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VOL. 28, NO. 7

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 14, 2020

AUGUST SUNRISE/SUNSET: 14 7:00 • 8:06 15 7:01 • 8:05 16 7:01 • 8:04 17 7:02 • 8:03 18 7:02 • 8:03 19 7:02 • 8:02 20 7:03 • 8:01

Shell Museum Executive Director Steps Down

After seven years at the Bailey-Matthews National Shell Museum, Executive Director Dorrie Hipschman has stepped down from her role to pursue other opportunities.



Dorrie Hipschman

"We appreciate Dorrie's commitment and service through the years," said Holli Martin, board president. "Under her leadership, the museum successfully completed a \$6 million capital campaign to improve the museum's facility and solidify a commitment to ocean conservation and education. The ground floor of the museum now features aquariums with live mollusks and cephalopods, including junonias and a

giant Pacific octopus. On behalf of the board of trustees, I wish her well on her future endeavors."

"It has been my great pleasure to direct the museum for the last seven years," said Hipschman. "We have an amazing team of employees and have reinvented the museum into a vibrant, environmentally oriented natural history museum with an amazing live collection."

The museum's board of trustees has appointed Dr. José H. Leal, the current science director and curator, as interim executive director. Leal has been with the organization for 24 years. He is well-known and respected in the scientific community and has an in-depth knowledge of the museum. Among his many achievements was the museum's 2010 accreditation with the American Alliance of Museums.

The board has begun the first steps in a national search for the next executive director of the nation's only museum dedicated to shells and the mollusks that create them.

The museum has seen more than one million visitors to date. The nonprofit is an integral part of Sanibel, home to more than 400 species of mollusks.✪

New Team To Lead SCCF Efforts On Water Quality

Sanibel-Captiva Conservation Foundation (SCCF) announced recently that two well-known leaders in Southwest Florida water quality issues will deepen and expand the organization's work to restore and protect the region's waterways.

Starting September 8, James Evans, director of natural resources with the City of Sanibel, and Chad Gillis, environmental reporter with the *Naples Daily News* and *The News-Press*, will lead policy and advocacy work at the Sanibel-based nonprofit.

"James and Chad each bring 20 years of expertise in Southwest Florida's environment to SCCF. Individually, these professionals would be extraordinary additions to our team, but when combined, SCCF benefits from a supercharged policy team," said SCCF CEO Ryan Orgera.

Evans will take on a new title at SCCF as environmental policy director. He will



James Evans



Chad Gillis

direct water quality policy as it impacts the islands and region at the local, regional, state and federal levels, as well as growth management and other topics affecting Sanibel and Captiva. He will take over the portfolio of SCCF's first natural resource policy director, Rae Ann Wessel, who retired in May after serving 14 years, and will carry forth her legacy by continuing to expand upon SCCF's tradition of environmental policy.

"I am elated to join the talented team at SCCF and be a part of the foundation's rich history of conservation and advocacy rooted in science," said Evans. "I look forward to continuing the strong regional

continued on page 2

College Students Help Link Farmers With Food Banks

by Kathy Kurtz Ferrari

Some may have been curious about a young woman wearing a cow outfit riding a bike around the islands on July 24.

While it had nothing to do with The Island Cow restaurant, it did have to do with feeding hungry people.

Abby Gardner, a 21-year-old rising senior at Stanford University who has been spending her COVID-19 quarantine break on Sanibel, is working with an organization called FarmLink, to link farmers dealing with excess produce to food banks around the country.

Millions of pounds of food have been wasted throughout the country due to the pandemic, as restaurants, schools and businesses closed, causing farmers to be stuck with piles of potatoes, eggs, milk, meats, vegetables and other foods.

During the first weeks of coronavirus, student-organizers at Stanford University heard of long lines at food pantries as workers lost their jobs across the country. With time on their hands, these students decided to do something, establishing



Abby Gardner, wearing a cow onesie, rode her bike around the islands to raise funds and awareness for FarmLink photo provided

relationships with a few food banks and farmers in California.

As word spread through the college network, the FarmLink Project was launched by students from Stanford,

Brown University, Cornell University, Georgetown University, Dartmouth College, Harvard School of Business, University of Southern California and Babson College to purchase and deliver

food that would have gone to waste to food banks all across the country. They also partnered with Uber Freight to deliver pallets of food.

FarmLink, entirely student-driven and nonprofit, operates solely on donations to help pay farmers and truckers to deliver goods.

Gardner, who grew up in Atlanta and vacationed on Sanibel for years, has been working on FarmLink's food insecurity team, making phone calls and doing research from her parents' Sanibel home since the spring. As part of a peer-to-peer social media fundraiser, Gardner decided to get creative. She jumped on her bike, with a goal of raising \$1,000 by riding 39 kilometers, representing the number of states in which FarmLink had relationships at the time.

"To kind of attract people's attention while I was doing it, I wore a cow onesie which was super hot. I got people to sponsor each kilometer," said Gardner in a phone interview a few days after her ride. "I got a lot of honks, double-takes, weird stares."

She also got donations of nearly \$3,500 on Facebook and Instagram as of July 30, riding on and off the bike trail around both islands with her mother, Dr. Stephanie Gardner.

"On the food insecurity team, I do

continued on page 8

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From page 1

Water Quality

partnerships that we have built over the years to protect and restore our natural systems from the Everglades to the coasts.”

Having focused his award-winning journalism on the Caloosahatchee, Lake Okeechobee and Everglades restoration, Gillis will take on a newly-created position at SCCF as policy advocate. He will be primarily focused on water quality and will promote SCCF policy positions through various media as he continues to write.

“I’ve written about environmental issues in this region for two decades and am both excited and proud to advocate solutions for our precious resources,” said Gillis. “I look forward to becoming part of the Sanibel-Captiva community and working on behalf of residents, visitors and our treasured environment.”

As a team, Evans will work with the city as part of SCCF’s long-standing partnership, as well as regional, state and national partners to create meaningful policy positions for SCCF, while Gillis will be instrumental in all policy communications.

“Together they will allow us to advocate for our islands and watershed with a megaphone. I want to thank our policy donors and our board of trustees for their strategic investment in our water quality,” said Orgera. “This could not be better news for Florida’s waters. I feel very lucky to welcome these two powerhouses to SCCF.”

Appointed as director of the natural

resources department in 2012, Evans joined the City of Sanibel in 2000 as a conservation officer. In 2003, he was promoted to environmental planner and, in 2006, was appointed as environmental health and water quality specialist. Evans earned his bachelor’s degree in environmental studies and a master’s degree in environmental science from Florida Gulf Coast University.

Gillis moved to Southwest Florida in 1999 and holds a bachelor’s degree in mass communications from Middle Tennessee State University. He will provide overall communications support at SCCF in collaboration with Barbara Linstrom, communications director.

Evans and Gillis will be joined on the policy team by Leah Reidenbach, SCCF Marine Lab research associate, who has a strong background in water quality science and science communications, and Holly Schwartz, SCCF policy assistant, who worked with Lee County for 11 years and specializes in growth management issues.

A military veteran, Evans enjoys traveling, hiking, running, cycling, swimming, surfing, fishing and boating. He lives in Fort Myers with his wife, Amber, and son, Benjamin. An avid paddler, fisherman and sailor, Gillis and his wife, Marcie, live in the Estero area. Gillis has long admired Sanibel Island for its natural beauty and conservation legacy.

SCCF is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed. Learn more at www.sccf.org ✨

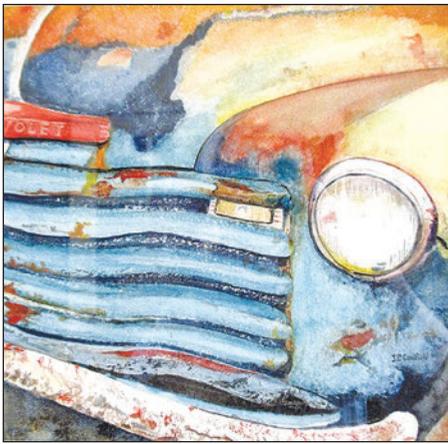
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Chevy Truck by Joe Caulfield
photos provided

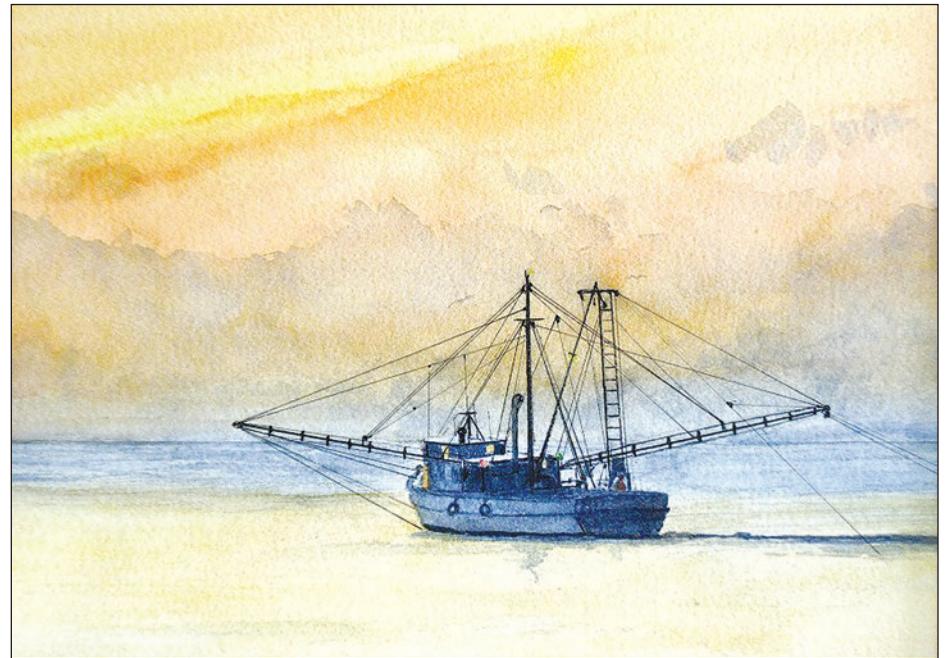


Mayan Shaman by Brad Goldman

Pine Island, Caulfield took a beginning watercolor class in Bokeelia and gained the confidence to pursue this challenging medium. He tried other mediums but asserts that “watercolor is definitely my passion.”

Caulfield settled full-time in Fort Myers in 2017. He has painted with studio groups wherever he lived. “Painting gives me a chance to be creative and is also an escape mechanism. On finishing my paintings, I feel a deep sense of accomplishment,” he said.

Caulfield enjoys painting watercolors of nature, landscapes and other outdoor scenes. He said, “Painting outdoors gives me a chance to interact with other



Shrimpsboat at Dawn by Joe Caulfield

painters and meet interesting people. Art has been a constant learning process and a never-ending search for perfection. I hope that my work offers the viewer a sense of calm and perhaps a return of fond memories.”

Goldman is a multimedia artist residing full-time on Sanibel when not traveling. He has exhibited works throughout the U.S. and Europe. He goes on photo safaris on Sanibel and surrounding islands, which provide inspiration for his works. He is always exploring indigenous cultures such as the Calusa Indians of Sanibel, the Maori

of New Zealand, Mayan and Incan cultures of the Americas and the Aboriginal and Torres Strait Islanders of Australia. These cultures are reflected in his work.

Goldman experiments with techniques and materials to embellish his works. He said, “I like to mix mediums in many of my works. My previous exhibits have included works in metal sculpture, stone sculpture, ceramic sculpture, photography, paintings, custom books, stained glass and combinations of these various mediums.”

The Community House is located at 2173 Periwinkle Way on Sanibel.*

submitted by Renée Chastant

Multimedia Works On View, For Sale

Joe Caulfield and Brad Goldman continue to exhibit their artwork for the month of August at The Community House, which is open from 9 a.m. to 1 p.m. Monday through Friday. The exhibit is also available as a virtual show 24 hours a day at www.sanibelcommunityhouse.net. All of the artwork is for sale.

Caulfield spent 27 years as a law enforcement professional in the Chicago area. With his demanding work, he started painting as a form of stress relief.

He and his wife arrived in Southwest Florida in 1999. Living initially on

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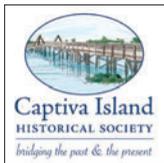




Costume party on Captiva photo courtesy Captiva Island Historical Society Archives

Looking Back: Costume Party

This week's image depicts a group at a costume party at Mrs. Trula Hicks Rouse's home, pre-1940. Mrs. Kay and Mrs. Fayrom are dressed up as George and Martha Washington.



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 information.

Visit the website at 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 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, 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 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, 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, 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, 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, 2050 Periwinkle Way, 433-4901.

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

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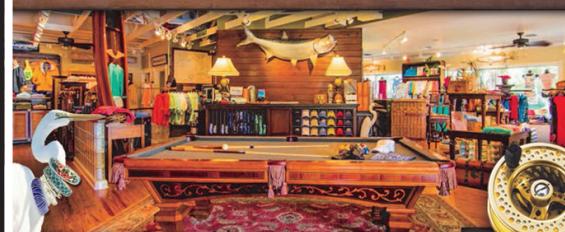
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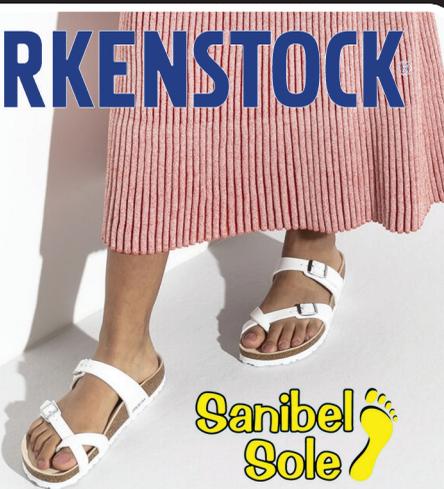
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Foundation Supports Helping Hands Program

Through a one-year grant awarded to FISH of SanCap by The Sanctuary Golf Club Foundation (SGCF), FISH continues to assist island neighbors through its Helping Hands Program, which provides emergency financial assistance for island residents and workers when they have fallen upon hard times.

"The Sanctuary Golf Club Foundation is a dedicated partner that helps us assist many more clients through their contribution. Our partnership is a vital link between FISH



From left: Ken Kouril, SGCF executive director; Maggi Feiner, FISH president and CEO; and John McCabe, SGCF president

and those we serve," said Maggi Feiner, president and CEO of FISH. "Both of our organizations share a passion for

assisting our community; ensuring our neighbors are able to feed their families, keep a roof over their head and make ends meet during times of crisis. We are very grateful to the Sanctuary Golf Club Foundation for their partnership and support."

Partnering with SGCF has made a difference. One woman, whose name has been changed to protect her identity, describes her experience and outcome as a result of assistance from FISH:

At the suggestion of a co-worker, Monica, an island employee of over 10 years, visited FISH seeking guidance and resources. She is a mother of two who decided to leave an unhealthy marriage after many years of verbal and emotional abuse. Her divorce, however, is not amicable, and she and her children were forced to move from her home.

With nowhere to turn and nowhere to live, Monica left her two children with her mother until she found housing. She stayed with friends to save money, traveled back and forth to visit her children after working hours and finally found permanent housing that she could afford for her family.

Although she had saved some money, it was not enough for the rental deposit and first month's rent. With assistance from FISH through the SGCF grant, she has now secured housing on Sanibel in order to give her children a safe place to call home.

FISH also worked with local donors to obtain gently used furnishings and other household items to prepare for her family's reunion under one roof. She has also signed up for the FISH Food Pantry and will receive food backpacks and back to school supplies for her children.

Monica is looking forward to making new memories in their new home and is hopeful she and her children will thrive in their new environment.

The Helping Hands Program provides assistance, hope and, in this case, a new beginning. Based on need and eligibility, financial assistance through the SGCF grant may be available. Assistance is evaluated on a case-by-case basis and amounts vary depending upon situation. Available funding is limited and assistance may cover only a portion of expenses.

For more information or to make an appointment, contact Nitza Lopez, social services director, at 472-4775.



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Bat Yam Temple High Holy Days Worship Schedule

At Yam Temple of the Islands High Holy Days worship services with Rabbi Stephen Fuchs and Cantor Murray Simon will be held virtually via Zoom with pre-registration required. Registration links will be emailed to congregants. All are welcome to join. Email batyamsanibel@gmail.com to request Zoom registration links. For more information, or to make a donation, visit www.batyam.org. The schedule is:

- Selichot Conversation – Saturday, September 12, 7:30 to 8:30 p.m.
- Rosh Hashanah evening service – Friday, September 18, 7:30 p.m.
- Rosh Hashanah morning service – Saturday, September 19, 10 a.m.
- Brief Tashlich service at noon.
- Shabbat Shuvah – Friday, September 25, 7:30 p.m.
- Yom Kippur Kol Nidre – Sunday, September 27, 7:30 p.m.
- Morning service, Monday, September 28, 10 a.m.
- Congregants Hour will immediately follow the Yom Kippur morning service, featuring reflections from three congregants. There will be a service of music and meditation at 4 p.m. featuring cellist Susannah Kelly and pianist Abigail Allison. A brief afternoon service begins at 5 p.m. followed by

the Yizkhor/Memorial Service and the Nielah Service.

Bat Yam Temple of the Islands is a Reform Jewish Congregation serving Sanibel, Captiva, Fort Myers and surrounding communities.✧

Governor Signs Order To Remove Travel Restrictions

On August 6, Gov. Ron DeSantis signed Executive Order 20-192, which addresses short-term vacation rentals and rescinds the travel restrictions for the tri-state area: New

York, New Jersey and Connecticut. People from those areas had been advised to self-quarantine for two weeks.

The executive order also rescinds the previous employee screening requirements for restaurant employees. This means employees who have previously tested positive do not need to receive two negative tests before they can come back to work. Employers are required only to implement screening protocols pursuant to CDC guidance. The executive order also removes the requirement that employees who have traveled through an airport in the last 14 days be prohibited from working in a restaurant.✧

American Legion Post 123 Closed

American Legion Post 123 is closed until further notice due to state mandates pertaining to the coronavirus.



Member eligibility dates are November 11, 1918 through present.

Regular operating hours are 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.✧

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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:**

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- 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**.



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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 - July

2019	2020
129,809 lbs	137,308 lbs
equating to	
108,174 meals	114,423 meals

BACKPACKS DISTRIBUTED

January - July

2019	2020
576	1127

MEALS-BY-FISH DELIVERY

January - July

2019	2020
1888	4029

EMERGENCY FINANCIAL ASSISTANCE

January - July

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Punta Caloosa Dock Extension Approved

by Wendy McMullen

Planning commission Tuesday approved a dock that extended five feet more into the canal than permitted by the Sanibel Plan.

The dock on the north side of Punta Caloosa Court on the western end of Sanibel, replaces an existing dock believed to have been built prior to the city's incorporation. The replacement dock, which was designed in collaboration with the city planning department, conforms to all the standards for docks on Sanibel except that it extends 23 feet into the waterway and the maximum permitted in the plan is 18 feet.

The additional length was necessary to avoid removal of mangroves and other native vegetation in the area. One red mangrove has to be removed and two white mangroves have to be trimmed to permit the dock to be built. Many more would have needed to be removed if the dock were not permitted to extend the additional five feet into the canal.

Dana Dettmar of the city's natural resources department confirmed that there were no seagrasses or oysters in the area. It is more than 16 feet from the side property lines and is four feet wide at the terminal and a maximum of eight feet at its widest point.*

Vinyl Seawalls To Be Discussed

by Wendy McMullen

Keith Williams, director of community services, told the commission that the Sanibel Land Development Code Subcommittee, formed to consider the implications of vinyl seawalls being placed seaward of existing walls, would meet on Tuesday, September 22.

The planning commission recently discussed the advantages and

disadvantages of placing vinyl seawalls in order to shore up the decaying concrete walls and requested city council for permission to conduct an in-depth study of the impacts, one of which is that the canals are narrowed as a result.*

Community House Events

Every Thursday at 1 p.m., Tommy Williams leads Living Life Current, an open forum discussion. All are welcome to discuss what is going on locally, nationally and globally. Suggested donation is \$5. Masks and social distancing required.

Maria Di Rosa will teach a line dancing class on Monday, August 17 from 1 to 2 p.m., \$5 suggested donation.

On Thursday, August 20, a Lee Health Blood Mobile will be in The Community House parking lot conducting a blood drive from 10 a.m. to 3 p.m. Reservations are suggested by calling 472-2155.

The next Community House Social will be Rib Night on Friday, August 21 beginning at 6 p.m. Reservations are required. Social distancing measures will be in place.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 10:30 to 11:30 a.m. Participants can bring their own weights, \$5 suggested donation.

Play the card game Hearts on Fridays at 1 p.m. Open to all levels, \$5 suggested donation.

Grab a meal kit to go created by Chef Jarred Harris. Selections include homemade pasta and Caesar salad, vegetable macaroni and cheese, and cheese ravioli and tomato sauce. Includes all ingredients and recipe. Cost is \$20 with advance notice.

Deluxe meal kits to go include all ingredients, recipes and video links by Chef Jarred Harris. Options are: plant based – avocado salsa and tortilla chips, vegan tuna salad, and coconut ginger and lime crème brûlée; gluten free – vegetable summer rolls and satay sauce, polenta and pesto lasagna, and triple chocolate brownies; vegetarian

– sweet corn and zucchini fritters with sweet chili sauce, cauliflower mac and cheese, and chocolate banana and peanut butter mousse. Cost is \$40 with advance notice.

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 or call 472-2155.**

From page 1

College Students

research about where the unemployment rates are highest after being affected by COVID and where people are most food insecure," the younger Gardner explained. "And on the outreach side, we reach out to food banks directly and we ask them for donation specifics, like what time are they willing to accept donations, how many pallets can they take at a time, what kind of packaging produce, things like that."

Gardner said about 140 students are working on the project around the country, with hopes to link farmers to food banks in all 50 states. The organization is working to establish relationships with Florida farmers, and recently got their first shipment of pumpkins that will be distributed to a food bank in the state.

Spending about four hours a day making calls to extend the reach of the project is sometimes challenging for Gardner.

"There have been a few people who think we are trying to scam them, especially in the southern region, like Florida and Georgia," Gardner said.

"Most people are very thankful. They're very impressed that this is college-based, that college kids decided in their free time that they were very

passionate about this and wanted to help actually make a difference. That's always heartwarming to hear, and kind of inspiring."

Such efforts are greatly needed, according to Alicia Tighe, executive director of FISH of SanCap, which runs the islands' food pantry.

"The food pantry has been really, really busy," said Tighe. "We've seen a greater need for food. Typically, people will just come for supplemental groceries here and there. And we've been seeing a lot of the families, especially larger ones, and multi-generational families have been needing more as far as quantity than they normally have."

FISH of SanCap receives most of its stock from Midwest Food Bank, Harry Chapin Food Bank and Florida Department of Agriculture and Consumer Services. Those entities have worked to make connections between local growers and food banks throughout the state, Tighe said.

"In the very beginning of (COVID), we had started looking into doing this, because we were seeing rotting produce on the ground, which is horrifying for anyone, but definitely for a food bank. But really quickly (farmers) got linked up to some of our larger distributors so we've had a really good pipeline for produce."

Tighe said farmers at the Sanibel Farmers Market have also been supportive. While some food is donated to the pantry, some produce is purchased from growers through monetary donations. Food and financial support is always appreciated from the community.

Although student-organizers face an uncertain future for going back to campuses this fall, most are hoping to make FarmLink sustainable. Gardner will be heading back to California this month to live off campus with friends, taking classes online.

"We don't want to miss out on the social aspect of our senior year," she said, adding she has enjoyed being on Sanibel. "It's peaceful, but I miss my friends."

To learn more about FarmLink, visit <https://thefarmlinkproject.org>. Visit www.fishofsancap.org for more information about FISH of SanCap.*

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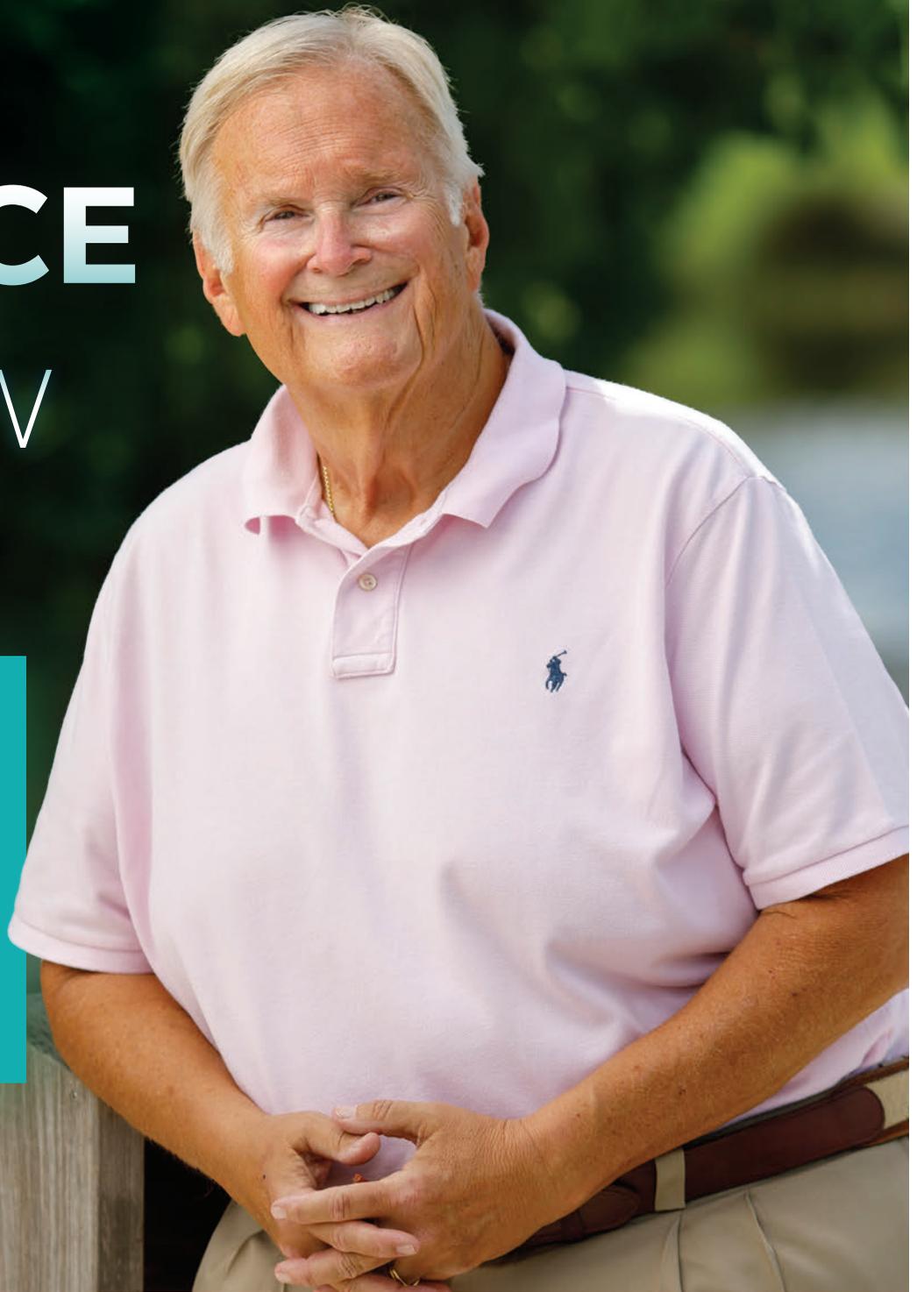
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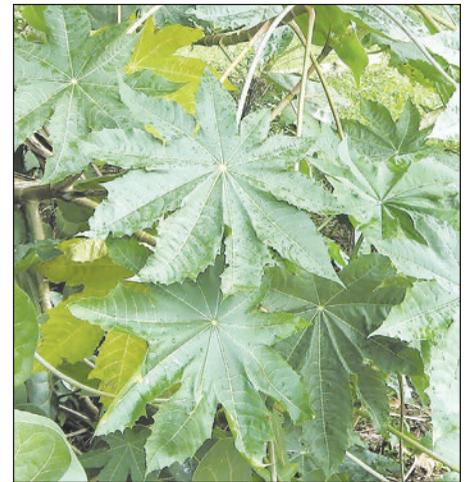
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Native Everglades palm has palmate, or fan-shaped, leaves photos by Gerri Reaves

Native red maple's palmate leaves are deeply incised

Invasive balsam apple has ornate palmate leaves

Castorbean's lobes radiate from a central point for an umbrella effect

Palmate But Not Always A Palm

by Gerri Reaves

Look at your open palm, and you'll find a clue as to why palm trees are called palms.

The fingers and thumb all extend or radiate from a common center, just as the leaflets of many palm fronds do.

Palms with that basic leaf structure are called palmate, or sometimes fan-shaped.

Many palm species are palmate, including Florida natives such as threatened silver palm (*Coccothrinax argentata*), threatened Keys thatch,

or brittle thatch, palm (*Leucothrinax morrisii*) and Everglades, or paurotis, palm (*Acoelorrhapha wrightii*); cabbage, or sabal, palm (*Sabal palmetto*); saw palmetto (*Serenoa repens*); needle palm (*Rhapidophyllum hystrix*); and endangered Florida thatch palm (*Thrinax radiata*).

However, not all palms, native or not, are palmate. Some are pinnate, meaning that their arching fronds are arranged like a feather and have numerous slender leaflets along the main stem.

For example, two native pinnate palms are the Florida royal palm (*Roystonea regia*) and Sargent's cherry palm (*Pseudophoenix sargentii*), both listed as endangered.

But in size or weight, those fronds

are definitely not feather-weights. A royal palm frond can be 10 feet long, and you don't want to be under it when it falls. A hefty falling frond has broken more than one car windshield.

The word palmate, however, can also refer to the leaves of plants other than palms.

Take, for example, the red maple leaf (*acer rubrum*). The three or five lobes are incised, or deeply cut, and the main veins clearly extend from a common point where the stem attaches to the leaf's underside.

Two invasive examples of palmate leaves are balsam apple, or balsampear (*Momordica charantia*) and castorbean (*Ricinus communis*), both listed as category II invasive species by the Florida Exotic Pest Plant Council.

The five to seven lobes of the balsam apple's filigreed leaves appear to radiate from a large deep rounded notch. The sheer size of castorbean's leaves suggest its invasive potential. In only three or four months, it can grow to tree size. The leaves have five to 11 finely toothed pointed lobes radiating from a central point.

Don't hesitate to eliminate these two invasive and toxic species from your yard if they volunteer, particularly castorbean, whose seeds contain toxic alkaloid ricinine, or ricin.

While it's obvious that the word palmate is apt to describe many palm trees, it's by no means limited to them.

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



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Shell Shop Donates To SCCF



Tamara Joffe of She Sells Sea Shells presents check to Ryan Orgera of SCCF photo provided

She Sells Sea Shells raised over \$500 from the sales of their reusable shopping bags as part of an ongoing effort to offset plastic bag pollution and support conservation on the islands.

"We started this initiative to support the environment and give back to our community which is a long-standing core value of our family-owned business," said Tamara Joffe of She Sells Sea Shells.

In support of the environment, She Sells Sea Shells is donating a \$1 to SCCF

for every bag sold and is continuing this campaign into the future.

SCCF CEO Ryan Orgera praised the family's efforts to minimize the use of plastic.

"We hope that other businesses will join in embracing the conservation ethic that defines our islands," Orgera said. "We are very grateful that She Sells Sea Shells is showing concern for our oceans and our wildlife by eliminating plastic bags."*

Locals Step Up To Help Offset Damage To Nests

More than 25 individuals and families have met and exceeded the Linsmayer Family's Challenge to raise funds to support sea turtle nest monitoring efforts after nests were damaged on Captiva in late July.

County and state law enforcement continue to seek tips as they investigate the incident. Sanibel-Captiva Conservation Foundation (SCCF) will report any findings as they occur, as well as share updates after the nests are inventoried in the coming weeks.

If you have any information, call the Florida Fish and Wildlife Conservation Commission (FWC) Wildlife Alert Hotline at 888-404-3922. Callers can remain anonymous and may be eligible for a reward.*



Tire tracks on Captiva showing damage in their wake photo provided

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Slick Mornings And A Day Off



by Capt. Matt Mitchell

I'm often asked by clients if I still just go fishing for fun? The answer is yes. My favorite thing to do is sight fishing tarpon from my small flats skiff. While having a couple of days

off this past week on perfect "oil slick" calm mornings, I got to spend some time doing what I love – chasing tarpon. Luckily, my girlfriend Mary may be even more obsessed with tarpon fishing than I am. She would never ask me to take her fishing on my day off, but all I have to do is mention it and she is in.

On a perfect day off, I wake up about 5 a.m. and head to the marina by 5:30 a.m. with my skiff in tow and a few dozen perfect tarpon baits tied at my dock in a holding pen. After heading out of the canal, we rode a few miles in the dark down the sound to where I'd hope the tarpon would be. I dropped the trolling motor and started to search just as it's getting light. This week was easy and just a matter of returning to the same area again and again to visit these happy tarpon.

There is very little angler pressure on these tarpon this time of year. Most days, we have had them almost all to ourselves. Being there early to enjoy that first few magic hours after sunrise is

just prime time. These next few months is my favorite time of the year to enjoy our tarpon fishery. All the spring time hype is over, and these fish will get in a pattern until we get a big weather event.

Getting on these late summer tarpon has been about locating the big schools of fry bait that have feeding mackerel, ladyfish and trout on them. Watching this fry bait spray as predators gorge on it usually means the tarpon are close by. Groups of tarpon move around this feeding frenzy and sometimes even breach as they come through these huge bait schools. Watching these fish go airborne is just about as exciting as hooking up. Some days, we cast into the frenzy while other days we pitch at rolling fish. Either way, this tarpon fishing is as good as it gets. Though we do not have the numbers of tarpon we see in May when they are mating, these fish are eating and much more cooperative than in the spring.

The small flats boat with a high power trolling motor makes us fast, quiet and agile. Spotting rolling or laid up fish is the first step, followed by being able to quickly get within casting distance. When we are able to get a pinfish or crab to these fish, it doesn't take long to get bit. We jumped 10 tarpon and sadly only managed to land one during the three mornings we fished this week. These tarpon have mad moves. They pick up the bait and jump as they come right at the boat, all before we could get tight on them. On several occasions, we had them almost come in over the bow right before they got loose. We stared them down eye to eye less than 10 feet away.

Most days by 10 a.m., the bait schools and feeding fish have usually



A tarpon breaks the surface in the morning

photo provided

disappeared, and its time to call it a day. We beat the heat and head in to air conditioning. As business slows down in September and October, I will be out any morning I get a chance to do this if conditions are right. It just never gets old. I can't think of a more quality way to start any day off then by spending time

with these amazing fish.

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

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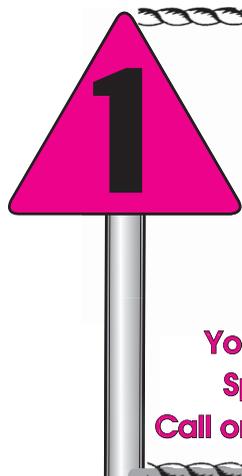
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CROW Case Of The Week:

Pine Warbler

by Bob Petcher



The pine warbler (*Setophaga pinus*) is so named for its love of pines. This bird is reportedly rarely seen away from evergreen trees and nests in branches high above. This

yellowish songbird is stout with a long tail and prominent bill.

Pine warblers are the only species of warbler that actually visits bird feeders. They are also the only warbler to stay in the continental U.S. during migration before winter and the first to return to northern states in the spring.

At CROW, a pine warbler was admitted to the hospital from Cape Coral after reportedly hitting a window. It was also said to have been attacked by a larger bird. The finder reported the patient to have an injury to the eye.

Upon examination, CROW hospital staff did confirm the warbler to have a corneal ulcer in its left eye. No further injuries were reported.

"For this patient, the eye injury was the only problem found. In other cases like this, patients can sustain fractures or severe neurologic signs due to brain swelling," said Dr. Robin Bast, CROW staff veterinarian. "A corneal ulcer is an



Patient #20-3728 stares at the camera with its good eye. The pine warbler had a slight squint in its left eye as a result of an injury.

photo by Missy Fox

abrasion to the outer layer/surface of the eye. Even though it is superficial, if left untreated it can worsen and end up rupturing the globe of the eye."

The examination included the use of a fluorescein stain. The patient was started on anti-inflammatory and

antibiotic eye drops to treat the ulcer.

"The fluorescein stain sticks to any defects in the corneal surface, exposing the underlying layer of tissue. When you shine a blue light on the eye after applying this stain, corneal ulcers will 'glow' a light green color," said Dr. Bast.

"This patient did not have any foreign debris in its eye."

After a few days, the ulcer was said to have improved, but there was still a small area of stain uptake. The patient was also sporting a slight squint.

"When the eye was stained, a pinpoint area of the cornea had stain uptake, meaning it glowed light green under the blue light. This is a small, superficial corneal ulcer or abrasion," said Dr. Bast. "(The squinting) often occurs because of the pain and inflammation associated with the ulcer. As the ulcer heals and you treat with topical antibiotics and anti-inflammatory pain medications, the patient becomes more comfortable and this squinting behavior resolves."

The bird successfully passed a flight test in an outdoor enclosure. CROW staff members said it would be ready for release once the ulcer has fully resolved.

"Superficial corneal ulcers like this can heal in two to three days, which is what happened for this patient," said Dr. Bast. "Once the bird's eye injury healed and it was able to navigate around a small flight enclosure with no problems – assuring us it had no vision deficits) – it was cleared for release."

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

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Shell Of The Week

Exquisite False Dial



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

S*pirolaxis centrifuga* (Monterosato, 1890) is a delicate and truly attractive species of the

sundial snail family Architectonicidae. The species is found in deeper water in the western and eastern Atlantic, and may grow to about 5 mm (0.2 inch) in diameter. The shell is open-coiled, with successive whorls (shell "turns") not touching each other, yet maintaining regular, proportional distances from the neighboring whorls. Gastropods from other families make open-coiled shells; they are all very elegant and will be the subjects of the next couple of "Shells of the Week." Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and 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 to wear face masks.



BMSM 104840
Spirolaxis centrifuga
Off Fort Lauderdale, Florida, USA

Pseudomalaxis centrifuga
(Monterosato, 1890)
Dredged in white sand in 80-100 feet off Fort Lauderdale, Florida

The Exquisite False Dial, *Spirolaxis centrifuga*, from off Fort Lauderdale

photo by James F. Kelly

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.

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

September 24. This region includes all state waters from the Mexico Beach Canal in Bay County to the westernmost point of St. Vincent Island in Franklin County.

For information on bay scallop regulations, visit www.myfwc.com/marine.*

Shells Found



Blake and Addyson Tipton photo provided

While visiting Sanibel this summer for six weeks from Meridian Idaho, Blake and Addyson Tipton would shell almost every day. Blake found a beautiful large lightning whelk and Addyson's favorite finds were two alphabet cones and three sea pearls.*

Bay Scallop Season Opens

Recreational bay scallop season for Gulf County (including all of St. Joseph Bay) opens Sunday, August 16 and will remain open through



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Plover Fledglings Spotted On Regional Islands

Sanibel-Captiva Conservation Foundation (SCCF) Shorebird Biologist Audrey Albrecht reported the following news about snowy plovers.

After several failed nesting attempts on Siesta Key, the 2017 Sanibel fledgling Green/White (aka Ms. Sanibel) was found by state park staff on Caladesi Island with two small chicks. In 2017, she fledged from Sanibel and her first resighting was in August, 120 miles away on Caladesi Island. Since then, she has spent most of her time on Siesta Key.

Sanibel fledgling Blue/Green was banded on July 1 this year near the Sanibel Lighthouse. Blue/Green was seen on August 1 on Lido Key about 69 miles from where it hatched.

Adult White/Blue was found on July 30 on Anclote Key about 130 miles north by state park staff. White/Blue is an adult male that was banded in 2019 on Sanibel. He fledged two chicks around Shell Island Beach Club near the lighthouse in both 2019 and 2020.

Albrecht removed all of the shorebird enclosures in anticipation of the potential impacts from Tropical Storm Isaias. All of the shorebirds appear to be done nesting, and no chicks or fledglings were using them.

Fall shorebird migration is starting. A lot of sanderlings have returned to the beaches in the last week. SCCF reminds beachgoers: do not to let children or dogs

chase birds. These tiny birds have just flown thousands of miles after spending the summer in the arctic nesting and raising chicks. They are tired and it is essential they can rest and feed to regain energy for the rest of their journey. Some will stay for the winter, while others will continue on to Central and South America.

As migratory shorebirds begin to return, keep an eye out for banded birds. If you see one, or have any shorebird questions, email shorebirds@scf.org.

Nesting Season Slows Down While Hatching Picks Up

Sanibel-Captiva Conservation Foundation (SCCF) Coastal Wildlife Director Kelly Sloan reported that sea turtle nesting is winding down, while hatching season is picking up.

"Although nests will continue to trickle in over the next few weeks, our main nesting season is ending and hatching season is in full swing," said Sloan. "Over 260 nests have hatched on our beaches to date and 14,757 hatchlings have reached the sea. With 525 nests still incubating, that number will continue to rise."

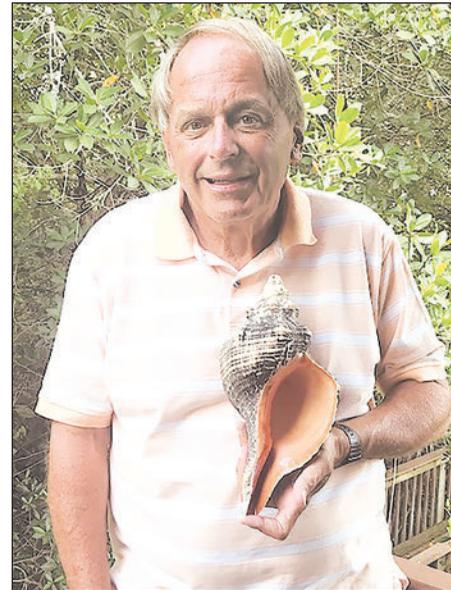
Loggerhead nest counts are up compared to this time last year: on the east end of Sanibel, there are 142 nests compared to 141 in 2019; on the west end of Sanibel, there are 502 nests compared to 467 in 2019; and on Captiva, there are 264 nests, up from 186

last year.

In other updates, two of the named satellite-tagged loggerheads have shown interesting behavior since laying their last nests on Sanibel. Pepper took a direct route, making her way south and

then east, ending up in the Bahamas. Meanwhile, Periwinkle has made her way into the waters just north of the Florida Keys. You can follow their movements and see where they're headed next by visiting <https://www.trackturtles.com/>.

Shell Found



Nicholas Worontsoff photo provided

Nicholas Worontsoff found a queen conch on July 30. He discovered it at low tide in the surf in front of Signal Inn. The Worontsoffs have been visiting Sanibel since 2005 and have never found anything as grand as this. They reside in Spring, Texas.

Shells Found



From left, Piper, Dr. J. Thomas Sullivan and Graydon Sullivan photo provided

Dr. J. Thomas Sullivan from Fayetteville, Arizona found a junonia and an alphabet cone on Tarpon Bay Beach. He said, "Sixth year to the island and we finally found a junonia shell!"

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The Community House
Pineapples



by Resident Chef Jarred Harris

Pineapples are used in many cuisines throughout the world. The fruit is typically juiced, eaten raw, used in sauces, grilled or eaten on pizzas. The skin and core of the pineapple are usually discarded by most folks, but commercially they are often used to make alcohol, vinegar and pet food.

The pineapple plant is native to South America and dates back to the early 1300s. The fruit was given its name because of its resemblance to a pine cone, not because it's a "pine" or an "apple."

Christopher Columbus was credited with discovering the pineapple on the island of Guadeloupe in 1493. He took the fruit back to Europe and cultivation spread quickly. Pineapples were rarely eaten, but displayed at dinner parties, repeatedly until the fruit was rotten.

Pineapples began to be cultivated in Western Europe, but because of the

high cost of building and maintaining hothouses, pineapples became a symbol of wealth, in fact, pineapple production on some British estates caused rivalries between aristocratic families.

Pineapples were cultivated in Florida around the early 1700s, but the fruit was rare to most Americans. The fruit was introduced to the Hawaiian Islands by Capt. James Cook around the late 1700s, however, the fruit was not cultivated commercially there until the mid-1800s by James Dole (founder of Dole Pineapple).

Raw pineapple is a great source of manganese and vitamins A, E and C. Pineapple also contains bromelain, which is an enzyme that breaks down protein and aids in digestion.

Here is an interesting recipe to try:

Pineapple Mango Salsa

- 1 ½ cups pineapple (small diced)
- 1 ½ cups mango (diced)
- ¼ cup red pepper (fine diced)
- ¼ cup red onion (fine diced)
- ¼ cup scallion (fine diced)
- 1 jalapeno pepper (seeded, fine diced)
- ½ bunch cilantro (chopped)
- Juice and zest of 2 limes
- ½ cup honey
- 1 tsp. cider vinegar

Method

In a large bowl, add all the ingredients and mix thoroughly. Store in an airtight container for up to three days.

Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. Contact him at kitchen@sanibelcommunityhouse.net.✪

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Wendy Lambrich and other staff members are available by phone on weekdays photo provided

Sanibel Public Library Temporary Building Closure

Sanibel Public Library has announced an immediate closure of the building to the public. Library staff will continue phone and email support to the public Monday through Friday from 9 a.m. to 5 p.m. and contact-free curbside pickup on weekdays from noon to 3 p.m. The temporary closure is due to safety concerns for staff and library users. The

library's eShelf and all online services remain available 24/7.

"Out of concern for staff and the public, we are conducting a deep sanitizing and need to temporarily close the facility for public use. The library facility is physically closed for now, but open for digital borrowing," said Sanibel Public Library Executive Director Margaret Mohundro. All user fees have been waived during the closure; there will be no overdue fines assessed. The book drops are open.

The contactless curbside service continues on weekdays, allowing patrons to pick up library books and other material in the parking garage. Call or go online to place a hold, you will be notified when your items are ready for pickup. Holds will be maintained during the closure, if patrons cannot pick up their curbside holds at this time.

The library's public WiFi works for most devices, outside of the building in the parking lot areas.

To access all of the online services, choose "eShelf" from the homepage menu. Your PIN is the last four digits of your library card.

"Support from the library foundation has increased funding to obtain additional eBooks and audiobooks," said Mohundro. The eShelf use has grown as library users continue to read, view and listen to online resources.

To add more choices of OverDrive eBooks to borrow, tap on the "Add a Library" from within the Libby app.

The Hoopla Digital app allows users to stream eBooks, audiobooks, movies, TV shows, comics and music. With Hoopla, all material can be accessed simultaneously

(no holds).

Downloadable magazines are available through the RB digital app.

Library cardholders can stream from Kanopy, which showcases more than 30,000 titles, including award-winning documentaries, indies and classics.

The Freegal music app offers access to about 13 million songs, including Sony

Music's catalog of legendary artists.

Library staff has been creating "how to" videos from their homes. Go to the News Blog at www.sanlib.org/blog.

The library is providing frequent updates at www.sanlib.org. Questions and comments may be directed to notices@sanlib.org. For more information, call 472-2483.*

Shells Found



From left, Lucia, JP and Leona Oliver

photo provided

JP and Kitty Oliver, along with their four children, reside on Sanibel during the summers. This year, their two youngest daughters, Lucia and Leona, found 17 alphabet cones while snorkeling at Bowman's Beach. They've been searching since April and also found two pieces of junonia and a wentletrap.*

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Zonta Collections Support Local Service Groups

submitted by Sue Denham

Members of the Zonta Club of Sanibel-Captiva held a drive recently to collect items to help several nonprofits with which the club has a service relationship. Zontians Judy Baran and Kelly Turnage organized the drive, asking the membership to consider donating any of the following items:

For FISH of SanCap: items for both the Back-to-School Supplies program and the new Senior Boxes project;

For the PACE Center for Girls Lee County: dresses and accessories for the annual Love That Dress! fundraiser;

For the women in recovery programs at SalusCare of Fort Myers: craft supplies.

The involvement of 15 Zontians contributed to the success of this service project. They gathered items from family, neighbors and co-workers, placing them in bags outside their front doors. The donations were picked up by Baran and Turnage using safe distancing, then organized and delivered to the respective organizations. Several club members also provided monetary contributions for FISH.

The drive netted numerous bags of items to help defray the expense of needed supplies for school-aged children



Zontian Elaine Swank with donations from her neighborhood, Caloosa Creek in Fort Myers photo provided

whose parents have had their work hours cut or have been laid off. Senior Boxes will be packed with donated puzzles, activity books and other items to ease the isolation felt by elderly FISH clients during these many weeks of staying at home.

Zonta also helped PACE Center for Girls edge toward its 4,000 item goal for its upcoming Love That Dress! fundraising event, with donations of over 45 new and gently-worn dresses, at least 20 pairs of shoes, 16 handbags and numerous other clothing pieces,

plus accessories including jewelry. These were organized and delivered to The Timbers Restaurant on Sanibel, an official drop-off location.

SalusCare received a variety of arts and craft supplies including paper, drawing pads, crayons, markers and colored pencils. Baran said, "The women and teens in recovery programs will have the opportunity for many creative activities with the donated supplies."

"Thank you to our Zontians for

stepping up to fill a need and strengthen bonds with our hard-working service organizations."

The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to empower women and girls on the islands, in Lee County and around the world through Zonta International. Visit www.zontasancap.com, follow Zonta Sanibel-Captiva on Facebook and "like" us (@zontasancap) on Instagram.✧

League Of Women Voters Anniversary Toast

August 26, 1920 is the anniversary of Congress' certification of the 19th Amendment, permanently ratifying women's right to vote. The League of Women Voters of Sanibel (LWVS) will toast this event at 4:30 p.m. on Wednesday, August 26, 100 years to the day. A program will be held via Zoom representing the Voices of Women's Suffrage who worked to ensure women were able to vote in all elections.

Participants in this virtual event are members of the LWVS board of directors, regional representatives of Vision 2020 and members of the Fort Myers Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Founded in 1913 by 22 collegiate women at Howard University, their first public act was to participate in the

Women's Suffrage March in Washington, DC in March of 1913. Today, Delta Sigma Theta, Inc. sorority has 1,000 collegiate and alumnae chapters in the U.S. and around the world.

The mission of Vision 2020 Equality in Sight is: "Taking action to complete the unfinished business of economic, political and social equality for women." Vision 2020 has delegates in all 50 states and nearly 100 allied organizations.

At the end of the "Voices" presentation, everyone in attendance will be asked to read in unison the words of the 19th Amendment, followed by raising our own glasses in a toast.

There will also be a toast to the 100th anniversary of the League of Women Voters and a salute to the 10th anniversary of the LWV of Sanibel featuring founders, friends and early supporters. The Sanibel league has grown to over 100 members in 10 years.

For more information or to register, email lwwsanibel@gmail.com.✧

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Scheduling workout appointments is now easier with the City of Sanibel Recreation Center's online reservation system. Use of the recreation center is by appointment only. The online option began August 10 and allows members to make reservations seven days in advance. Members can book reservations for the lap pool, tennis courts and weight room. To request your username and password, email charlotte.durand@mysanibel.com or call 472-0345.

Registrations are being taken for the first trimester of the after school youth program scheduled to commence on August 31. Visit www.mysanibel.com. ✨

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Grilled Spiny Lobster with Arugula Pesto

2 spiny lobsters, cut in half length-wise
 1/2 cup bell peppers, diced fine
 1/3 cup onions, diced fine
 4 tablespoons arugula pesto
 1 lemon, juiced
 2 tablespoons unsalted butter, softened
 2 cups brown rice, cooked
 2 tablespoons unsalted butter
 Sea salt and fresh ground pepper, to taste



Grilled Spiny Lobster with Arugula Pesto
 photo courtesy Fresh From Florida

Heat grill to medium-high. Add grill pan over direct heat and add 1 tablespoon butter. Add peppers and onions and saute until soft. Add cooked rice and stir to combine, cook until warmed through. Remove from heat and set aside. Brush 1 tablespoon butter onto lobster meat and season with salt and pepper. Grill over direct heat (meat side down) for 4-5 minutes depending on size of lobster. Do not overcook. Turn over and brush on arugula pesto to coat. Remove from grill, drizzle lemon juice, and serve with rice or vegetables.

Arugula Pesto

2 cups, arugula leaves
 1/2 cup pecans

1/2 cup fresh Parmesan
 1/2 cup olive oil
 6 cloves garlic
 1 lemon, juiced

Dry roast the pecans in a pan with no oil, over medium heat, for 2-3 minutes. Be careful not to burn, they will turn bitter. In the same pan over medium heat, lightly toast the garlic cloves in 1 teaspoon of olive oil. Place the arugula, pecans, and garlic into a food processor. Process this mixture while drizzling in the olive oil and the lemon juice. When thoroughly combined, remove and stir in the Parmesan cheese. Store in the refrigerator. Serve over pasta, fish, or vegetables.*

PUZZLES

Answer on page 39

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

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

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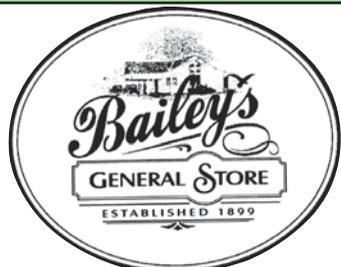
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New Veterinary Interns At CROW

Dr. Sasha Troiano and Dr. Melanie Peel have joined the Clinic for the Rehabilitation of Wildlife (CROW) as the newest wildlife and conservation medicine interns. Their year-long veterinary internships began on July 1.

Dr. Troiano, who grew up in Milwaukee, Wisconsin, received a bachelor of science in biology and a bachelor of science in aquatic and fishery sciences before completing a master's degree in aquatic and fishery sciences (fish toxicology) at the University of Washington in Seattle. She went on to earn her doctorate at Tufts Cummings School of Veterinary Medicine.

"I can't really remember a time where I wasn't interested in wildlife," said Dr. Troiano. "I have always loved animals, and I have always loved being outside camping, hiking etc., and wildlife was just part of that. As I got older, I began to realize that so much of the damage done to wildlife is either directly or indirectly related to human influence, and if I can help mitigate that damage, even in a small way, it is very worth it."

Before coming to CROW, Dr. Troiano completed a wildlife rehabilitation internship at PAWS in Seattle and an externship at Cape Wildlife Center along with externships at the Florida Aquarium, Shedd Aquarium, Sea World San Antonio, the Milwaukee Zoo, and a small animal medicine and surgery rotating internship at the University of Illinois.



Dr. Sasha Troiano and Dr. Melanie Peel

photo provided

She also volunteered at the Tufts Wildlife Clinic with the baby team during the busy spring and fall months.

Dr. Peel grew up in Whittier, California before attending Whittier College where she double majored in biology and environmental science along with swimming and playing water polo. She received her doctorate from Oregon State University's Carlson College of Veterinary Medicine in 2018.

"During college, I was doing research on blue crab larvae populations in the gulf of Texas - I thought I wanted to do ecology research for my career - and ended up volunteering at a sea turtle and sea bird rehabilitation center," said

Dr. Peel. "That's when I realized I felt so much more fulfilled doing clinical conservation."

She went on to do a small animal medicine and surgery rotating internship at the Veterinary Specialty Center of Seattle and recently completed a zoo veterinary internship at Wildlife Safari in Oregon before arriving at CROW.

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

"CROW sees a high case load of a wide variety of species, and I am excited to learn the husbandry, rehabilitation, medicine and surgery that goes into rehabilitation and release of these animals," said Dr. Troiano. "I had never worked with pelicans before, but from the couple I've seen so far, I think they will be one of my favorite wildlife species to work with this year."

"I'm looking forward to gaining the experience and knowledge to make a difference in conservation medicine, as well as making human connections with like-minded people," said Dr. Peel. "On the rehab side of things, I love working with opossums. They eat ticks and are so cute."

For more information about internships and externships offered at CROW, visit www.crowclinic.org/articles/student-programs.



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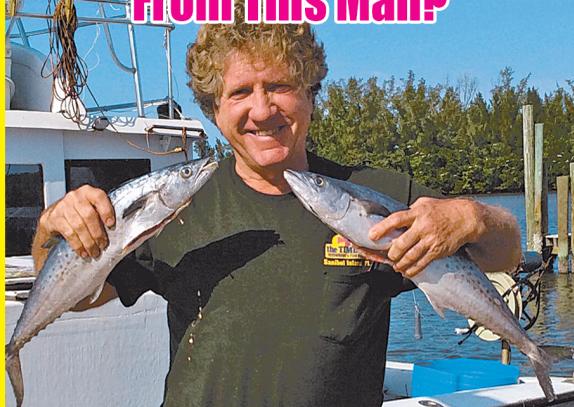


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Book Review

The Order

by Di Saggau



Whenever a new Daniel Silva book is released, I am reminded that he's one of the most gifted novelists of our time. In his latest, *The Order*, popular character Gabriel Allon,



image provided

something that some would kill to keep hidden.

Allon discovers that the most likely culprits in the Pope's death are connected to far-right leaders throughout Europe. The lost Gospel, if discovered, would shed a new light on Christian anti-Semitism. Using history as background, Silva delves into the ancient hatred of the Jewish people, something that is rooted in the *New Testament*. While *The Order* is fiction and written for entertainment, there are many things that make the plot seem believable.

legendary spy and master art restorer, has gone to Venice for a much needed vacation. However, rather than relaxing and recharging, he is contacted by an old friend who urgently requests his help.

Pope Paul VII has died suddenly, and everyone is told that it's a heart attack that occurred while he was praying in his chapel. But Archbishop Luigi Donati, loyal private secretary to the Pontiff, believes there's more to the story and he intends to find out with Allon's help. When viewing the Pope's body, he whispers in his ear: "Speak to me, old friend. Tell me what really happened here tonight."

Donati tells Allon that the Holy Father passed away on the one night he was not at his side, and there were also other oddities: like a missing member of the Swiss Guard and a letter the Pope had been writing prior to his death that was intended for Allon. The letter has gone missing. The real mystery is why the Holy Father visited the Vatican archives late at night. Donati thinks he perhaps found

The Order of St. Helena will stop at nothing to keep the long-suppressed gospel out of Allon's hand. They plot to seize control of the papacy. While the cardinals gather in Rome for the start of the conclave, Allon begins a desperate search to prove the order's conspiracy and

to find the long-lost gospel that can put an end to 2,000 years of murderous hatred. *The Order* will keep you spellbound from the start to the stunning final plot twist. The "Author's Note" at the end of the book is worth reading several times, as is the book.*

School Smart

by Shelley M. Greggs, NCSP



Dear Readers,

This article is to make you aware of how important a vision screening is for all children, especially younger children.

Seeing the board or computer screen is one of the most basic functions in education. Research has shown, repeatedly, that if a child can't see, they're going to have an awfully hard time in school. And yet too often this simple procedure is overlooked.

Very recently, research showed that children with a vision problem during the preschool years perform significantly worse on tests of early literacy. And that poor performance early on affects their reading scores when they reach the third grade, says Kira Baldonado, director of the National Center for Children's Vision and Eye Health. She also says that most educators and parents know it's important to identify vision problems for children, but

there just hasn't been a national consensus and unification around the approach for screening.

Here are some guidelines about vision screening from the National Center for Children's Vision and Eye Health. For preschool and kindergarten children, vision screening at ages 3, 4 and 5 is recommended. The primary purpose of screening this age group is to detect amblyopia and uncorrected amblyopia risk factors, including hyperopia, myopia, astigmatism and anisometropia. Vision screening begins with a review of signs and symptoms – or red flags – indicating a child may have a vision or eye health disorder that requires attention from a primary care provider or eye care professional.

For ages 6 to 17, a vision screening at ages 8, 10, 12 and 15 years is recommended. The purpose of screening the vision of school-aged children shifts from a primary focus on prevention of amblyopia and detection of amblyopia risk factors to detection of uncorrected refractive errors and other eye conditions that could potentially impact the student's ability to learn or to affect their academic performance. Periodic vision screening during the school years is important for school-aged children because refractive

continued on page 26

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Superior Interiors

Designing In Transitional Style



by Katie Frederick

Do you love the sophisticated elegance of the traditional design style? Maybe you've decorated your living room (north or south) with rich, dark wood furniture to establish this enduring

head-turning theme. However, have you considered freshening up your living space with a few modern furnishings or accents to add a sense of chic flair to your room? If so, the transitional style may be right for you, as it combines both classic and contemporary designs to establish a unique, curated look.

The transitional style is all about evoking a sense of serenity and tranquility. Therefore, rooms that flawlessly represent the design theme tend to have a neutral color palette. This allows your furnishing's sleek lines and edges to take center stage, which is an important aspect of the contemporary side of the transitional style. Consider recommended hues like an earthy deep taupe, which will add depth to the area when paired with light shades like tan, taupe or cream. If you want to go neutral but stay bright and airy, how about incorporating a few navy or baby blue

and white furnishings, as these are classic pairings that never seem to go out of style.

Even more classic is a white and black combo that would really pop when complemented by a bold accent that introduces an unexpected splash of color. The best thing about neutral color schemes is that, in addition to creating the elegant, traditional look, they match almost any furniture style or hue you may choose to introduce to the area in the future.

To effectively mix the traditional and modern styles, you must focus on what defines them. For example, contemporary furnishings consist of straight lines, defined edges and an all-around tailored look.

Traditional furniture, on the other hand, is associated with ornate details, such as curved lines, turned feet and rolled arms. To achieve the transitional style, choose an equal amount of straight-lined and curved furniture. Perhaps a sofa with a tufted back and out-turned feet paired with a sleek glass coffee table featuring smooth metal legs. It is best to make selections to ensure you have an even balance of classic and contemporary home furnishings.

Get creative and introduce a combination of textural elements to your living room, such as glass, fabric, metal, lacquer and wood. The lack of bright colors leaves plenty of room for intricate, head-turning textures. Consider incorporating a variety of unique fabrics, such as linen, chenille, raffia and real or vegan leathers to establish the eye-grabbing element that color usually achieves.

Layer your textures to bring depth and dimension to the space. This ultimately creates a sense of comfort and softness

that will make your room warm and inviting, a key component to a functional living room. Choosing one statement furniture piece as a foundation will work best for your gathering area. Consider layering one area rug over another, mixing shapes, patterns and materials to create a truly captivating space.

To establish more visual interest, select accessories, furniture and designs of different shapes and sizes. As the traditional design style often consists

of square or rectangular furnishings for consistency, try mixing various furniture shapes for a more contemporary feel. For example, arrange a circular coffee table alongside a linear window treatment. You may also want to choose a combination of three patterns varying in size and scale for a successful play on fabrics used within the design.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coindecden.com.

Progressive Club Meeting Focuses On Racial Justice

On Thursday, August 20 at 4 p.m., the Progressive Club of the Islands will hold a virtual meeting featuring the Lee County organization Showing up for Racial Justice (SURJ).



Jason Boeckman

Jason Boeckman is one of the organizers of Lee County Showing Up for Racial Justice of Southwest Florida (SURJ SWFL). He will discuss the mission of SURJ, a national network of white allies committed to the movement for racial justice at a local

level in both Lee and Collier counties. This involves supporting local black-led movements and organizations through actions that advance the cause of racial justice, as well as focusing on education and training among white allies to engage in empathy-based dialogue.

A graduate of Miami University in Ohio with a degree in public relations, Boeckman will delve into current policing problems, institutional racism, and discuss details of the Breathe program.

To attend or participate in the interactive meeting, email pcisancap@gmail.com to receive the link at 4 p.m. on August 20. You can also watch live on www.facebook.com/pcisancap. Annual dues for the Progressive Club of the Islands are \$30 per individual or \$60 per couple. To join or renew your membership, mail a check payable to PCI to: PCI, P.O. Box 898, Sanibel, FL 33957. For more information, call 410-336-2612 or email pcisancap@gmail.com.



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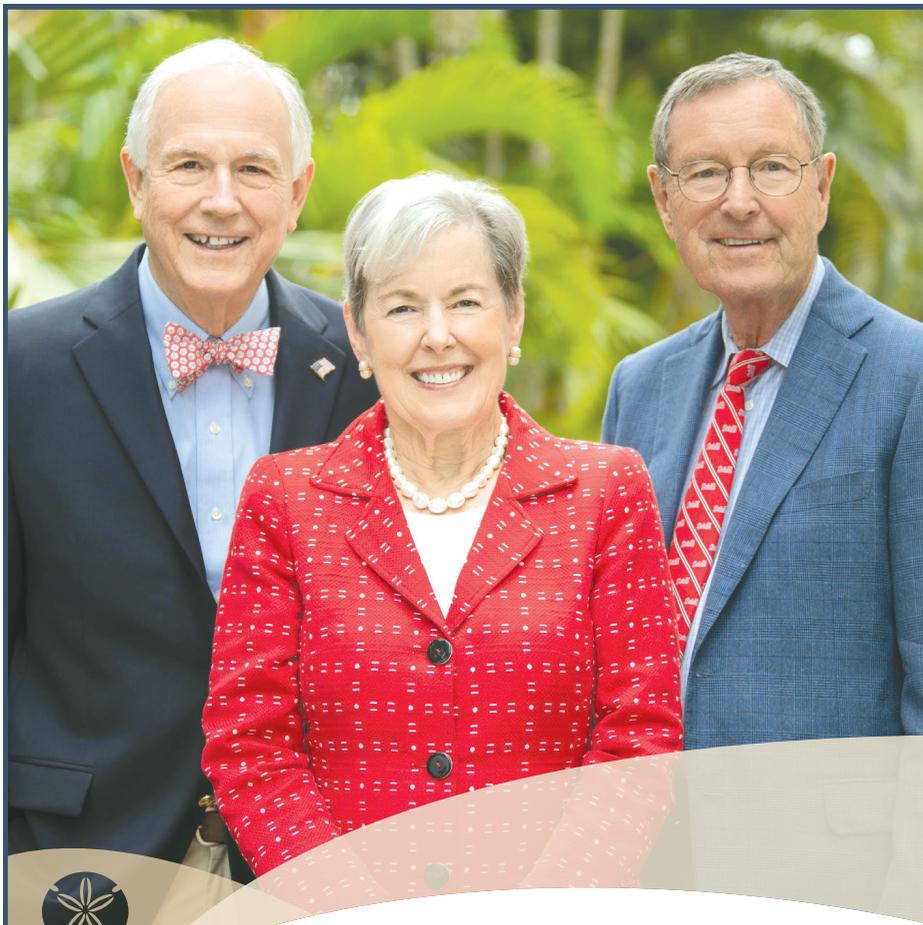
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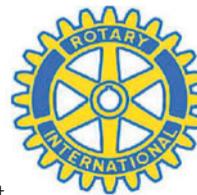
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Rotary Happenings

submitted by Cindy Carter

The Rotary new year has begun and this week we heard from Tracie Bagans, governor for District 6960, Area 3. She is a member of the Rotary Club of Fort Myers.



Bagans delivered a message from our district governor, Darryl Keys, wishing our president, Richard Green, the members of the board and all the members of our club a successful year. He wanted us to be adaptable during this difficult time, beginning with the weekly meetings of our “Celebrity Squares.”

Keys encouraged all of our clubs to decide individually on the level of comfort for meeting in person, but to also continue the hybrid meetings that we use now to include those who can’t make it. He reminded us to reach out to our members who are not comfortable with Zoom meetings and to remember to continue to reach out for prospective members and invite them to our meetings. August is Membership and New Club Development

Month and this year’s membership message is: Each Rotarian, Reach One, Keep One.

Meeting in person is still a questionable idea for many people, therefore, Keys will be hosting Down at the Pub with DG Darryl for all of District 6960 as a Zoom gathering on the fourth Sunday of every month from 7 to 8 p.m. Being the good Brit that he is, he will also be hosting a High Tea with Darryl & Samantha for Rotarians, spouses and partners on the second Friday of every month via Zoom at 4 p.m. Proper hat attire is required.

Our 2020-21 Rotary International president, Holgar Knaack, wants us to reflect on the opportunities that Rotary has provided for its members and look for opportunities that we can provide for others. Rotary is not just a club that you join, it is an invitation to endless opportunities, it opens possibilities to serve in a project as big as ending polio as well as smaller community projects.

The new leadership of Rotary is looking forward to creatively meeting all the challenges and opportunities presented to them during this year.

*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.**

From page 22

School Smart

errors, such as myopia, and other visual disorders may emerge for the first time throughout these years.

There are only 15 states that require vision screening for preschool-aged children in the developmental time period that experts say is critical for identifying vision problems that can cause permanent blindness or vision impairments for life. “Knowing you’ve seen a child too late is very frustrating,” said Millicent Peterseim, a pediatric ophthalmologist and the chair of the vision screening committee for the American Association of Pediatric Ophthalmology and Strabismus.

It’s important to note that screening early doesn’t mean states and schools should stop screening later. “We like to make sure that every child has their vision checked every year,” said Peterseim. “Children’s eyes change as they grow. If a student received glasses in first grade, they may have a completely different prescription in third grade.”

“Schools play an important part in making sure vision screenings happen. For families that don’t seek regular medical care, or are unsure of the medical system, schools can be a place they trust, where

people already know their child,” said Baldonado. Schools can also make sure kids are connected to care by providing information on where to receive a full eye exam or on organizations that provide free glasses. This is a critical function for schools because some children fall through the cracks. They are picked up at the school screening but, for whatever reason, there is no follow through, and some kids never get the necessary complete vision exam. So, schools are instrumental in making sure screening data gets into a child’s health record, and that outside partnerships with nonprofits and health organizations exist.

Minimum vision screening regulations for Florida schools are not required for preschool, but required for kindergarten, grades 1, 3, 6, transfer students and kindergarten through fifth grade students being considered for special education.

*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.**

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Will Power

Are Our Children Equal?



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

Any parent of more than one child knows how different our kids are – even if they have the same mother and father and were raised in the same household. One’s an athlete, the other a bookworm. One’s an A+ student while another struggles to get Bs and Cs. One handles stress easily while another melts down at the slightest provocation.

It’s almost mind blowing, until one considers how different one’s own siblings are from oneself.

But then again, most parents won’t admit to loving one of their children more than another. We may love them in different ways,

but we love them nonetheless.

But are they equal? And more to the point of this column, should we treat our children equally inside of our estate plans? Is treating our children the same in our will or trust an implicit obligation to demonstrate – through our very last words and actions – that we really did love them all the equally?

There is no right or wrong answer here. Suppose that you have a daughter, Veronica, who is a world renowned neurosurgeon. Veronica has speaking engagements in London, lives in a mansion and enjoys the good life. Your son, Thomas, is an eighth grade schoolteacher. He works very hard but struggles to take modest vacations with his family and to save for his children’s college education.

Should you leave more money to Thomas than you leave to Veronica?

John Sheppard, my retired law partner, commonly counseled his clients to treat his children equally when making these types of decisions. He would say that the children made their own choices in building their lives, and that we are all just stewards of everything that we own anyway. It was his thought that when leaving more to one child than to another, one makes an implicit nod favoring that child that can leave a hole in the other child’s heart.

I don’t know if I agree with his philosophy. I can tell you from firsthand experience that when children are treated differently in an estate plan, the one who is treated less favorably will commonly ask if I knew of anything that they may have said or done to upset their parent. Unfortunately, the parent isn’t around any longer (or we wouldn’t be reading his or her will) to provide assurances that their love was just as strong for the one child as the other who was left more assets or money.

But that shouldn’t preclude one from leaving more to one child than another, particularly where there is a real need. Consider the child who has a disability and, because of decreased lifetime earning potential, may not be able to accumulate sufficient savings to take care of himself in retirement. Leaving that child a larger chunk of one’s inheritance would certainly be justified.

Or how about another child who needs a little more help to educate her children? Or the other child who experienced unfortunate medical problems?

There are all sorts of reasons for treating our children differently inside of our estate planning documents.

The key to avoiding any emotional trauma that may result from our decision is communication. Whether that communication is through a heart-to-heart with a son or daughter to ensure that they know your estate plan is not representative of your love for him or her, or through a letter that is only to be opened at the time of your death, a few words of explanation can go a long way.

If it were up to me, I would suggest the lifetime heart-to-heart as opposed to the letter to be opened later. A letter doesn’t allow for the give and take that a conversation does. It’s best to look your child in the eyes and tell him or her what you really feel.

What about a punitive situation? You and the child have had a falling out. Or you don’t like his or her spouse and fear that the spouse will squander the inheritance that you leave your child. These situations are much more volatile.

Here, I usually suggest that the parent take a few days or even weeks to consider the emotional impact of reducing that child’s inheritance or leaving them out altogether. There’s no moral judgment here, just a pause to make sure that the emotions and thoughts are true and consistent. This is never an easy decision to make.

So, in the end, there’s a great deal of emotion in our estate plans, whether we are leaving everything equally to our children or not. Whatever you do, make sure that your heart is in sync with your mind, and that you’ve done your best to communicate your intentions where appropriate.

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How’s The Market? Ask Ann

Since early June, real estate sales activity on Sanibel has been considerably higher than last summer... about 35%. Single family residential sales make up for 70% of our sales. The price point with the highest demand is in the \$600,000 to \$800,000 price range. Near beach homes with a pool are in short supply. The inventory of single family homes for sale continues to decline – down to 115 single family homes for sale.

Going back 7 days, our MLS system reported 15 new sales under contract: 11 homes and 4 condo sales. Our condo market continues to be a neutral market. Having said that, the lower priced condos with weekly rental units are in short supply – down to 116 units.

Worth noting is that many gulfside rental units lost 7-8 weeks of gross rental income because of the shutdown. I have not observed lower sales prices because of that.

Our lot market presents a great opportunity for a buyer who wants the benefit of a new home. The downside is that it takes time to build a new home with planning, permitting and construction. Count on 12-16 months.

Our MLS system allows us to send you homes by location, category and price.

Next week, let’s look at our Gulf Front and Bay Front home market. Prices range from \$1,875,000 to \$16,895,000.

Tune in for next week’s report and stay safe!



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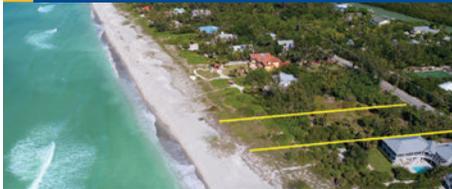
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Frankly Speaking

by Howard Prager



Fighting, figuring, finishing and a photo. That's what's in store for you today. The Astros seem to have benefitted the most from a season without fans, for after their

sign stealing saga became public last winter, they incurred the wrath of many people who thought their teams would have beaten the 2017 World Champs otherwise. Without a chance to jeer, it's up to the players from other teams to bring attention to the Astros' thievery. As destiny would have it, the Astros and A's are in the same division and it was the A's who alerted the world to the Astros' sophisticated thievery. They played each other last weekend leading to a bench clearing brawl, social distancing at its weakest. And it was not the A's going after the 'Stros, it was the other way around. Astros pitchers hit A's outfielder Ramon Laureano three times in three days as well as two other players, which led to angry words with Astros hitting coach Alex Cintron, and resulting mayhem. Several players were thrown out including manager Dusty Baker. What happens next is up to Rob Manfred. Meanwhile, the Astros had lost five straight games, including three to the A's. Amazing what playing fairly can



Ian Happ takes a selfie with a cardboard cutout of Luke Fynaardt photo provided

do to a team. Fall football is slowly going away. The MAC conference is the first major FBS conference to cancel fall football. Encouraging that is the president of Northern Illinois University, Dr. Lisa Freeman, with a medical background who is well aware of the risks. This led to many conferences meeting last weekend and both the Big Ten and Pac-12 deciding on Tuesday to postpone fall sports including football. Over two dozen college players and 66 NFL players had already opted out of playing this season (if there is one). The rest of the Power 5 including the SEC,

ACC and Big-12 remain undecided. As schools welcome students back, they all struggle to figure out how to keep safe. Dr. Anthony Fauci said the contact in football is absolutely going to lead to the spread of COVID-19 among team players. An added wrinkle is that it has led to heart problems, myocarditis, among several college athletes who have contracted the virus. I believe that has led to this new decision. How much risk (liability) are colleges willing to bear from athletics? And what happens to students and faculty on campus as these players go to dorms and classes during the week? The possibility of disaster looms like an ammonium nitrate warehouse in Beirut. Without a proper bubble at the least, the exposure to thousands more will make the Ozarks Memorial Day swim party seem like a kiddie pool. Folks, postpone to the spring or some other time when we have a better understanding of the virus and keeping people safe is the smart choice right now.

On the flip side is a growing student athlete movement, #WeWantToPlay and #WeAreUnited. They popped up in a big way online last Sunday night with the growing National College Players Association started by some Pac-12 players who threatened to boycott the season if their demands were not met. This movement has grown across the leading FBS schools and top 5 power conferences, according to *The Athletic*. Among the listed demands was to create a College Football Players Association. Players want a voice in the decision

and feel that football is their life. After their meeting Sunday night, RB Darien Rencher from Clemson posted: "I think there needs to be some change to the structure of college football and everything that goes with it. At the same time, we do want to play." Playing and playing safely may be two different things, and where I believe players should have input into the decision, this decision affects everyone on campus.

Finishing first is 23-year-old Collin Morikawa. The first major PGA championship was held last weekend and surprise, after several players were tied going into the 16th hole, Morikawa eagled and a winner emerged who had not won a championship before. Morikawa finished with a bang, scoring the lowest final round by a PGA Champion in 25 years. And to think last year he was in college at UC-Berkeley.

The good news story is about baseball, courtesy of the *Kansas City Star*. Seven-year old Luke Fynaardt lives in Iowa, home of the Chicago Cubs AAA team. Luke's parents brought him to the Chicago Cubs convention a couple of years ago where he met Cubs outfielder Ian Happ, who quickly became Luke's favorite player. When Happ was sent down to work out some kinks last year to Iowa, Luke's family took him to see Happ in a game. In line for an autograph, Happ said, "Didn't I meet you at the Cubs Convention?" Luke was thrilled to be remembered.

This season with stadiums closed due to the virus, Luke's parents wondered how

continued on page 32

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SPORTS QUIZ

1. In 2001, what Arizona Cardinals placekicker suffered a season-ending knee injury caused by celebrating a successful 42-yard field goal?
2. What kind of bird did New York Yankees outfielder Dave Winfield strike and kill with an errant warm-up throw in Toronto in 1983?
3. What boxer achieved one of the sport's greatest upsets by beating Muhammad Ali to win the undisputed world heavyweight championship in 1978?
4. The Sid Waddell Trophy, named after the legendary English sportscaster, is presented to the world champion in what sport?
5. What player, nicknamed "Mr. White Sox," became the second player in major-league baseball history to play in five decades (1940s-80s)?
6. Where did Tony Mandarich, the Green Bay Packers' first-round pick in the 1989 NFL Draft, play college football?
7. Boston Red Sox great Wade Boggs made a guest appearance as himself in a 1988 episode of what TV sitcom?

ANSWERS

1. Bill Gramatica. 2. A ring-billed gull. 3. Leon Spinks. 4. Darts. 5. Minnie Minoso. 6. Michigan State University. 7. Cheers.

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

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dearRPharmacist

The Thyroid Statin Connection



by Suzy
Cohen, RPh

Dear Readers:

The thyroid gland is shaped like a butterfly, and it regulates your body temperature, how fast you burn fat and your energy

levels. Most people with hypothyroidism do not even know they have the condition because they are not doing the correct labs, or misinterpreting the results.

There is a good correlation between the thyroid gland's functioning and your total levels of cholesterol and low-density lipoprotein (LDL). A rule of thumb is that the lower your thyroid hormone, the more lipid (cholesterol and triglyceride) abnormalities you have.

Anyone who has been diagnosed with cholesterol (lipid) abnormalities should have a complete thyroid hormone profile conducted. Cholesterol drugs may affect your thyroid gland and reduce thyroid levels. This possibly causes or contributes to hypothyroidism. The reason this could happen is through the drug-nutrient depletion effect, what I call the "drug

mugging" effect. Statins reduce CoQ10, vitamin D and selenium-containing proteins (think glutathione). Statins don't vacuum cholesterol out of your arteries, they just reduce the amount you produce moving forward.

Side effects associated with statin drugs very much mimic the picture of a selenium deficiency. You cannot make adequate thyroid hormone without selenium, by the way. So if you take a statin type of medication, I urge you to take high-quality versions of these nutrients and eat a healthy well-balanced diet. Doing so will mitigate some of the side effects of the statin.

Speaking of side effects, muscle problems are top of the list. Statins are far more likely to cause muscle pain, cramps and skeletal muscle damage if you already have hypothyroidism (diagnosed or not). So you can see why it's important to have a thyroid profile done at least once a year and more often if you take a statin.

If you're a practitioner, then please always consider your patient's thyroid status before you prescribe a statin drug, or any lipid-lowering medication. If you're a patient trying to make sense of this, then ask for a complete thyroid profile. It's a blood test. Today's laws actually permit you – the patient – to visit some qualifying labs and get this type of test all done by yourself.

The clinical pearl I want to relay today is that taking a statin if you have hypothyroidism could be harmful because there is a situation called thyroid-induced myopathy, and it will be

exacerbated by the statins. The reason is because statins are well-known to induce myopathies galore! It's probably their No. 1 side effect.

Finally, I want to point one thing out. Some of you don't respond to lipid-lowering medications. There could be a reason, and you should know it before you raise your statin dosage over and over. If you'd like to read the longer version of this article, sign up for my newsletter at www.suzycohen.com. In closing, if you find yourself resistant

to statins (meaning your cholesterol ratios remain high during statin therapy), it could be due to you having hypothyroidism. Dyslipidemia related to low thyroid will not respond well to statins, no matter how high the dose.

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.✱

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: My girlfriend keeps texting with her ex-boyfriend, and it is bothering me. I have asked her to stop and she says they are "just friends." Should I just accept it or stop seeing her?

A: While you cannot force your girlfriend to change this behavior, you can have an honest conversation with her and let her know that she is not honoring your feelings. You have been clear that it bothers you, and she is not respecting that.

You may also want to discuss with her if she is getting something more

out of the on-going contact with him that she is not getting from you. It is something that is affecting you or you would not have taken the time to write about your concern.

Any outside relationships that are felt as intrusive need to be resolved as the stress is on your relationship. You want to get clear why her texting bothers you so much. Once you are clear, let your girlfriend know what honestly bothers you and have an honest conversation about how this can be resolved so you are prioritizing each other. The goal is for you both to resolve this issue so you can live happily and comfortably, and you feel good about 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.✱

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Doctor and Dietician

Why Eat Fish?



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

We live in fresh fish country. Let's make sure we eat it. Fish provides an important source of omega-3 fatty acids, as well as a lean source of good quality protein and fat-soluble vitamins. Let's look at some of the amazing health benefits of eating fish regularly:

Many studies show that consuming fish can lower heart disease and stroke risk and can reduce systemic inflammation, protect the heart and prevent chronic disease. Fish and its essential fatty acids and nutrients are also fuel for the brain. A 2016 study in *JAMA* showed that moderate fish consumption was associated with a lower risk of Alzheimer's Disease. The study also stated that regular fish consumers showed more brain grey matter which we need to sustain strong brain function.

Fish is a great source of vitamin D

which helps keep our immune systems strong and regulate blood glucose levels. Fish has been shown to lower the risk of GI-related cancers, helps nourish the GI tract and has a positive effect on our metabolic rates and fat oxidation, especially as we age.

The use of fish oil supplements has been shown to lower blood pressure, help strengthen immune function, improve concentration, alleviate menstrual irregularities, strengthen the liver and boost post-exercise recovery. Consuming fish will provide the same positive results.

Many people state that they do not like the taste of fish. First, we recommend you try some of our fresh local catches: hog snapper, tripletail, grouper, redfish, snook, mahi, cobia, king mackerel, to name a few. If you have friends with a boat, take them up on a fishing excursion.

If you cannot catch your own fish, many great sources exist for a fresh catch. Some of our favorites include Bailey's, The Timbers and Trico Shrimp Company on Fort Myers Beach.

Secondly, fish preparation should involve fresh ingredients. Our favorite method is very simple: mix good olive oil with chopped herbs, lemon zest and juice, and minced garlic. Brush on dry fish 15 minutes prior to cooking. Then cook on the stovetop or grill with your favorite oil for just about two to three minutes per side. Brush with additional olive oil/herb mixture after cooking. We love to serve with zoodles, rice, cauliflower mash, risotto and/or roasted veggies, particularly asparagus, cherry tomatoes and/or green beans. Top with

a few capers or a splash of white wine during cooking for some added flavor. Salute! To your health!

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@ caringmedical.com.**

Beautifulife:

If Animals Could Talk

by Kay Casperson



I often wonder and silently wish I knew what my animals were thinking or wanted to say in so many instances. I have had many dogs and horses over the years, and I love how they

communicate with me in their own way. It might be a loud yawn, a bark, a cry, or a neigh, but I can only imagine what they really would say if they could talk to me.

Regardless of whether you have had dogs, cats, horses, birds, or any other animal as your pets, I bet you have wondered what they are trying to tell you. Some of you already have your own communication with your animals, whether through eye contact, tone of voice, actions, and when you give the most desired treats!

Animals express themselves in so many different ways, and somehow without words, we know what they need, how they feel and how much they love us unconditionally. From the snuggles, the purrs, the nose rubs, the tails wagging and the look in their eyes, there is a word or feeling expressed in each and every one.

We, as humans, try to communicate back to our animals by talking to them. Do they understand us? I like to think that they do. Not just from our words, but also from our actions and tone of voice. My horses understand from my confidence, my composure and my caring. My dogs understand from my excitement, my direction and my dedication.

What I know for sure is that the unconditional love you get from your animals is beyond priceless. If they could talk, I am sure they would say how much they love you and appreciate the beautiful life you have given to them each and every day.

My affirmation for you this week is: "I am blessed to have the opportunity to love animals and embrace the unconditional love they give."

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

Grief Support Group Meetings

Sanibel Community Church is offering a GriefShare program in the Family Life Center on Tuesdays at 5 p.m. The program is open to anyone who has lost a loved one, and there is plenty of room for social distancing. Sessions feature a video, book, discussion and support.

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

From page 30

Frankly Speaking

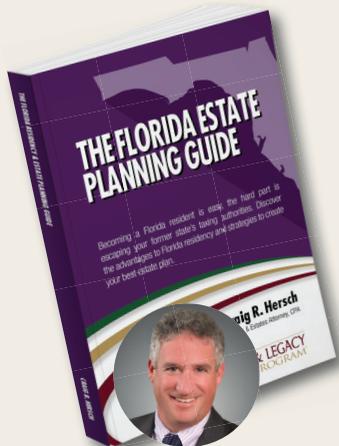
Luke could "see" Happ play. They did the next best thing. The Royals are one of the teams that allows fans to buy cardboard cutouts and have them in the stands. They arranged for a photo of Luke at one of the Cubs-Royals games last week. They received an email from the Royals as to where the cutout was located, texted it to Ian Happ, who then took a selfie "with" Luke and sent it to him. What a great connection, story and happy 7-year-old.

*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.**

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by **Craig R. Hersch**
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PETS OF THE WEEK photos provided

Lee County Domestic Animal Services

Sheba And Pinky

Hello, my name is Sheba. I am a 2-year-old female orange tabby who is super playful. I love my cat toys and keep myself amused sitting at the window of my cattery and watching the comings and goings of Lee County Domestic Animal Services (LCDAS). I definitely have the curiosity of a typical cat. My adoption fee is waived.



Sheba ID# A761332

Hi, I'm Pinky. I am a 1-year-old female shorthair rabbit who is a not-so-pink white rabbit. My ears pique with interest at every sound. This adorable ball of fur would love to hop on into your home. My adoption fee is waived.



Pinky ID# A824366

LCDAS has joined NBC-2 and Edison National Bank for this year's Clear the Shelters campaign. To help individuals and communities continue to practice safe social distancing measures, this

year's initiative will run from August 1 through August 31, and feature a different Pet of the Day whose adoption fee will be waived with an approved application. During that time, the adoption fees on all dogs will be reduced to \$25 and all cats to just \$20. And as always, cats and kittens are adopt one, get a feline friend at no additional charge. The featured Pet of the Day is featured on Facebook at Lee County Domestic Animal Services. The adoption center has reopened by appointment only. Visit www.leelostpets.com to complete an online adoption application prior to calling 533-7387 to make an appointment. The center is open Monday through Friday from 10 a.m. to 4 p.m.

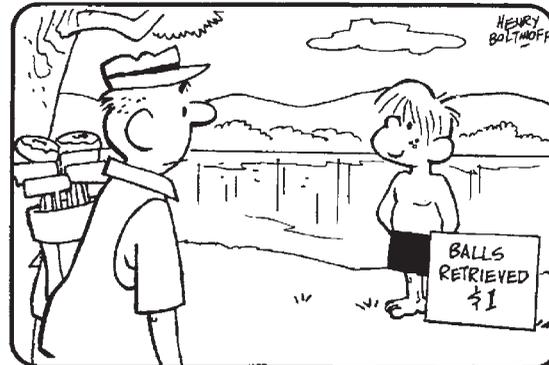
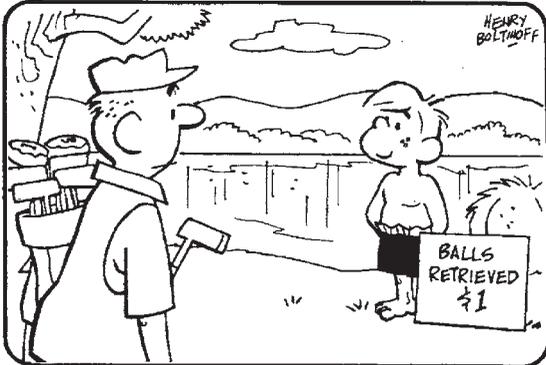
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. For more information, visit www.leegov.com/animalservices or call 533-7387. ✨

PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Golf club is missing. 2. Swim trunks are different. 3. Cloud has moved. 4. Boy's hair is different. 5. Shrub is gone. 6. Hat is different.

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!



"It's for a couple who met at a _____."

Answer on page 39

Ahead
ENBODY

Pang
WETING

Tremor
KASHE

Beast
NIFED

TODAY'S WORD



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	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL	https://www.audubonswfl.org/
Audubon Society	472-3744
Bailey-Matthews National Shell Museum	395-2233
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW, Clinic For The Rehabilitation of Wildlife	472-3644
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	sanibelLWV@gmail.com
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	pcisancap@gmail.com
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	267-7291
Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club	472-8994
Sanibel Youth Soccer	395-2040
SCCF Sanibel-Captiva Conservation Foundation	472-2329
SCCF Sea Turtle Hotline	978-728-3663
Shell Islands Garden Club	246-8875
United Way of Lee County - 24 hour helpline 211	433-2000
Zonta Club	728-1971

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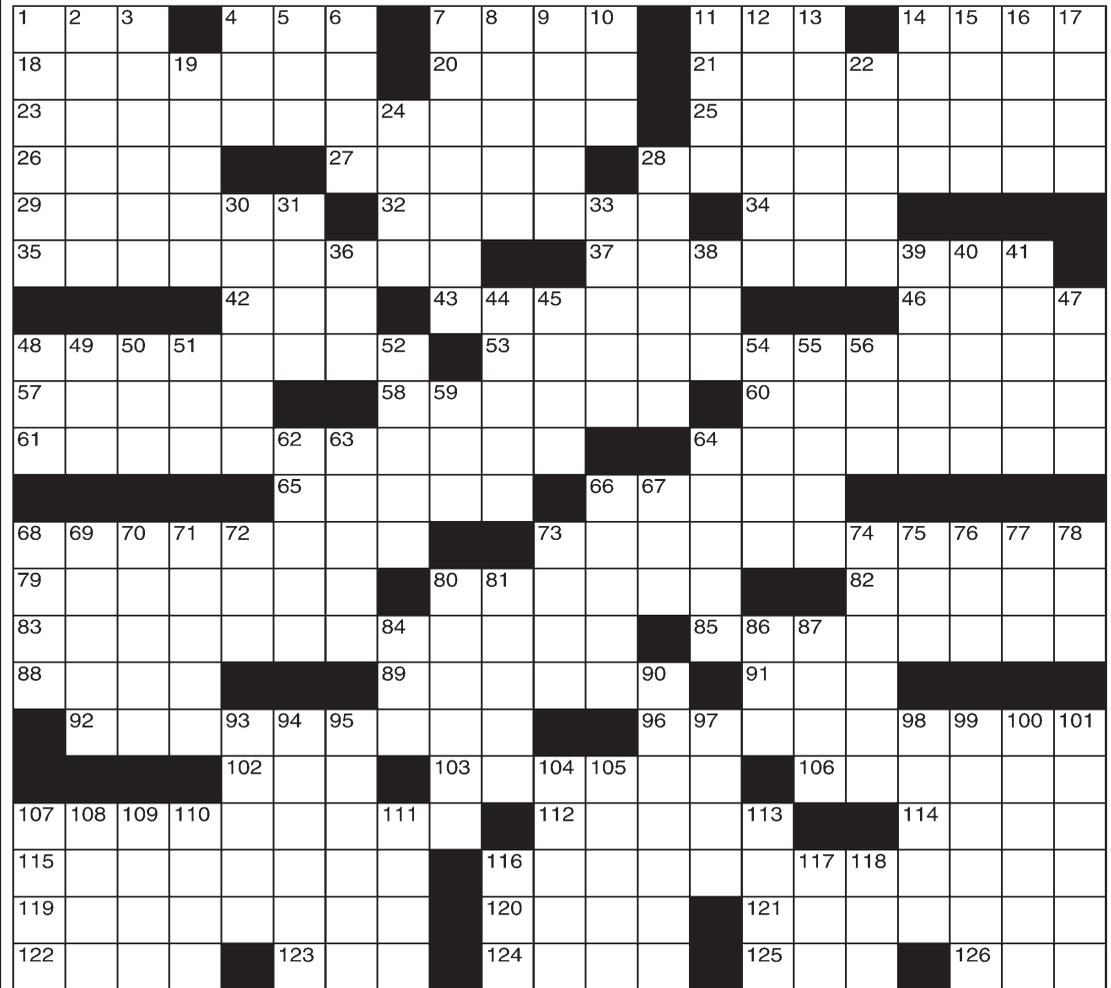
PUZZLES

Answers on page 39

Super Crossword

APT ALPHABET
SUBSET

- ACROSS**
- 1 Inc. article subjs.
 - 4 Pharmacy chain
 - 7 "— fair in love and war"
 - 11 Luau guitar, informally
 - 14 Actress Sky
 - 18 Lure
 - 20 Tournament sit-outs
 - 21 Rebelled
 - 23 * "High gravity" lager brand
 - 25 Questioning intensely
 - 26 Tattered
 - 27 Sasha Obama's sis
 - 28 * Home to Nashville
 - 29 Place in a row
 - 32 Actor/singer Gordon
 - 34 Prefix with hazard
 - 35 * "The Good Body" playwright
 - 37 * He played Uncle Leo on "Seinfeld"
 - 42 Prefix with hazard
 - 43 Deliberately disregarding
 - 46 "That's —!" ("Not true!")
 - 48 Source of some syrup
 - 53 * Tense situations make them rise
 - 57 Kitchen cover-up
 - 58 Not as hard
 - 60 Noble's crown
 - 61 * Horizontal supporting piece on a ship's lower mast
 - 64 First-class
 - 65 Leaves off
 - 66 Be nuts over
 - 68 Woman's office outfit
 - 73 * Actor who played Hercules in 1958
 - 79 At odds with
 - 80 Biology slide specimen
 - 82 Accord
 - 83 * Unease
 - 85 Solidified
 - 88 Asia's — Sea
 - 89 Think up
 - 91 Part of TMI
 - 92 * Fitted forearm cover
 - 96 * Not even a single time
 - 102 — populi
 - 103 Pluses
 - 106 Strauss one-act opera
 - 107 * Short-pile cotton fabric
 - 112 Instruments of angels
 - 114 Left amazed
 - 115 Push away
 - 116 * The answers to the starred clues are all drawn from a certain set of them
 - 119 Troubadour relative
 - 120 Busy as —
 - 121 Live through
 - 122 Cooped (up)
 - 123 Cen. parts
 - 124 Part of BMI
 - 125 ER staffers
 - 126 Census stat
 - 7 Husband of Héloïse
 - 8 Bit of a song's words
 - 9 Actor Burton
 - 10 Dir. opposite NNW
 - 11 Push along
 - 12 Corn piece
 - 13 Show plainly
 - 14 Misfortunes
 - 15 Redding of R&B
 - 16 Hawaiian state bird
 - 17 Outer limit
 - 19 Zellweger of films
 - 22 Butter substitutes
 - 24 Identical
 - 28 Wobble
 - 30 Not crooked
 - 31 Omegas' preceders
 - 33 Actress Woodard
 - 36 Mauna —
 - 38 Denials
 - 39 Relish
 - 40 Kagan of the court
 - 41 Made angry
 - 44 Snaky curves
 - 45 End in — (finish evenly)
 - 47 Punta del —, Uruguay
 - 48 Gymnast's landing pad
 - 49 Fourth mo.
 - 50 Nuptial lead-in
 - 51 — Alamos
 - 52 — four (little cake)
 - 54 Get points easily
 - 55 One running
 - 56 Unit of work
 - 59 Gallery work
 - 62 Scoundrel
 - 63 Gives off
 - 64 Actress Feldshuh
 - 66 Nuclear trial, in brief
 - 67 Cotillion star for short
 - 68 Legal aide, for short
 - 69 Golden — (retirees)
 - 70 Like "m" and "n" sounds
 - 71 Duke, e.g.
 - 72 NBC hit since '75
 - 73 Sammy of baseball
 - 74 Author Welty
 - 75 Suffix with phenyl
 - 76 Actor Diesel
 - 77 Summer, to the French
 - 78 Pink Floyd's Barrett
 - 80 Like Peru's peaks
 - 81 Assembles
 - 84 The "S" of RSVP
 - 86 Off-road bike, in brief
 - 87 Some deer
 - 90 Filling dishes
 - 93 Incident
 - 94 Religious adherent
 - 95 Phillips — Academy
 - 97 U.S. Open ailer
 - 98 Bring joy to
 - 99 Oath takers
 - 100 Come forth
 - 101 Boston ball team
 - 104 "Come Back, Little —"
 - 105 Roof overhangs
 - 107 Improvise jazz-style
 - 108 Writer Wiesel
 - 109 "Perfect Strangers" co-star Mark — -Baker
 - 110 Waistcoat
 - 111 Twisting fish
 - 113 Squalid district
 - 116 U.S. "Uncle"
 - 117 Outer limit
 - 118 NFL stats



King Crossword

- ACROSS**
- 1 Autumn mo.
 - 4 "— Breckinridge"
 - 8 Drag along
 - 12 That girl
 - 13 Quite some time
 - 14 Shrek is one
 - 15 Remiss
 - 16 Flattery
 - 18 Eye-related
 - 20 Marry
 - 21 Hen pen
 - 24 Famous
 - 28 Flowering vine
 - 32 Clinton veep
 - 33 Standard
 - 34 Billow
 - 36 Watch chain
 - 37 Sister of Osiris
 - 39 Grump
 - 41 Eighth Greek letter
 - 43 Rip
 - 44 Historic period
 - 46 Healthy
 - 50 Dairy item
 - 55 Aye opponent
 - 56 Heap
 - 57 Carte
 - 58 Conk out
 - 59 Choir member
 - 60 Vail gear
 - 61 On in years
 - 2 Fellow
 - 3 Libretto
 - 4 Team animals?
 - 5 Evergreen type
 - 6 Caviar, really
 - 7 From the start
 - 8 Frank
 - 9 — Khan
 - 10 Web address
 - 11 Albanian money
 - 17 Coffee break hour
 - 19 Lemieux milieu
 - 22 Piece of work
 - 23 1992 presidential candidate
 - 25 Bean curd
 - 26 Cupid's alias
 - 27 Society newbies
 - 28 Skewer
 - 29 Laundry
 - 30 One of HOMES
 - 31 Chills and fever
 - 35 Dutch Renaissance scholar
 - 38 Audiophile's setup
 - 40 Expert
 - 42 Joan of —
 - 45 Weaponry
 - 47 Loosen
 - 48 Catch red-handed
 - 49 Changed the color
 - 50 Hot tub
 - 51 Painter's medium
 - 52 Last (Abbr.)
 - 53 "A mouse!"
 - 54 Blackbird
- DOWN**
- 1 Norway's capital
 - 19 Lemieux milieu
 - 22 Piece of work
 - 23 1992 presidential candidate
 - 25 Bean curd
 - 26 Cupid's alias
 - 27 Society newbies
 - 28 Skewer
 - 29 Laundry
 - 30 One of HOMES
 - 31 Chills and fever
 - 35 Dutch Renaissance scholar
 - 38 Audiophile's setup
 - 40 Expert
 - 42 Joan of —
 - 45 Weaponry
 - 47 Loosen
 - 48 Catch red-handed
 - 49 Changed the color
 - 50 Hot tub
 - 51 Painter's medium
 - 52 Last (Abbr.)
 - 53 "A mouse!"
 - 54 Blackbird

MAGIC MAZE ● FOUND IN A BARBER SHOP



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: SCATTERED ON THE FLOOR

- Brush
- Combs
- Philosophy
- Television
- Cape
- Jokes
- Posters
- Tonic
- Chairs
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From page 36

Moments In Time

spy who was caught and convicted in the U.S. five years earlier.

• On Aug. 17, 1978, the *Double Eagle II*, with three pilots, completes the first trans-Atlantic balloon flight when it lands near Paris after lifting off from Presque Isle, Maine. The helium-filled balloon had flown 3,233 miles in the nearly six-day odyssey.

NOW HERE'S A TIP

• “Technology is going to be a significant part of our back to school strategy. So, this year, we made sure we have extra chargers and headphones, plus set up a charging station for all school items. We are doing everything we can to be prepared!” – MK in Louisiana

• Double crust pies should be cooked on the bottom rack. This will ensure the pie is cooked from the bottom and the top crust will not overbrown.

• Cane-bottom chairs feeling a little bit loose? You can tighten the cane by taking them outdoors, thoroughly wetting the seat from the underside with hot water, then letting them dry in the full sun. The drying process can shrink the cane, causing it to tighten.

• “I recently inherited a beautiful

cedar chest from my grandmother, who is downsizing. To freshen the smell of cedar, we lightly sanded the interior and buffed out the dust with a rag that we put a little cedar oil on. It's totally renewed and ready for all my heirloom quilts!” – TF in South Carolina

• Use a bit of shaving cream to spot clean a carpet. The “soap” is easily controlled and doesn't spread unless you make it spread. Use a damp, clean sponge to rinse.

• Things you can do with chunks of Styrofoam: Use them as filler in a large garden pot so that you don't need as much potting soil; create a stamp for a fun art project; set a square of thick foam into a small box and poke holes to hold a set of colored pencils upright.

STRANGE BUT TRUE

• Sociologists have discovered an interesting correlation between economic health and women's clothing: The worse the economy, the longer women's skirts become, while the better the economy, the shorter they rise.

• Coca-Cola owns all website URLs that can be read as ahh, up to 62 h's.

• The world's shortest escalator is the one in the basement of the More's Department Store in the city of Kawasaki, Japan. It's 33 inches tall and has only five steps.

• Realizing that surgical antiseptics were marketable to just a small group of professionals, the makers of Listerine began to market the product as a floor cleaner – as well as a cure for gonorrhea. While we won't necessarily vouch for the latter, in a pinch, just add a capful for every gallon of water and mop away. Other uses include dandruff elimination, deodorant, a numbing agent for toothache pain and tick removal.

• The famous Battle of Hastings didn't take place in Hastings, but a town seven miles away, today called Battle.

• A 1938 issue of *Mademoiselle* magazine had a handy bit of advice for college gals seeking suitors: have your mom send you some flowers to trick all the boys into thinking they have competition. No word on whether it worked.

• According to an American study, Californians are less likely to barbecue on a Tuesday than any other day of the week.

• Ferdinand Demara, aka “The Great Impostor,” posed as a surgeon aboard a Navy destroyer in the Korean War, where he was forced to operate on 16 people. He proceeded to speed-read a textbook on general surgery and was able to successfully perform all the operations without losing a single patient.

THOUGHT FOR THE DAY

“Wisdom is the reward you get for a lifetime of listening when you would rather have talked.”

– Mark Twain

TRIVIA TEST

- Geography:** What is the capital of Hungary?
- Movies:** What is the name of the necklace given to Rose in the movie *Titanic*?
- Television:** Which TV comedy led to a spinoff series called *The Andy Griffith Show*?
- History:** The Motion Picture Association of America established modern movie ratings in which year?
- Advertising:** What is the name of the rooster in the Kellogg's Cornflakes advertisements?
- Measurements:** How many gills are in a pint?
- Food & Drink:** What is spumoni?
- Literature:** Which 20th-century poet once wrote, “August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time”?
- Bible:** How many times did Noah send a dove from the Ark to seek land?
- Anatomy:** What is a common name for the clavicle?

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William R Neal and Dale K Goodwin
8/14 * 8/14

TRIVIA ANSWERS

1. Budapest
2. The Heart of the Ocean
3. The Danny Thomas Show
4. 1968
5. Cornelius
6. Four
7. A layered Italian ice-cream dessert
8. Sylvia Plath
9. Three
10. Collar bone

SCRAMBLERS ANSWER

1. Beyond
2. Twinge;
3. Shake;
4. Fiend

Today's Word
WENDY'S

After 9, it's turtle time!



HORTOONS



PUZZLE ANSWERS

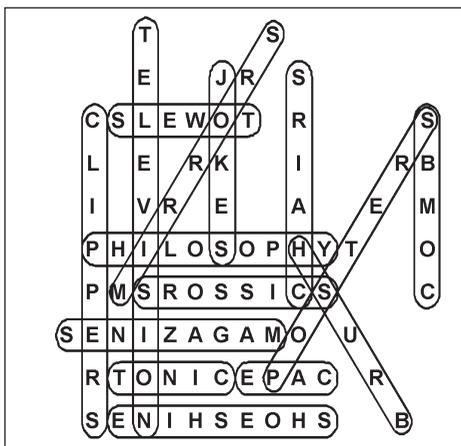
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ATTRACT	BYES	REVOLTED		
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	SLEEVE	LET	NEVEREVER	
	VOX	ASSETS	SALOME	
VELVETEEN	HARPS	AWED		
ALIENATE	SEVEN	LETTERS		
MINSTREL	ABEE	UNDERGO		
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SHE		AEON		OGRE
LAX		SWEET		TALK
OPTIC			WED	
		COOP		NOTED
SWEET		PEA		GORE
PAR		SURGE		FOB
ISIS		SOUR		PUSS
THE		T		TEAR
		ERA		SOUND
SOUR		CREAM		NAY
PILE		MENU		DIE
ALTO		SKIS		OLD

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Sanctuary At Wulfert	Sanibel Island	2002	7,513	\$2,999,999	\$2,895,000	211
Island Shores	Fort Myers Beach	2019	3,995	\$2,200,000	\$2,200,000	168
Tuscany Isle	Bonita Springs	2002	5,062	\$2,099,000	\$1,890,000	136
Sanctuary At Wulfert	Sanibel Island	1997	5,362	\$1,799,000	\$1,700,000	255
Chateaux Sur Mer Unrec	Sanibel Island	1977	2,294	\$1,499,000	\$1,499,000	0
Yacht Club	Cape Coral	2011	3,324	\$1,585,000	\$1,475,000	21
Cape Coral	Cape Coral	2012	3,868	\$1,375,000	\$1,375,000	275
Cape Coral	Cape Coral	1984	3,267	\$1,495,000	\$1,350,000	15
Bayview Acres	St. James City	1983	3,483	\$1,500,000	\$1,300,000	88
Orchid Ridge	Estero	2001	4,228	\$1,349,000	\$1,280,000	27

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