .....	470-2866
Sanibel-Captiva 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

To be listed in calling card email your information to:  
[press@islandnews.com](mailto:press@islandnews.com)

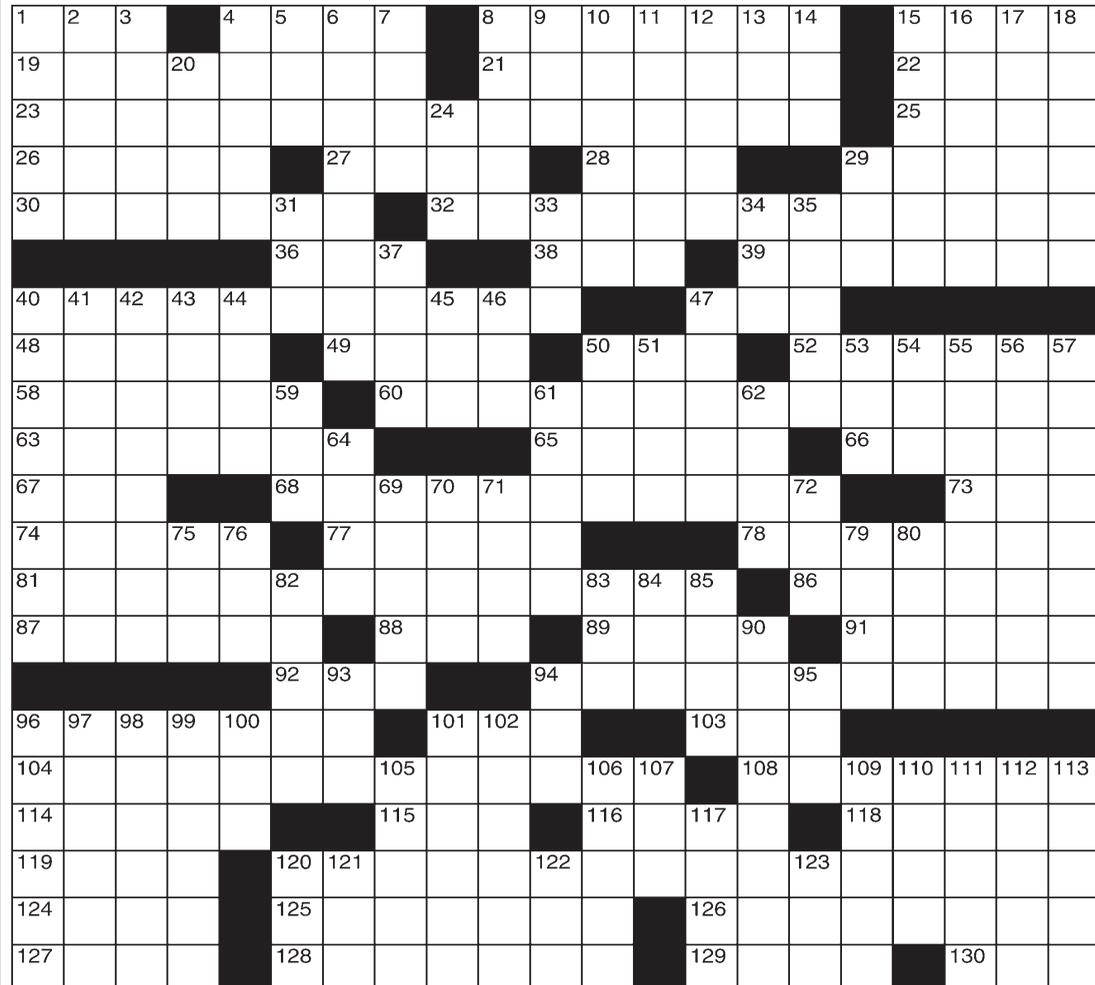
# PUZZLES

Answers on page 47

## Super Crossword

TRIPLE OVERLAP

- ACROSS**
- 1 Boater, e.g.
  - 4 Poker chip, for one
  - 8 Uncorks again
  - 15 Liven (up)
  - 19 Mexican resort port
  - 21 To-do trays
  - 22 Actor Bates
  - 23 GOP race runner
  - 25 At midnight, say
  - 26 Justice Kagan
  - 27 Planet near Earth
  - 28 "Attack, dog!"
  - 29 First-class
  - 30 "Dirty" drink
  - 32 Data entry device
  - 36 Ewoks and Na'vi, in brief
  - 38 Actor DeLuise
  - 39 Strengthens in volume
  - 40 Large insectivores with long snouts
  - 47 Recycling container
  - 48 Support financially
  - 49 Unmannerly
  - 50 Suffix with pay
  - 52 Nissan, formerly
  - 58 Mop brand
  - 60 Common bit of onstage audio equipment
  - 63 Writer Isak
  - 65 Pago Pago's home
  - 66 Pied-à- —
  - 67 Tokyo, prior to 1868
  - 68 Play dumb
  - 73 Bloom-to-be
  - 74 Clichy's river
  - 77 Radio booth notification
  - 78 Mattel guy
  - 81 Company not reliant on a parent, e.g.
  - 86 Actress Kazan of "My Favorite Year"
  - 87 MRI's kin
  - 88 —
  - 89 Branchlet
  - 91 Krone spenders
  - 92 Breakfast brew
  - 94 Ones who love making others happy
  - 96 Egg-making organs
  - 101 Many a pro bono TV ad
  - 103 Grass sold in rolls
  - 104 Clinton-Kaine, in 2016
  - 108 Optimistic
  - 114 Somber song
  - 115 Party card game cry
  - 116 "Tomb Raider" Croft
  - 118 Raptor's nest
  - 119 Foot bottom
  - 120 They include Advent and Eastertide
  - 124 Be fitting for
  - 125 Ideal spots
  - 126 Appeases
  - 127 Warlike god
  - 128 Floral wrist accessory
  - 129 Rolling car part, to Brits
  - 130 "Ethyl" suffix
  - 9 Complete
  - 10 California's San Luis —
  - 11 Speaking platform
  - 12 Spot-on
  - 13 Kin of .com
  - 14 Flagstaff-to-Tucson dir.
  - 15 Ashen-faced
  - 16 Actress Stritch
  - 17 Wickerwork cane
  - 18 Genueflects
  - 20 Gridiron kick
  - 24 Oval portion
  - 29 Aussie avian
  - 31 Once known as
  - 33 "ER" extras
  - 34 Wallach of "The Deep"
  - 35 Sonata part
  - 37 Poker variety
  - 40 Like the giant sphere at Epcot
  - 41 Occurrence
  - 42 Lymphoid throat masses
  - 43 Lymph —
  - 44 Christmas verse starter
  - 45 Ice cream maker Joseph
  - 46 Kylo of "Star Wars"
  - 47 Breakfast meat
  - 50 Sharif of movies
  - 51 Peru's capital
  - 53 Spot-on
  - 54 With 55-Down, Paris edifice housing several universities
  - 55 See 54-Down
  - 56 More out of control
  - 57 Not necessary
  - 59 Ring arbiter
  - 61 Of — (in some way)
  - 62 Spice holder
  - 64 Very bright
  - 69 Agra's home
  - 70 Manxman, e.g.
  - 71 Square root of 81
  - 72 Slithery fish
  - 75 Japanese tech corp.
  - 76 MPG-rating org.
  - 79 Nil
  - 80 "Buenos —" ("Good day")
  - 82 Get admitted
  - 83 Suffix with Denver
  - 84 16 eighths
  - 85 Pups' plaints
  - 90 The world over
  - 93 That, in Peru
  - 94 Karachi's nation: Abbr.
  - 95 Kin of .com
  - 96 Ukraine port
  - 97 Fabric with a soft nap
  - 98 2002 César winner for Best Film
  - 99 Popular thesaurus, familiarly
  - 100 Really cold
  - 101 Models on walls, maybe
  - 102 Smelting slag
  - 105 One-on-one teacher
  - 106 Beethoven's "Für —"
  - 107 Tic —
  - 109 With 121-Down, judge in the O.J. Simpson trial
  - 111 Seeing red
  - 112 Air raid alert
  - 113 German state
  - 117 Engrossed
  - 120 Jazz's Jean-Ponty
  - 121 See 109-Down
  - 122 Funny bit
  - 123 Big elephant part



## King Crossword

- ACROSS**
- 1 Actor Carrey
  - 4 Weapon of mouse destruction
  - 8 Zits
  - 12 Man-mouse link
  - 13 Midwestern state
  - 14 Addition sign
  - 15 The national pastime
  - 17 Node
  - 18 — pro quo
  - 19 British patrolman
  - 20 First lady before Michelle
  - 22 Old MacDonald's place
  - 24 Twistable cookie
  - 25 Fort Dix, for one
  - 29 Sea (Fr.)
  - 30 Gray matter
  - 31 Snapshot
  - 32 You might run on one to get home
  - 34 "The lady — protest too much"
  - 35 Drench
  - 36 Cow catcher
  - 37 Underground chamber
  - 40 Close
  - 41 Villainous look
  - 5 Street
  - 6 Piercing tool
  - 7 Crony
  - 8 Poise
  - 9 Organization
  - 10 Unfeeling
  - 11 Catch sight of
  - 16 Continental coin
  - 19 — Mawr College
  - 20 Bausch's partner
  - 21 Vicinity
  - 22 Candid
  - 23 Grenoble girl-friend
  - 25 La Scala showstopper
  - 26 Renunciation of a faith
  - 27 Perches
  - 28 Reverberate
  - 30 Rorschach sample
  - 33 — de corps
  - 34 Smear
  - 36 Tibet's capital
  - 37 Dressed
  - 38 Nevada city
  - 39 Bigfoot's cousin
  - 40 Goblet feature
  - 42 Medic
  - 43 Big bother
  - 44 Seek damages
  - 45 Em halves
- DOWN**
- 1 Task
  - 2 401(k) alternative
  - 3 Costume party guests (Var.)
  - 4 Leg bone



## MAGIC MAZE ● LOFTY

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
 Unlisted clue hint: WORLD'S TALLEST MOUNTAIN

- Antenna
- Manute Bol
- Pyramid
- Stilts
- CN Tower
- Peak
- Skyscraper
- Summit
- Giraffe
- Perch
- Spires
- Towers
- Mainmast
- Pinnacle
- Steeple

# PROFESSIONAL DIRECTORY

## NEW HOMES, REMODELING & ADDITIONS

**KIRCHNER CONTRACTING INC.**

- New Homes
- Consulting
- Remodeling
- Contracting

**MATT KIRCHNER**  
CG-C059097  
Mobile: 239-410-6932

P.O. Box 143 Sanibel Island, FL Phone: 239-472-2601 Fax: 239-472-6506

## GENERAL CONTRACTOR

**D. BROWN**  
GENERAL CONTRACTORS LLC  
CGC1517615

**BBB**  
A BBB Accredited Business with an +A Rating

**NEW CONSTRUCTION & REMODELS**

239-593-1998 | www.dbrowngc.com

## CONSTRUCTION

**BROTHERS, INC.**

**MILLS BROTHERS BUILDING CONTRACTORS**  
QUALITY, RELIABILITY, SATISFACTION

- Custom Home Building | Remodels
- Design Service Available • Sanibel Owned & Operated

Office Phone & Fax 239-472-6711 Joseph Mills Lic. #CBC058789 William Mills Lic. #CBC058788

## POOL CLEANING, SERVICE & REPAIR

**40 YEARS IN BUSINESS**

Specialists In Residential & Commercial Pools  
Fast, Reliable Service & Repair

- Next Day Installation of Equipment
- Retail Location off Periwinkle
- Free Estimates
- After Hours Emergency Service

**ISLAND CONDO MAINTENANCE**  
Call Us Today  
**472-4505**  
Veteran Owned & Operated  
CPC 1458912

ICMSanibel@yahoo.com  
www.ICMpools.com



## LOCKSMITH

**ISLAND LOCKSMITH**  
UNLOCKING PARADISE

Island Locksmith 2340 Periwinkle Way, J-3  
Serving Sanibel & Captiva Behind Village Shops  
Islands Since 1976 239-472-2394  
"Veteran Owned & Operated" IslandLocksmith@yahoo.com  
www.sanibelislandlocksmith.com

## TRAVEL

**DREAM TRAVEL**  
...on land and sea...

**DANA PARISH**  
travel consultant  
danatravel88@yahoo.com  
239-898-0200

...dream your travel, travel your dream...

member Sanibel-Captiva Chamber of Commerce  
affiliate Avoya Travel / American Express Travel Sanibel resident since 1987

## BRICK PAVERS

**Tim Smith**  
**Brick Pavers, LLC**

Lee County Lic. # IP06-00664 239-560-1199  
Sanibel Lic. # S3-14729 timsmithbrickpavers@gmail.com

## PLUMBER

**WALKER PLUMBING**

Plumbing repairs  
Sewer and drain cleaning  
Water heaters • Back flow  
Sewer camera, jetting and repair  
**239-395-2689**  
Sanibel owned and operated Lic S1-18245

## GLASS

Insured **PCT WinGuard** Licensed # S2-11975

**Stevens & Sons Glass**  
Replacement Impact Windows & Sliding Doors,  
Mirrors, Tub & Shower Enclosures, Store Fronts,  
Porch Enclosures, French Doors, Plate Glass

Specialists in impact condo complex replacement

2416 Palm Ridge Road Phone: (239) 472-0032  
Sanibel Island, FL 33957 Fax: (239) 472-0680

## PAINTING

**Residential & Commercial Painting**

**Barefoot Charley's**

- Power Washing
- Wallpaper Hanging
- Faux Finishing
- Free Estimates
- Interior & Exterior
- Dependable
- Reliable
- Licensed & Insured

COLOR SCHEMES on request from Sanibel Home Furnishings Lic #S3-11944

395-3928 Cell: 841-4302  
barefootcharley@aol.com

With your contract a donation to your favorite charity will be made.

## POOL SERVICE & REPAIR

**Deep-End Pool Service**

25 years experience  
License # CPC1457386

**239-699-6279**

- Pool Heater Specialist
- Sales Service & Installation of All Brands
- FREE Estimates

24/7 emergency repair service.  
Free estimates for weekly service and repairs!

## CONSTRUCTION

**ULRICH BUILDING COMPANY**

- New Construction
- Remodeling & Additions
- Kitchens & Bathrooms
- Windows & Doors
- Exterior Stairs & Decks
- Crown Moldings & Trim

Celebrating 11 Years on Sanibel  
Sanibel Family Owned & Operated  
Patrick & JoAnne Ulrich  
239-896-7116  
ulrichbuilding@gmail.com  
#CRC1331575



# PROFESSIONAL DIRECTORY

## TELEVISION

**WOOSTER TV**  
**SALES • SERVICE • RENTALS**  
 HDTV • VIDEO • DVD • COMPUTERS

*Serving the Islands for Over 40 Years!*

P.O. Box 1695 239.472.1133  
 Sanibel, FL 33957 Mike (cell) 239-565-2875  
 woostertv@comcast.net

## ELECTRICAL

**J.T.E. ELECTRIC**  
 SERVICE • RESIDENTIAL • COMMERCIAL • REMODEL

**Brady J. Rees**  
 Generator and Service Expert  
 T | 239-368-9511  
 C | 239-980-1596

**generator@jteelectricinc.com**  
 204-B Waldo Avenue,  
 Lehigh Acres, FL 33971

**STANDBY POWER**  
 Authorized Dealer  
 Lee, Collier, Hendry,  
 Charlotte, Sarasota Counties  
 Lic.# EC-13002460

## CONSTRUCTION/REMODELING

**COOPER**  
 CONSTRUCTION

Custom Homes & Remodeling Specialists  
 We can design, build and manage any endeavor  
 you can dream up.

**239.454.5699**  
 cooperconstruction@embarqmail.com  
 Kerry Cooper • An Island Business Since 1982 • License # CBC1255742

## TREE & LAWN CARE

**ENVIROMOW**  
 A Full Service Landscape Company  
**239-896-6789**

- Landscape Design, Install & Maintenance
- Tree Trimming by an ISA Certified Arborist
- Professional Irrigation Repair & Installation
- Licensed & Insured Home Watch Services
- Residential & Commercial

**www.enviromow.net**  
 EnviroMow@outlook.com

## LANDSCAPE

**Bonny's Blooming Gardens**  
**239 822-1939**

For all your landscaping needs

Landscape Design and Installation  
 Beautiful Palms and Tropicals  
 Landscape and Lawn Maintenance  
 Tree Trimming Services  
 Mulch Application  
 Property Clean up & more!

## HOME WATCH

**Sanibel Home Watch, LLC.**

PROFESSIONAL HOME WATCH SERVICE

Marco DuMont Owner

(w) 239-410-7566  
 marco@sanibelhomewatch.com  
 www.sanibelhomewatch.com

## BUILDING AND DESIGN

**SCOTT BUILDING & DESIGN LLC**  
 CBC-1261452

New Construction Remodeling  
 Decking Trim  
 Windows/Doors Kitchens/Baths

Raye Scott (239) 410-3547 Peter Ifka (239) 464-4837  
 scottbuilt@hotmail.com

## RENTAL INCOME

Rental Properties Needed!!  
 HOME ★ CONDO ★ DUPLEX  
 Waiting List of Customers for Annual Rentals...  
 Steady Rental Income  
 Put my 40 Years of Managing Privately Owned Island Properties to Work For You!  
**239-472-6747**  
**Gulf Beach Properties, Inc.**  
 Paul Zimmerman, Broker

## IRRIGATION

Under New Ownership

Get a Complete System Check Today!  
 • Routine System Checks  
 • Repair of Current System  
 • New Installations  
 • Water Audits & Leak Detection  
 • Residential or Commercial

**Affordable ISLAND Irrigation**  
**239-738-9970**  
 AffordableIslandIrrigation@gmail.com

## REALTOR

"When Only The Best Will Do!"

**JOHN NAUMANN & ASSOCIATES**  
 real estate  
 www.alanfisher.jnarealestate.com

**Alan B. Fisher**  
 REALTOR®  
 c - 504-919-2770  
 alan131@icloud.com

1149 Periwinkle Way  
 Sanibel, FL 33957  
 o - 239-472-0176

## HOME SERVICES

**SANIBEL PLUMBING**

**Your On-Island Home Service Company!**

PRICE MATCH GUARANTEE

**SAN/CAP HOME SERVICES**

ROOFING  
 ELECTRIC  
 PLUMBING  
 REMODELS  
 SOLAR PANELS  
 AIR CONDITIONING  
 GENERAL CONTRACTOR

2244 PERIWINKLE WAY, SUITE 13, SANIBEL  
 833-4-SANCAP • 833-472-6227

## PAINTING

**Ron's Painting LLC**

QUALITY WITHOUT QUESTION  
 OWNER DOES THE WORK  
 SINCE 1986

**SPECIALIZED SERVICES**

- RESIDENTIAL AND COMMERCIAL
  - INTERIOR PAINTING
  - EXTERIOR PAINTING
- DECORATIVE FAUX FINISHING
  - PRESSURE CLEANING
- DESIGNER COLOR CONSULTATIONS
  - CUSTOM CABINET PAINTING

**239.275.0425**  
**WWW.RONSPAINTING.COM**

COMPLIMENTARY ESTIMATES • INSURED  
 LICENSE #PT000286 • CC44340 • SANIBEL 53-11844

## CUSTOM HOME BUILDER

Ph (239) 472-8446 Ron DeCorte  
 DeCorteFour.com #CBC058483

**DeCorte Four**  
 Custom Home Builders, Inc.

We do it all from repairing a door to adding a 2nd Floor  
 New Construction Too

P. O. Box 922 • Sanibel, FL 33957 • Fax (239) 472-8449

**PETS OF THE WEEK**

Lee County Domestic Animal Services

**Julie, Max  
And Bessie**



Julie and Max IDs# A822253 and A821142

**H**ello, our names are Julie and Max. This duo of a 2-year-old and 4-month-old female and male domestic shorthair may not have come to LCDAS together, but we have quickly formed an undeniable bond that can only be compared to that of a mother and child. I lost my litter of kittens and was somewhat depressed. Little Max was quite fearful until I took him under my



Bessie ID# A821604

paw. All he needed was a little motherly love to come out of his shell. It was fate that brought us together, and now we are looking for the perfect family to adopt us together.

My adoption fee is \$10.  
Hi, I'm Bessie. I am a 7-year-old female Florida cur who is a 'Super Senior' and one of the happiest girls you will come across. I always have a smile on my face, especially if I am with people. I am very patient with other dogs and love the kiddie pools in our play yards – which are definitely coming in handy during the hot summer afternoons. Our senior adoption fee of just \$10 still includes my spay, microchip, up-to-date vaccinations and

10-day health check.  
My adoption fee is \$10.  
Lee County Domestic Animal Services adoption center has reopened by appointment only. Visit [www.leelostpets.com](http://www.leelostpets.com) to complete an online adoption application prior to calling 533-7387 to make an appointment. Adoption fees will be reduced for the entire month of July. All dogs over 30 pounds will be just \$30 and adult cats \$10. In addition, our cats and kittens are two-for-one; adopt one and you can take home a feline friend at no additional charge.  
*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at [www.leegov.com/animalservices](http://www.leegov.com/animalservices) or call 533-7387.\**

From page 38

**Strange But True**

consumed them as well. According to one guide, asparagus should be cut in half in order to avoid “the ungraceful appearance of a bent stalk... falling limply into someone’s mouth.”  
• What’s in a name? Part 2: The French name for cotton candy is “Barbe a papa,” or “dad’s beard.”  
• Mary Babnik Brown generously donated 34 inches of her natural golden

locks to the United States military during World War II after they determined that blond hair that had never been treated or exposed to heat was the most resilient material to use as the crosshairs in bombsights.  
• A 7-year-old boy had long complained about his swollen and aching jaw, and small wonder: Surgeons at the Saveetha Dental College and Hospital in Chennai, India, found 526 teeth crammed inside his mouth! After removing a seven-ounce, “well-defined bag-like mass” from his jaw containing hundreds of miniature teeth, it took the team five hours to carefully search for and count all of them. The hospital asserted that it was “the first ever case to be documented worldwide, where so many minute teeth were found in a single individual.”  
• Led Zeppelin let Ben Affleck use their song *When the Levee Breaks* in the movie *Argo* on one condition – that they digitally alter the record player’s needle drop to the correct spot on the vinyl.

**THOUGHT FOR THE DAY**

“The greatest weapon against stress is our ability to choose one thought over another.”  
– William James

**TRIVIA TEST**

- General Knowledge:** Which U.S. highway is known by the nickname “the Mother Road”?
- Food & Drink:** What kind of cocktail contains ginger beer, lime juice and vodka?

**CLASSIFIED**

**COMMERCIAL RENTAL**  
**PELICAN PLACE SHOPPING CENTER**  
Palm Ride Road on Sanibel  
3 units available or combined 2,400 sq. ft. (2 at 700 sq. ft., 1 at 1,000 sq. ft.)  
Call 703-593-7024  
6/21 \* TFN

**RENTAL WANTED**  
**WANTED – ANNUAL RENTAL**  
Seeking 3-bedroom, 2-bath annual rental for family with two dogs.  
Two-year lease preferred.  
Please call Chuck,  
239-209-6500.  
7/10 \* 7/31

**SERVICES OFFERED**  
**ENVIROMOW**  
A Full Service Landscape Co.  
• Landscape Design, Install & Maintenance,  
• Tree Trimming by a Licensed Arborist  
• Professional Irrigation Repair  
• Licensed & Insured Home Watch Service Residential & Commercial  
**239-896-6789**  
11/29 \* TFN

**SERVICES OFFERED**  
**SCARNATO LAWN SERVICE**  
Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available)  
Joe Scarnato (239) 849-6163  
[scarnatolawn@aol.com](http://scarnatolawn@aol.com)  
1/25 \* TFN

**HELP WANTED**  
**EXPERIENCED HOUSEKEEPER**  
Flexible one or two days a week. Long term. English speaking. Single adult male. North end of Fort Myers Beach.  
239-765-8888.  
7/17 \* 7/24

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

**ANNUAL RENTAL**  
**FURNISHED HOME FOR RENT IN THE DUNES**  
3 bedroom 3 bath plus loft. Newly renovated.  
Community pool and tennis court shared by 8 homes.  
978 Sand Castle, Sanibel, Florida.  
\$3,000 per month including utilities.  
417-310-2401  
6/5 \* TFN

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

**HELP WANTED**  
**CAREGIVER NEEDED FOR LIVE-IN ON SANIBEL ISLAND**  
Take care of elderly woman 100 years old.  
Contact Alan at 732-259-6629 or Patricia at 732-259-6631.  
7/10 \* TFN

**LEGAL NOTICE**  
**NOTICE OF PENDANCY OF ACTION**  
State of New Mexico to Angela N. Garcia, you are hereby notified that Jason Gelster has filed a civil action against you in the above titled court and cause, the general object thereof: Petition for Dissolution of Marriage. Unless you enter your appearance on or before July 6, 2020, a judgement by default will be entered against you.  
7/3 \* 7/17

**Cottages To Castles**  
Unique Vacation Rentals  
2427 Periwinkle Way  
Sanibel, FL 33957  
Local: (239) 472-6385  
Toll Free: (800) 472-5385  
Fax: (239) 472-5858  
[www.cottages-to-castles.com](http://www.cottages-to-castles.com)  
1/26 \* TFN

**RENTING FOR OVER \$1,500?**  
Inbox me your monthly rent amount and I'll send you 3 houses you could OWN for the same monthly payment.  
[chip@chipwolfe.com](mailto:chip@chipwolfe.com)  
[chipwolfe.com](http://chipwolfe.com)  
239-848-0906  
REMAX OF THE ISLANDS  
6/5 \* TFN

**GRAND OPENING SANIBEL MATERIAL GIRL**  
Beautiful - Whimsical - Delightful Treasures to remind you of your visit to the Sanibel Island area:  
Jewelry  
Wrapped Cloth Bowls  
Face Masks (did you buy one on the Island and need another?)  
Oversized hot pads  
Shell Ornaments and More!  
Shop now at [www.SanibelMaterialGirl.com](http://www.SanibelMaterialGirl.com)  
7/10 \* 7/31

**ELDER CARE LIVE-IN FORT MYERS**  
Live-In, elder care for a vibrant woman 80 yrs, in a private community Fort Myers area. Candidate will have own bedroom, pvt bath, food, utilities, wi-fi. Speak english, have own car, Covid-19 non exposure. Solid references. Cheerful personality, monitoring of daily meds, meal prep., assist with showering/dressing, laundry, collecting mail, and tidy housekeeping. Salary payment negotiable upon initial meeting. Privileges extended from the private community include use of pool, jacuzzi & gym.  
Serious inquiries only,  
Chris 917-770-5747  
7/10 \* 7/17

**LOST/FOUND**  
**LOST CAT**  
Grey/white semi-Tiger type, with white face, belly and paws. Responds to name of “Bushy.” East End of Island. Reward. If seen, please Call 239-277-0058.  
7/10 \* TFN

3. **Science:** What kind of cloud produces thunderstorms?
4. **Music:** How many musicians play in a quartet?
5. **Geography:** Which of the seven continents is the driest?
6. **Movies:** What word is on Austin Powers' license plate in *Austin Powers: International Man of Mystery*?
7. **History:** What was the ancient Sumerian form of writing called?
8. **Television:** What is the name of Bert's roommate on the children's show "Sesame Street"?
9. **Anatomy:** How many lobes is the human brain divided into?
10. **Measurements:** How much liquid does a standard jigger hold?

**TRIVIA ANSWERS**

1. Route 66
2. Moscow Mule
3. Cumulonimbus
4. Four
5. Antartica
6. Swinger
7. Cuneiform
8. Ernie
9. Four
10. 1.5 ounces

**SCRAMBLERS ANSWER**

1. Broken
2. Averse;
3. Docile;
4. Recruit

Today's Word  
**DISLIKE**

# HORTOONS



## PUZZLE ANSWERS

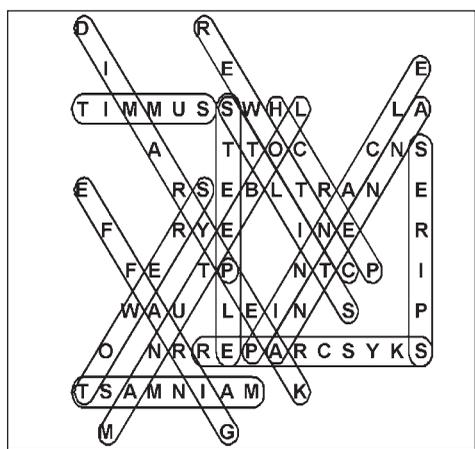
**SUPER CROSSWORD**

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

**KING CROSSWORD**

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

**MAGIC MAZE**



**SUDOKU**

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

## Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Sunset Captiva	Captiva	1979	1,764	\$2,695,000	\$2,550,000	79
Siena	Bonita Springs	2012	5,027	\$1,799,000	\$1,650,000	138
Barefoot Bay	Bonita Springs	2003	3,435	\$1,575,000	\$1,512,500	23
Yacht Club	Cape Coral	1982	1,986	\$1,300,000	\$1,120,000	336
Bayview Acres	St. James City	2000	2,220	\$1,200,000	\$1,100,000	49
Magnolia Pointe	Fort Myers	2000	3,596	\$1,100,000	\$905,000	0
Beachview Country Club Estates	Sanibel	2002	2,692	\$1,027,000	\$983,750	171
Cape Coral	Cape Coral	1999	3,594	\$950,000	\$900,000	65
Metes And Bounds	Sanibel	2018	1,872	\$899,900	\$875,000	158
Sanibel Estates	Sanibel	1977	1,682	\$879,000	\$840,000	92

# DOC FORD'S RUM BAR & GRILLE

*Randy Wayne White ©*

## WE'RE OPEN!

We're implementing our **Enhanced Safety Measures** that you'll notice when you get inside.

Thank you for trusting in us to provide you with a great experience & some sense of normalcy.



Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete Pier



[WWW.DOCFORDS.COM](http://WWW.DOCFORDS.COM)



THE ORIGINAL  
**YUCATAN SHRIMP!**

Visit Our Sister Locations on Ft. Myers Beach  
**The Dixie Fish Co. & The Whale**