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VOL. 28, NO. 11

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 11, 2020

SEPTEMBER SUNRISE/SUNSET: 11 7:12 • 7:38 12 7:13 • 7:37 13 7:13 • 7:35 14 7:14 • 7:34 15 7:14 • 7:33 16 7:14 • 7:32 17 7:15 • 7:31

Reusable Masks Available For Local Businesses

The Sanibel and Captiva Islands Chamber of Commerce is partnering with the Florida Restaurant and Lodging Association (FRLA) in a program to distribute reusable face masks to the local business community. FRLA Southwest Director Lois Croft delivered the washable cotton masks to the chamber on August 31 as part of an effort to distribute 50,000 masks throughout Lee, Collier and Charlotte counties. They are available now to pick up or request for delivery.

“The Florida Restaurant and Lodging Association partnered with Florida Health and Human Services to provide more than one million masks to our hospitality industry throughout the state of Florida,” said Croft. “Our hospitality industry has endured a major hardship these past six months, and to provide them with cloth, washable/reusable

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From left: Ashley Pignato, chamber member services manager; John Lai, chamber president and CEO; Mitch Orr, chamber office manager; and Lois Croft, FRLA Southwest director photo provided



Bald eagles

photo by Gary Biltgen

Monitors Needed To Collect Data On Bald Eagles

In late summer and early fall, bald eagles (*Haliaeetus leucocephalus*) begin returning to their nest sites, though October 1 is considered the official start of nesting season in Florida.

Sanibel-Captiva Conservation Foundation (SCCF) monitors 11 nest

sites on Sanibel, Captiva and North Captiva with the help of volunteers. Data is collected and reported to Audubon Florida’s Eagle Watch Program. The photo shown here, taken by Gary Biltgen, shows the pair that is often seen at the Donax cell tower.

Bald eagles are known to maintain multiple nest sites and alternate use of them. Although SCCF is currently monitoring 11 nest structures, there are only seven known pairs actively nesting. Since many eagle nests are on private

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CEO Of Visit Florida To Discuss Tourism Climate

The Sanibel & Captiva Islands Chamber of Commerce continues to keep the health and safety of its members at the forefront by scheduling membership meetings online. At the next meeting on Thursday, September 17, starting at noon, Dana Young, president and chief executive officer of Visit Florida, will speak about the current state of tourism from the perspective of Florida’s official destination marketing organization.

By recommendation of Gov. Ron DeSantis and unanimous approval by the Visit Florida Board of Directors, Young took the lead position on January 7, 2019. A sixth-generation Floridian born and raised in Tallahassee, she previously served in the Florida House from 2010 through 2016, rising to majority leader for the 2015 and 2016 legislative sessions. In 2016, Young was elected to the Florida Senate, where she represented parts of western Hillsborough County for two years. In addition to her current duties for Visit Florida, Young is a member of the U.S. Travel Association’s Chairman’s Circle.

“Throughout her career as a Florida



Dana Young photo provided

attorney, Dana has served in leadership positions working to cultivate and protect Florida’s exceptional business climate and a world-class quality of life,” said John Lai, chamber president and chief executive officer. “She came to Visit Florida with a complete tool set for the position, and we look forward to hearing her expertise on the topic of where tourism is headed in

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South Africa will be featured in the September 29 lecture

photos by Ken Burgener

Community House Events

The Community House is hosting a series of lectures presented by Ken Burgener and Linda Warschauer, who will share their worldwide adventures.

The first lecture will be held on Tuesday, September 15, taking you to the headwaters of the Amazon River. There you will board their boat and witness the wildlife, culture and beauty of this Peruvian hotspot.

The second lecture on Tuesday, September 29 will take you on a South African safari. Experience the beauty of Cape Town and its wineries, and the famous Kruger National Park.

On Tuesday, October 13, hear about Australia, see the unusual animals and amazing landscapes of Kangaroo Island.

A \$5 donation for each lecture is requested to help with programming. Presentations start at 7 p.m. and will be limited to 50 guests.

Line Dancing with Maria Di Rosa is offered on Tuesday, September 15 from 1 to 2 p.m., \$5 suggested donation.

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. Masks and social distancing required, \$5 suggested donation.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 10:30 to 11:30 a.m.



Australia is the topic of the October lecture

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.

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.✪



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The Sanibel Beauties are on vacation. Please call for an appointment. We will be checking messages and reopen October 1st.

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What Makes Rosh Hashanah So Important?

submitted by Tanya Hochschild

The Beit Luria Progressive Synagogue of Johannesburg, South Africa invited Rabbi Stephen Fuchs of Bat Yam Temple of the Islands to deliver A Rosh Hashanah Lesson recently. Rabbi Julia Margolis extended the invitation to congregants from Australia, America and Israel. All were invited to join the Zoom group.

The following is a summary of Rabbi Fuchs address. He began, "When you read the Book of Leviticus, you will see a list of important holidays in Chapter 23. These sacred occasions include Shabbat, Passover, Sukkot, Shavuot, all toward the top of the list, indicative of their importance. These so-called pilgrim or harvest festivals were the lifeblood of the Jewish people."

Three times a year, Jews made a pilgrimage to Jerusalem to pray at the temple. At that time, Rosh Hashanah was a minor holiday; today, rabbis prepare for weeks, so the question is, how did it go from being a minor holiday to the giant place it has in our hearts today?

Everything changed in Jewish life in the year 70 when the temple in Jerusalem was destroyed. The pillars of Jewish life were ripped away from us, we lost animal sacrifice as a primary way of worshipping God. The power of the priestly class disappeared. It should have ended Jewish

life but a group of scholars, the Pharisees, reformed Judaism based on three ideas. Torah reading became an essential feature; at every Shabbat and other services a portion of the scroll is read. Judaism is the only religion that elevates study to become a form of worshipping God. Secondly, prayer became important. We always sang psalms, but without sacrifices, prayer moved to the center. Thirdly, acts of kindness and compassion, the Pharisees believed, would make the world a better place. Those three ideas are the essence of Judaism today.

We developed liturgy prioritizing our most important concerns. These priorities are referenced in two biblical events; the remembrance of the act of creation and the going forth from Egypt. There is always a direct reference to these two at morning and evening prayers. Inherent in these two prayers is the message, we are responsible for this world. Being aware of this knowledge leads us to understanding how Rosh Hashanah became Rosh Hashanah.

It is the anniversary of creation. Just as Passover commemorates the exodus from Egypt, so Rosh Hashanah commemorates the birthday of the world. We celebrate creation and, in part, the unique story found in the Torah in the first chapter of Genesis. This story of creation begins, "In the beginning God..." Nowhere in the other 38 books of the bible does anyone try to show proof of God. God is an assumption of a good, caring God who has an agenda and the agenda is to do what we can to create a just, caring and compassionate society. Genesis is a poetic truth, not a scientific truth.

At verse 26, we read about God creating humanity in his image. They shall rule the fish of the sea, the birds of the sky, rule over all living things. This implies responsibility because humans are created in the image of God to take care of everyone, including the stranger, the widow and the orphan. The creation story, Rabbi Fuchs said, is a lovely poem. The corollary to this is that our lives matter. Our job is to embrace God's hope that we will be god-like to do a better job of living up to God's hope - that is the essence of Rosh Hashanah. It is the flagship story of all subsequent Jewish thoughts.

Those of us who heard the rabbi's message approach this Rosh Hashanah with a renewed appreciation of the miracle of creation and our responsibility in the world to practice "tikkun olam," repair of the world.✡

Bat Yam Temple Speaker Series

submitted by Tanya Hochschild

A recent speaker in Bat Yam Temple of the Islands' 2020 speaker series on racial justice was Chantel Rhodes, who was born and raised in Fort Myers. She graduated from North Fort Myers High School and went on to earn her undergraduate degree from the University of South Florida in Tampa, in the field of criminal justice. She earned her graduate degree in social work at Georgia State University's Andrew Young School of Policy Studies. She has visited 33 countries fostering the success of children through

education in Kenya, Malaysia and in China where, for two years, she taught English.

While living in Atlanta, Rhodes became active in the Black Lives Matter movement. Most recently, she helped organize peaceful protests in Southwest Florida, taking a stand against police brutality. She said, "It is an American issue that needs attention." With several colleagues, she has formed the Peaceful Protest of Lee County movement. This highlights an awareness of racial disparities locally. Her grassroots group has highlighted local violence, police relations and voting initiatives for local residents. She attributes her motivation to her desire to be a voice for those who feel they have no voice. She attributes her activism, her tenacity and her spirit of patriotism to her family background, especially her grandmother, who set an example for her. "She passed the torch to my mother who passed it to me."

Spurred by George Floyd's death, Rhodes and her group organized 16 nights of peaceful protest in Fort Myers, including a conversation with Lee County Sheriff, Carmine Marceno and Chief of Police Derrick Diggs. Activism, she said, can be approached many different ways: peaceful protests, involvement with issues which highlight problems across the board, and the need to get involved in advocating for legislation.

She said volunteering is a form of resisting. Helping to teach schoolchildren empowers them. Many blacks grow up feeling detached as they become aware of systematic oppression in prisons, education and economics. They lack the motivation to vote because they feel

continued on page 4

Community Housing & Resources is excited to continue our fundraising series GIVE BACK WEDNESDAYS #GBW

40 years of fulfilling dreams

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THIS SEASON

The following Sanibel & Captiva businesses will be offering a donation to Community Housing & Resources that is funded by you walking through their door and shopping local! Each participating business— including amazing restaurants, resorts, retailers and your community grocer— has selected a date that they will be hosting the GBW fundraiser and donating a portion of their proceeds to CHR.

So, make plans to eat out, shop and play at these generous local businesses on Wednesdays and support CHR.

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OCT 14 Bailey's VIRTUAL WINE EVENT	OCT 28 ADVENTURES IN PARADISE	NOV 4 GRUB KITCHEN MUDBUGS Sanibel Island, Florida
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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 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

FIRST CHURCH OF CHRIST, SCIENTIST
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
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.

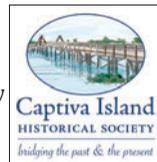
ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH
The Rev. Alan Kelmereit, Priest-in-Charge. Livestream service Sunday at 10:30 a.m., other services, meetings and events are suspended until further notice, www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

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.**

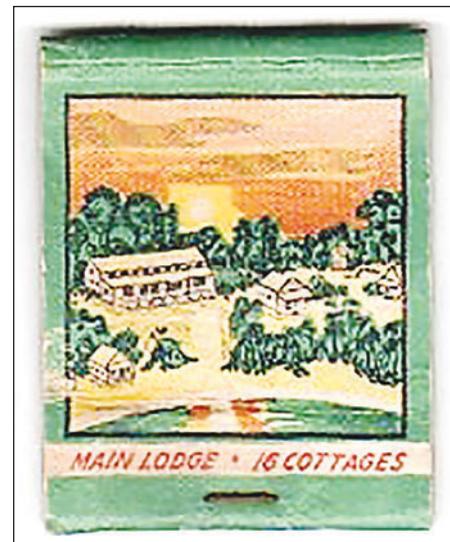
Captiva Island Historical Society Looking Back: South Seas

This matchbook cover (date unknown) is from Captiva's South Seas Plantation Resort, now called South Seas Island Resort.



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.captivaislandhistoricalsociety.org.



Matchbook cover from South Seas Plantation photo courtesy Captiva Island Historical Society Archives

captivaislandhistoricalsociety.org/archives/research to view many more images to bring you closer to Captiva.*

From page 3

Bat Yam

candidates' promises won't trickle down to them after voting is over.

Growing up, she had not known of a black person in a leadership position in Fort Myers. She was happy to see more blacks coming in to these positions such as her friend Gwynetta Gittens, a school board member in District 5, Lee County School District.

Speaking to an all white audience,

Rhodes suggested how they can support her and her colleagues' peaceful protest movement. Show up to encourage voters, tell them black votes matter. Give water to those protesting, wear shirts with supportive logos. This is a grass roots movement. All are welcome.

How does this indefatigable young woman keep going? "You keep up the energy when you realize there's a lot of work to do. I keep having conversations, which lead to other conversations, which could lead to changes," she said.*

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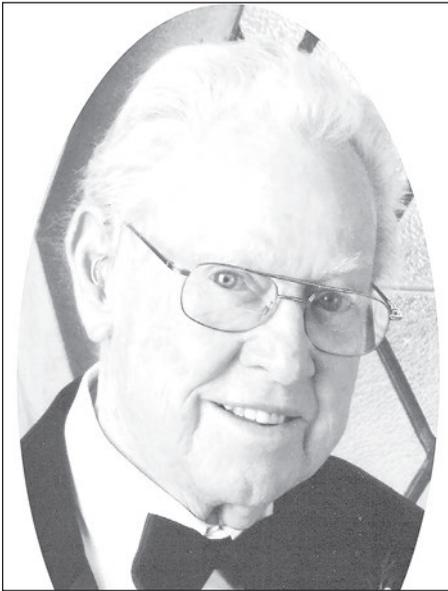
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OBITUARY



MYRWIN "RED" W. ANDERSON

Myrwin Wright "Red" Anderson passed away on Sunday, August 30 at 10:40 p.m. at King's Daughters' Health in Madison, Indiana. He was born in Edwardsport, Indiana on February 17, 1922 to Ira Myrwin and Grace Leone Anderson. In Edwardsport, he was a serious student and gifted athlete, as well as a committed wanderer around the fields, unpaved roads and creekbeds throughout the region.

After graduating from EHS, he attended Purdue University and majored in physical education. His college career

was interrupted by his enlistment in the Naval Aviator Corps in 1941. After his honorable discharge, he returned to Purdue to complete a BS and MS while lettering in basketball, baseball and track, and serving as the captain of the basketball team. He earned the Big 10 Medal of Honor for academics and athletics in his senior year.

After graduation in 1947, he moved to Batesville, Indiana, where he was hired as the basketball coach at Batesville High School. Along with his role as the basketball coach, he helped establish the first football program at Batesville and served as assistant coach. After four successful seasons and marriage to Janet Downey, he was hired in Madison as the high school basketball coach in the fall of 1950. With this move began a nearly 40-year career with the Madison school corporation including service as principal at North Madison, EO Muncie and Madison Consolidated High School, and culminating in his selection as principal at the newly constructed Michigan Road School, where he and an amazing group of committed teachers formed an academic community that transformed the lives of thousands of students on Madison's hilltop.

He greatly loved his time at MRS, even though it included overseeing the aftermath of the 1974 tornado, which destroyed the original building and led to its reconstruction. He received the District Seven IAEMSP Distinguished Principal Award in 1986. The highlight of his career occurred when the faculty and community of the school organized a campaign to rename the school as MW Anderson

Elementary in 1986.

He participated in and coached American Legion baseball and basketball teams and won state championships in each. He was the long-time starter for area swimming events and track competitions. He enjoyed as much time on the golf course as possible and also sang with a barbershop group. He performed in talent shows at the schools he led, at church and through other community organizations. He was an avid member and supporter of Boy Scouts, Kiwanis and the Madison Country Club, a member and board member at Trinity United Methodist Church and a Sanibel Community Church Fellowship member.

He was honored by the establishment of three scholarships in his name: one for MCHS graduates who had attended his namesake school, and two at Purdue established by his former basketball players.

He was preceded in death by his parents, son Kerry, and sister Helen Hunt. He is survived by his wife of 71 years, Janet; his children Sherry Anderson, Kevin Anderson, Shelly (Steve) Hamilton and Shawny Anderson; his grandchildren Katlin Anderson, Georgia (Daniel) Windsor and Drew Hamilton, and several nieces and nephews.

A memorial service was held on September 6 at the Brown Memorial Gymnasium in downtown Madison, Indiana.

Interment was private in the Indiana Veterans Memorial Cemetery in Madison, Indiana. Full military honors were performed by the United States Navy Ceremonial Unit and the Major Samuel

Woodfill Post No. 9 of the American Legion.

Memorial contributions may be made to the MW Anderson Scholarship c/o Community Foundation of Jefferson County, P.O. Box 306, Madison, IN 47250. Online condolences can be made by visiting www.morgan-nay.com.✧

LCEC Provides Environmental Funding Awards

Lee County Electric Cooperative (LCEC) announced that it will provide Environmental Funding Awards to Cape Coral Friends of Wildlife, Audubon's Corkscrew Swamp Sanctuary, Future Forestry Corporation, Bailey-Matthews National Shell Museum and Clinic for the Rehabilitation of Wildlife. Collectively, these five organizations are being awarded more than \$17,000.

LCEC's Environmental Funding Awards are given out twice a year with deadlines in March and September. An application can be downloaded at www.lcec.net/about-lcec/community-and-education/environment. Interested organizations must meet certain criteria to be considered for the award, including being located within LCEC service territory, funding utilized for projects/programs related to the environment and the utility industry, and having a demonstrated need for funds. These funding awards are just one of the many ways that LCEC positively impacts and supports wildlife and the environment.✧

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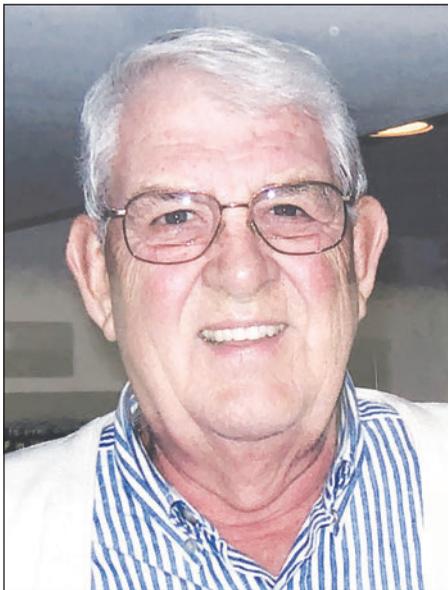
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OBITUARY



JOSEPH E. BEJIN, JR.

On Friday, August 28, 2020, Joseph E. Bejin, Jr., loving husband and father of four children, passed away at the age of 84.

Joseph (Joe) was born on January 26, 1936 in Detroit, Michigan, where he met and married Marilyn Blondell Krumholz. Joe attended St. Paul High School in Grosse Pointe, Michigan, received his business degree from GMI in Flint, Michigan, and went to work with his father in Detroit. He later

moved on to sales positions with Dodge Truck and Hertz Truck and retired as a district manager for Mercedes-Benz Freightliner Truck.

Joe was a devoted member of St. Maria Goretti Catholic Church in Noblesville, Indiana and St. Isabel Catholic Church in Sanibel, Florida. He loved God, family and social gatherings along with golf, boating, hunting, helping people, fixing things and attending Detroit Lions and Red Wings games. He was known for a quick joke, infectious smile and a hardy laugh. Some of his most enjoyable moments were taking family and friends on his boat, *Two of Us*, for a ride around Sanibel.

He was preceded in death by his parents, Joseph and Marian (Hafeli) Bejin, and sister Elaine Zimmerman. He is survived by his wife of 62 years, and siblings Tom (Dorothy) and Susan (Michael) Geary; four children, Joseph III (Julie), Tim (Diane), Lisa (Greg) Easter, and Dan (Christine); seven grandchildren, Chanielle, Chelsea, Grant, Austin, Alyssa, Emily and Joseph IV (Joey); and three great grandchildren.

A celebration of life and family gathering will be held at a later date at St. Isabel Catholic Church.

Donations may be directed to Alzheimer's Association (www.alz.org) or St. Isabel Catholic Church (www.saintisabel.weshareonline.org or 3559 Sanibel-Captiva Rd., Sanibel FL 33957).*

City Of Sanibel Update On COVID-19

Florida Department of Health reported a total of 47 COVID-19 positive cases in the 33957 zip code (City of Sanibel) as of September 7. This is the cumulative number of COVID-19 positive cases since March 26, not the number of currently active cases. The city's home page – www.mysanibel.com – has direct access to Florida Department of Health daily reports. Per the Florida Department of Health, the date of new COVID-19 cases is the date cases are reported to the state health department, not the date a person is infected, tested or receives notification of their test results.

On September 1, Gov. Ron DeSantis directed the Florida Department of Health and the Florida Division of Emergency Management to sever all ties with Quest Diagnostics after Quest's failure to report nearly 75,000 results dating back to April.

In Florida, the entity responsible for collecting and disseminating the health data related to the COVID-19 pandemic is the State of Florida Department of Health. The quickest way for any citizen to obtain the full reports is to access the direct link to the Florida Department of Health at www.floridahealth.gov.

The Florida COVID-19 Dashboard, maintained by the State of Florida, includes tabs on: All Cases; Cases Over Time; Deaths Over Time; Testing; Cases by County; Florida Counties and Cases by

Zip Code (the City of Sanibel is located exclusively in the 33957 zip code, Captiva is in the 33924 zip code).

The Florida Department of Health conducts all case and contact tracking and does not provide the City of Sanibel with any additional information than what appears on these reports. The Florida Department of Health provides no identifying information to the city such as name, age, gender or address of the persons who test positive.

The official sites to monitor for the most current information and to which you may access through direct links are:

- City of Sanibel – www.mysanibel.com
- Florida Department of Health – www.FloridaHealth.gov
- Centers for Disease Control and Prevention – www.cdc.gov.*

Top 10 Books On The Island

1. *All the Devils are Here* by Louise Penny
 2. *The Book Woman of Troublesome Creek* by Kim Michelle Richardson
 3. *Squeeze Me* by Carl Hiaasen
 4. *The Lying Life of Adults* by Elena Ferrante
 5. *Camino Winds* by John Grisham
 6. *Big Summer* by Jennifer Weiner
 7. *Inland* by Tea Obrecht
 8. *Trouble in Paradise* by Jennifer Schiffr
 9. *The Turn of the Key* by Ruth Ware
 10. *Fins* by Randy Wayne White
- Courtesy MacIntosh Books and Paper.*

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New SCCF Field Biologist Intern

Juliana Koller has joined the Sanibel-Captiva Conservation Foundation (SCCF) team as the field biologist intern in the Wildlife and Habitat Management program. She will be helping to gather and manage data on all departmental projects, particularly the freshwater and terrestrial turtle projects. This is her first experience working with turtles, and she is excited to be collecting data in the unique environment of Sanibel Island.

"I am looking forward to understanding Sanibel's wildlife and ecosystems firsthand, as well as learning data collection and processing techniques," said Koller, who will be with SCCF for four months.

Koller is from Weston, Connecticut and attends Colgate University, studying environmental studies, geography, and psychology.

"My favorite topics include geographic information systems (GIS), environmental ethics and intersectional environmentalism," she said.

Koller previously assisted two professors with their research in Uganda, studying antibiotic resistance. She also worked



Juliana Koller photo provided

with domesticated animals as a veterinary technician and with sea creatures in the Long Island Sound as an instructor for school children.

"I hope to travel the world to study political ecology, and to eventually work to prevent climate change through research and education," she said.✧



Snow plover Blue/Orange when it was a baby

photo by Jean Hall

Banded Snowy Plover Fledging Passes Away

Sanibel-Captiva Conservation Foundation (SCCF) reported that one of the five 2020 snowy plover (*Charadrius nivosus*) fledglings (Blue/

Orange) has passed away from an unknown illness.

On August 26, it was brought in to Save Our Seabirds in Sarasota by a good samaritan who found it unable to fly and being picked on by other birds on Siesta Key. It passed away over the weekend. Its death has been reported to Florida Fish and Wildlife Conservation Commission (FWC).✧

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CHR Give Back Wednesdays Are Back

Community Housing and Resources (CHR) resumed its Give Back Wednesday (GBW) program on September 2 at Sanibel Café after a pause during the pandemic. Melissa Rice, executive director of CHR, said, "Sanibel Café was the very first business to host a GBW and is now leading us back into GBWs after our hiatus. It was wonderful to see friendly smiling supporters throughout the day. Everyone was respectful of social distancing and wearing masks while supporting our local businesses and CHR. Thank you to everyone who joined us."

Upcoming GBW fundraisers are scheduled for September 16 at Matzaluna; and September 30 at Over Easy Café, Suncatchers' Dream and On Island. ✨



Bill Briscoe and Richard McCurry photos provided



Holly Smith and Melissa Rice



From left, Evan duPont with Calli, Bailie and Richard Johnson



From left, Debra Campana, Dylan Traffon, Jeramie Campana and Karen Balmer



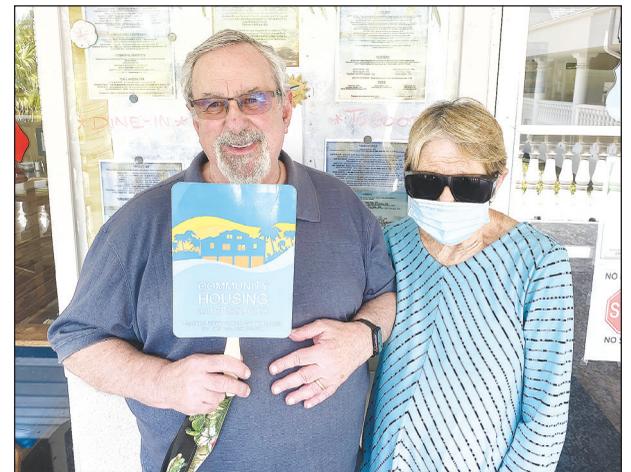
Judy and Jennifer Johnson



Jerry and Sharon Miller



From left, Marybeth Godley, Jennifer Braun and Vera Sultz



Jerry Edelman and Maryann Daly

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 just 2 miles from the islands of Sanibel and Captiva.

Plant Smart

American White Water Lily

by Gerri Reaves

American white water lily (*Nymphaea odorata*) is native to most of North America and one of several water lilies native to Florida.

A member of the water lily family, this submerged aquatic plant grows in ponds, lakes, swamps, sloughs, marshes, and even ditches and canals.

Its beauty might inspire you to create a bog or water garden just to have it around. If that's too daunting a project, opt for growing it in a container submerged in a small tub.

The word *Nymphaea* in the species name refers to the lovely nymphs of Greek mythology. The flower is known as most the fragrant of water lilies.

Other common names include fragrant water lily, pond lily, sweet-scented white water lily and alligator bonnet.

The showy flowers float on or slightly above the water surface, opening in the morning and closing at night.

Three to five inches across, they bloom from February to November in south Florida and last for several days.

They appear singly on purplish or reddish green stems. Tapered petals, often more than 25, surround more than 70 bright yellow stamens. Bees and butterflies visit the nectar-rich center.

The flat oval or circular leaves are six to 10 inches across and also float on the



American white waterlily, pictured amidst reeds, is a fragrant aquatic plant suitable for a bog garden or pond photo by Gerri Reaves

surface.

A cleft extends almost to the center where the leaf joins the soft spongy stems. Those stems have four channels for conveying gases to the rhizomes, the submerged or rootlike stems.

The species is hardy but requires rich organic soil to thrive.

Grow it in sun to partial shade. The cylindrical stems can be several feet long, so give it sufficient space and at least 18 inches of water.

It grows and spreads so quickly that it is classified as a noxious weed in some states. It is pest resistant and low-maintenance but will not tolerate salt or drought.

Propagate it with the egg-shaped seeds or by dividing the rhizomes.

Several forms have been cultivated for the nursery trade.

Waterfowl and other wildlife consume the seeds and the stems.

The cooked flowers, buds and leaves are edible, as are the mature seed pods, according to some sources.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Florida's Incredible Wild Edibles* by Richard J. Deuerling and Peggy S. Lantz, *National Audubon Society Field Guide to Florida* by Peter Alden et al., *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, <https://edis.ifas.ufl.edu>, www.efloras.org, www.regionalconservation.org, www.wildflower.org, and <http://www.wildsouthflorida.com>.

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

From page 1

Bald Eagles

property or in remote locations, volunteers for the monitoring program typically live near a nest. If you know of a nest near you and are interested in becoming a volunteer monitor, contact Audrey Albrecht at eagles@sccf.org.

If you have seen any bald eagles recently, report your sightings to eagles@sccf.org*

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Preschoolers Learn From The Natural World



A preschooler takes a closer look at the underside of a turtle shell photo provided

natural world. Recently, CECI teachers have focused on topics such as wind and rain. With daily rainfalls and hurricane season in full swing, children are learning about these forms of weather and making connections to their daily lives. They have also been learning about sea turtles. Children counted turtle “eggs,” created sea turtles out of recycled materials, learned interesting facts about sea turtles, and even created their own sea turtle nest.

CECI thanks Sanibel-Captiva Conservation Foundation (SCCF) for providing supplemental information and resources to further extend this project. CECI children used the same signage that SCCF uses to mark their “sea turtle

nest” on the playground.

Connecting children to the natural world so that they may learn foundational skills and become stewards of the earth is why CECI teaches from a nature-based approach. For more information about the preschool, call 472-4538 or visit www.childrenseducationcenter.com.*

Charity Fishing Tournament

The Conservancy of Southwest Florida will hold the 27th annual RedSnook Catch & Release Charity Fishing Tournament on Friday and Saturday, October 24 and 25. The

event will benefit the conservancy’s commitment to water quality protection, as well as preservation and enhancement of local fisheries.

In light of the pandemic, the traditional in-person Friday night kickoff party will not be held. Instead, an online silent auction will be available the week before the tournament. Contactless angler bucket and measuring devices will be available for participants to pick up by appointment on October 22 and 23 at the Conservancy Nature Center, located at 1495 Smith Preserve Way in Naples. A virtual awards ceremony will be held at 7:30 p.m. on October 25.

To register, visit www.conservancy.org/events/redsnook*

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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

95% increase over 2019



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September Silver



by Capt
Matt Mitchell

September has always been one of my favorite months to fish our waters. Now that the busy Labor Day holiday weekend is over, things get nice and quiet on the water. September is prime time to get out and enjoy the best of what our fishery has to offer... from tarpon to snook to redfish.

During days off when we have light winds, my favorite thing to do is get out early and chase tarpon. Although we generally do not have the huge numbers of fish we see in the spring, you will often have them

all to yourself. The further through the month we get, the more these fish get keyed in on the bait schools out on the beach. When conditions are right, some of the most wide open tarpon fishing of the year happens over this next few months.

In the sound, our redfish have just started to school up. During low tides, its a great time to locate them on the shallow flats on the inside of the passes. Often you will first see feeding birds, then as you get closer, you can see the bait jumping to get out of their way. Flats inside of both Redfish and Captiva passes are great places to start your search. Long-casting weedless spoons work really well for these shallow water fish along with a trusty chunk of cut bait cast out in front of the school.

Snook have just begun to make the transition this month as they start coming in from the beaches and pass hangouts of summer. Oyster bars and points with good tide movement in the middle sound can hold amazing numbers of snook. This has been some of the best summer snook pass fishing we have had in years. Thanks to the closure, this fall snook fishing is gonna be epic. After seeing the amazing recovery of our beloved snook, all we can hope for is that the Florida Fish and Wildlife Conservation Commission (FWC) keeps this fishery closed for another year.

As water temperatures slowly begin to drop by October, the annual southbound bait migration will kick into high gear. Although we haven't noticed the change of season yet, our days have already begun to get shorter. September has always been the month when fishing guides and locals get to enjoy some of the best fishing of the year.

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



Tarpon fishing in September can be amazing

photo provided

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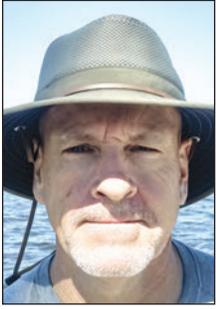
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CROW Case Of The Week:

Sooty Tern



by Bob Petcher

The sooty tern (*Onychoprion fuscatus*) is a tropical seabird that “sleeps on the wing,” meaning that it can literally fly with its eyes closed. It nests on sandy islands but normally stays far offshore.

At CROW, a sooty tern was admitted from St. James City. Upon examination, the tern was extremely thin and dehydrated. Since these birds are pelagic, it is rare for them to be seen on land. CROW officials suspect that the bird’s weakened state caused it to be blown ashore by the recent hurricanes in the Gulf of Mexico.

“Pelagic or seabirds live out at sea and typically only return to land for breeding or for nesting purposes. For this reason, they are typically only presented to the hospital when they have been injured or become systemically ill,” said Dr. Robin Bast, CROW’s staff veterinarian.

After the patient was stable enough, a blood sample was taken that revealed it was slightly anemic, and radiographs showed visible air sac lines.

“This bird was allowed to rest in a cage with a heat lamp and given subcutaneous fluids to stabilize it. After two hours, we were able to obtain a



Patient #20-4094 was undernourished, dehydrated and weak on admittance

photo by Dr. Heather Barron

blood sample. Radiographs were taken the next day once the bird was deemed stable enough for anesthesia,” said Dr. Bast. “Air sac lines are white lines visible in the respiratory system on x-rays – normal lungs in a bird should be black on x-rays. This can indicate inflammation or infection – bacterial or fungal in nature – within the respiratory system. Bacterial air sacculitis is treated with broad-spectrum antibiotics. Fungal air sacculitis is more difficult to treat and cure, and requires anti-fungal medications like Itraconazole. This patient received both antibiotics and anti-fungal medications.”

The patient was started on a refeeding plan and was given fluids and antibiotics.

“Since this patient was very thin, it had to be slowly re-fed to prevent ‘re-feeding syndrome,’ which can cause life-threatening electrolyte imbalances as the bird’s metabolic state shifts,” said Dr. Bast. “We typically start with a liquid, easily digestible critical care formula based on their typical base diet. For fish-eating birds such as this one, we use LaFeber’s Piscivore care, then transition to Mazuri Fish analog (dried fish meal), and then offer whole fish such as smelt.”

Since intake, the tern has improved,

but will need to gain more weight and strength before being evaluated for release.

“This bird weighed 110 grams on admission to the hospital. Today, it weighs 145 grams and is eating on its own. It will need to gain back body condition or strength in its flight muscles prior to release, and should weigh closer to 180 grams by the time it is ready for release,” said Dr. Bast. “It needs to be a normal weight and have good, strong flight muscles and display the ability to fly normally in an outdoor enclosure. Currently, this patient is still in ICU receiving medications. Once its medical treatments have been completed, it will be moved to an outdoor rehab enclosure to encourage exercise and build strength back up in its flight muscles.”

The patient is making progress with its health and moving towards different living conditions.

“This bird continues to improve with supportive care, antibiotics and antifungal medications. It’s most recent bloodwork and x-rays show improvement,” said Dr. Bast. “We expect to move it to an outdoor enclosure within the next week to begin the next phase of its rehab process.”

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

Punctate Mangelia



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

The family Mangeliidae includes a very large number of microgastropods, most of which

parade elegant, elongate shells. *Kurtziella limonitella* (Dall, 1884) grows to 9.5 mm (about 0.4 inch). The shell sculpture in this species comprises about eight to nine ribs on early whorls that increase in number to 14 to 15 on the last whorl of adult individuals. The microsculpture consists of fine spiral cords crossed by axial grooves; the intersections form little beads that impart a frosty appearance to the shell surface. The shell may be cream-colored, often with a combination of spiral light-orange spiral bands. The shell in the image was collected by Lois Dunnam on Gulfside City Park Beach, on Sanibel, in 1996.

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



BMSM 110425
Kurtziella limonitella
Sanibel, Florida, USA

Collection of Lois Dunnam
Kurtziella limonitella
Locality: Gulfside City Park Beach, Sanibel, Lee Co., FL, Beach drift.
Coll. by L. Dunnam Date: 1996

The Punctate Mangelia, *Kurtziella limonitella*, from Sanibel

photo by James F. Kelly

place, and staff and visitors are required to wear face masks.

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

www.shellmuseum.org.

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

American Legion Post 123 Is Open

American Legion Post 123 has reopened and is following all safety guidelines. There are daily specials as well as half-pound burgers, served from 11 a.m. to 8 p.m.



Post 123 is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. For more information, call 472-9979.*

From page 1

Tourism Climate

the current pandemic climate.”

The chamber has sent members Zoom invitations to register for the virtual event and will be sending another closer to the date. When members RSVP, they will receive a link to the Zoom meeting in advance. Sponsorships are still available for the presentation. For information on becoming a sponsor or registering for the meeting, contact Ashley Pignato at ashley@sanibel-captiva.org. Participants can also send questions for Young to Pignato in advance or submit them during the meeting through the chat feature.*

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Larry Brophy of Fort Myers took third place last year with a photo of an American alligator titled *Keep Your Distance* photo provided

'Ding' Darling Extends Photo Contest Deadline

Because "Ding" Darling Day and its contest winner announcement has moved to December, the deadline for the 28th annual "Ding" Darling Day Amateur Nature Photography Contest has been extended one month to October 15. All entries must be submitted electronically.

Cash award prizes in honor of the refuge's 75th anniversary celebration this year are \$300 for first place, \$225 for second place and \$175 for third place. The "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) hosts the annual contest.

For an entry form and other contest information, visit www.dingdarlingsociety.org/articles/photo-contests. DDWS will announce winners and award prizes at "Ding" Darling Day on December 1.

Entries must be delivered by email to ddamateurphotocontest@gmail.com by

October 15. For assistance, call 472-1100 ext. 4 or email shois@dingdarlingsociety.org. Entrants can pay by sending a check made out to the "Ding" Darling Wildlife Society (P.O. Box 565, Sanibel FL 33957) with a memo "for photo contest" or online at www.tinyurl.com/dingcontestfees.

In an effort to maintain its commitment to the environment, DDWS will no longer be accepting photo contest entries by mail.

There is a \$25 per person entry fee that provides you with a membership to DDWS and is used to defray the cost of the contest. One fee covers two entries per person.

Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

Photos must be taken at JN "Ding" Darling National Wildlife Refuge and have been taken within two years of entry date.

Each person may enter up to two photos but is eligible to win only one award.

Each photo must be a JPEG file of at least 3000 by 2400 or 4 megabytes (MB). Panoramic photos are not allowed.

Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

Judging will be anonymous. Do not put your name or anything that will identify you on your photograph.

Judging criteria:
 Technical excellence (sharpness, lighting, composition, exposure);
 Originality/creativity;
 Interest;

Ability to be reproduced for publication.

Only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be accepted. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines.

All photo files will become the property of DDWS. Photos may be used by DDWS in any way with appropriate credit to the photographer.

There are three judges: a refuge staff person; professional photographer; and member of the Sanibel community.*

From page 1

Reusable Masks

masks for their employees and guests was another way the FRLA supported and provided resources to our industry."

Businesses need not be a chamber or FRLA member to pick up or request delivery on up to 40 masks per business.

"We are grateful to the association for its support," said John Lai, chamber president and chief executive officer. "We are doing everything we can to keep our businesses safe, healthy and strong during these uncertain times. These quality masks are one more step toward recovery and stability."

To pre-order your masks, contact Ashley Pignato at 472-8255 or ashley@sanibel-captiva.org with the amount requested.*

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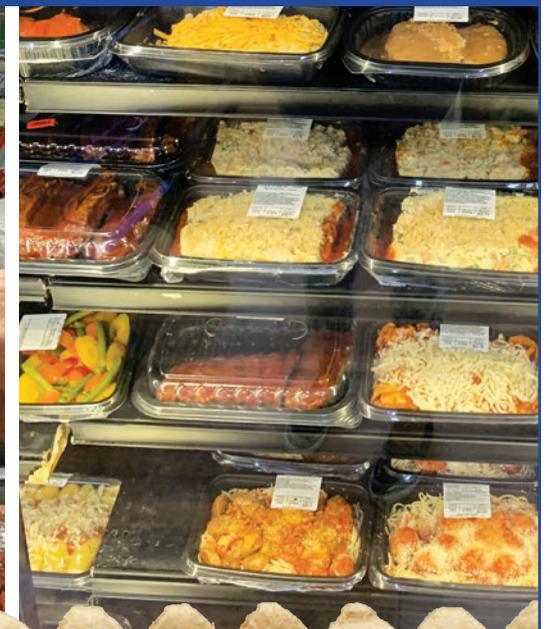
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The Community House

Lemongrass



or oil grass. This variety is mainly used for decorative and culinary purposes. Other species of lemongrass include Cymbopogon nardus, or citronella grass, and East Indian lemongrass. Both are used in herbal medicine and aromatherapy. Citronella lemongrass oil is an effective mosquito, no-see-um and horse fly repellent. East Indian lemongrass oil is used mainly to make perfume.

Lemongrass is a very good source of B and C vitamins. It also provides minerals such as phosphorous, calcium, magnesium, manganese, copper, zinc, potassium and iron.

Lemongrass can be found in most garden centers and lemongrass oil can be found in health food shops.

Here is a simple recipe to try:

Lemongrass Tea

Ingredients

4 cups water

2 cups lemongrass stalks (roughly chopped)

1/2 cup honey

Fresh ginger or lime slices (optional)

Method

Place the water in a saucepan and bring to a boil.

Add the lemongrass and boil for 5 minutes.

Reduce the heat and simmer for an additional 5 minutes.

Remove the stalks from the liquid and add the honey.

Serve warm, or chill and serve over ice.

Garnish with fresh slices of ginger or lime.

Resident Chef Jarred Harris heads

by Resident Chef Jarred Harris

Lemongrass, also known as fever grass and sweet rush is a perennial herb native to Southeast Asia. This plant grows in large grass-like clumps and smells like lemon when the leaves are crushed. The leaves and stems of this plant are used for culinary as well as medicinal purposes.

Lemongrass was introduced to the West Indies around the late 1700s where the plant was, and still is used for medicinal purposes. In Jamaica and around the Caribbean, lemongrass is called fever grass. It's made into a tea and used to combat cold and flu symptoms as well as to reduce fevers. Lemongrass arrived in the Americas around the early 1900s and was used mainly for culinary purposes in Asian cookery.

There are several species of lemongrass grown in Florida and most of them are edible. The most common variety is the West Indian lemongrass,

the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or

questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

New Intern At Garden Center

Adam Tardif has joined Sanibel-Captiva Conservation Foundation (SCCF) as an intern at the Native Landscapes and Garden Center at Bailey Homestead Preserve. Born and raised in Fort Myers, Tardif has strong roots in Southwest Florida and the ecosystems it offers.

"My love for plants and the environment began in middle school after learning about beach and mangrove ecosystems during a summer program called Camp Aqua Trek," Tardif said. "I decided to take environmental science and marine biology in high school, and my passion kept growing in college when I took classes on sustainable food and the flora of Southwest Florida."

Tardif has also interned at the Calusa Nature Center and Planetarium, where he led nature hikes and helped build the science curriculum for the winter and summer camps. His senior research involved studying soil amendments on radishes in raised beds. Tardif graduated from Florida Gulf Coast University in 2019 with a degree in environmental studies.

He is passionate about ecology,



Adam Tardif photo provided

conservation and learning to reduce his ecological footprint. Spending his whole life in Fort Myers has given him a deep appreciation and love for nature.

"I find it so fulfilling to be able to share my knowledge with others and continue to learn," said Tardif. "I'm extremely grateful for this internship opportunity with SCCF and excited to learn from and work alongside others that share my passions.*"

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Cross The Digital Divide At Sanibel Public Library

Sanibel Public Library is open Monday and Thursday from 9 a.m. to 8 p.m., Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m., and Saturday from 9 a.m. to 5 p.m. Contactless curbside service continues, with 40 to 50 bags going out to patrons each weekday. Call or go online to place a hold; you will be notified when your items are ready for pickup. At this time, there will not be overdue fines assessed.

Patrons can use a library computer to complete the 2020 Census. No library card is required to use computers. If you need help, ask staff for assistance. September 30 is the last day for households to complete the 2020 Census online, by phone, or by mail.

The library's newest service is Mobile WiFi Hotspots. Hotspots allow users to connect enabled devices (laptops, tablets, smartphones, etc.) to the Internet. The devices can help children connect to virtual classrooms; adults search for job opportunities; and families keep in touch using email, Skype, FaceTime or Zoom calls. The hotspots are a great option as an Internet backup service for a small business or home, just as the library facility's high-speed WiFi has been a lifesaver for patrons when their Internet



Ruth Gamble using the library's mobile WiFi device to access the Internet photo provided

service is disrupted.

There are 10 portable hotspots which are loaned for 14 days; one device per library card. Borrowers are asked to return the devices to the service desks, instead of the book drops. A cable to recharge the device and instructions are included. The mobile hotspots are a pilot project funded in part by the Sanibel Public Library Foundation as part of its investment in innovative technology. Since the pandemic has shifted many

students to remote learning, reliable connectivity to the digital world has become even more essential.

The library's public access computers, copiers, scanners and printers are available during operating

hours. Precautions are in place to help protect staff and patrons from COVID-19. Patrons have to maintain social distance inside the building and wear masks, (except for children under age 6). Library staff is implementing safety and sanitizing procedures consistent with CDC and Florida Department of Health guidelines.

The Tech IT Out service offers cardholders an easy way to borrow a Dell laptop or MacBook Air for use anywhere inside the building. Tech IT Out was a pilot project funded in part by the Sanibel Public Library Foundation several years ago. The Tech IT Out kiosk offers a choice of six Dell laptops and six MacBook laptops. To make social distancing easier, patrons can sit at any table or chair in the library, and use the laptop for up to three hours. The Macs offer apps like Keynote, Google Chrome, FaceTime and GarageBand. The Dells have PowerPoint, Excel, Word, and even games like Mahjong.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or www.sanlib.org. The library is located at 770 Dunlop Road.✪

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Red knot photos provided

Piping plover

Report Sightings Of Red Knots And Piping Plovers

Sanibel-Captiva Conservation Foundation (SCCF) Shorebird Biologist Audrey Albrecht is asking for sightings of red knots (*Calidris canutus*) and piping plovers (*Charadrius melodus*) to be reported. Always observe shorebirds from a respectful distance. These long-distance migrants are exhausted and need to replenish their energy reserves.

With a long black bill, the red knot is a threatened species of sandpiper. Its population has diminished 80 percent in the Atlantic flyway and it has been sighted less often over the last couple of years on Sanibel and Captiva, especially since the red tide in 2018.

With orange legs in non-breeding plumage, the piping plover is an endangered/threatened species. They are uncommon on Sanibel and Captiva, but have been seen. They are more common in mudflats at places like Bunche Beach.

"I am always keeping track of threatened and endangered species," said Albrecht. "When it comes time for review of these species for listing and de-listing as endangered, it is especially important to have these records."

The Global Shorebird Counts is held every year around World Shorebirds Day, which was September 6. A goal of the worldwide effort is to transform amateur birdwatchers into citizen scientists on a local level.

To support that effort, SCCF is asking that if you see either of these birds at any time, email Audrey Albrecht at shorebirds@sccf.org.*

App Now Offers Freshwater Fishing Regulations

The Fish Rules App now includes freshwater fishing regulations thanks to a successful partnership between Florida Fish and Wildlife Conservation Commission (FWC) and Fish Rules App.

"The division of freshwater fisheries management is thrilled that the Fish Rules App is now available for freshwater. We have seen how our partnership with Fish Rules has strengthened the communication of fishing regulations and are looking forward to it getting even stronger," said Jon Fury, FWC's director for the division of freshwater fisheries management. "We encourage fresh and saltwater anglers to use the app whenever they are fishing one of Florida's extraordinary waterbodies to stay up to date on fishing regulations as well as help them identify their catch."

"This is the kind of app that helps agencies like FWC help anglers keep up to date on regulations, fish identification and so much more," said Jessica McCawley, FWC's division of marine fisheries management director. "We've been encouraging use of this app, known for its quality, for years and are happy about the release of the freshwater version as well."

"We are very excited about our partnership with the Florida Fish and

Wildlife Conservation Commission. Fish Rules App is based out of south Florida, so we're happy to be partnering with our home state," said app co-creator Albrecht. "Everyone knows Florida is the Fishing Capital of the World, and it gives us a lot of pride to be partnered with FWC to help recreational anglers better understand fishing regulations. We are excited to announce that our latest update includes recreational freshwater regulations for Florida."

Fishing regulations change depending on your location, such as in a fish management area. Enable location services in the Fish Rules App, and the app will automatically show you regulations for your actual position. The app is also partnering with the South Atlantic Fishery Management Council and the Gulf of Mexico Fishery Management Council who manage fisheries off Florida in federal waters.

If you are unsure of the species you reeled in, the app also helps with fish identification. Swipe left or right on pictures of fish to see more pictures and clues on how to identify a fish. You can even sort fish by name or by picture.

If you have photos of your catch, Fish Rules is always looking for more photos to add to the app. Share your shots by emailing them to photo@fishrulesapp.com. Preferred shots include the fish being held horizontally and taking up as much of the image as possible.

Learn more at FishRulesApp or follow Fish Rules at [instagram.com/fishrulesapp](https://www.instagram.com/fishrulesapp) or [facebook.com/fishrulesapp](https://www.facebook.com/fishrulesapp).*

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Progressive Club To Analyze Ballot Choices

On Thursday, September 17 at 4 p.m., national political consultant Robert Schaeffer will be addressing the Progressive Club of the Islands during its virtual monthly meeting. His topic will be Opportunity 2020: How You Can Help Progressives Win Big. To attend the meeting, email pcisancap@gmail.com to receive the link, or watch live at www.facebook.com/pcisancap.



Bob Schaeffer

get-out-the-vote activities; staffed the Florida environmental funders collaborative, and played a leadership role for several ballot questions and local races. He is currently president of FairDistrict Now, the statewide redistricting reform organization, and treasurer of the Progress Florida Education Institute, which runs issue-oriented messaging campaigns. Schaeffer also is a strategic communications consultant for social change organizations and campaigns in Boston, Washington, DC and Colorado, as well as here in Florida.

Previously, he worked for several political groups in New England; was research director for the Massachusetts Legislature's Human Service Committee; hosted a talk show on the NPR affiliate in Boston; wrote editorials for WBZTV, and attended MIT as both an undergraduate and graduate student. Over the past four decades, Schaeffer has led more than 300 workshops on political campaign management, media relations, public speaking, strategic planning and advocacy skills. He is co-author of *Winning Local and State Elections: The Guide to Organizing Your Campaign*.

Democrats, Progressives and everyone concerned about the 2020 election is invited to attend. To join the Progressive Club of the Islands, mail your check payable to PCI for \$30 per individual and \$60 per couple to: PCI, P.O. Box 898, Sanibel, FL 33957. For more information email pcisancap@gmail.com or call 994-3175.*

Drawing on survey data and other statistical indicators, as well as humorous anecdotes from his own extensive campaign experience, Schaeffer will examine a range of races, from the presidency to control of Congress, as well as statewide Florida ballot questions and Southwest Florida contests. At each level, the focus will be on where (and how) grassroots activists can have greatest impact.

Since moving to Sanibel in 1999, Schaeffer has organized the Florida civic engagement table, which coordinates nonpartisan voter registration and



images provided

Cielo Returns As Premier Sponsor Of FISH 10K Race

The 10K Race 4 FISH committee announced Cielo as the premier sponsor of the 12th annual road race in support of FISH of SanCap.

Cielo focuses on farm to table dining of the highest caliber, including craft cocktails. The restaurant locally sources its products to offer guests a fresh, hand-crafted meal. Cielo has received countless awards for its expertly executed cuisine.

"We are so grateful to the Boler family, Marcus (Preece), and the entire Cielo team for continuing to be such outstanding community partners of FISH and the annual 10K race," said Diane Cortese, race committee chair. "The generosity of Cielo during these difficult times for islanders is incredible and we're thankful for their support."

"Cielo is proud to sponsor the FISH 10K for the third year as a premier sponsor. FISH's commitment to all residents and employees of Sanibel and Captiva, with the motto of 'neighbors helping neighbors' really shows how they



care about our community," said Preece, general manager of Cielo. "Neighbors helping neighbors is extremely important at this moment, and a motto we should all be living by."

Cielo reopened dine-in service on September 1 after offering take-out only as a precautionary measure related to COVID-19. The take-out and curbside service is still offered in addition to the dining room seating. Cielo is continuing to prioritize the safety and wellbeing of customers, staff and the community by following CDC guidelines. To learn more, visit <https://cielo-sanibel.com/>.

The 10K Race will be held virtually this year, and runners can participate and log their time at any point from when they register through October 31. Registration is open through the Fort Myers Track Club at www.ftmyertrackclub.com. Cost is \$40 before October 20, with price increase after October 20 at 11:59 p.m. EDT. Participating runners will receive a dri-fit shirt with the Hortoon 10K logo on the front, as well as a matching face

continued on page 24



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Gator, Kale, and Potato Soup

- 1 pound alligator sausage, diced
- 3 cups potatoes, diced medium
- 3 cups kale, chopped
- 1/2 onion, diced small
- 1 tablespoon garlic, minced
- 1-2 cups heavy cream
- 4 cups chicken broth (or vegetable broth)
- 1 tablespoon all-purpose seasoning (your favorite)
- 1 tablespoon Italian seasoning
- Oil for cooking
- Several dashes of hot sauce (optional)



Gator, Kale, and Potato Soup
photo courtesy Fresh From Florida

Sea salt and fresh ground pepper, to taste

Preheat large pot to medium heat and add oil. Add onions and garlic and sauté for 5 minutes. Add diced gator sausage and sauté for another 5 minutes or until golden brown. Next add potatoes, kale, all-purpose seasoning, Italian seasoning, heavy cream, and chicken broth. Season with salt and pepper, bring to a boil, then reduce to a simmer until potatoes are fork-tender. Taste and adjust seasoning as needed. Serve with warm bread.

Fresh tip: Liquid (broth and cream) can be adjusted to preference of thickness of soup.*

PUZZLES

Answer on page 39

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

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

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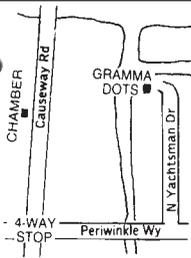
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Book Review

The Book Of Lost Friends

by Di Saggau



Find novels inspired by historical events to be especially interesting. *The Book of Lost Friends* by Lisa Wingate is such a book. It's a story of three young women in

Louisiana 1875, searching for their families during the post-Civil War South, and of a teacher in Louisiana 1987 who finds their story and discovers a connection to her own students' lives. The heart of the story is about families trying to find one another. Three young women in 1875 take the reader along on a journey, a perilous quest to find their long-lost families. Lavinia, a pampered heir to a destitute plantation; Juneau Jane, her illegitimate Creole half-sister; and Hannie, Lavinia's former slave, travel to Texas, chasing a ghost of a man who they believe holds the key to their futures.

Benedetta Silva who goes by Benny, is a first-year teacher at a poor rural school in Augustine, Louisiana, who can hardly comprehend the lives of her poverty-stricken students. She finds a hidden book that takes her back to the three women's story. She

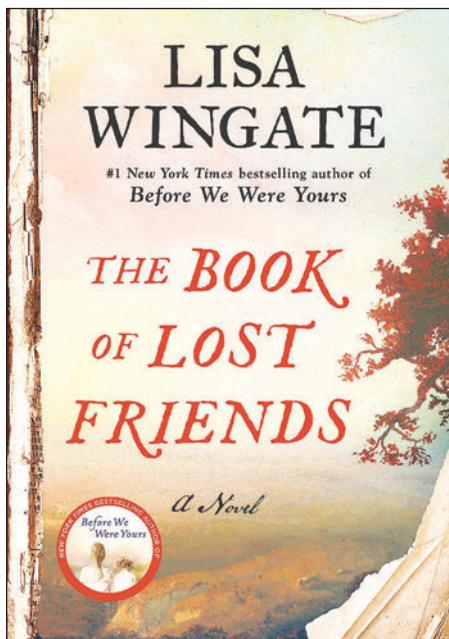


image provided

convinces an older woman, Granny T, who is a legend in the town, to visit her classroom and talk about local history. While this gives her the connection she wants with her students, it upsets almost everyone in the town. The topic is something no one wants to talk about, considering the town's past and the former plantation that a portion of the town now sits on.

Benny tells her students, "You know there is an old proverb that says, 'We die once when the last breath leaves our bodies. We die a second time when the last person speaks our name. The first death is beyond our control, but the

second one we can strive to prevent.'" The subject matter in this book is heavy, but the beauty of the prose carries the reader through any difficult passages. It's a tale that brings to life a sad and disturbing part of American history.

The *Lost Friends* ads, published in the *Southwestern Christian Advocate*, a Methodist newspaper, went out to nearly 500 preachers, 800 post offices and more than 4,000 subscription holders, requesting that pastors read

the contents from their pulpits to spread the word of those seeking the missing. Reprints of some of those ads are in the book, and they will break your heart and make you want to cry at the injustice. In *The Book of Lost Friends*, Wingate does a masterful job of telling about actual "lost friends" advertisements that appeared in Southern newspapers after the Civil War, as freed slaves searched for loved ones who had been sold off. It's a tale not to be forgotten.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, Now that we are back to school, I know that I will want to communicate with my children's teachers. I guess

email is going to be the best way. Sometimes I have trouble communicating my concerns, and I'm hoping you have some good ideas on how I can email with my kids' teachers so that they understand what I'm saying and that I don't overload them.

Monica G, Fort Myers, FL

Monica,

I think you will find that most teachers expect and welcome communication via email. They want to know your concerns, and they want to be able to share information with you. You are wise to take a look at the best way to structure your email and figure out the best way to write it. Your school may have some guidelines about emailing the teacher, and you should check on that... but here are some basic principles of good email communication with them.

First, make sure that the teacher is open to emails exchange. She or he may have another different, preferred way to communicate. If email is OK, make sure you have their correct email address and that they have yours. Some of us have some wacky email names, and you want to make sure that the teacher knows it's you and that your email doesn't go in the spam folder.

Start each email with a pleasant greeting and positive comment. You might want to state how much you appreciate the teacher's hard work or how much your child likes the class.

It's important to keep your email as brief as possible. Long emails often aren't read closely. Think about how you react to long emails and tailor your own to be succinct.

Don't expect an instant reply. Teachers have family lives, too. Find out what the teacher's policy is on how quickly you're likely to get a response. Most teachers will respond within 24 to 48 hours.

Make sure you have read all the class materials thoroughly. Oftentimes, the answers to your questions can be found in class materials. Make sure to check the class web portal as well. Many teachers now go to great lengths to put grades, assignments and other materials on a web portal.

An email to your children's teachers should only include other school professionals if they've been involved in the particular issue you're emailing about. Don't copy the principal unless it's absolutely necessary.

Keep the tone calm and respectful. If you want to discuss a learning issue, it's important to stick with the facts. Instead of saying, "no one is helping my daughter with her reading" try to make the email stay on a more positive tone to address the same concern. For example, you can write, "She failed the last two reading comprehension tests, and I'm concerned she needs some reading help. Can you and I set up a time to talk about this further?" That may start the process of a helpful dialogue.

Make sure to close the email with a pleasant closing. Thank the teacher for taking the time to read your message and say that you look forward to hearing her thoughts.

By using these guidelines, you should be able to write a very useful and appropriate email that will help you, your child and the teacher address any concerns that arise.

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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Superior Interiors

Adding Value To Your Home For Market



by Jeanie Tinch

How important is it to properly stage your home before a sale? According to real estate experts, proper staging can increase a home's value by one to 10 percent, compared

to similar property values. This means more than simply cleaning your interior and exterior spaces (although that's a major part of it). Staging includes clearing away clutter and ultimately striking a balance between a homey feel and a blank slate that a potential buyer could picture themselves living in.

The outside of your home is just as important as the inside, especially considering that it's the first thing potential buyers see. Sprucing up your landscaping doesn't need to be a major undertaking, but rather just tidying up garden beds, keeping the lawn trimmed and adding a few flowers for pops of color.

Refrigerators, microwaves and washing machines are just a few of the essential appliances around your home that buyers

will want to take a good look at. Having updated appliances is a great way to boost the value of your home, especially if they are energy efficient. Even things such as ceiling fans, thermostats and cooling systems can be upgraded to newer models to attract buyers because they look sleek and are functional.

A fresh coat of paint has the power to transform the feeling of a room or your furniture. If you have brightly painted or dark walls, you may want to brighten them up with a lighter color when you put your home up for sale. This will allow buyers to picture the space as their own, and it opens a multitude of design possibilities. This doesn't mean you have to paint your entire home white overnight, but simply make some strategic paint choices in key living areas like the living room and kitchen.

Windows are an interesting asset to your home because they serve a functional purpose and must look great from both the exterior and interior. Apart from updating your windows to new energy-efficient models, it's also a good idea to update any window treatments surrounding them. Whether that means painting shutters or switching out heavy drapes for lighter materials during warmer months to let in more light, your windows are one of the most important elements of your home.

The bathroom can be easily overlooked because of its small size. Typically, when you hear about a bathroom upgrade, it involves an expensive remodel, but you can add value to this space with a few simple changes.

Changing accessories like a towel rack to nickel, adding new towels and removing counter clutter instantly beautifies the space.

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

Blue Chip Business Award Moved To 2021

The Southwest Florida Blue Chip Community Business Award, which will be postponed to May 2021, will now be co-produced with the Lee County Economic Development Office (EDO), the Horizon Council and the Horizon Foundation. The renowned community event has been coordinated and sponsored by McGriff, a subsidiary of Truist Insurance Holdings, for 26 years.

"Blue Chip has been a red-letter day in our community for many years. However, just as we began discussions with the Lee County EDO, Horizon Council and Horizon Foundation about making this an even bigger event by co-branding and combining resources, COVID-19 hit," said Scott Gregory, Blue Chip program coordinator. "We'll continue our plans to expand the event but we also recognize the need for community safety right now. After we surveyed our endorsers, we believed it was the best course of action to postpone the event until the second quarter of 2021. Despite this adversity, we'll continue the Blue Chip program,

and we're honored to be part of this collaboration with local organizations as well. It's a 'win-win' for businesses and future honorees."

In keeping with its founding principles, the Blue Chip program will recognize small business owners who have overcome adversity to achieve success. Thriving for-profit companies with their primary office located in Charlotte, Collier or Lee County may apply. Eligible businesses must have been in continuous operation for at least three years under the same ownership and have five to 400 payroll employees. Registration for the event will remain free.

Additional details about the event, including the new location and time as well as information about applications for the Southwest Florida Blue Chip Community Business Award are forthcoming.

For information about the Blue Chip Award program, contact Scott Gregory at spgregory@mcgriffinsurance.com.

From page 19

FISH 10K

covering which will be mailed to them. New incentives this year include a refund of registration fee to a runner if they fundraise \$250 or more (excluding processing fees). For every five referrals a runner makes to others who sign up, they receive a \$20 discount.

For more information on the race or if you are interested in sponsoring the virtual event, contact Diane Cortese at dianerc10@gmail.com.

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Hank Humphrey, Trust Company Advisory Board Member, will often take the time to visit with members of our team - resulting in ideas that give our clients the best possible experience.

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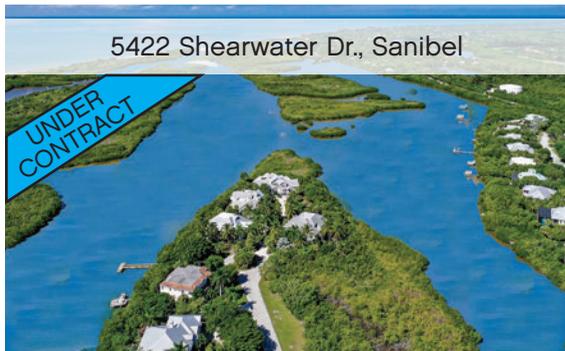
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- \$2,850,000



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 - 3 bedroom residence with Beach Access.
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Rotary Happenings

submitted by Cindy Carter

This week at our Rotary Zoom meeting, we were visited by a penguin named Charlie sharing his travels. Rather, we were visited by Rotarian Haley Marguerite Mariano, who is the author of the children's book series called *Charlie Takes an Adventure*. Mariano actually wrote the first book in this series, *Charlie Takes an Adventure*, as a language arts project in the sixth grade. In this book, Charlie, who is originally from Antarctica, travels to Florida to discover a new world. After many years and with a lot of hard work and dedication, Mariano had this book published and has since written two more books, *Charlie Takes an Adventure to Massachusetts* and *Charlie Takes an Adventure to New York*.

Mariano was born in Natick, Massachusetts and now lives in Boca Raton, Florida. She has taken her



Rotarian Haley Marguerite Mariano photo provided

books all over the southern portion of the United States, especially Florida. She has done hundreds of book readings at Girls Scout clubs, preschools, elementary schools and middle schools. She spreads the love of reading by selling her books at farmers markets, craft festivals and other events all over the state of Florida.

Along with being a children's book author, Mariano is a motivational speaker and inspirational blogger. She enjoys giving her motivational talks to young people so they can be inspired

to follow their dreams just like she has. She also strives to empower young women to be confident, independent leaders. She encourages them to "stay true to yourself, don't listen to the negative comments or noise and to keep going."

Her next book will focus on the state of North Carolina and the adventures Charlie can find there.

*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.**

limited to the following: airline fixed rents, retail, food and beverage fixed rents and concession fees, aviation ground rents, non-airline terminal rents, rental car fixed rents, advertising rents, airport plaza fixed rent and concession fees and tenant employee parking, ground transportation, airline ramp parking and rental car privilege fees.

Southwest Florida International Airport served more than 10.2 million passengers in 2019 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit www.flylcpa.com or www.facebook.com/flyrsw.*

Port Authority Approves Rent Relief Program

The Lee County Port Authority's (LCPA) Board of Port Commissioners approved a rental relief package for its airlines, concessionaires and other tenants at Southwest Florida International Airport (RSW) during the joint board meeting of the Board of Port Commissioners and Airports Special Management Committee. This program will provide one-month rent relief to the tenants at RSW for fees and charges due under their lease agreements. It will cost LCPA approximately \$3 million. This initiative comes in addition to the 90-day fees/rent deferral that was extended to its airport partners in April 2020 to help provide cash flow at the start of the pandemic.

"The Board of Port Commissioners was very pleased to be able to waive September payments for the airlines, concessionaires and other tenants and service providers doing business at Southwest Florida International Airport," said Commissioner Brian Hamman, chair of Lee County Board of Port Commissioners. "This relief comes at a time when reduction in passenger traffic has led to unprecedented financial losses in nearly every business sector of commercial aviation, and we hope it will provide some needed assistance to the stakeholders we rely on to support our airport."

This tenant relief package will be

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Kingfisher Real Estate

The top producer for August at Kingfisher Real Estate was Brooke Brownyard, top selling and listing agent.*



Brooke Brownyard

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company



Bob Hodosky



Michelle Bornhorst

The top sales and listings producers for August at John Gee & Company were Bob Hodosky and Michelle Bornhorst.*

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- \$18,000,000**

11555 WIGHTMAN LANE



CAPTIVA ISLAND BEACH HOME

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15138 WILES DRIVE



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 - Comfort Meets Luxury w/ 6 BR 5.5 BA 4611 SQFT
 - Private Oasis, Huge Lanai, Pool, Putting Green
- \$6,495,000**

16500 CAPTIVA DRIVE



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 - Lush Landscape on Over One Acre, A Dream Escape!
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6418 PINE AVENUE



SANIBEL WATERFRONT

- 3 BR, 3 BA, 2 Master Suites, Open Concept, 3,930 + SF
 - Soaring ceilings, Deeded Boat Dock, Pool/Spa
 - Short walk to Beach or West End Village
- \$1,849,000**

16611 CAPTIVA DRIVE



ROOSEVELT CHANNEL ESTATE

- 6 BR, 6 BA, Authentic & Inspiring home w/ Cypress Beams
 - Beautiful Saltillo Floors, Open Kitchen w/Hand Crafted tiles
 - Deeded Beach Access, 3 Docks & Lifts 60K Weight, Tropical Landscape
- \$4,889,000**

1314 SEASPRAY LANE



NEW 2020 CONSTRUCTION GULFRONT

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Will Power

Now Is The Time



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

When I was growing up in Indianapolis, we would visit my grandparents in Clearwater every spring break. One year, my parents treated us to a few days at Disney World, and we even stayed in the Contemporary Resort. That's the hotel near the Magic Kingdom that has the monorail passing through its giant open atrium.

For a 12-year-old boy in 1974, the entire scene was incredible.

We had a blast in the park, too. After riding on Space Mountain, my parents wanted a more sedate experience (I wanted to go on Space Mountain again, but was overruled), so we hopped

right into the Carousel of Progress. You may remember its catchy tune, "Now is the time... Now is the best time of your life..."

Thinking back, the Disney Imagineers really pegged the "future" family. Remember, this was 1974. The animatronic family of the future conducted video calls and used pocket computers to search for recipes.

Like many Disney songs (think *Supercalifragilisticexpialidocious*), once you hear them, they stick in your mind for the rest of the day. "Now is the time" seems to be my mind's theme recently, particularly because of what's going on in our economy and in looking forward to the next election.

Consider that our government has spent trillions of dollars to keep us afloat during the coronavirus episode that's not yet over. Our economy absorbs hit after hit, and we don't know how this all pans out. As a tax and estate planning attorney, I can't help but think no matter who wins in November, our tax bills will be rising. Tax rates are at historic lows. With the enormous debt Washington accumulates, something must give.

The federal estate tax exemption is at an historic high. It won't last forever, as it is scheduled to sunset in 2025. Depending upon the November results, it could sunset sooner.

So where does this lead us? For those with larger estates, now is the time to conduct advance planning. Strategies exist to minimize the size of your estate, even if you want to retain the income generated by the assets you're planning with.

Unlike your foundational plan, such as a will or a revocable trust, most advance planning requires the use of irrevocable trusts. In other words, your foundational plan can always be changed, but when you embark on advance planning, it's permanent. It can't easily be undone.

But that's nothing to fear if you have a Florida Bar board certified estate planning

attorney on your team. Here, you'll want to discuss your goals and concerns, then fashion a plan that wraps the best tax strategy around those plans. In addition to estate tax planning, income tax planning is also vitally important, as income tax rates are also likely to rise in the near term.

Most advance planning techniques take time to mature. Some strategies percolate over several years. But this can be a good thing for you and your loved ones.

Consequently, not only is it important to consider strategies because tax rates might change, but it's also important to have as many years as possible in front of you to let advance plans mature, saving more money. All time low interest rates benefit as well. So long as the rate of return that your assets achieve over time exceeds current government interest rates, the better the savings for your loved ones.

Now is the time. (You're hearing that song in your mind, aren't you?) Don't Mickey Mouse around, because environments this favorable won't last forever. Hopefully, we don't return to 1974 inflation rates (11.4 percent!) which, combined with the interest rates at that time, would make many advance estate planning strategies difficult to succeed. Take advantage while you can.

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Island Resident Appointed To Law Committee

This past month in Tallahassee, The Supreme Court of Florida issued an administrative order appointing Sanibel resident Dr. Steven R. Maxwell to serve a three-year term as a public member of the Florida Bar's statewide standing committee of the Unlicensed Practice of Law (UPL).

Under Rule 10-3-1, the UPL Committee consists of attorneys and public members who are responsible for carrying out the rules governing the investigation and prosecution of complaints concerning the unlicensed practice of law.

This past summer, Dr. Maxwell was reappointed to serve another three-year term as a trustee of the Florida Supreme Court Historical Society.

Dr. Maxwell's article titled *The History of the Florida Board of Bar Examiners: Its Roles, Responsibilities and Relevance* was also published this



Dr. Steven R. Maxwell photo provided

past summer in the *Historical Review: a Publication of The Florida Supreme Court Historical Society*. This particular issue was devoted to commemorating The Florida Bar's 70th anniversary.✧

How's The Market? Ask Ann Sanibel!

Sanibel Real Estate! Check all the boxes: World famous beach, 22 miles of bike trails, small town atmosphere, performing arts center, three golf courses, three tennis clubs, "Ding" Darling National Wildlife Refuge, 45 restaurants, movie theater and several places of worship.

Selling in a "hot" market? Beginning in June, our single family home market is very strong. Unit sales are up 50% from last year's sales. At the same time, inventory of resale homes is down 40% from June of this year. The "HOT SPOT" is homes priced between \$500,000 to \$900,000. Pricing the listing in a hot market – use recently sold comparable homes, check out Zillow's Zestimate and get a price from an experienced local Realtor. Average those figures and add 7-8% for the listing price. In my opinion, this is a good strategy. If prices are rising, you will be protected and at the same time attract potential buyers to your listing.

For the last several weeks, we have been reporting the number of recently accepted sales going back one week. To provide you with meaningful information, I will now post addresses and sales prices on CLOSED properties going back one week.

Actual Closed Sales going back a week. WOW!!

Vacant Lot: 2462 Wulfert Rd. \$207,000	Home: 1559 Sand Castle \$640,000
Vacant Lot: 1219 Par View Dr. \$275,000	Home: 1476 Sand Castle \$670,000
Condo: Blind Pass, 5117 Sea Bell Rd. E-202 \$392,500	Home: 3117 Twin Lakes Ln. \$788,000
Condo: Sand Pointe, 2737 W. Gulf Dr. 227 \$715,000	Home: 660 Durion Ct. \$850,000
Condo: Seawind II 830 E. Gulf Dr. \$763,250	Home: 1358 Sand Castle \$925,000
Condo: Sand Pointe 2737 W. Gulf Dr. 116 \$870,000	Home: 3850 Coquina Dr. \$1,040,000
Condo: Somerset, 3215 W. Gulf Dr. C302 \$1,500,000	Home: 912 Kings Crown Dr. \$1,175,000
Condo: High Tide 2659 W. Gulf Dr. A301 \$1,845,000	Home: 5089 Joewood Dr. \$2,850,000
Home: 1567 Sand Castle \$540,000	



Ann Gee Broker/Owner



I am always looking for feedback, so let me know if you have any comments or questions.

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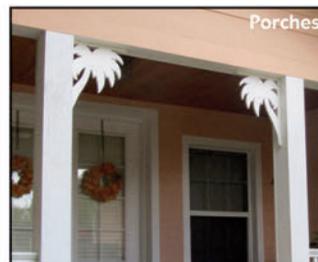
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Frankly Speaking

by Howard Prager



Memories of great moments. Moments of excitement. The confluence of so many sports continues with yet another league added towards the end of the week.

That's what happened on this Labor Day for perhaps the first time ever. Playoffs in the NBA and NHL, Kentucky Derby, Tour de France, U.S. Open Grand Slam Tennis, PGA FedEx Cup, the last month of the regular MLB season, some NCAA football and, this week, the start of the NFL.

It's enough to make your head spin and fingers curl up from where to even start.

Great moments from the past with the loss of two legends. Lou Brock, who was traded by my beloved Cubs to their archrival Cardinals had a fabulous career – after being traded. He got his 3,000th career hit (against the Cubs by the way), stole 938 bases and had a .293 batting average. The Hall of Famer passed away this week at 81. But whereas the Cardinals stole a Hall of Famer, Hall of Famer Tom Seaver – who passed away at 75 last week – stole the hearts of Cubs fans. I hate to type this. The Amazin' Mets featuring "Tom Terrific" overcame the Cubs – who led the NL most of the season in 1969

– to win the pennant and then the World Series. To add insult to injury, he finished his career on the south side of Chicago with the White Sox. My cap is tipped to both of them.

Two other losses of note, these from college basketball. John Thompson, coach of the Georgetown Hoyas, passed away at 78. At 6'10" his towering presence on the sidelines and his development of four great NBA players, Patrick Ewing, Alonzo Mourning, Dikembe Mutumbo and Allen Iverson are forever linked. Another member of the Naismith Basketball Hall of Fame, Tom Jernstedt, passed away at 75. Known as the "Father of the Final Four," he created March Madness. He worked his first Final Four in 1973, and grew the TV contract from \$1M at that time to \$10B when he left in 2011.

Take me to Vegas, baby. For hockey.

In hockey, Las Vegas and Dallas each won their game 7s and moved on in the west to face one another. The Stars won the first game of that series, 1-0. Great goalie work by both teams. In the East, the Islanders face the Tampa Bay Lightning whose captain, Steve Samkos, is still not ready to play.

Breathtaking moments from the NBA playoffs. Two game 7s this week were won by 1 point each. Can't get much closer than that, advancing the Nuggets and Rockets to their next round. Milwaukee, in an OT must-win victory, held off the Heat whose lead is now 3 games to 1. That kept the Bucks going, the best team in the NBA regular season, and they did it with Giannis being injured in the second

quarter. No team has ever come back after trailing 3-0. Stay tuned.

Novak Djokovic, who was seeded and ranked No. 1 to win the U.S. Open, got thrown out of the U.S. Open. After losing a game and trailing 6-5 to Pablo Carrena Busta, Djokovic angrily hit a tennis ball in disgust. It smacked into the throat of the line judge, who dropped to her knees at the back of the court and reached for her neck. Fortunately, she was OK. It was soon decided that Djokovic would be disqualified and would have to wait to obtain his 18th career Grand Slam title. Djokovic argued back but to no avail. He released the following statement on Twitter. "This whole situation has left me really sad and empty. I checked on the lines person and the tournament told me that thank God she is feeling ok. I'm extremely sorry to have caused her such stress. So unintended. So wrong. I'm not disclosing her name to respect her privacy. As for the disqualification, I need to go back within and work on my disappointment and turn this all into a lesson for my growth and evolution as a player and human being. I apologize to the @usopen tournament and everyone associated for my behavior. I'm very grateful to my team and family for being my rock support, and my fans for always being there with me. Thank you and I'm so sorry." He loses money he could have earned, ranking points and seating.

A champion of a different breed, Authentic, won the Kentucky Derby and led wire-to-wire. Kudos to Bob Baffert,

the trainer who won a record-tying sixth victory. Rider John Velazquez won his third derby. But with no wild hats, no mint juleps and no crazy outfits, was it really the Kentucky Derby?

Dustin Johnson, the number one seed in the FedEx Cup tournament played a great third round on Sunday and held on to the lead on Monday, gaining his third tournament win since June. A championship season.

NCAA football started this past weekend with teams like Arkansas State, Army and Utah State in the headlines. Huh? It really doesn't feel like college football. And Thursday was the first NFL game of the year. We'll see how long the NFL lasts without playing in a bubble. I hope both players and fans stay safe. And my readers too.

The good news story of the week comes again from CBS Sunday Morning as they featured Quinn, a 4-year-old who rode his bike on his neighbor's driveway. Rather than getting upset, the neighbor decided to "participate" by chalking different courses on his driveway for Quinn to follow, even researching famous race courses to do so. Who knows, maybe he's preparing Quinn for a future Tour de France, which is finally going on right now.

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@islandsunnews.com. ✨

ISLAND SUN BUSINESS NEWSMAKERS

John Naumann & Associates



Meredith Murray



Hahn Larry



Debbie Hahn



Linda Naton

The top producers for August at John Naumann & Associates were: Meredith Murray, top listing agent; Larry and Debbie Hahn, top listing and sales team; and Linda Naton, top sales agent. ✨

SPORTS QUIZ

1. What right-handed submarine-style relief pitcher for the Kansas City Royals led the AL in saves in 1980 and 1982-85?
2. Luc Richard Mbah a Moute, former UCLA Bruins basketball star and 2008 NBA Draft pick of the Milwaukee Bucks, hails from what African nation?
3. Name the Arizona Cardinals head coach who ranted "[The Bears] are who we thought they were! And we let 'em off the hook!" in a 2006 postgame press conference after his team's late collapse vs. the Chicago Bears on Monday Night Football.
4. Stomper, an elephant, is the official mascot of what Major League Baseball team?
5. Through the 2016 Rio de Janeiro Summer Olympics, China dominated the table tennis event with 28 total gold medals won. What country ranks a distant second with three gold medals?
6. What Swiss tennis star won the Australian Open, Wimbledon and US Open women's singles titles in 1997 at age 16?
7. What quarterback did the New York Giants' Michael Strahan tackle on the final game of the 2001 NFL regular season to break Mark Gastineau's single-season sack record?

ANSWERS

1. Dan Quisenberry. 2. Cameroon. 3. Dennis Green. 4. The Oakland A's. 5. South Korea. 6. Martina Hingis. 7. Brett Favre, Green Bay Packers.

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

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dearRPharmacist

Grape Juice Helps Heart Disease



by Suzy Cohen, RPh

Dear Readers: A few weeks ago I wrote about post viral fatigue syndrome (PVFS), which is the lingering, intractable fatigue that often plagues victims of

viruses for years. It can be caused by the flu, Lyme, Epstein Barr Virus, and as of late, COVID-19 has been found to cause this too. The literature is not calling it by its medical term, they're referring to it as "long-haulers syndrome."

This is a post-infectious illness that abates within a few weeks for most people. PVFS has the primary symptom of fatigue, however it is also sometimes accompanied by sleep disturbances too. The exhaustion can be accompanied with other alarming symptoms such as shortness of breath, weakness, a sensation of lightheadedness, dizziness, heart palpitations and mild chest pain associated with exercise.

The reason I'm refreshing your memory on PVFS is because I want to contrast that with heart disease, more specifically left ventricular hypertrophy (LVH). The symptoms for this and PVFS look similar and so it is something you need to consider if you have the symptoms above.

Left ventricular hypertrophy is not the same as PVFS, even though the symptoms are similar. LVH is an enlargement and thickening (termed hypertrophy) of the interior walls of your heart's main pumping chamber (left ventricle). LVH is almost always driven by hypertension as its underlying cause. The high pressure in your blood vessels makes the left ventricle of your heart work ridiculously harder, and then the enlargement happens afterwards.

A new article was published regarding grape juice and how it could help LVH (and likely high blood pressure). The study entitled *Grape Juice Attenuates Left Ventricular Hypertrophy in Dyslipidemic Mice* was done on animals, not people.

The researchers took 30 mice and

divided them into three different groups of 10 rodents, one of which received grape juice.

The researchers carefully evaluated inflammatory cytokine markers like C-reactive protein (CRP), insulin, MMP-2 and MMP-9 as well as blood sugar and other parameters. After two months, the animals who received grape juice fared out just as well as rodents who were given the popular statin drug called simvastatin. Their high cholesterol and insulin resistance issues improved too. Further, and this is the best part, the cytokines MMP-2 and MMP-9 (which attacks the brain) reduced, as did their levels of CRP. This means it has a protective benefit to the heart and blood vessels.

Keep in mind this is over 60 days, and it was just grape juice! The grape juice they used was botanically known as *Vitis labrusca*, or "fox grape" from which Concord grape juice is derived. Jellies are made from this too.

We cannot extrapolate that grape juice is a substitute for medications and standard treatment. But drinking a little juice each day is something I recommend due to the potent antioxidant benefits as well as the potential help it offers LVH. Because medications used for LVH often come with uncomfortable side effects, adjunctive foods and supplements can play an important role. Furthermore, as good as the drugs are, they are just blowing the smoke out of the house, they're not putting the fire out.

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

Grief Support Group Meetings

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.*

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: What are some unhealthy coping techniques that you are seeing during this crazy time, and how can they be turned into healthy coping techniques?

A: There are a lot of unhealthy coping mechanisms that people are using these days as opposed to healthy coping techniques.

This, of course, is due to heightened stress and anxiety. I will address the column below with unhealthy coping mechanisms and how they can be shifted into more healthy coping techniques.

Unhealthy Coping Techniques:

Sleep issues/deprivation;
Headaches, clenching of fists, jaw clenched together, biting lips, nails, tightness in neck/shoulders;
Eating when not hungry/overeating;
Procrastination/avoidance;
Depressed/lethargic;
Drinking too much/substance abuse;
Anger/negativity.

Healthy Coping Techniques:

Go to bed at the same time and get up at the same time, no screen time before bed, avoid the news, listen to a guided meditation every night before bed, take a relaxing bath;

Meditate, get a massage, practice yoga, exercise, get plenty of rest;

Mindful eating – three nutritious meals a day, drink plenty of water, read, exercise;

Make a list and do what you can, begin the next day and accomplish what didn't get done the day before;

Start the day with some sort of movement that you enjoy, build up to a pace that works for you, you will feel better that you did this;

Call a friend to do something with, walk, watch a movie, start reading a book you have been interested in, go to an animal shelter and walk a dog, volunteer in your community;

Shift to what all you are grateful for and find the positive (and the funny) in your day, get out in nature and explore the nature and beauty wherever you are.

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 or visit www.drconstanceclancy.com.*

Victims Of Drug Abuse Need Help

Narconon reminds families that drug abuse is on the rise in almost every community nationwide. Many families don't know where to turn or what to do about their loved one who's suffering from addiction. To learn more, visit www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html.*

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Doctor and Dietician

Are You Tired?



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

Fatigue is one of the most common complaints patients at Caring Medical report to us. Did you know the ational Institutes of Health (NIH) estimates roughly 30 percent of the population complains of sleep disruption? When sleep deprivation and resultant fatigue last longer than six months, it is then considered a chronic problem and can lead to poor brain function, cognitive impairment, brain fog and eventually total exhaustion. Between 836,000 and 2.5 million Americans suffer from fatigue.

As you know, we want to get at the root cause of our patients' problems, not cover them up with medications or other potentially toxic substances. If we lack energy, we are unable to do the things that we want to do or accomplish. When we are tired, often our diets suffer because we reach for something to give

us a boost such as a sweet treat or a caffeinated beverages or a combination of the two. Unfortunately, when we do this, most of us will crash and burn later!

There are some healthier things we can all do to help us have lasting energy and keep us doing all that we want to do. Ready? Here we go:

Get quality sleep – We all know it feels terrible to lose a night's sleep. Imagine that day after day? It is imperative that the body engage in restorative high-quality sleep to allow our bodies time to repair and restore, providing a healthy immune system and balanced hormones. Most people need between seven to nine hours per night. And turn off your devices before bedtime!

Get moving – Exercise gives you energy and increases levels of dopamine, norepinephrine and serotonin in the brain, producing an enhanced mood and better energy. In addition to that, your body receives more oxygen and nutrients to your tissues to help your body function optimally. Just 10 minutes of exercise can provide energy like a cup of coffee.

Eat nutritious food – We all know that the body survives best when it is being fed the proper fuel. Enough said about this – dump the junk, eat fresh food, limit excessive use of caffeine and alcohol and drink more water.

Control stress – This can be tough with all that life throws our way. Stress uses up a lot of energy, therefore it is a good idea to add relaxing activities to your routine such as working out,

yoga, reading, listening to calming music, sharing time with good friends, unplugging (from TV and the internet), and praying or meditating, adding deep breathing.

This information is not intended to treat, cure or diagnose your condition.

Beautifulife:

Just Do You



by Kay Casperson

We are living in a world that is very different from when I was growing up. Technology has changed how we communicate with each other and the speed in which we do so. We now rarely pick up the

phone to call someone when we have a question, but instead, we shoot them a text or a message on social media. We tend to comment on special events, birthdays, weddings, childbirth, accomplishments and hardships, followed by an emoji of some kind.

Honestly, it frustrates me when people fail to pick up the phone and give a call when and if they do not get a response to something. Or if a message relayed is not coming across quite clear enough, why not give a call to sort things out? But, I do realize that this is the world my kids are growing up in, and I have to roll with the changes to continue living my best and most beautiful life.

Because of our easy access to following others on social media, there can also be an instinct to compare yourself to others. People tend to compare the quality of someone else's life to their own. They may compare the material things that someone might have to their own. They might compare the accomplishments of someone else to themselves. They also tend to compare how happy someone else might be to how they feel inside.

I will be candid and frank with you; this is a dangerous place to be. I remind my children that you never know what is truly going on behind the scenes of someone's life on social media. I have always said that people do not share photos for the most part that are not displaying happiness or something useful or good. Some images might even be filtered or doctored up a bit. Regardless of what you think you should be like, the most important thing to remember is to just do you. You are a unique individual with your own special look, gifts, talents and desires.

Don't get me wrong; I think there are

*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.**

many time-saving benefits of relaying things quickly like never before. I also appreciate being able to catch up with what others are doing and sharing things about my business and my family. But, we need to remember to keep everything in perspective to focus on building a beautiful life. We need to trust our hearts and continue forward to what we are supposed to do and be.

My affirmation for you this week is:

"I am the best version of me that I can be and will continue to follow the desires of my own heart."

*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.**

Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, is offering a free autism spectrum disorder screening for toddlers ages 18 months to 5 years at the Pediatric Specialist Office on Friday, September 18 from 8 a.m. to 12:30 p.m.

It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families, and early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

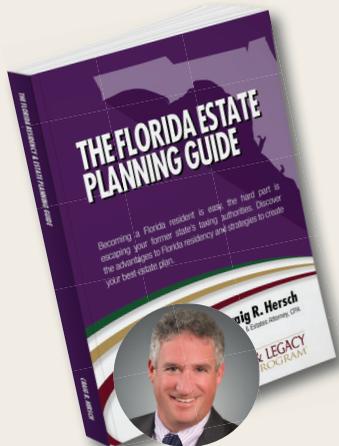
The screening is administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule, call 343-6838.*

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

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PETS OF THE WEEK photos provided

Lee County Domestic Animal Services

Cinna-Bun And Lollipop



Cinna-Bun ID# A826808

Hello, my name is Cinna-Bun. I am a 1-year-old female shorthair rabbit who is super friendly. I am a round little bundle of fun that likes to hop around checking things out. I am a petite rabbit that will not get any bigger. My adoption fee is \$5.

Hi, I'm Lollipop. I am a 2-year-old female pit bull who is sweeter than candy but you won't gain an ounce. In fact, I will help you get your exercise. To find Lee County's dog friendly trails to visit with me, visit www.facebook.com/leeparksandrecreation/posts/1032028693897233.



Lollipop ID# A826368

I get along well with the other dogs here, so I would be a fun dog to take to area parks. My adoption fee is \$75.

As always, cats and kittens are adopt one and get a feline friend at no additional charge.

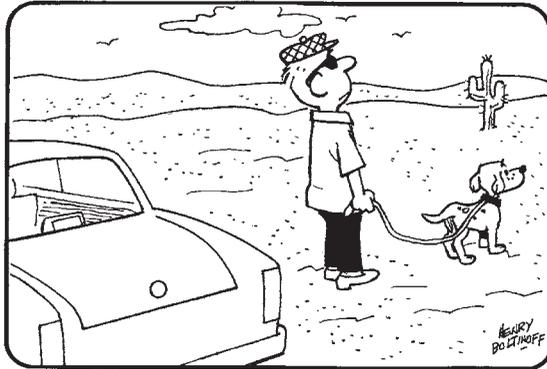
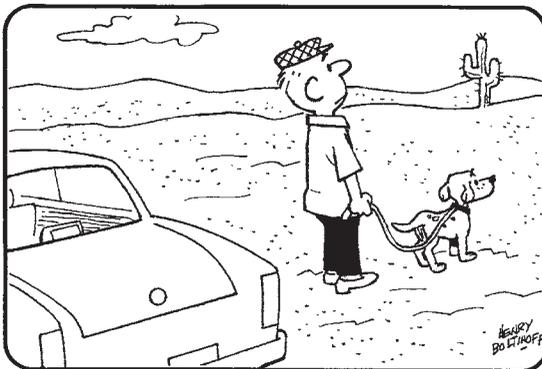
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10 a.m. to 4 p.m. Visit www.leelostpets.com to complete an online application. For more information, call 533-7387.*

PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Cloud has moved. 2. Sunglasses have been added. 3. License plate is missing. 4. Dog's leash is longer. 5. Birds have been added. 6. Cactus is closer.

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!

Mollusk	<input type="text"/>				
TIMPEL	<input type="text"/>				
Moment	<input type="text"/>				
ENDOCS	<input type="text"/>				
Primitive	<input type="text"/>				
FLAUDE	<input type="text"/>				
finish	<input type="text"/>				
PHOILS	<input type="text"/>				

TODAY'S WORD



"Had a little trouble with _____ on the sixth hole, but aside from that, we had a great game!"
Answer on page 39



CALLING CARD 239-395-1213

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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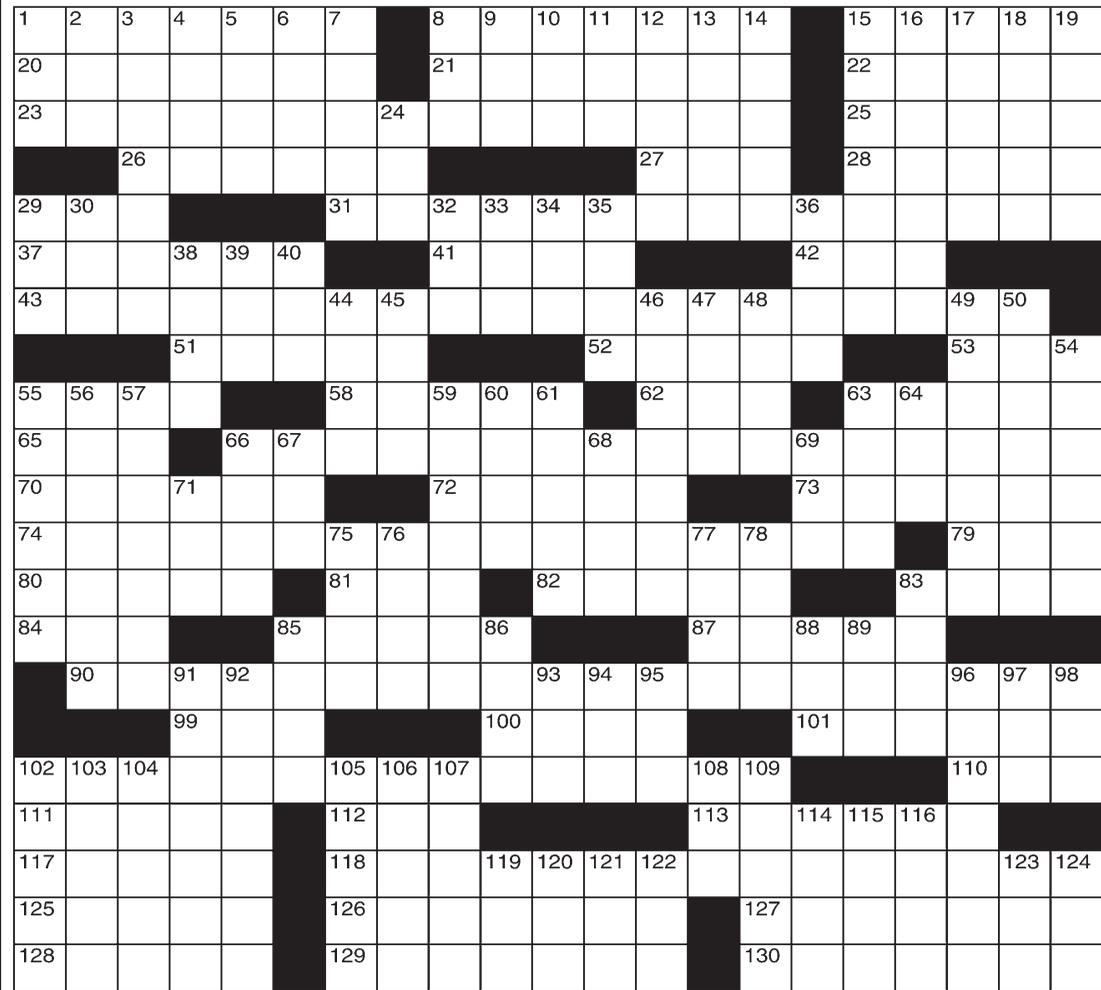
PUZZLES

Answers on page 39

Super Crossword

THE END IS IN SIGHT

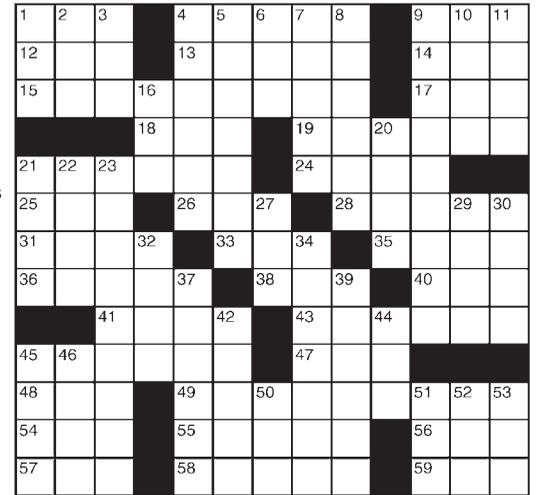
- ACROSS**
- 1 Rum brand
 - 8 River of D.C.
 - 15 Winger of Hollywood
 - 20 Qom native
 - 21 Great Plains tribe
 - 22 "Sk8er Boi" singer
 - 23 Method of making customers' mixed drinks?
 - 25 Surrender
 - 26 Dairy farm machine
 - 27 Mai —
 - 28 Slithery creature
 - 29 Metal deposit
 - 31 Added a coward as a Facebook connection?
 - 37 "Unto the Sons" author
 - 41 Apple center
 - 42 Arles article
 - 43 Prosecuting attorney's statement about his last-ever client?
 - 51 Bewildered
 - 52 Dentist's filler
 - 53 On the — (in hiding)
 - 55 Gift add-ons
 - 58 Nice smell
 - 62 "A mouse!"
 - 63 Popular pain reliever
 - 65 Golf rarity
 - 66 Noted U.S. lithographer
 - 70 One nosing around
 - 72 R&B singer with the 2003 hit "4Ever"
 - 73 Exemplars
 - 74 Forebode the spilling of
 - 79 Golf ball holder
 - 80 Black — cattle
 - 81 Wide foot spec
 - 82 Yule tunes
 - 83 Bunks, e.g.
 - 84 TV "Science Guy"
 - 85 Garb
 - 87 Bellybutton variety
 - 90 Email a large image file in error?
 - 99 Color tone
 - 100 Vivacity
 - 101 Nasty type
 - 102 Funds given to a certain soccer player?
 - 110 IM giggle
 - 111 Lift up
 - 112 Teeny-tiny holding
 - 113 Seer's site
 - 117 Estate in the country
 - 118 Trumpeting beast wins someone's affection?
 - 125 Ashley or Mary-Kate
 - 126 Monte Carlo locale
 - 127 Vail, for one
 - 128 Must have
 - 129 Get more precipitous
 - 130 Climbed monkey-style
 - DOWN**
 - 1 Baby's tie-on
 - 2 Football coach
 - 3 Tony's wife on "The Sopranos"
 - 4 Voting "nay"
 - 5 Cambodian money unit
 - 6 Like a cold, damp cellar
 - 7 Like the article "a" or "an"; Abbr.
 - 8 Golf average
 - 9 Hosp. scrubs sites
 - 10 Longest river in Scotland
 - 11 Photo finish?
 - 12 Photo finish
 - 13 In advance
 - 14 Waggish sort
 - 15 Hotel chain with a sun logo
 - 16 Showed plainly
 - 17 Rest period
 - 18 Poet Rainer Maria —
 - 19 Mayflower man John
 - 24 Make a gaffe
 - 29 Giant Mel
 - 30 Yell of cheer
 - 32 Here, in Haiti
 - 33 Long period
 - 34 Gun org.
 - 35 Salami seller
 - 36 Rock's Lewis
 - 38 JFK data
 - 39 JFK jet, once
 - 40 Lifesaving team, in brief
 - 44 2018 is one
 - 45 TV's Jamie
 - 46 Lacking in variety
 - 47 Absconded
 - 48 Counterfeit
 - 49 Lift up
 - 50 Untangled
 - 54 Untidy states
 - 55 New York's — Zee Bridge
 - 56 "AWOL" or "FAQ," e.g.
 - 57 1714-27 king of England
 - 59 Most unctuous
 - 60 Lo — (Chinese dish)
 - 61 Songwriter Harold
 - 63 Totals (up)
 - 64 Falsification
 - 66 Middle marks
 - 67 Large vase
 - 68 Retort to "Are not!"
 - 69 Author Anaïs AC
 - 71 Letters on an AC
 - 75 Actor Bruce
 - 76 Yard intruder
 - 77 Bump on —
 - 78 "The jig —!"
 - 83 Test version
 - 85 Action
 - 86 Old New York ballpark
 - 88 Robbins of "Short Cuts"
 - 89 Hard water
 - 91 Forked (out)
 - 92 Many beach mementos
 - 93 TV Tarzan player Ron
 - 94 "Thwack!"
 - 95 Ending for serpent
 - 96 Get rid of, as a bad habit
 - 97 — de Oro
 - 98 Slithery creature
 - 102 — Rex (cat variety)
 - 103 Force out of the country
 - 104 Counterfeit
 - 105 Water jugs
 - 106 Ignited anew
 - 107 Irk
 - 108 "Just joking!"
 - 109 Hair lock
 - 114 Egyptian sacred cross
 - 115 Twice CCI
 - 116 Slant
 - 119 Bakery buy
 - 120 With it, man
 - 121 Exist
 - 122 "The Mugger" actress
 - 123 R&B singer
 - 124 Bummed out



King Crossword

ACROSS

- 1 Place for pampering
- 4 Bedouins
- 9 Gasoline stat
- 12 Samovar
- 13 Actress Zellweger
- 14 A billion years
- 15 Update
- 17 Bookkeeper (Abbr.)
- 18 Young fellow
- 19 Shun
- 21 Feast alternative
- 24 — land (spaced-out site)
- 25 Eggs
- 26 Attempt
- 28 Paul or Lloyd of baseball lore
- 31 Gear teeth
- 33 Collection
- 35 Go off the board
- 36 Central
- 38 Turf
- 40 Londoner's last letter
- 41 Reverberate
- 43 Hourglasses, e.g.
- 45 Common condiment (Var.)
- 47 Historic period
- 48 Boxing legend
- 49 Spellbind
- 54 Namely (Abbr.)
- 55 Cook with radiant heat
- 56 Cacophony
- 57 Chowed down
- 58 Impudent
- 59 Choose
- 9 Replace personnel with robots
- 10 Pontiff
- 11 Chew like chipmunks
- 16 Inventor Whitney
- 20 Dressed
- 21 Central points
- 22 Shakes-peare's river
- 23 Make attractive
- 27 Indeed
- 29 Always
- 30 Cincinnati team
- 32 Moments, for short
- 34 Re clan emblems
- 37 Compass points
- 39 In a catastrophic way
- 42 "The Phantom of the —"
- 44 Scratch
- 45 Vena —
- 46 Settled down
- 50 Old French coin
- 51 Altar affirmative
- 52 Energy
- 53 Med. specialty



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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Armload
- Freeloader
- Offload
- Top-load
- Backload
- Front-load
- Overload
- Truckload
- Boatload
- Loader
- Payload
- Trunkload
- Carload
- No-load
- Reload

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 FRIDAY Partly Cloudy High: 89 Low: 82	 SATURDAY Sunny High: 87 Low: 81	 SUNDAY Scattered T-storms High: 86 Low: 78	 MONDAY Cloudy High: 87 Low: 81	 TUESDAY Mostly Cloudy High: 86 Low: 79	 WEDNESDAY Sunny High: 87 Low: 81	 THURSDAY Sunny High: 85 Low: 77
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	7:04 am	3:35 pm	None	None
Sat	8:26 am	4:41 pm	None	None
Sun	12:52 am	3:09 am	9:49 am	5:35 pm
Mon	1:10 am	4:24 am	10:59 am	6:20 pm
Tue	1:28 am	5:21 am	11:58 am	7:00 pm
Wed	1:44 am	6:12 am	12:53 pm	7:36 pm
Thu	2:02 am	7:01 am	1:45 pm	8:09 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	6:09 am	3:37 pm	None	None
Sat	7:31 am	4:43 pm	11:57 pm	None
Sun	8:54 am	3:11 am	None	5:37 pm
Mon	12:15 am	4:26 am	10:04 am	6:22 pm
Tue	12:33 am	5:23 am	11:03 am	7:02 pm
Wed	12:49 am	6:14 am	11:58 am	7:38 pm
Thu	1:07 am	7:03 am	12:50 pm	8:11 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	6:17 am	2:39 pm	8:30 pm	None
Sat	7:03 am	12:17 am	9:51 pm	3:50 pm
Sun	8:02 am	1:00 am	11:44 pm	5:06 pm
Mon	9:31 am	2:29 am	None	6:17 pm
Tue	12:47 am	5:34 am	12:10 pm	7:13 pm
Wed	1:25 am	6:59 am	1:12 pm	8:00 pm
Thu	1:58 am	7:57 am	2:07 pm	8:42 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	9:14 am	6:51 pm	None	None
Sat	10:36 am	7:57 pm	None	None
Sun	3:02 am	6:25 am	11:59 am	8:51 pm
Mon	3:20 am	7:40 am	1:09 pm	9:36 pm
Tue	3:38 am	8:37 am	2:08 pm	10:16 pm
Wed	3:54 am	9:28 am	3:03 pm	10:52 pm
Thu	4:12 am	10:17 am	3:55 pm	11:25 pm

My Stars ★★★★★ FOR WEEK OF SEPTEMBER 7, 2020

Aries (March 21 to April 19) Cupid is strong in the Aries aspect this week, with the cherub opening romantic possibilities for single Lambs, and strengthening ties 'twixt loving pairs already in a caring relationship.

Taurus (April 20 to May 20) Your dramatic flair might make things more interesting as you recount an event to your colleagues. But be careful not to exaggerate reality to the point that facts and fancy combine to form fiction.

Gemini (May 21 to June 20) You love to talk, and this week you should get lots of chances to share your thoughts with people who will not only pay attention to what you have to say, but will want to hear more.

Cancer (June 21 to July 22) The pattern of recent changes could begin to shift from mostly workplace-related events to more personal matters. Continue to keep an open mind as you prepare to deal with them.

Leo (July 23 to August 22) Reward yourself for what's sure to be a dynamic week with a getaway to someplace wonderful, hopefully with a wonderful

someone. You'll return refreshed and ready for what's ahead.

Virgo (August 23 to September 22) You might want to suggest resolving an old disagreement before it can affect a matter expected to come up for discussion. It's always best to start with a clean slate.

Libra (September 23 to October 22) The week favors combining dollops of creativity and practicality to work out both professional and personal problems. A longtime friend could have something of note to suggest.

Scorpio (October 23 to November 21) Some surprising facts could come to light if you decide to probe deeper into an "opportunity" than you might usually do. What you'll learn could determine what you'll earn.

Sagittarius (November 22 to December 21) Someone close to you might seek your counsel. Hear him/her out, but hold the line at giving actual advice until you get credible answers to all your questions.

Capricorn (December 22 to January 19) What seems to be an overwhelming workplace project can be dealt with quite well if you handle one category at a time. Things will soon begin to fall into place.

Aquarius (January 20 to February 18) A personal matter might need more

of your time than you had expected. Try to prioritize between your many outside commitments and your domestic responsibilities.

Pisces (February 19 to March 20) A developing situation still needs more time to grow, and more time to study before you can plunge in and make some attention-getting waves. Patience is best for wise Pisceans.

Born This Week: You have a gift for organization that would make you a fine archivist. (Are you listening out there, Library of Congress?)

NOW HERE'S A TIP

- "Whenever a stew or soup recipe calls for whole herbs to be used and then taken out later, I put them in a tea infuser. I could never seem to get them all before, and inevitably someone would be served a whole bay leaf or such. This makes it foolproof." – JR in Georgia
- You can use an old toothbrush or nail brush to get grime out of the hinge area of the toilet seat.
- If you have a plant cutting you are trying to root in water, here's a tip to keep the end from resting on the bottom of your container: Use a twist tie wrapped around the stem on one side and hooked over the edge of the container on the other.

- "Whenever I get new e-mail addresses, I always add them to my online address book. I also write them in my old-fashioned paper address book. Sounds like a no-brainer, but you'd be surprised by how many people rely on their e-mail address book to remember all those addresses. It just takes one time for a computer virus to erase everything – not to mention if something happens to your hard drive. Just a reminder!" – BR in Pennsylvania
 - Using ice-cold sour cream instead of ice-cold water in your pie crust recipe will give you a flakier crust.
 - Here's a tip to gauge your exercise level: If you can't get out a sentence, then you are in a high intensity phase. If you can't talk at all during your entire workout, you are going too hard.
- ### STRANGE BUT TRUE
- It's illegal to kill Bigfoot in British Columbia. That is, if you ever actually run across him.
 - In March 2019, the Roosevelt Hotel in New Orleans celebrated its 125th anniversary by offering a free seven-night stay in the presidential suite, along with complimentary private dinners and spa treatments worth \$15,000. But this wasn't
- continued on page 38

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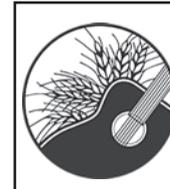
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From page 36

Strange But True

your everyday giveaway – the prize was only available to the person who returned the “most outrageous” item ever stolen from the hotel.

- The earliest toothpaste was made in ancient Egypt from crushed pepper, rock salt and dried flowers. No, it wasn't particularly effective.
- Speaking of toothpaste, that blob on your toothbrush is called a nurdle.

- Enjoy the smell of fresh-cut grass after mowing your lawn? Researchers have determined the scent is a chemical compound given off by plants in distress. They emit a similar odor when attacked by caterpillars or other predatory insects.
- Grooves in the road on Route 66 play *America the Beautiful*.
- In 1979, Elvita Adams, jobless and facing eviction, attempted suicide by jumping off the 86th floor of the Empire State Building but survived with just a fractured pelvis when she was blown back

- to the 85th floor by a strong gust of wind.
- When the first Spanish explorers arrived at the Yucatan peninsula, they naturally asked what the area was called. The response, “Yucatan,” was a Yucatec Maya word meaning “I don't understand what you're saying.”
- Chimpanzees can identify each other from pictures of their butts.
- The average male becomes bored with a shopping trip in about 26 minutes. His female companion typically lasts two hours.
- Almost 163,000 pints of Guinness beer are wasted in facial hair each year.

THOUGHT FOR THE DAY

“The way I see it, if you want the rainbow, you gotta put up with the rain.”
– Dolly Parton

TRIVIA TEST

1. **U.S. States:** Which state has the only flag that isn't rectangular?
2. **Government:** What is the subject of the eighth amendment to the U.S. Constitution?
3. **Television:** What was the name of Jed Clampett's bloodhound on *The*

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- Beverly Hillbillies?*
- Geography:** Which country is home to a giant formation known as Ayers Rock (Uluru)?
 - Advertising:** Which company's advertising mascot was a camel named Caleb?
 - Famous Quotations:** Which 20th-century novelist wrote, "And all the lives we ever lived and all the lives to be are full of trees and changing leaves"?
 - Measurements:** How many tablespoons are in a half cup?
 - Literature:** What was the name of the tiger in *The Jungle Book*?
 - Science:** When did the first space shuttle launch?
 - Movies:** Which 1980s movie had the tagline, "He may be dead but he's the life of the party"?

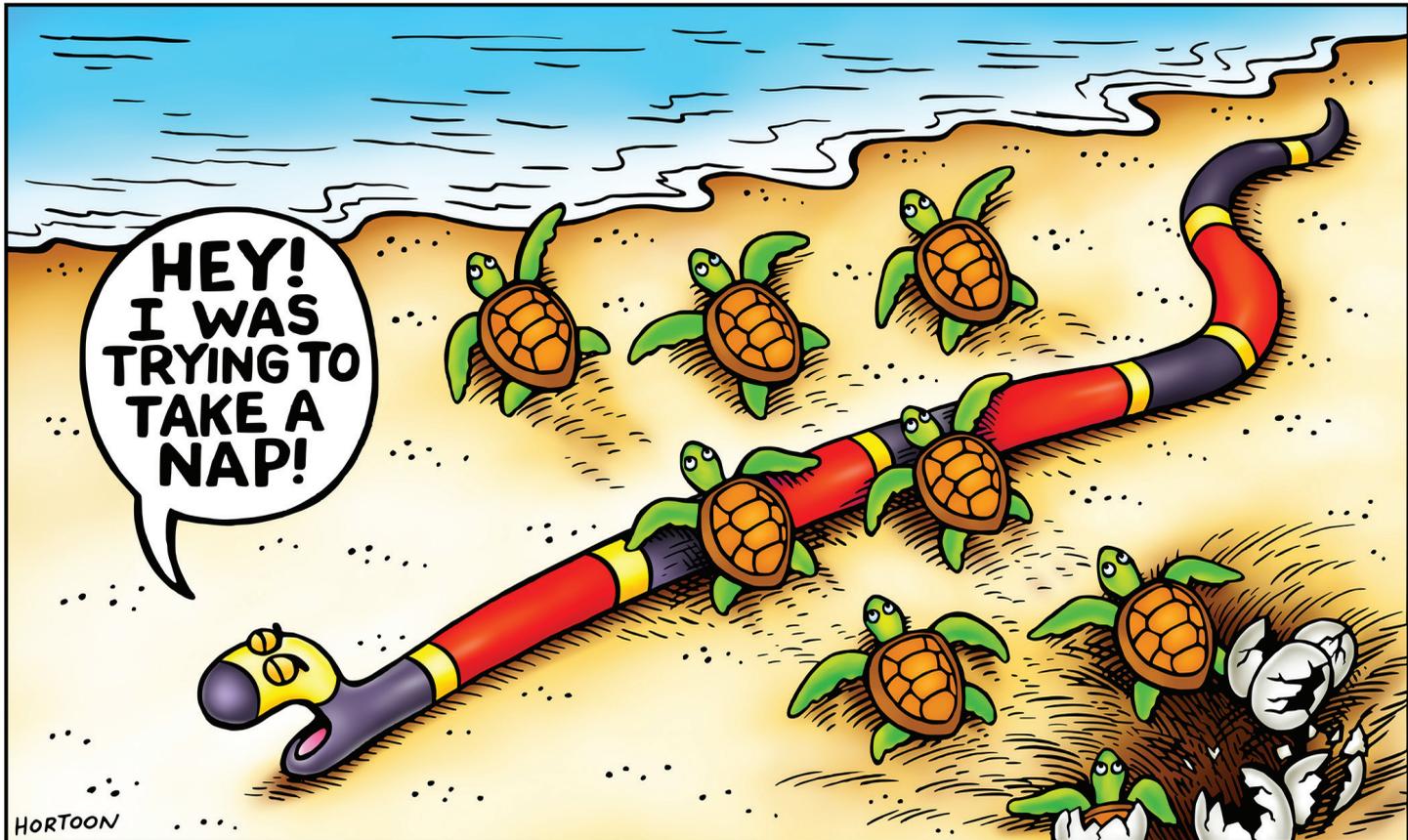
TRIVIA ANSWERS

1. Ohio 2. Prohibits cruel or unusual punishment 3. Duke 4. Australia 5. GEICO 6. Virginia Woolf 7. Eight 8. Shere Khan 9. 1981 10. *Weekend at Bernie's*.

SCRAMBLERS ANSWER

1. Limpet 2. Second;
3. Feudal; 4. Polish
Today's Word
LOCUSTS

HORTOONS



PUZZLE ANSWERS

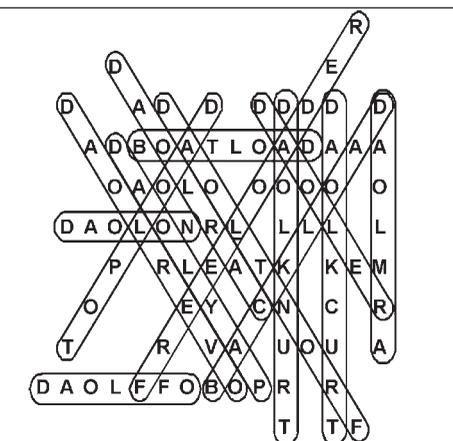
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Flamingo Harbour Condo	Fort Myers Beach	1981	3,905	\$2,095,000	\$1,700,000	274
Cape Coral	Cape Coral	2013	2,699	\$1,395,000	\$1,275,000	43
Fairview	Estero	2004	3,164	\$1,089,000	\$950,000	274
West Rocks	Sanibel	1977	1,873	\$1,048,000	\$1,040,000	8
Cape Coral	Cape Coral	2004	3,388	\$999,900	\$940,000	15
Edgewater	Fort Myers	1997	3,195	\$995,000	\$865,000	577
Dunes At Sanibel Island	Sanibel	2001	3,462	\$995,000	\$925,000	6
Corkscrew Shores	Estero	2015	3,923	\$950,000	\$892,000	132
Bonita Springs	Bonita Springs	1995	4,582	\$889,000	\$830,000	150
Safety Harbor Club	Captiva	1989	2,570	\$875,000	\$805,000	241

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Randy Wayne White ©

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YUCATAN SHRIMP!

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The Dixie Fish Co. & The Whale