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Labor Day  
Weekend



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VOL. 29, NO. 10

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 3, 2021

SEPTEMBER SUNRISE/SUNSET: 3 7:09 • 7:47 4 7:09 • 7:46 5 7:10 • 7:45 6 7:10 • 7:43 7 7:11 • 7:42 8 7:11 • 7:41 9 7:11 • 7:40

## Songwriter Fest Kicks Off On Captiva Island

The 10-day Island Hopper Songwriter Fest will begin on Captiva Island this year. Twenty-nine singer-songwriters will perform at seven venues – Doc Ford’s Rum Bar & Grille, Tween Waters Island Resort and Spa, Key Lime Bistro, The Mucky Duck, RC Otter’s, South Seas Island Resort and The Green Flash – from Friday through Sunday, September 17 to 19.

The Songwriter Fest, in its seventh year, then moves to historic downtown Fort Myers from September 20 to 23 and wraps up on Fort Myers Beach on September 24, 25 and 26.

Jimmie Allen and Michael Ray, with five No. 1 songs combined, are the headliners. Other award-winning



**Aaron Barker** photos courtesy The Beaches of Fort Myers & Sanibel

performers include Jay Allen, Dylan Altman, Aaron Barker, Hannah Ellis, Frank Myers, Dave Pahanish and Fort



**Sheena Brook**

Myers native Sheena Brook.

“BMI is thrilled to partner once again with Lee County Visitor & Convention

Bureau and iHeartMedia for the 2021 Island Hopper Songwriters Fest,” said Dan Spears, BMI vice president of industry relations. “After the challenging year we’ve had, this festival offers the perfect opportunity to bring people back down to Southwest Florida and celebrate with great food, drinks and music. Thank you to all of the participating BMI-licensed restaurants, bars and hotels for giving our songwriters a platform to showcase their music and share the stories behind some of their most popular songs.”

Island Hopper Songwriter Fest is the largest songwriter festival in Southwest Florida and offers a unique experience to interact with songwriters at pool parties and beachside venues. This year, more than 60 singer-songwriters from around the country will perform more than 100 shows.

Since May 2020, festival organizers have produced a virtual concert series, continued on page 6



A ruddy turnstone, several short-billed dowitchers, red knots and a black-bellied plover photo provided

## Volunteers Needed For Shorebird Count

For the sixth consecutive year, Sanibel-Captiva Conservation Foundation (SCCF) will be participating in global shorebird counts as part of World Shorebirds Day. These counts have been conducted during the first week of September worldwide since 2014 to spread awareness about shorebird conservation and gather longitudinal

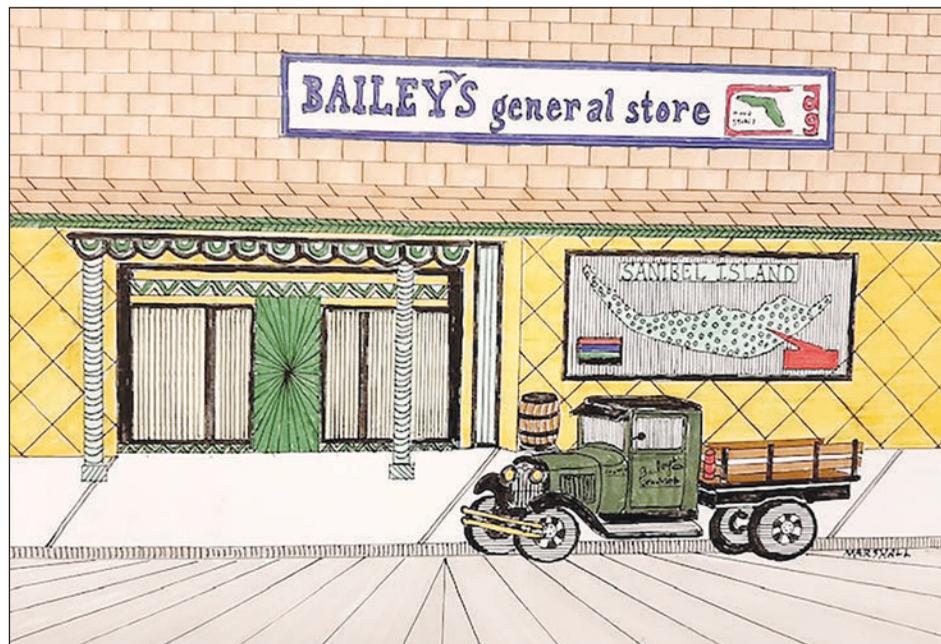
data. The 2021 count window is from September 1 to 7 and SCCF is seeking volunteers to help this year.

Typically, these surveys are conducted by SCCF staff, but this year, SCCF is hoping to engage volunteers who are interested in learning more about shorebirds. Staff will cover the west end of Sanibel and Captiva.

Volunteers are being enlisted for the east end from the Sanibel Lighthouse to Tarpon Bay Road on Tuesday, September 7 at 7:30 a.m. Survey routes range from one half to 1.25 miles and are divided

continued on page 2

## Featured Artists Of The Month



**Nostalgic Bailey's, pen and ink, by Bob Marshall**

submitted by Allison Davis

image provided

The Community House is hosting the Sanibel artist couple Anita Force Marshall and Bob Marshall as featured artists for the month of September.

Force Marshall incorporates vibrant colors, whimsy and a different points of view in her watercolors and collages, and strives for her art to reflect her laid back

island lifestyle.

Force Marshall studied drawing at the Pine Castle Art Center in Pine Castle, Florida. Locally, she has taken classes with Bea Pappas and Carol Good, and participated in workshops with Pat Weaver and Marion Hall. Her artistic mentor is Anne Gates Yarnall. She paints weekly with the Sanibel Captiva Plein Air

continued on page 10



From left, Roger Timm, Vince and Suzie Nowell, and Nicole McHale photo by Michael Galloway

## Local Residents Sponsor Race

Local residents Suzie and Vince Nowell are sponsoring the 10K Race 4 FISH, the annual fundraiser supporting programs and services offered by FISH of SanCap.

“Suzie and I love this island,” said Vince Nowell. “We honeymooned here 32 years ago and live on island full time. We are honored to be recognized as a sponsor for a charity event as wonderful as FISH’s annual 10K race.”

The race will be held in two formats; as

an in-person running event and a virtual option where runners can participate and submit their time at any point from when they register through October 23 at 11:59 p.m. Registration is open through Fort Myers Track Club at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com). Cost is \$40 for those who register before October 17.

The Nowells are encouraging others to consider sponsoring the FISH race. “These are extraordinarily tough times. Sanibel has so many more people on island than we have businesses. It’s not just a business sponsorship opportunity, people can help make this event even more successful by offering an individual sponsorships as

well,” said Nowell.

FISH is starting to see an uptick in the number of runner registrations from across the country. Participating runners will receive a race shirt showcasing the popular Hortoons logo.

“The support from our community

members is heartfelt,” said Nicole McHale, race co-chair. “We cannot thank the Nowells enough for their contribution.” If you are interested in sponsoring the race, contact Nicole McHale at [noel2me@icloud.com](mailto:noel2me@icloud.com) or Diane Cortese at [dianerc10@gmail.com](mailto:dianerc10@gmail.com).\*

## COVID-19 Testing Sites Expanded

The Florida Department of Health-Lee (FDOH-Lee) and Lee County Government are collaborating to expand COVID-19 testing using a vendor, Nomi Health.

FDOH-Lee has an agreement with Nomi Health to increase drive-through COVID-19 testing appointments at its clinic. PCR and antigen tests are available Monday through Friday from 8 a.m. to 4 p.m. The FDOH-Lee clinic is located at 3920 Michigan Avenue in Fort Myers. Testing is by appointment only.

Lee County Government is allowing the use of its CenturyLink Sports Complex for Nomi Health to operate a drive-through COVID-19 testing location. PCR and antigen tests are available Monday through Saturday from 7 a.m. to 7 p.m. The testing site at CenturyLink is located at 14100 Ben C. Pratt/Six Mile-Cypress Parkway in Fort Myers. Testing at CenturyLink is available by appointment or people may simply arrive at the site and register there. Testing is subject to weather conditions.

Appointments are available for both

sites. To schedule an appointment at either site, visit the vendor’s website at <http://testing.nomihealth.com/signup/fl>. You can also call Nomi Health’s dedicated Florida testing call center at 904-295-0562. The call center is open from 8 a.m. to 8 p.m. seven days a week.\*

From page 1

## Shorebird

up by available parking. No experience is necessary.

Participants will need transportation, binoculars, and an A, B or C Sanibel parking pass.

These surveys help to spread awareness about shorebird conservation. Worldwide shorebird populations are declining at alarming rates, and the need for research and monitoring to aid in their conservation is greater than ever. This project is relatively new compared to other long-running survey efforts, such as the Audubon Christmas Bird Count; however, over time, the data collected will help researchers identify important trends in global populations.

If you are interested in participating in this survey, email SCCF Shorebird Biologist Audrey Albrecht at [shorebirds@sccf.org](mailto:shorebirds@sccf.org).\*

# Pickleball Fun-Raiser Tournament

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Sanibel Fire Station Palm Ridge Road

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# Preserve Freedoms And Stop The Virus

submitted by John L. Henshaw, Sanibel City Councilmember

The events in Afghanistan last week highlight the true costs of freedom. God bless all those servicemen and servicewomen who lost their lives last week so that so many can be free. And God bless and protect all those who continue to make sacrifices so that we have the right to make choices for ourselves and our families. Freedom and the individual's right to choose is a fundamental right associated with American society as long as the individual choices we make do not negatively impact the health and safety and fundamental freedoms of others.

The SARS CoV-2 virus (the virus that causes COVID-19) requires a host to survive, and in a host, the virus can reproduce or replicate exponentially. The evidence indicates that the more severe the infection, the more the virus replicates, at an increasing rate estimated between one billion to 100 billion times. Every time the virus replicates, there is a chance it can mutate into a variant that could be more transmissible and more deadly than the previous variant. Scientists have determined that a mutation can establish itself in the population approximately every 11 days.

Since 2019, thousands of SARS CoV-2 variants have been identified, with three currently more transmissible and deadly than the previous variants. For example, the Delta variant now appears to be more infectious and deadly than the earlier variants, especially for children. Scientists now fear that we run the risk of a future variant more transmissible and deadly, and a variant that could also evade the protections afforded by the current vaccines.

Today in Florida, the virus is replicating and mutating because we have so many people seriously infected by the virus. As the CDC director stated, we now have a pandemic among the unvaccinated. The overwhelming body of evidence is clear; the SARS CoV-2 vaccines reduce the risk of being infected with the virus. The evidence is also clear that the small percentage of vaccinated people who might get the disease (breakthrough cases) generally have less severe infections for shorter periods, which means the virus has less chance to replicate.

The bottom line is that vaccines do reduce the replication of the virus, thereby reducing the risk of the virus mutating to a variant that could be more transmissible, more deadly to all of us, and that could evade the protections afforded by the current vaccines. Please consider that exercising your right to choose not to get vaccinated against SARS CoV-2 could now be risking the safety, health and wellbeing of the young and old, and their individual rights and freedoms.✱

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

Sanibel Historical Museum And Village

# Looking Back: Pastor Wiren

This week's image depicts Pastor Andrew Wiren, an early Sanibel homesteader and native of Sweden. While living in Maine, he contracted tuberculosis and could not preach or teach. Hearing that he could homestead on a healthy island, the family moved to Sanibel. One early Casa Ybel brochure claimed the name Sanibel meant "healthy and beautiful."

The Wirens first lived in a thatched house on San Carlos Bay before building inland. Wiren continued to decline and died in 1890. He was buried on his property, which was later owned by the Rutlands and now is part of Periwinkle Park.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available by reservation, based on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org) or call 472-4648.\*



Pastor Wiren photo courtesy Sanibel Historical Museum and Village

# Churches/Temples

**BAT YAM-TEMPLE OF THE ISLANDS**  
Shabbat Worship Services at 7 p.m. on the first Friday of the month. Services held in Fellowship Hall at Sanibel Congregational United Church of Christ. Masks and social distancing guidelines will be followed. Those who wish to Zoom the services can find the link in their email notice. Send any questions to [batyamsanibel@gmail.com](mailto:batyamsanibel@gmail.com). Rabbi: Stephen Fuchs, Cantor: Murray Simon, President: Alan Lessack 773-251-8862

**HISTORIC CAPTIVA CHAPEL BY THE SEA**  
Rev. Larry Marshall. Outdoor services every Sunday at 11 a.m. Nov. 14, 2021 through April 24, 2022. Previous services posted on the chapel's website for viewing. [www.captivachapel.com](http://www.captivachapel.com), [www.facebook.com/Captiva-Chapel-By-The-Sea](https://www.facebook.com/Captiva-Chapel-By-The-Sea), 11580 Chapin Lane, Captiva, 472-1646.

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

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

**SANIBEL COMMUNITY CHURCH**  
Sunday services at 9 a.m. in the Sanctuary and 11 a.m. in the Historic Chapel. View the Sunday services via livestream at 9 a.m. or

later online at [www.sanibelchurch.com](http://www.sanibelchurch.com). Sanibel Community Church is an evangelical, non-denominational congregation, 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. 10 a.m. Traditional Worship Service, [www.sanibelucc.org](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

**ST. ISABEL CATHOLIC CHURCH**  
Father Ed Martin, Pastor, Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. 3559 Sanibel-Captiva Road, 472-2763.

**ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH**  
The Rev. Bill Van Oss, Rector. Summer service schedule, Saturday 5pm and Sunday 9:30 a.m. Masks will be optional for the fully vaccinated attending services. Masks are highly recommended for those who are unvaccinated. There will be some seating in the back of church spaced apart for those who wish to maintain physical distancing. The 9:30 a.m. Sunday service will also be live streamed. [www.saintmichaels-sanibel.org](http://www.saintmichaels-sanibel.org), 2304 Periwinkle Way, 472-2173.

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

Email changes to [press@islandssunnews.com](mailto:press@islandssunnews.com) or call 395-1213.\*



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**September: The Limpet Shell, Sapphire**

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## Jewish High Holy Days With Chavurat Shalom

submitted by Cheryl Fulmer

The Jewish High Holy Days season is upon us. The Jewish New Year, Rosh Hashana, starts at sunset on September 6, and Chavurat Shalom of Southwest Florida wants to wish our Jewish and non-Jewish friends in Sanibel, Captiva, Fort Myers and beyond a good and healthy new year. Although the year is 2021 by the Gregorian calendar, the Hebrew calendar year is 5782. May the Hebrew year 5782 usher in a time of peace in all hearts throughout all the world.

Chavurat Shalom (Fellowship of Peace) is a welcoming community from every Jewish religious tradition that meets to worship and learn together in order to enlighten and enrich our lives. People of all faiths are welcome. Chavurat Shalom is not affiliated with any organized religious movement. Its services and programs are community-led.

Just nine days after Rosh Hashana, Yom Kippur, the Day of Atonement, begins at sunset on September 15 and ends when darkness falls in the evening on September 16. It is a day given over to fasting and prayer. At the end of the Day of Atonement, the Shofar (the great ram's horn) is sounded, as it is also on Rosh Hashana. The power of the raw,

primitive notes of the shofar cause us to consider our own personal relationship with God and what we may need to do to make ourselves a better partner in repairing the world.

In preparation for this important period of time, Chavurat Shalom members Dr. David Berger and Dr. Kathy Zoss sound the Shofar before Shabbat services every Friday evening during the month preceding the start of the High Holy Days on September 6.

Thanks to Zoom, the Chavurah will host several High Holy Days programs during the 10-day period that commences with Rosh Hashana and concludes with Yom Kippur. As a gift for this time of reflection, Myra Klahr has produced a booklet of six of her poems. On Tuesday, September 7 at 7 p.m., there will be an Apples and Honey Schmooze. At 11 a.m. on Thursday, September 9, Rabbi Elliott Kleinman, chief engagement officer of Hebrew Union College – Jewish Institute of Religion, will speak about the meaning of the Yom Kippur prayer, Unah Taneh Tokef. A memorial service will take place on Sunday, September 12 at 11 a.m. A Break-the-Fast by Zoom is planned for Thursday, September 16 at 7:30 p.m.

Chavurat Shalom looks forward to the year 5782 filled with cultural and religious activities that enrich one's soul, again on Zoom. Friday evening Shabbat services will start at 7:30 p.m. beginning on September 3. The Thursday lecture series at 11 a.m. will resume on September 9 with Rabbi Kleinman's presentation.

The Thursday talks feature a mix of homegrown and outside talent on topics suggested by members. The Saturday morning Jewish Current Events sessions led by Chavurat Shalom President Leonard Minsky at 11 a.m. via Zoom will begin again on October 2. Rabbi Myra Soifer, broadcasting from Reno, Nevada, will continue to share her wisdom with us in her Text of the Month Club, held on the third Thursday of the month (except for September, when it will be on the 30th) at 11 a.m. She selects the text from the Hebrew Bible, Haftarah, Talmud or other Jewish sources, and emails the study text in advance of the session to class participants.

If you wish to participate in any of these events via Zoom, email [chavuratshalom@gmail.com](mailto:chavuratshalom@gmail.com) to receive the link. Everyone is welcome to join. For more details about the programs and about Chavurat Shalom of Southwest Florida, visit [www.chavuratshalomofsouthwestflorida.org](http://www.chavuratshalomofsouthwestflorida.org).✧

## Labor Day Sunday Service

Sanibel Community Church will have only one service on Sunday, September 5, at 10 a.m. in the Sanctuary. Regular services of 9 and 11 a.m. will resume the following week.

Sanibel Community Church is located at 1740 Periwinkle Way. For more information, call 472-2684 or visit [www.sanibelchurch.com](http://www.sanibelchurch.com).✧

## 'Ding' Darling Photo Contest Deadline Nears

The submission deadline for the 29th annual "Ding" Darling Day Amateur Nature Photography Contest is Wednesday, September 15. All entries must be submitted electronically. Cash award prizes are \$300 for first place, \$225 for second and \$175 for third.

The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Day, scheduled for Sunday, October 10 at Lakes Park in Fort Myers.

For an entry form and other contest information, visit [www.dingdarlingsociety.org/articles/photo-contests](http://www.dingdarlingsociety.org/articles/photo-contests). DDWS will announce winners and award prizes at "Ding" Darling Day.

Entries must be delivered by email to [ddamateurphotocontest@gmail.com](mailto:ddamateurphotocontest@gmail.com). For assistance, call 472-1100 ext. 4 or email [shois@dingdarlingsociety.org](mailto: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 [tinyurl.com/dingdonations](http://tinyurl.com/dingdonations) with a note in "gift comments" designating the donation as photo contest fees.

There is a \$25 per person entry fee that provides you with a membership to the society. One fee covers two entries per person.✧

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## OBITUARY

## BERNARD J. MURPHY, JR.

**B**ernard Joseph Murphy, Jr. died in Hyannis, Massachusetts on July 25, 2021 at the age of 80. He was born in Pittsfield, Massachusetts on March 1, 1941, the first child of Bernard Joseph Murphy, Sr. and Eleanor Moshier Murphy. His parents gave him the nickname "Bernie" when he was a baby, and that's what he was called by family, friends and colleagues all his life.

A 1958 graduate of Pittsfield High School, he matriculated at University of Massachusetts in Amherst, where he received his bachelor of arts degree in political science in 1962. In 1966, he received his master of public administration from University of Rhode Island. A lifelong public servant, he began his career in 1966 as assistant city manager of Auburn, Maine. In 1970, he became city manager of Auburn, the youngest person ever to serve in that position. Over the decades, his career in city management brought him up and down the eastern seaboard: city manager of Auburn, Maine (1970 to 1978); deputy city manager of Gainesville, Florida (1978 to 1979); then city manager of Sanibel, Florida (1979 to 1984); Acton, Massachusetts (1984 to 1986); Ormond Beach, Florida (1986 to 1992); Staunton, Virginia (1992 to 2000); and, in the last decade of his career, Ormond Beach, Ponce Inlet and, lastly, Flagler Beach, Florida. After his

retirement, he served as an emergency-preparedness consultant to the International City Managers Association, traveling twice to India and once to Ethiopia, under the sponsorship of the United States Agency for International Development.

Bernard Murphy was one of the most widely respected and admired city managers of his generation. He was highly principled in his profession; an untiring advocate of open, fair and democratic government; a leader who knew how to bridge the divides of race, class, and conflicting interests with openmindedness and good humor. He was sought after by city councils, trusted by his department heads, appreciated by union leaders and celebrated by the citizens he served. He was the rare city manager who could nearly square the circle: providing excellent city services, while keeping taxes reasonably low.

Bernard Murphy was married three times. In 1963, he married Marjorie St. Aubin, a fellow graduate of the University of Massachusetts, whom he divorced in 1977. They had three children together: Kevin, Anne and Sean Murphy. In 1978, he married Linda Carnevale (then, of Lewiston, Maine), with whom he had a fourth child, Shannon Murphy. Linda, remembered by Bernard as the dearest love of his life until his very last days, died on Easter Day 1997. His marriage, in late 1997, to Linda Coffey ended amicably a decade later.

In addition to the loss of his second wife, Linda, Bernard was pre-deceased

by his daughter, Anne Elizabeth Murphy Lampal, in 2008 and his younger brother, Daniel Murphy, in 2018. He is survived by his son, Kevin Murphy, and daughter-in-law, Claudia Fonseca, and Kevin's two children, Ryan and Maeve Murphy; by his son-in-law, Gary Lampal, and Gary and Anne's three children, Jared, Adam and Livia Lampal; by his son, Seán Murphy, and daughter-in-law, Claudia Eisen, and their four children, Magdalene, Simeon, Matthias and Miriam Murphy; and by his daughter, Shannon Murphy Thornton, and son-in-law, Ben Thornton, and their two children, Anna Mae and Dean Thornton.

In the last year and a half of his life, Bernard Murphy weathered the challenges of pancreatic cancer, compounded by the imposed isolation of COVID-19 restrictions. He kept up his lifelong interests in politics and history. He kept up his good humor and romantic regard for the world. He treasured the news of his much loved children and grandchildren. On Bernard's last day of life, though it was hard for him even to keep his breath, he smiled and joked, and chatted and showed his perennial optimism. Bernard Murphy died at peace, openly reconciled long before his final day with the knowledge that it would soon be time for him to pass from this world. He is remembered by his daughter, Shannon, with a tribute that speaks for many who loved him: "Whether you knew Bernie or not, he made your life a little better. A man of endless wisdom, quick-witted humor, and who never left

a story untold, Bernie was adored by all. He was a once-in-a-lifetime kind of man and Dad." He will be missed for as long as he is remembered.

Bernard was buried next to his wife, Linda, on a beautiful hilltop in Thornrose Cemetery in Staunton, Virginia on August 2, 2021. His life will be commemorated and celebrated at Trinity Episcopal Church in Staunton on Saturday, October 23, 2021 at 3 p.m. All are welcome.✧

From page 1

## Songwriter

Songs from the Sofa and Songs from the Sand, in preparation for the Island Hopper Songwriter Fest. The monthly concerts have featured a preview of songwriters who will perform at this year's festival.

The free Island Hopper Fest app is available for iOS and Android users. Features include personalized schedules, festival discounts, maps and performance alerts. Search for Island Hopper Fest in your mobile app store.

The 2019 Island Hopper Songwriter Fest received four SunSational Awards through the Florida Festival & Events Association and the Southeast Tourism Society named Island Hopper one of its Top 20 events.

For more information, a complete listing of venues and artists performing at each, or tickets to the exclusive performances, visit [www.island-hopper.com](http://www.island-hopper.com).✧



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**Saturday, August 28** - 7:00 PM, Selichot discussion - Outside, SCUCC

**Monday, September 6** - 7:00 PM - Erev Rosh Hashanah worship

**Tuesday, September 7** - 10:00 AM - Rosh Hashanah morning service

**12:45 PM** - Tashlich Service at the beach at 1605 Middle Gulf Drive.

**Wednesday, September 15** - 7:00 PM - Kol Nidre

**Thursday, September 16** - 10:AM - Yom Kippur morning service

**12:00 noon** - Congregants' Hour

**3:00 PM** - Afternoon discussion of Jonah

**3:45 PM** - Musical Interlude

**4:30 PM** - Yizkor service

**5:00 PM** - Neilah service

Services will be held in Fellowship Hall of the Sanibel Congregational United Church of Christ. They also can be joined virtually via Zoom.

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## City Council Approves Bailey's Redevelopment

by Wendy McMullen

Final approval was given to the plan for the redevelopment of Bailey's Shopping Center at the Sanibel City Council meeting of August 24 amid some public opposition.

Senior Planner Craig Chandler said that the plan, which includes a complete makeover of the general store, demolition of the movie theater and cottages, and relocation of the road behind the store, was treated like any other application.

"This is a process that is available to every citizen on island," Chandler said. "It's a different set of standards that the staff reviews this type of application against."

The Bailey project is a planned unit development, and conformed with requirements for that. These included consistency with the purpose and intent of a planned unit development, consistency with the land development code and compliance with the city charter.

"Staff vetted this thoroughly and no favors have been done for anybody, regardless of perceptions from public comment," Chandler asserted.

Chandler spoke after a public comment from former planning commissioner and city councilmember Jason Maughan, speaking as a private citizen, who said that favoritism was being shown to the owners of Bailey's in allowing the changes. Vice Mayor Richard Johnson is a part-owner of Bailey's Center, Periwinkle Adventures and Bailey's General Store.

Maughan recounted the history of the Bailey's complex, which was made into a planned unit development in 1992 after the Bailey family sued the city, declaring the Sanibel Land Development Code that made the store a non-conforming use did not apply to them.

Johnson's father-in-law, Francis Bailey, was a city councilman at the time, Maughan said.

"I would oppose, just as a citizen, giving so many variances and changes to the law to something that was sued

for and that we had to give up with an apple in our mouth over a barrel in order to save the land development code," he continued, citing a 1992 newspaper article detailing the suit bought by Sam and Francis Bailey and John Kontinos, owner of Coconut Grove restaurant, to get development rights to land across the road from Bailey's at the corner of Tarpon Bay Road and Periwinkle Way. The newspaper article said the trio attempted to get the circuit court have the entire Sanibel development code declared null and void because it didn't follow correct statutory procedures.

"They are asking for variances from a planned unit development that they agreed to specifically, knowing that those restrictions would remain in place forever," Maughan said. "There's nobody else could get to this. You cannot complain of a hardship to a PUD that you created."

"We have dealt with a lot of little businesses that want to get variances from buffers and we have told them no," he continued, referring to his years on the planning commission. "I'm not aware of anything that makes this special except that they tried to remove the entire land development code for the entire island, such that no restriction whatsoever for environmental protections would be in place for anyone else, so that they could get their own rights back."

Chandler responded that planning staff was aware of the history of the planned unit development but reiterated that this project went through a land development amendment code process that is available to every citizen on the island.

"There were no arbitrary variances that were granted in this case, in fact, there were no variances granted," he told city council.

Director of Community Services Keith Williams went on to explain that one of the features of a planned unit development is to recognize things that are grandfathered in and that if the project were not a planned unit development, it would need waivers and variances.

Some of the factors required for planning staff to approve the plan were that the degree of existing non-conforming use not be increased, that the vegetation buffer be improved and that parking standards be adopted as they are written

in the Sanibel Land Development Code.

Chadler also enumerated the ways in which the applicants worked with the city to advance some of the goals of the land development plan. He pointed out that the Bailey's building complies with the architectural standards adopted in 2016, the project gets rid of a boarding house and two other structures in a state of disrepair, it improves the ingress and egress to the parking lot and loading zone, and eliminates some of the parking spaces to increase landscaping around the perimeter of the property.

Johnson recused himself from both the discussion and the vote. The remaining council members voted unanimously to approve the project.✪

## Gas-Powered Leaf Blowers To Be Banned

by Wendy McMullen

Sanibel City Council approved a ban on August 24 on gas-powered leaf blowers, effective December 31, 2022.

The ordinance was passed in response to overwhelming public sentiment against the noisy blowers, which present health hazards to users.

The one exception is for a tow-behind gas-powered leaf blowers used on island golf courses.

"We're surrounded by hundreds of acres of native vegetation and it would be a great burden if we couldn't use these," said Ken Koruril, general manager of The Sanctuary Golf Club that has some 80 acres of land to maintain.

Koruril told the city council that these tow-behind leaf blower are used locally and nationally by golf clubs.

"To use an electric blower for this would just not do the job," he told city council, adding that the club was eager to comply with the noise ordinances and pointing their purchase of an electric battery operated greens mower to reduce noise.

The ordinance was amended to allow the tow-behind gas leaf blowers and passed unanimously by the council.✪

## County Waters Fairly Good

by Wendy McMullen

While areas north of Lee County are suffering severe outbreaks of red tide, Lee County has mainly avoided the Karenia brevis outbreaks for the moment, Natural Resources Director Holly Milbrandt told city council at the meeting of August 24.

Lee County has had low to medium concentrations of red tide on and offshore northern Lee County but few around Sanibel. This compares to high concentrations in Sarasota and Charlotte counties.

"Considering where we are and where we have been in the past, we are in decent shape for this time in the summer," said Milbrandt.

She did point out that there was a low to moderate potential for the blue-green algae that plagued the area in 2019 and that there was excess freshwater flow that stresses seagrasses.

"I've also noticed more turbidity and a darkening of color," she said.

Milbrandt reported that legal action was being taken against Piney Point, a fertilizer and phosphate plant in Tampa which released thousands of gallons of contaminated water into Tampa Bay. This is thought to have exacerbated red tide in the area south of the bay.✪

## High-Rise Condo Moves Ahead

by Wendy McMullen

Sanibel Passage, a 15-story condominium complex on 207 acres just across the Sanibel Causeway is currently on hold awaiting judgment from the Lee County Zoning department, Natural Resources Director Holly Milbrandt told city council at the meeting on August 24.

Council, concerned about hurricane evacuation and environmental and traffic impacts on Sanibel, is watching the progress of the development. The land on which the complex would be built is

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mostly mangrove forests. The proposed development would be on a portion of the uplands.

The Sanibel Passage development is not a new project. Milbrandt said that the property was rezoned in 2004. The plans were approved by Lee County planning staff but denied by Lee County commissioners. The owners then took the case to the circuit court where it was approved. However, the recession of 2008 put the project on hold once again.

Now the current owner, MLG Development of Brookfield, Wisconsin, has submitted a new application for the project which is currently under review by the U.S. Army Corps of Engineers. In addition, developers are awaiting a judgment from the Lee County Zoning department on the question of ingress and egress. Normally, a project of this size would require separate entrance and exit driveways.

Sanibel Mayor Holly Smith said that a letter urging a hold on the project was not necessary at this time.\*

## Captiva Beach Project Begins

Captiva Erosion Prevention District (CEPD) began a new beach renourishment project on August 29 under the guidance of new executive director Jennifer Nelson and technical director Daniel Munt. The project will greatly benefit the foliage, create natural

dunes, increase the quality of the beaches for recreational purposes as well as protect against natural erosion and storms. Additionally, properties facing the Gulf of Mexico have been grouped into six zones known as Storm Protection Benefits Zones. They will be better protected from storm damage and erosion.

CEPD will be working with marine contractor Great Lakes Dredge and Dock to go six miles offshore of the Captiva beaches. As dredges recycle the sand offshore, a unique piping system will distribute the sand on the beach.

"This project is extremely important because of the recreational benefits and storm protection," Munt said.

For over 60 years, the CEPD has worked diligently to keep these natural water and beach treasures healthy. Because erosion is a natural occurrence that happens over time, the district has completed many projects over the decades that have contributed to the safety of the natural wildlife and clean, healthy beaches. These projects also enhance the values of properties near the improved beaches.

The last project of this caliber occurred in 2014, and noticeable erosion has occurred since then. This project is designed to last for eight to 10 years. It was voted on and approved in March 2019 by the Captiva Board of Commissioners and will be partially paid for by the Florida Department of Environmental Protection, Lee County, and assessments levied on the island's commercial and residential properties that will benefit from the project.\*

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Biosphere 2

photo provided

## Three Remaining Talks In Virtual Lecture Series

The next talk in the Bailey-Matthews National Shell Museum's Celebrating 25 Years virtual lecture series lineup is titled Why Am I Growing Giant Clams in the Middle of the Arizona Desert? The lecture will be held at 5 p.m. on Thursday, September 16 with speaker Dan Killam, PhD, postdoctoral researcher at Biosphere 2, University of Arizona. He will share insights from his groundbreaking research on the impacts of changing oceans on mollusks.

Giant clams are special among bivalve mollusks in using symbiotic algae within their bodies to speed up their growth, like corals do, yet little is understood of how they will fare in the face of climate change and ocean acidification. To look into the future and explore these questions further, Dr. Killam is growing smooth giant clams in a 700,000-gallon coral reef tank of the Biosphere 2 in Arizona to understand how they manage to grow their shells so quickly. In the Biosphere 2 "ocean," juvenile giant clams have more than doubled in size in just one year and will eventually reach two feet long.

The controlled conditions of the Biosphere 2 ocean reef tank provide a

perfect setting to explore and experiment. As with corals, the partnership between giant clams and their internal algae only works within a narrow range of temperatures and pH levels. As the oceans grow warmer and more acidic, this relationship will be put under stress, reducing their growth.

Register for this free virtual lecture

at [www.shellmuseum.org/lecture-series](http://www.shellmuseum.org/lecture-series). The lecture series will conclude with Shell Dressed: Seashells in Fashion and Jewelry on Tuesday, September 28 and Spooky Mollusks and Other Evils of the Deep: A Halloween Special on Wednesday, October 20.

For more information, visit [www.shellmuseum.org](http://www.shellmuseum.org) or call 395-2233.\*

From page 1

## Artists

Painters all around the islands.

Her watercolors and collages have been displayed locally and on the Florida Watercolor Society online show. She also participates in The Community House Arts and Crafts Fair each year during season. She teaches watercolor and collage at The Community House. She is a past president of the Sanibel Captiva Art League.

Marshall like the complexity of Zen Tangle

and its form of expression with pen and ink and vibrant colors. His interest in drawing started in his childhood and teen years. After college, and a career as a sales manager in Orlando, he and wife Anita moved to Southwest Florida. This move took him into a new career as a chef, and back to perfecting his love for drawing. He is a member of the Sanibel Captiva Art League. His drawings have been displayed locally and he also participates in The Community House Arts and Crafts Fair each year during season.

The Community House is located at 2173 Periwinkle Way and is open from 9 a.m. to 1 p.m. Monday through Friday.\*



Great Blue Tango, watercolor, by Anita Force Marshall

image provided

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This wild specimen in a scrubby coastal area shows the hardiness of the species, which is drought tolerant and thrives in full sun photos by Gerri Reaves

Native wild sage's year-round flowers provide nectar to butterflies and other pollinators. Birds eat the berries.

**Plant Smart**  
**Wild Sage**

by Gerri Reaves

**W**ild sage (*Lantana involucrata*) is an easy-to-grow native shrub that's perfect for a butterfly or natural garden or as a hedge or screen. This perennial woody evergreen of the verbena family typically grows four to eight feet tall with an almost equal width. The bark is light brown or gray and also

rough in texture. The multi-branched bushy foliage provides cover for wildlife. Also called white sage and buttonsage, it's found mainly in the coastal counties of South Florida at the edges of hammocks, on coastal shell ridges, and in coastal thickets, pinelands and pine rocklands. Stalked clusters of small fragrant tubular flowers measure about an inch across. Leafy bracts are below flowers. The white to pink or lavender flowers have five lobes, flaring mouths and yellow

centers. They bloom throughout the year. Many butterfly species, such as cassius blue, Florida duskywing, giant swallowtail, martial scrub-hairstreak, gulf fritillary and many others visit the flowers for nectar, as do moths and bees.

The light green leaves are opposite, about an inch long, and generally oval in shape. They have toothed edges, a rough texture and a crinkly look. When crushed, they emit a sage odor. The leaves are used for a variety of medicinal purposes. The tiny purplish fruit is not only an outstanding ornamental feature but is a significant source of food for birds and insects.

Give this fast to moderate grower well-drained sandy or limestone soil in full sun to partial shade. It has low salt water tolerance but high salt wind and drought tolerance. It's generally hardy, low-maintenance and wind resistant. Propagate it with seeds or woody

cuttings. When purchasing this plant, be sure not to confuse it with the nonnative *Lantana strigocamara* (also known as *Lantana camara*), which is listed as a category 1 invasive pest plant by the Florida Exotic Pest Plant Council. Sources: *Everglades Wildflowers* by Roger L. Hammer, *Growing Native* by Richard W. Workman, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida Field Guide* by Jaret C. Daniels and Stan Tekiela, [www.flawildflowers.org](http://www.flawildflowers.org), [www.fnps.org](http://www.fnps.org), and [www.regionalconservation.org](http://www.regionalconservation.org). *Plant Smart* explores the diverse flora of South Florida.✳

**Snook Season Now Open**

**T**he recreational harvest season for snook started September 1 statewide with the exception of state waters from Pinellas/Hillsborough counties (including Tampa Bay) south to Gordon Pass in Collier County. These waters are catch-and-release for snook due to impacts from red tide.

The Florida Fish and Wildlife Conservation Commission (FWC) encourages anglers to use proper handling methods to help released snook survive and promote high species' abundance for anglers today and generations to come. To learn more about catch-and-release and the best way to handle a fish, visit [www.myfwc.com/fishhandling](http://www.myfwc.com/fishhandling).

A snook permit, as well as a recreational saltwater license, is required to harvest snook unless the angler is exempt from the recreational license requirements.

Researchers are collecting data on the harvest of snook. Snook carcasses provide biological data, including the size, age, maturity and sex of the catch.

For more on snook regulations, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations" and "Snook" or download the Fish Rules App.✳

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# SCCF Policy Director Attends Groundbreaking

Electd officials, federal, state and local government agencies and environmental groups gathered at a site on August 20 at the eastern edge of the Everglades in Miami-Dade County to celebrate the groundbreaking of another project designed to help restore the River of Grass.

A massive trenching machine resembling an enormous chainsaw stood as the backdrop. The project – referred to as the 8.5 Square Mile Area Curtain Wall Project – is designed to reduce flooding in an 8.5-square-mile area known as the Las Palmas community and to allow more water to move south into Everglades National Park.

The project includes the construction of a 2.3-mile underground wall between the eastern Everglades and Las Palmas to reduce seepage of groundwater that has contributed to flooding in the region. Ongoing flooding in this area has limited the ability of water managers to maximize the use of Everglades projects that are now starting to come online. This project will allow state and federal agencies to maximize the use of existing infrastructure to send additional water south to Everglades National Park.

“This is an important project for moving water south through the central Everglades and into the park



From left: 8.5 Square Mile Project Executive Director Drew Bartlett; South Florida Water Management District (SFWMD) board member Benjamin Butler; SFWMD Vice Chairman Scott Wagner; SFWMD board member Ron Bergeron, Sr.; SCCF Environmental Policy Director James Evans; and SFWMD board members Charlette Roman and Jacqui Thurlow-Lippisch photo provided

and Florida Bay,” said James Evans, SCCF environmental policy director. “Projects like this, while relatively small

compared to some larger Comprehensive Everglades Restoration Projects, are important for removing the impediments

to moving water south and reducing the damaging discharges from Lake Okeechobee to the estuaries.”✪

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# Post-Spawn Hungry Tarpon



by Capt. Matt Mitchell

Our little area of the world has been famous for over 100 years for its amazing spring tarpon fishing. Pre-spawn tarpon show up usually early April and stack up

in Boca Grande Pass like no other place on the planet. Along with all these fish come all the boats and anglers chasing silver.

By mid-June, most of this tarpon craziness has slowed as our water temperatures get in the high 80s. The majority of these highly migratory fish continue pushing north up to the panhandle of Florida. We always seem to have some fish here all summer, though the numbers drastically decrease from the prime time of April and May.

During spring, you often get a lot of shots at rolling fish. We get many days that we sit in hundreds of fish and no one gets a bite. Simply put, these springtime fish have love on the mind and many times just don't eat. This is so frustrating watching tarpon roll all around and even over your baits while refusing to play. We do have days in the spring that the bite goes off, though the frustrating days far out number the great days.

Post-spawn fall tarpon fishing is the opposite... not as many fish, though these fish are ready to eat. My favorite tarpon fishing of the year starts in September and goes until we get our first hard cold front that drops water temperatures into the low 70s. Not only are there far fewer boats targeting these fish, they will eat most offerings. Wide open mornings of jumping five to 10 fish are common when you locate these hungry cooperative fish.

Find the bait and the tarpon will be close by. Before these fish migrate out for winter, they are packing on weight and often gorging with abandon. They feed in and around the masses of glass minnows and fry bait. This set-up seems to be their favorite fall forage. Find these bait schools along with ladyfish and mackerel in the mix and most of the time the tarpon will be there.

Places to start your search include the beaches from Knapps Point north. Sanibel rocks has been amazing the past few years with these fish being here for months when the weather is stable. Fort Myers Beach south to Bonita Beach can also light up. The open water in Charlotte Harbor along with the east and west walls are famous for the fall tarpon fishing in the dark rain-stained water. Look for feeding birds to show you the way to the schools of bait. Once you locate these tarpon, it's possible to return to them for days if not weeks if there are no drastic weather changes.

After not targeting tarpon since mid-June, it felt good to locate these fish again. They did not disappoint as we managed to land three out of the four we hooked. These fish were aggressive and



Fall tarpon fishing is heating up

photo provided

ate like fall tarpon should. Every time we got a open shot to cast a bait to a rolling fish, it resulted in a hook-up.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel

in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email [captmattmitchell@aol.com](mailto:captmattmitchell@aol.com).✪

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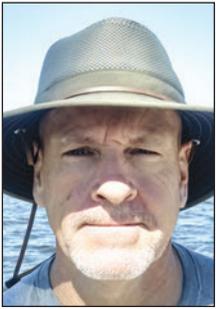




Dave Doane with his co-worker Jesse

CROW Case Of The Week:

# Chuck-Will's-Widow



by Bob Petcher

The Chuck-will's-widow (*Antrostomus carolinensis*) is a nocturnal bird from the nightjar family, which can be characterized by long wings, short legs and tiny bills. It is an extremely well-camouflaged

bird due to its brown coloring and dark patterned feathers. It naturally likes to sit on roadsides at night and can be spotted in headlights where its eyes appear to glow.

If you don't see them, you may hear their endless call, which they are named for, much like their more famous cousin, the whip-poor-will. The former's call has a vibrating middle note between two shorter notes, while the latter's song is quicker, higher-pitched and more piercing to the ears.

At CROW, an adult Chuck-will's-widow was admitted from Estero after colliding with a window and being found unable to fly. Upon examination, the patient presented with mild ataxia, causing it to have impaired balance and coordination.

"Ataxia means uncoordinated gait. When they hit a window, it can have a stun effect that causes them to



Patient #21-4591 snacking on meal worms

photo by Haillie Mesics

be disoriented. We can tell they are disoriented by the wobbly movement," said Dr. Charlotte Cournoyer, CROW veterinary intern.

In feeding, the patient required assistance.

"This species has more specific dietary needs when in care than some of our patients," said Dr. Cournoyer. "We tongfed soaked meal worms rather than offer diet, so it was a form of force feeding."

Veterinarians later confirmed the patient's symptoms to that of a window strike.

Ataxia is usually the most common symptom. Other signs can be depressed or quiet mentation, trauma (cuts, scrapes, broken bones), eye injuries and head tilt," said Cournoyer.

The very next day, the patient showed

vast improvement and no signs of ataxia to prove the injury was not a serious one. Recovery was quick.

"If it is very mild, it is not uncommon that one dose of anti-inflammatory and some rest is enough for them to recover quickly," said Dr. Cournoyer. "Recovery time varies with severity of symptoms."

After a successful flight test, the patient was released at dusk in Estero. Even after a one-day turnaround, CROW medical staff believed it was the right call to bring the bird in at the time.

"It is a good thing it was brought in since it was having symptoms. If it was not able to walk and fly normally following the window strike, then it is at risk of predation," said Dr. Cournoyer. "We are happy that it did recover so quickly."

Before being admitted to the clinic, the

patient may have been in the process of migrating to a warmer climate. While some Chuck-will's-widows winter in Florida, some do migrate to the West Indies, Mexico, Central America and northern South America.

Luckily, the patient did not suffer significance weakness or any temporary paralysis. It may now join its flock and fly south if it intends to do so.

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

## Crosswalk Striping Work Has Begun

The City of Sanibel began crosswalk striping maintenance work on August 30. The work will continue from 8 p.m. to 5 a.m. throughout the next two weeks, weather permitting. Every effort will be made to minimize any inconvenience to the public. Access to residences and businesses will be maintained at all times.

The public is reminded to use caution when traveling through a construction zone. Areas included are Periwinkle Way, Sanibel-Captiva Road, Bailey Road, Dixie Beach Boulevard, Palm Ridge Road and Dunlop Road.

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Shell Of The Week

# The Magnum Prickly Cockle



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

**A**crosterigma magnum (Linnaeus, 1758) reaches about 50 mm (about 2 inches). This is

one of the largest and more impressive species of the cockle family Cardiidae found in the western central Atlantic. The species is found in Florida, Florida Keys, the Caribbean, northern South America, and in parts of the Gulf of Mexico (but not on the beaches of Southwest Florida.) The Magnum Prickly Cockle is notable for the delicate hues and smooth surface on the sculpture of radial ribs. (A large reproduction of this illustration is displayed in the In Focus exhibition at the National Shell Museum.) Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

The Bailey-Matthews National Shell Museum is open from 10 a.m. to 5 p.m. daily. Safety measures have been put in place, and staff and visitors are required to wear face masks.



The Magnum Prickly Cockle, *Acrosterigma magnum*, from off Key Largo, Florida

photo by James F. Kelly

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



American Legion Post 123 is celebrating Labor Day weekend with a fish and shrimp fry from noon to 8 p.m. on Sunday, September 5. There will be live music from 3 to 6 p.m.

Lunch and dinner is on the house for Sanibel and Captiva first responders on Saturday, September 11.

On Tuesdays, tacos are served all day. Steak and cheesesteak sandwiches are served on Fridays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m. Sunday specials are served from noon to 8 p.m.

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

The 8-Ball Pool League plays at 5 p.m. on Monday nights. Two tables are in play.

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

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

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

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## CROW Calendar Of Events

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

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

Guests learn about CROW's history and day-to-day operations through displays, interactive exhibits and video. The center also features live animal exhibits, children's areas and live camera feeds of the hospital intake room and several outdoor rehabilitation enclosures. General admission includes the daily presentation (see schedule) and no reservation is required.

Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

For the safety of the animals and other guests, masks are required at all times in the Visitor Education Center.

**Wildlife Walk Guided Hospital Tours** - \$25 (includes general admission)

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process.



The hour and a half program has two parts: the daily presentation in the Visitor Education Center and then a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds. This program is open to all, but it is not recommended for children under the age of 13. Masks are required at all times during the tour.

Tours are offered Monday through Friday at 12:30 p.m. Capacity is limited to eight participants. Advance Registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital.

To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

**Daily Presentation Schedule**

**Friday, September 3, 11 a.m.,**

Why Animals Come to CROW - Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital. One of CROW's animal ambassadors will be present.

**CROW will be closed Monday to Thursday, September 6 to 9.**

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# SCCF Names Senior Director Of Education

Mason Goss, EdD, who grew up on Sanibel, is filling the new role of senior director of education at Sanibel-Captiva Conservation Foundation (SCCF). Goss brings 26 years of educational leadership to shepherd environmental conservation across SCCF's educational platforms.



Mason Goss

The purpose of this new position is to serve as the central education thought leader for SCCF. Goss will be creating syntheses across Sanibel Sea School, Native Landscapes and Garden Center, Ocean Tribe Paddlers, Coastal Watch, and No Child Left on Shore programs. He is responsible for connecting the public to SCCF's nature ethic on Sanibel and Captiva islands.

"We are thrilled to have Mason join our leadership team in this new role that will strengthen the combined educational strength of SCCF and Sanibel Sea School," said CEO Ryan Orgera. "His depth of community knowledge and passion for educating make him a great fit

at this pivotal time."

Goss returned to his hometown in 2020 following 11 years in North Carolina, where he served as associate headmaster and assistant head of school at Trinity School of Durham and Chapel Hill, and head of school at Triangle Day School in Durham. Prior to North Carolina, Goss held leadership positions at Bishop Verot High School and Canterbury School, and he has been an adjunct professor at Edison Community College (now Florida SouthWestern State College) and Nova Southeastern University. Goss earned two master's degrees, including one in Christian studies from the Duke Divinity School at Duke University; he is an ordained Presbyterian deacon. He earned his doctor of education degree from Nova Southeastern University in 2002 focusing on educational leadership.

"I look forward to joining in this important work," Goss said. "The role of the senior director of education is to lead people to lasting connections to our natural world by informing and nurturing empathy for nature, and helping others draw meaningful conclusions about how we connect to, and affect, our shared resources."

Goss' family moved to Sanibel in the 1960s. His father, Porter Goss, became a leading force behind Sanibel's environmental conservation ethic and was its first mayor following the 1974 incorporation as a self-governing city that could oversee growth and development. As a result, Mason, 53, grew up on the island, and in addition to his

professional capacity in education, he has deep, institutional knowledge of local environmental successes and challenges.

"I am excited to be able to put my professional experience and personal interest in environmental conservation to use by working with SCCF," he said. "As local and global human populations expand, it is essential to create awareness of human impacts on our oceans and ecosystems. SCCF is in a wonderful position to continue to improve the future of the ocean and local ecosystems one person at a time through education, care and protection."

Goss joins SCCF to lead the team of marine science educators at Sanibel Sea School following last week's departure of Nicole Finnicum, who has taken a position in experiential education at Ohio University. Shannon Stainken, formerly the education programs manager at Sanibel Sea School, will now serve as SCCF youth education director, marking a move to more fully integrate the two nonprofits that joined forces in January 2020. Conservation Initiative Coordinator Kealy MacNeal, who leads Ocean Tribe Paddlers and Coastal Watch, will also be part of the education team.

In his new role, Goss will also oversee Adult Education Director Jenny Evans on overall SCCF programming and the team at the Native Landscapes & Garden Center on outreach and community education. Rounding out his staff of educators is part-time Environmental Educator Richard Finkel, who leads SCCF's partnership with Captiva Cruises

on the No Child Left on Shore program and The Sanibel School's field trips to SCCF's Pick Preserve.\*

# Bank Official Earns Certification

Amy McQuagge, Sanibel Captiva Community Bank vice president and director of marketing, has earned the certified financial marketing professional (CFMP) designation from the American Bankers Association (ABA).



Amy McQuagge

The designation is awarded to individuals who demonstrate excellence in the field of financial services marketing. To qualify, individuals must meet ABA criteria for experience and education in the financial services profession, pass a proctored exam and agree to abide by a code of ethics.

"We are very proud of Amy's accomplishment in earning this national certification," said Kyle DeCicco, executive vice president and senior loan officer of Sanibel Captiva Community Bank "Our people are a huge part of why Sanibel Captiva Community Bank exceeds industry standards and customer expectations, which is why we prioritize investing in their professional development and growth."\*

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# Legal Help With The Flower Girls



by Allison Havill Todd

One does not often think of a law firm that specializes in estate planning, preparation of wills and naming health care surrogates as having a light and bright atmosphere.

After all, conversations relating to death or possible incapacity can generally evoke feelings of depression as we each contemplate our own mortality. However, when visiting the Law Office of Janet Strickland on Sanibel, clients can expect a different experience.

A friendly greeting by one of the regular staff members, Lily or Daisy, is sure to keep the mood light. These petite, cheerful girls dressed in fluffy white coats alternate work schedules, with Lily covering the morning shift and Daisy filling in for her in the afternoons.

Currently 11 years old, Daisy was the first to come on board when she was just 9 weeks old. Strickland was looking for a smaller breed that had a hypoallergenic coat. She discovered Daisy, who she rescued from a negligent puppy mill situation. An irresponsible breeder had dogs in crates in her garage.



Lily and Janet Strickland taking a break at work photos provided

Her sole purpose was to bear litter after litter of puppies. Daisy was the last remaining puppy from a recent litter of a purported Maltese-Shih Tzu mix. She was cowering in the back of a crate, fearful of approaching anyone. Strickland was aghast at the environment in which these dogs were kept and knew she had to keep Daisy.

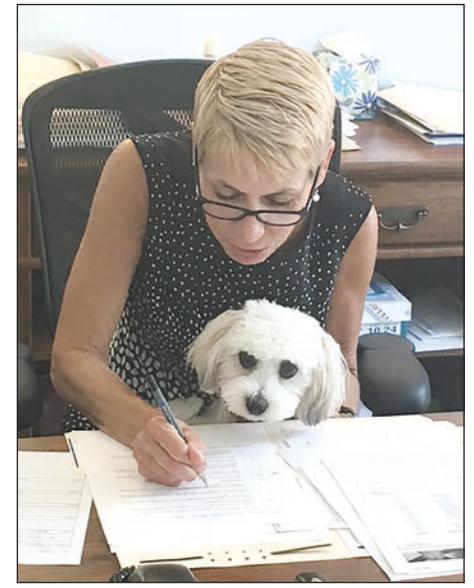
Daisy adapted easily to coming to the office and would happily stay in her bed in the office when the attorney was busy in client meetings. It was not until five years later, when Strickland brought Lily home, that Daisy really came out of her shell. Lily is a Coton de Tulear, which is



Daisy enjoys her commute to the office

a breed known for its outgoing, friendly and playful nature; she and Daisy bonded immediately and have become best buddies. Strickland quickly realized she would need to alternate the times each of the girls was at the office as their playful antics could become disruptive.

Other staff members and clients will agree that the two dogs, affectionately named "The flower girls," lighten the mood at the office and provide a cheerful distraction from the highly focused and detail oriented work that is required in executing estate planning documents. Clients will often stop by just for a lift



Lily helps Janet Strickland review some legal documents

from one of the congenial pups who are always happy to greet their visitors.

The term Flower Power has taken on a new meaning at the law firm as these two cuties continue to spread the seeds of happiness!

Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggiemom and facebook.com/thedoggiemom.✨

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## Local Appointed To U.S. Coast Guard Academy

Jaime Gustafson, 19, of Lake Murex Circle on Sanibel, received an appointment to attend the U.S. Coast Guard Academy (USCGA) in New London, Connecticut.

Gustafson started attending Sanibel Sea School in 2008 when he was 6 years old. He worked his way up to be a senior counselor in training (CIT) in 2018 and 2019.

Last year, Gustafson enrolled in the Service Academy Program at Marion Military Institute in Marion, Alabama and then received his appointment in March of this year to the Class of 2025 at the academy.

On August 15, he successfully completed his basic training (Swab Summer) and was presented with his shoulder boards as a 4th class cadet.

Gustafson will major in marine environmental sciences (MES) at the academy. The MES major prepares future officers to undertake the Coast Guard missions of (including but not limited to) fisheries law enforcement,



Jaime Gustafson photo provided environmental response management, search and rescue operations, oil spill cleanup and iceberg tracking.\*

## Meet The Sea Turtle Technician

Courtney King has worked since May as a Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program nesting technician, surveying in the mornings and at night. She has been focused on working with nesting sea turtles since graduating in 2017 with a bachelor's degree in biology from Central Michigan University.

"I have worked in North Carolina, Texas and Costa Rica," King said. "This summer was the first time I've worked with nesting loggerhead sea turtles, and I have loved learning about their special quirks and habits and how they differ from the other species. Over the past few months, I have also learned so much about shorebirds, land turtles, and what goes into protecting an entire island's natural habitats."

When King departs at the end of October, with plans to continue loggerhead and shorebird monitoring in the Outer Banks of North Carolina, she will remain inspired by the SCCF staff's commitment to the organization's mission. "I have really enjoyed meeting



Courtney King photo provided so many unique and passionate people that are very dedicated to protecting Sanibel," King said.\*

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 3 tablespoons Parmesan cheese  
 1 egg  
 1 teaspoon freshly ground pepper  
 Preheat oven to 375 degrees.  
 Combine all ingredients except mushrooms; mix well. Stuff mixture into mushroom caps and place stuffed mushrooms on a large baking pan. Bake until mushrooms soften and mixture begins to brown, approximately 15 minutes.\*



Veggie Stuffed Mushrooms

photo courtesy Fresh From Florida

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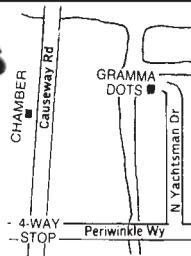
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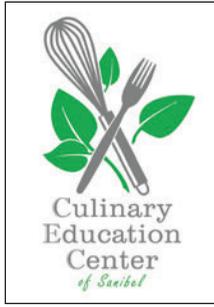
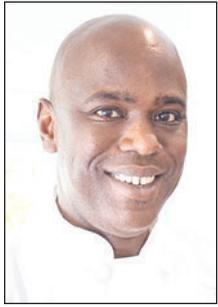


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## The Community House

## Okra



by Chef Jarred Harris

Okra is a vegetable that is essential in Southern, Creole and Cajun cuisine. It tastes similar to asparagus and eggplant, with a gooey quality that is used to thicken soups and stews. This vegetable is also called lady's finger and gumbo. In fact, that's how the stew got its name. The term gumbo comes from the Spanish-Portuguese word for okra, quingombo, which describes the region of East Africa where the vegetable originates.

The okra plant was first cultivated around the 12th century in Ethiopia and the plant grows wild there today. The leaves, blossoms and the seed pods of the okra plant are edible. This plant is a member of the Malvaceae family, which also includes the hibiscus and the cotton plant.

Okra was brought to the Americas through the Transatlantic Slave Trade

just after the 17th century. It is believed that okra seeds survived the trip to the Americas in the hair of African slaves, who were the first to cultivate the plant in the New World. Southern farmers soon began growing the plant because it grew as well as cotton, and for its many uses. The farmers used the stalks of the okra plant to make twine and paper. The leaves and seed pods were eaten as a vegetable and the seeds were dried, ground and used as a coffee substitute.

Okra has many health benefits. This tasty vegetable aids in digestion and is a good source of fiber. Okra also contains high amounts of vitamins A, C and B complex.

Here is a simple recipe to try:

**Okra Tomato and Cornmeal Cake**

## Ingredients

- 2 cups yellow cornmeal
- 2 tsp. baking powder
- 1 tsp. sea salt
- 1 large egg
- 1 garlic clove (minced)
- 8 ozs. fresh okra (thinly sliced)
- 1 jalapeño pepper (seeded and finely chopped)
- ¼ cup canola oil
- Kosher salt
- Freshly ground pepper
- 1 pkg. Boursin cheese
- 4 ozs. arugula
- 1 pound of tomatoes (cut into ¼ inch slices)

## Method

Whisk together first 3 ingredients in a large bowl. Whisk together egg and 1½ cups water; add to cornmeal mixture and

mix until smooth.

Stir the garlic, okra and jalapeño into cornmeal mixture.

Heat 1 Tbsp. oil in a large cast iron skillet over medium heat. Pour 1 Tbsp. batter for each cake into skillet, and gently flatten into a 2-inch cake.

Cook 2 to 3 minutes or until tops are covered with bubbles. Turn and cook 2 to 3 more minutes, or until done. Remove from the pan and place on paper towels to drain. Repeat procedure with remaining batter and oil.

Spread each cake with about 1 tsp. of Boursin cheese. Top with arugula, tomato, basil, and kosher salt and pepper.

*Although I have retired early and am no longer the resident chef at The Community House, my heart is still with the members of SCA and the Sanibel community. I will continue to share my recipes with you. Please be a patron of The Community House and visit the Culinary Education Center.\**

## Sponsors Needed For Fitness Classes

The Community House is looking for sponsorships for Line Dancing classes taught by Marie DiRosa in the amount of \$200 per month and for Aerobics with Mahnaz Bassiri in the amount of \$1,500 (or a portion thereof for the weekly classes offered).

Contact Allison at [office@communityhouse.net](mailto:office@communityhouse.net) if you are interested in sponsoring either of these programs.\*

## Poetry Corner

by Jim Weyant

**LOST AND FOUND**

I lost my heart  
when I found true love.  
A love I hope  
I am to be worthy of.

I lost all fear  
but I found the strength,  
that enables me to keep  
my demons at arms-length.

I lost my way  
but found my true course.  
Then followed it faithfully  
with not a hint of remorse.

I lost my faith  
but found cause to believe.  
To reflect upon my life and all  
God allowed me to achieve.

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

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# September 11 Memorial Exhibit At The Library

Sanibel Public Library is participating in September 11, 2001: The Day That Changed the World – an exhibit that presents the history of 9/11 and its ongoing implications through the stories of those who witnessed and survived the attacks. Told across 14 posters, this exhibition includes archival photographs from the 9/11 Memorial and Museum collection. It explores the consequences of terrorism at the local, national and international levels, and encourages critical thinking about the legacies of 9/11. Library staff have selected material for further reading, in a book display near the posters.

The exhibit's theme was designed to remind everyone that you may never be able to prevent all the actions of people's intent on harming others, but you do have control over how you respond to such events. Whether by volunteering in communities, serving in the military, caring for the sick, or through other efforts, everyone can help build a better world. As you witness history unfolding



Duane Shaffer looking at the 9/11 exhibit photos provided

in today's world, the ways you choose to respond – both large and small – can demonstrate the best of human nature after even the worst of days.

“During this 20th anniversary year, it is our privilege to share these lessons with a new generation, teach them about the ongoing repercussions of the 9/11 attacks and inspire them with the idea



Melissa Balthaser with recommended reading

that, even in the darkest of times, we can come together, support one another and find the strength to renew and rebuild,” said 9/11 Memorial and Museum President and CEO Alice M. Greenwald.

Also through the end of September, stop by the library to see 25 original works from the Sanibel-Captiva Art League's exhibit, titled Home Sweet Home. The library will be closed on Monday, September 6 for Labor Day.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers. Contact-free curbside pickup is available. Materials can be placed on hold and

picked up outside the building on weekdays from noon to 3 p.m.

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

## New Interactive Games Teach Marine Science

The Florida Fish and Wildlife Conservation Commission (FWC) has partnered with Pubble, a digital education company, to launch five interactive games that engage and educate students of all ages on marine fisheries conservation.

Take a virtual fishing trip, match habitats with Florida fish species, remove trash and invasive lionfish from a reef, learn proper fish handling techniques and complete a virtual fish dissection. Games are geared for students in fourth grade and older. The activities bring marine science to your fingertips, providing accessible content for your home or classroom, and tips to use when you head out on your own fishing trips.

For more information about FWC's saltwater outreach and education programs, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click “Outreach & Education Programs.” For questions, contact [marine@myfwc.com](mailto:marine@myfwc.com) or 850-487-0554.



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## CHR Board Of Directors Adds New Member

Community Housing and Resources (CHR) has appointed Sanibel resident Robert “Bob” Glick to its board of directors.

“I am delighted to join a board which represents such a diverse group of hard-working and fine community residents,” said Glick. “I look forward to meeting and learning more about each of our CHR neighbors and their families in the near future.”

Just weeks after selling their Dots chain of 400-plus women’s fashion stores, Glick and wife JoAnn were invited to visit a friend on Sanibel. They returned each year afterwards and moved into their newly built home in 2017.

After receiving his master of business administration from the University of Michigan, Glick served in the U.S. Army, followed by a stint as a CPA at Arthur Andersen & Co. He then founded what later evolved into Dots, his passion for nearly 40 years.

Since retirement, Glick has served on many Cleveland nonprofit boards,



Robert Glick

such as the Cleveland Foundation, The Cleveland Orchestra, Ahuja Medical Center of University Hospitals of Cleveland as well as on for-profit boards. Utilizing JoAnn’s master’s degree in community health nursing, they now spend much of their time working with and supporting nonprofits with a focus on the health and wellbeing of the underserved in Cleveland, especially women and children. The Glicks have three children and six grandchildren.

Dr. Stephen Brown, CHR’s board president said, “I am excited to welcome Bob to the board of directors and especially appreciative of his humanitarian background. We are grateful for his depth of experience, accomplishment and connection that will support the board, staff and our community to continue to move forward to help make our community a place of opportunity, equity and hope for all people.”

For more information, visit [www.sanibelchr.org](http://www.sanibelchr.org) or call 472-1189. Donations and contributions to CHR are tax deductible.\*

## Ceremony For 9/11 Anniversary

A 9/11 Remembrance Ceremony will be held at Caloosa Sound Convention Center on Saturday, September 11. Doors open at 7:45 a.m. with the ceremony set to begin

at 8:30 a.m. This year marks the 20th year since the terrorist attack.

Local agencies and organizations – including law enforcement, fire, public safety and airlines – will conduct the ceremony, which is expected to last about 90 minutes. The ceremony includes a national colors presentation, patriotic music and the reading of names of those who lost their lives in the line of duty. Brief comments from officials will be made, including Fort Myers Mayor Kevin Anderson, Fort Myers Councilman Johnny Streets, Lee County Commission Chairman Kevin Ruane and Florida State Rep. Jenna Persons-Mulicka.

The group of volunteers and first responders who are planning the event want to allow the community to “remember our heroes – the ones who served, the ones who are still serving and the ones who paid the ultimate price,” said Chief Tracy McMillion of the Fort Myers Fire Department who also serves as vice chairman of the Lee County Fire Chiefs’ Association.

For more event information, contact the City of Fort Myers Fire Department at 321-7311 or Iona McGregor Fire District’s Megan Contreras, public information officer, at 689-9046 or [contreras@ionafire.com](mailto:contreras@ionafire.com).

Attendees are asked to follow current Centers for Disease Control guidelines for large events and gatherings.

Caloosa Sound Convention Center is located at 1374 Monroe Street in Fort Myers.\*

## SCCF Priorities Presented At Legislative Session

Sanibel-Captiva Conservation Foundation (SCCF) Environmental Policy Director James Evans presented SCCF’s 2022 legislative priorities at the annual Southwest Florida Legislative Delegation meeting held at Florida SouthWestern State College on August 18. SCCF is focused on nine key priorities affecting Everglades restoration, environmental conservation, harmful algal blooms, water quality and home rule.

Evans urged strong support for Everglades restoration and full funding of the C-43 West Basin Reservoir and Water Quality Treatment Component for the reservoir. The C-43 Reservoir and water quality treatment component are essential for restoring clean freshwater flows to the Caloosahatchee estuary. Evans also expressed the critical need for prioritizing funding for the Everglades Agricultural Area (EAA) Reservoir Project. The EAA Reservoir is crucial for reducing the harmful high-volume discharges to the Caloosahatchee and rehydrating the Everglades.

Florida state legislative sessions rotate annual start dates between January in election years and March in non-election years. The 2022 Florida legislative session begins on January 11, 2022, with committees meeting from September 2021 through November 2021.\*

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Book Review

# The Personal Librarian



by Di Saggau

**M**arie Benedict is known for uncovering the private lives of famous forgotten women. Along with Victoria Christopher Murray, the two have written *The Personal Librarian*

focusing on Belle da Costa Greene, who was hired by JP Morgan to be the personal librarian to his famous Morgan Library. His books were not ordinary tomes; they were original manuscripts autographed and annotated scores from the likes of Beethoven and Chopin. He was greatly aided by Belle to add valuable, rare purchases to his collection.

Belle makes quite a name for herself in Manhattan's art and social scene. Her wit and confidence delights her male coworkers. Her relationship with Morgan is often contentious with moments of sexual tension. Unknown to Morgan and others, Belle is a black woman with olive skin, who passes for white. She grapples with her own identity by wondering if it's wrong to use the color of her skin to rise in the ranks as so many white people have done. Is she letting down

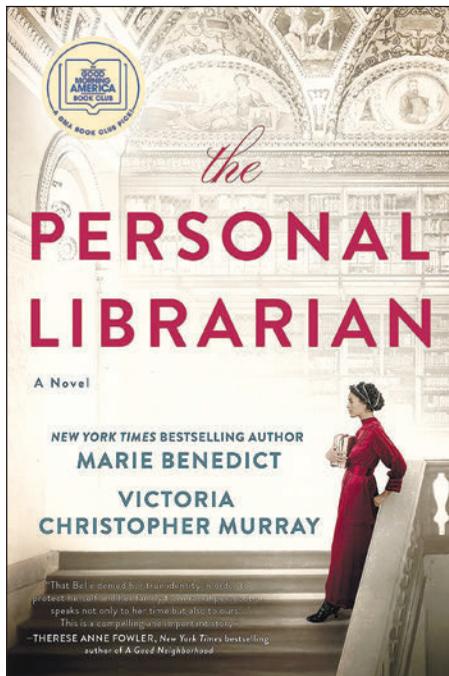


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her ancestors, and what if her secret is discovered?

Belle is driven by the income she needs to support her mother and siblings, and also by her respect and awe for the books and artworks that Morgan acquires. She becomes skilled at auctions to acquire what he wants for his collection. Money is no object.

When Morgan dies, he leaves Belle \$50,000 which is equivalent to over a million dollars today. He never finds

out her secret. Both Benedict and Murray include an Author's Note in the book, and hearing about their research processes is a treat. The real Belle destroyed many records to try and hide her secret. After Morgan's death in 1913, she continued as librarian for his son, Jack Morgan and, in 1924, was named the first director of the Pierpont

Morgan Library.

*The Personal Librarian* is an extraordinary novel that will have you googling to learn more. I agree with what author Pam Jenoff said: "An extraordinary tale that is both brilliant historical fiction and an important and timely commentary on racism. A must-read."\*

## School Smart



by Shelley M. Greggs, NCSF

**D**ear Shelley, My partner and I do not agree about school attendance for our young elementary aged children. He says they can miss school at this age

since they are smart. I say that missing school is not good for them. Does it really matter if young children miss school?

Anita S, Cape Coral

Anita,

Missing school for any reason other than illness is not wise. Children must understand that they are expected to go to school every single day. Children need to build the habit of good school attendance that will carry on throughout their education and even into their careers. There are real consequences

to missing school even in kindergarten, although they may not show up immediately.

Children who miss school frequently miss out on the fundamentals of reading and math. Data from a recent California study revealed that children who were chronically absent in kindergarten and first grade were far less likely to read proficiently at the end of third grade. Another study reported that students who arrived at school academically ready to learn – but then missed 10 percent of their kindergarten and first grade years – scored an average of 60 points below similar students with good attendance on third grade reading tests.

According to research from [www.attendanceworks.org](http://www.attendanceworks.org), an organization dedicated to "advancing student success by reducing chronic attendance", missing just 10 percent of the school year in the early grades can leave many students struggling throughout elementary school. And that by sixth grade, missing that much school is strongly linked to course failure and even eventually dropping out of high school. That's just 18 days – or

continued on page 28



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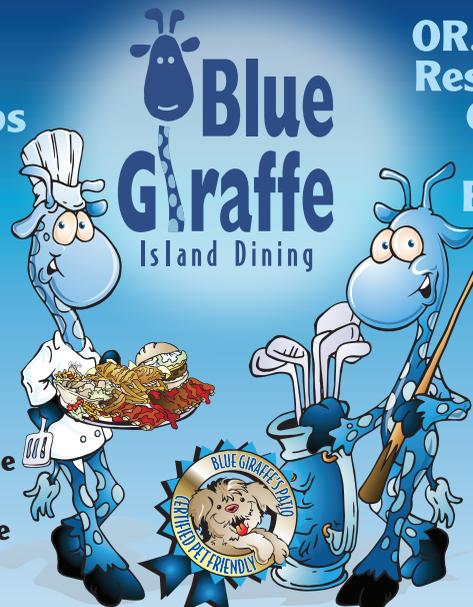
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Sanibel-Captiva chamber representatives joined Captiva Spirits in a ribbon-cutting for its new, one-of-a-kind vodka photo provided

## Chamber Celebrates New Business Launch

Captiva Spirits, Inc., launched the world's first all-natural Key Lime Honey Vodka, distilled locally at List Distillery, in February. The Sanibel & Captiva Islands Chamber of Commerce helped celebrate the occasion with a ribbon cutting at Matzaluna restaurant on Sanibel on August 18.

Matzaluna is among nearly 30

Southwest Florida restaurants, bars and liquor outlets from Naples to Sarasota that carry the one-of-a-kind vodka created by partners Rob Johnson and Michael Puzia. Online ordering and shipping of the product is available in 31 states. Tyrone Humbles is the company's director of sales.

"We wanted to create 'Florida's favorite formula' of vodka to capture the casual ambience of being on one of the Sanibel and Captiva islands' beaches," said Puzia. "As a Florida-based company, we at Captiva Spirits believe living in Florida comes with a very important

responsibility. That responsibility is to help protect and preserve Florida's natural habitats and wildlife populations. That is why we donate a portion of sales to nonprofit organizations dedicated to preserving the natural beauty of Florida."

Captiva Spirits makes its Key Lime Honey Vodka with 100 percent gluten-free, organic corn mash and locally sourced Key limes and raw honey.

"The Sanibel-Captiva chamber encourages creativity and sustainability in the island marketplace, and Captiva Spirits is a prime example of that business model," said John Lai, chamber president

and chief executive officer. "We toast Mike and Rob, and welcome them to the fold."

"We were driven to become chamber members to have access to the vast array of resources available in terms of advertising and business networking, as well as to be a part of supporting the Sanibel and Captiva community in general," said Puzia.

For more information about Captiva Spirits, visit [www.captivaspirits.com](http://www.captivaspirits.com). For more information about the chamber, visit [www.sanibel-captiva.org](http://www.sanibel-captiva.org).

## Wild Nights For CROW Now Twice A Month

The Clinic for the Rehabilitation of Wildlife (CROW) will now hold its Wild Nights at the Topsy Turtle Restaurant on the first and third Tuesdays of the month from 5 to 8 p.m. Wild Nights feature one of CROW's animal ambassadors, who will greet patrons while CROW's education staff shares facts and information about the wildlife hospital. Cob, the corn snake will be on site on September 7. The September 21 animal ambassador is yet to be announced.

Topsy Turtle will donate 50 percent of food and beverage sales from the evening to help wildlife recovering in CROW's hospital.

The Topsy Turtle is located at 1223 Periwinkle Way.

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- 85% of F.I.S.H. volunteers have not returned from summer travels, and
- Most importantly, Food Pantry donations decrease. You can help fill empty shelves and hungry tummies this month. Please drop off non-perishable food items to Bank of the Islands' Sanibel and Captiva offices as often as you can.

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## Meet The Intern

Hollis Hatfield has been immersed in Sanibel's unique environment this year through internships with "Ding" Darling Wildlife Society and the Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program. Originally from Raleigh, North Carolina, Hatfield earned her master's degree in wildlife conservation and management from University College Dublin in Ireland.

Hatfield had past experiences learning about loggerhead sea turtles. At SCCF, she had the opportunity to work with an additional sea turtle species – the green sea turtle.

"Although I will always be partial to loggerheads, it has been interesting learning about the life history and nesting strategies of green turtle mamas," Hatfield said.

In 2020, during her communications and development internship with the wildlife society, she quickly fell in love with Sanibel.

"I feel very blessed that I have been able to extend my time here as an



Hollis Hatfield photo by Sam Warren

SCCF intern," Hatfield said. "I hope to continue aiding in coastal conservation, and I believe that the experience I gained with the SCCF will prepare me to be successful in this field."✪

From page 26

## School Smart

two to three days per month.

Make sure that your partner does not believe the major myths about missing school, such as that absences are only a problem if they are unexcused, that sporadic absences aren't a problem and that attendance only matters in the older grades.

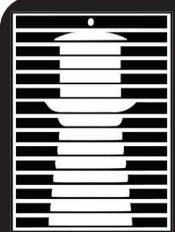
Does your partner think that the school lacks engaging instruction, or has a bad school climate and ineffective discipline? If he/she is concerned about these issues, he/she needs to become more involved in the school, so he/she understands what occurs there. Maybe he/she had a negative school experience, is uncomfortable in schools and is just

trying to protect your children.

Perhaps asking some of these questions will help him/her understand his/her reluctance to encourage strong school attendance and you will be able to resolve this issue.

For more information on school attendance, visit [www.attendanceworks.org](http://www.attendanceworks.org).

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to [smgreggs@gmail.com](mailto:smgreggs@gmail.com) or at [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).✪



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Superior Interiors

# Creating A Conversation Area In The Home



by Katie Frederick

An authentic conversation is one of the most important ways of creating strong, lasting relationships with family and friends. Since the previous year offered limited face-to-face social

interaction, it's more important than ever to nurture those friendships and spend more time with loved ones. While so many people are excited to go out and about, there's always an opportunity to gather in your own home with close friends and family members. But does your current living arrangement set you up for success in the mingling department?

There are plenty of simple design tricks and methods of furniture arrangement that can turn a dull living space into a conversation station. Consider some of these tips for creating a gathering area that encourages honest laughs, small talk, deep discussion and fruitful exchange.

If you want to make a major difference

in your house and create a space for gathering that your guests are sure to talk about for days after the get-together, start from scratch. An empty corner, nook near a window or bare-bones bedroom can make the ideal clean slate for your new conversation spot. This is an optimal way to maximize your current living space and make sure every inch of square footage is being utilized to its fullest potential.

Furniture placement can make or break the vibe in a room. The easiest way to encourage the conversation is to bring seating close together, making it difficult to avoid others in your presence. A sectional sofa makes conversation simple, for example, as the wrap-around design brings people close together while ensuring face-to-face interaction. An arrangement of seated furniture around a circular coffee table is just as effective in this sense.

The focal point of the space should act as a conversation starter. This can be anything from the coffee table centerpiece or area rug to the accent wall or unique piece of decorative art hanging from the ceiling. Consider finding a statement piece and let it dictate how you decorate the rest of the room – complementing the focal point with paint, accessories and furniture can make for an inspiring decor experience.

The focal point should stand out against the rest of the decorations, but the theme in its entirety should inspire and encourage conversation. If you want to go above and beyond, make the entire

conversation area stand out against the grain, even if it's only a small portion of an already established living area. This doesn't only act as a great conversation starter but can be a focal point in your home on its very own.

The desire to establish a conversation grouping in your home shouldn't end with the thought itself. If you want to bring this project to life but you're not sure where to get started, consulting with a design professional can surely help you get the ball rolling.

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

## Top 10 Books On The Island

1. *Float Plan* by Trish Doller
  2. *The Clover Girls* by Viola Shipman
  3. *All the Little Hopes* by Leah Weiss
  4. *The Exiles* by Christina Baker Kline
  5. *Three Rooms* by Jo Hamya
  6. *We Were Never Here* by Andrea Bartz
  7. *A Perilous Proposal* by Jennifer Schiff
  8. *The Book of Lost Names* by Kristin Harmel
  9. *Anxious People* by Fredrik Backman
  10. *The Lost Apothecary* by Sarah Penner
- Courtesy MacIntosh Books and Paper.\**

## ISLAND SUN BUSINESS NEWSMAKERS



Jeremy Conley



Greg Demaras

### Pfeifer Realty Group

The top listing agent for July at Pfeifer Realty Group was Jeremy Conley. The top sales associates were Jeremy Conley, Greg Demaras and Bill LeJeune.\*



Bill LeJeune

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\$3,849,000

Gulfside Place Unit 210

Beautiful Gulf of Mexico views from this spacious 2BR/2BA with den. Open floor plan with sliding glass doors that run the width of the living space. The large master bedroom opens onto the lanai with a private sitting area. Gulfside Place offers onsite management, a fitness center, clubhouse, two swimming pools/saunas, lighted tennis and pickle ball courts. The unit features electric shutters, interior laundry room, additional storage room and below building parking for one car.

\$1,495,000

4020 West Gulf Drive

Exceptional 3-bedroom, 2-bath home with heated pool across from beach access on one of the larger West Gulf Drive lots. Updated kitchen includes granite countertops, custom kitchen cabinetry, stainless appliances including warming drawer and wine cooler. The Bamboo and travertine tile flooring throughout and theater surround system are just a few exceptional features. Custom hurricane-rated windows and doors throughout.

\$2,795,000

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1



2



3

## 1. GULF FRONT HOME ON SEASPRAY - SANIBEL

- 3 BR/ 4/1 BA + loft/office set forward of surrounding properties offering long Gulf views down the beach
- Top floor master suite, multiple lanai's, Gulf front pool & spa, impact windows, and more

• **\$4,550,000 Euro 3,876,860**

## 2. HAPPY DAZE - CAPTIVA

- 4 BR + den/ 4 BA home situated among tropical vegetation just a short walk to the Captiva Village
- Wood floors, open kitchen, soaring ceilings, fireplace, large lanai overlooking your private pool & spa

• **\$1,699,000 Euro 1,477,867**

## 3. GULF FRONT AT GULF BEACH - SANIBEL

- 2 BR/ 2 BA top floor, corner completely remodeled condo with impact windows & sliders on Sanibel's East End
- Comm amenities include beach access & Gulf front pool. Unit currently earns \$95k annually

• **\$1,100,000 Euro 937,147**

## 4. GULF FRONT HOME ON SANIBEL

- 3 BR/ 3 BA home with floor to ceiling Gulf front windows, designer kitchen, Pecky Cypress walls, stone fireplace, & wood inlaid vaulted ceilings
- Grab a paddleboard & follow the tropical vegetation lined path to the beach or enjoy your afternoon in the beachside garden oasis

• **\$3,350,000 Euro 2,854,391**

## 5. ON A WHIM - CAPTIVA

- 2 BR/2 BA cottage located steps to the Bay in the Captiva Village
- Newly painted, wood plank tile floors, multiple lanais, and colorful décor

• **\$1,295,000 Euro 1,084,044**

## 6. LONG CANAL VIEWS ON PERIWINKLE - SANIBEL

- 3 BR/3 BA home with 120ft of canal frontage, private 60ft boat dock, and 10,000 lb lift
- Elevated pool and spa, vaulted ceilings, private elevator, fireplace, and 2 car garage

• **\$2,200,000 Euro 1,874,813**



4



5



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7



8



9

## 7. DIRECT ACCESS BASIN HOME ON LIMPET DRIVE - SANIBEL

- 3 BR/ 3 BA home on Shell Harbor's most sought after streets with wide boating basin & deep water access
- Private dock with composite decking & captains walk. Travertine pool deck, spillover spa, & new roof

• **\$2,395,000 Euro 2,040,677**

## 8. SHORT WALK TO BEACH IN BEACHVIEW - SANIBEL

- 3 BR/ 4 BA + den home constructed by Gulf To Bay Homes on prime lot in Beachview CC Estates
- Open kitchen, high ceilings, private pool with spillover spa & 2 story screen enclosure all just a short walk to the beach access

• **\$1,749,000 Euro 1,434,917**

## 9. REMODELED DIRECT ACCESS HOME IN SHELL HARBOR - SANIBEL

- 4 BR/ 2.5 BA ground level home with tray ceilings, large kitchen & living areas
- Private pool, 2 outdoor showers, wrap around private boat dock with lift and direct access to Gulf of Mexico

• **\$2,358,000 Euro 2,009,459**

## 10. NEW CONSTRUCTION IN GULF RIDGE EAST - SANIBEL

- 3 BR/ 2 BA + den bright & airy home built in 2017 with impact windows, private elevator, vaulted ceilings on Sanibel's West End.
- Offering the ultimate privacy with conservation land to the rear, home is steps to the beach access, community pool and tennis.

• **\$1,599,000 Euro 1,352,271**

## 11. LAKE & GOLF COURSE VIEWS IN BEACHVIEW - SANIBEL

- 5 BR/ 3.5 BA completely renovated with gourmet kitchen, soaring 2 story ceilings & incredible views
- Private office, library, formal dining room, pool, 2 car garage, and more

• **\$2,695,000 Euro 2,204,949**

## 12. CUSTOM DESIGNED LAKE & RIVER FRONT HOME - FORT MYERS

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10



11



12

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# Rotary Happenings

submitted by Cindy Carter

**H**ave you ever seen the elusive and endangered ghost orchid? The Naples Botanical Garden has one that can be admired, a plant so special that there are less than 2,000 left in the wild.



**Emily Kless** photo provided

beautifully alive plants. It consists of 170 acres of garden with five different native Florida habitats, two miles of walking paths, and some of the most beautiful design gardens you will ever see. The

design gardens include plants from the tropics and subtropics, including a Brazilian garden, Southeast Asia garden, Caribbean garden, Florida garden, succulent garden and magnificent orchid garden.

The botanical garden, on the surface level, strives to display plants to help create an interest and appreciation for the plants from its patrons. Yet, what many don't realize is that the plants are actually curated for beauty as well as scientific conservation and educational purposes. Getting people to fall in love with the beauty, deliciousness and wonder of plants will help in conservation efforts. If people don't understand the value of plants, they will never be inclined to protect them. Plants make up 57 percent of the federally endangered species list, however, only four percent of federal funding is earmarked for them.

The botanical garden's largest endeavor is the construction of a horticulture campus. The garden is a world-class institution on the visitor side, however, the behind the scenes side is in need of

an upgrade in order to continue the many ongoing conservation projects, to house backup collections of plants and seeds, and to grow some of the most rare collections of plants. Plants are becoming extinct at an alarming rate and the need to conserve, educate and protect is real.

Kless is a Naples native. She spent three years at Auburn University before transferring and graduating from Florida Gulf Coast University. She started at Naples Botanical Garden as an education intern. Her areas of professional interest include plant evolution and adaptation; birding; sustainable agriculture; and accessibility, diversity, equity and inclusion within the environmental field.

*The Sanibel-Captiva Rotary Club meets on Zoom and in person at The Community House. Doors open at 7 a.m. and the meeting begins at 7:30 a.m. Email [william.harkey@gmail.com](mailto:william.harkey@gmail.com) by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit [www.sanibelrotary.org](http://www.sanibelrotary.org).*

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Will Power

# More Than Pushing A Button



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

**W**e can accomplish so much these days simply by pushing a button. I just returned from a conference in Washington, DC, where I pushed many buttons using apps on my iPhone. It is simply amazing when you think about it.

I pushed buttons to check into my flight and to display my boarding pass. Another button informed me if my flight was on time, while yet another button tracked my bags onto the plane. Upon arrival at Dulles International, I pushed a button to summon an Uber to take us to our hotel.

Rather than wait in a long line to check into our room, I pushed a button to check in, reading the assigned room number on my screen. We ascended in the elevator, and, after finding our room, I proceeded to punch another button to unlock our door. Once in our room, we used buttons to read restaurant reviews and make a reservation.

We even pushed buttons to enroll in the conference breakout sessions, find the location of those sessions around the conference center, and communicate with the conference organizers.

There was virtually no interaction with a human being to accomplish all of these tasks. It seems that we can do a lot pushing buttons.

Even construct an estate plan.

But not a good one.

You see, unlike many transactions, a good estate plan is only developed through a meaningful interaction with a knowledgeable professional. Sure, you can access web-based estate planning programs, but those can only perform one minor function in an estate plan – that is preparing a legal document that would say who gets what in the event of your death. Even then, it probably doesn't do a thorough enough job.

Why is that? Because there is so much more thought that should go into constructing an estate plan. Consider, for example, that you have several different baskets of assets. Some carry taxable income with them (such as annuities, IRA and 401(k) accounts), while in others, you might achieve a step-up in tax-cost basis that eliminates capital gains to your beneficiaries. Without a thorough understanding of the complexities surrounding these issues, it's likely that you don't maximize your

plan, and that Uncle Sam becomes a larger beneficiary than he should.

How about those in blended families? A computer program won't provide any insight into the problems associated with economically tying your spouse, who is not the parent of your children, to those children through marital trust planning. Sure, the program will describe the benefits of providing income to your spouse for the rest of her life, and then how the trust will distribute principal to the children upon her death. Seems pretty straightforward.

Except, it's not.

Will that computer program reveal how to maximize family harmony when every dollar your spouse spends following your passing will result in one less dollar that the children inherit? There are strategies to consider beyond what the cold calculations that artificial intelligence can master.

How about protecting your children's inheritance from divorce or other economic maladies? Will those computer buttons know how to give your children the greatest amount of freedom in choosing their investments, distributing the trust income and principal, and ultimately deciding who should benefit from the inheritance following their deaths? I usually have lengthy conversations with my clients about the hopes and wishes that they harbor for their loved ones. Can you do that with Siri?

No. You can't.

Selecting your trustee in the event of your disability is usually another in-depth conversation that I engage in with my clients. There's so much to it, in fact, that I wrote a book exclusively on that subject. If you'd like a copy of that book, email me at [info@sbshlaw.com](mailto:info@sbshlaw.com). Once you receive it, please read the preface where I described how shocking I found the crushing responsibility to be when my mother contracted leukemia and I became the trustee of my parents' trusts. Reflect on the fact that I'm a board certified wills, trusts and estates attorney and a licensed CPA, and I found the responsibilities overwhelming. This is my career. Think about that for a moment.

There are so many variables to a good estate plan that every person's plan will be unique to that individual. Sure, if you have less than \$100,000 in assets and a house, you probably don't need the best estate planning attorney out there, and perhaps a computer program will suffice.

If you've taken the time to read this column, chances are you've accumulated somewhat more than that.

Yes, it's great that we can do so much by pushing a button on our Smartphones. But do you really want to put that small amount of thought into constructing a plan to protect you and your loved ones with what took you a lifetime to accumulate?

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- 0 Dixie Beach Blvd. Vacant Lot - \$150,000
- 845 East Gulf Dr. 921 Sanibel Moorings - \$435,000
- 937 East Gulf Dr. 3511 Sanibel Inn - \$695,100
- 734 Anchor Dr. - \$1,550,000
- 6270 Indian Ct. - \$2,050,000
- 545 Lighthouse Way - \$3,250,000

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

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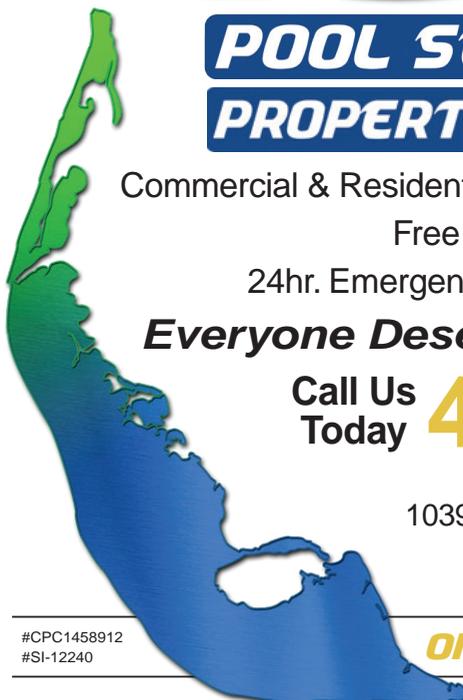


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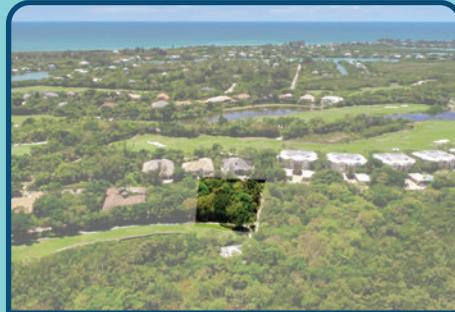


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## Frankly Speaking

by Howard Prager



**T**he most powerful words someone can say to you are: "You made my day!" You haven't just done an act of kindness, you have done an act at the right time and in the right way, that turns

someone's day or even life around. You inspired and motivated them, or helped them get unstuck. As a leader, it's a most powerful tool for inspiring your staff and colleagues. As a caring person, it's heart-lifting and impactful to those around you and those you care about.

That's why I wrote my new book, *Make Someone's Day: Becoming a Memorable Leader in Work and Life*. It is now available for preorder at your favorite online bookstore. I've been working on this book for four years because I believe people need to have strong positive influences that we can all provide, now more than ever. And we need to hear that someone appreciates us and what we do. It can make a manager or leader better by making the day of people he/she manages. It can make a great impression on volunteers who work for you. And, it can create a culture of kindness and gratitude that turns organizations around without being hard or complicated.

*Make Someone's Day* shows you how to do that with many examples for extroverts and introverts, an understanding of why it works, and a simple model to make people feel like a VIP. Here are a few stories from the book.

The first time I realized the powerful impact of *Make Someone's Day* was at the station with other early morning commuters waiting for our train downtown. A young woman with a clipboard came up asking me to sign her

petition to put someone on the ballot for election. I asked who it was for, and when I learned, I said I'd heard of him and would happily sign. I saw that I was the first person to sign her petition. As I handed her back the clipboard, she looked up at me and exclaimed, "You made my day!" Those words took me by surprise. I don't know how many people she had asked before me. Had she been turned down or ignored? Was this the first time she was gathering signatures on a petition? All it took from me was the simple act of signing my name on the petition and that made her day. And, in turn, it made me feel great when she said that. My commute, the morning, even the day, was totally different. I had been feeling good, but this brought it to a higher level. And, it wasn't about what I did, it was remembering what she said: "You made my day."

As a trainer at Disney, Lenn and many others worked long hours over several months to prepare Animal Kingdom to open at Walt Disney World. Afterward, the team members were all rewarded with a sneak preview of the park before it opened to the public, several guest passes, and a special memento as part of the opening team. These types of perks can motivate us to go above and beyond in our jobs. It doesn't take much, just appreciation for putting in extraordinary efforts to meet a goal. It's often this small recognition and acknowledgement that encourages us to continue working so hard to accomplish major projects. Even 20 years later, Lenn fondly remembers that. The memories when someone makes your day can last a lifetime.

Karolus had a party for his 75th birthday. Friends from different walks of his life showed up to celebrate him, and being an actor, playwright, author, coach, teacher and consultant, his interests, abilities and friendships spanned quite a range of professions. Toward the end of the evening, Karolus thanked us all for coming. Spontaneously, before he could say goodbye, several friends stood up to toast him and acknowledge the contributions he made to their lives. Others did the same. The stories and

tributes were very touching and kept on coming. Karolus was extremely moved by the tributes from people he felt closest to and was delighted this impromptu acknowledgement happened. We all need to hear that now. Each of us has many facets of our lives that others may not know about besides work – hobbies, long-term friends, activities and causes we care about and work on. People had no idea of all of the activities that Karolus did and all the impact he had. His birthday turned out to be a beautiful celebration of how he stood out throughout his life, and these reflections from others indeed made his day.

To learn more about *Make Someone's Day*, why it works and how to incorporate it into your life, visit [www.howardprager.com](http://www.howardprager.com) and download the first chapter for free. And let me know what you think about it.

My Good News Story of the week is also from the book about Hall of Fame running back Curtis Martin. When Martin was a junior at Pitt, a scout showed up from the Senior Bowl and gave him his card saying, "I want to see you at the Senior Bowl next year no matter what." Martin knew that conversation

was his ticket to the NFL. The first game of his senior year, he tore up his ankle and couldn't play all year. Dejected, he remembered he had the card of this scout. Toward the end of the season, Martin called him, and immediately the scout said he was so sorry that he tore up his ankle and couldn't play that year. By then, though, the ankle had healed. So before he could hang up, Martin said to the scout, "Remember you said to me you want to see me play at the Senior Bowl no matter what? I know I didn't play this year, but I want to play at the Senior Bowl. What can you do?" The scout thought for a minute and said to him, "If I can get you there, I can't guarantee that you'll play." Martin said, "Fine, just get me there."

Martin got there with all the top seniors, but he was low on the depth chart as a last-string fullback. His preferred position was running back, but he had heart and was going to take any opportunity he was given. He played with abandon at the position, blocking players far larger than he was, moving up the depth charts and making an impression on the NFL scouts in attendance. They

continued on page 38

## SPORTS QUIZ

1. Jacksonville Jaguars owner Sahid Khan was a lead investor in what pro wrestling promotion that was founded in 2019?
2. What sporting event for people with disabilities was created by German-British neurologist Ludwig Guttmann and first held in 1948?
3. John Salley was the first NBA player to win championships with three different teams. What were they?
4. The football term for a blocker pushing an opponent to the ground is named after what popular breakfast food?
5. What member of the 1996 Olympic USA gymnastics "Magnificent Seven" team published a memoir called *Off Balance* in 2012?
6. The second-shortest (5 feet, 5 inches) goaltender in NHL history played three seasons with the Chicago Blackhawks and went on to a broadcasting career. Who is he?
7. What Finnish driver, known as "The Iceman," won the 2007 Formula One Drivers' Championship?

## ANSWERS

1. All Elite Wrestling (AEW). 2. The Stoke Mandeville Games. 3. The Detroit Pistons (1989-90). 4. Pancake. 5. Dominique Moceanu. 6. Darren Pang. 7. Kimi Raikkonen.

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## Health First

# Four Lifesaving Mnemonics



by Julie Rosenberg, MD

**A** mnemonic is a tool that helps us remember things more easily.

A mnemonic is typically in the form of a song, a rhyme, an acronym, a phrase, or an image. Mnemonics help us

to remember important facts. They are particularly useful when the order of things is important.

When it comes to emergency situations – either someone else's or your own – it may be difficult to quickly remember what to do. Time is of the essence in an emergency. The four mnemonics below may be lifesaving.

**PULSE** – A heart attack (myocardial infarction) may occur following formation of plaques in the coronary arteries, resulting in reduced blood flow and oxygen supply to the heart, as well as injury to cardiac muscular tissue. The symptoms of a heart attack include chest pain, which typically travels from left arm to neck, shortness of breath, sweating, nausea, vomiting, abnormal heartbeat, anxiety and fatigue.

The sooner an individual can get

treatment for a heart attack, the better the chance of mitigating potentially irreversible damage to the heart. The mnemonic **PULSE** will help you to remember the signs and symptoms of a heart attack:

Pain in the chest, jaw, neck, back or arms;

Upset stomach (nausea, vomiting, indigestion);

Lightheadedness (or dizziness);

Shortness of breath;

Excessive sweating.

**FAST** – Stroke is a relatively common condition caused by abnormal brain blood vessels (cerebrovascular disease). Stroke is the fifth most common cause of death in the United States and accounts for about 150,000 deaths per year. Signs of stroke include difficulty with speech, arm weakness and facial droop.

As with a heart attack, it's important to recognize the signs of stroke early. The sooner treatment begins, the better a person's chance to recover without significant damage to the brain. To recognize if someone is having a stroke, think **FAST**:

Face drooping;

Arm weakness;

Speech slurring;

Time to call 9-1-1, if you observe these symptoms.

**STOP** – Many people panic if they get lost in the wilderness. This can be a relatively common occurrence when hiking in the woods or when exploring a national park. I was lost with my partner for six hours while biking through Acadia National Park (a 47,000-acre Atlantic

coast recreation area in Maine). We did the wrong thing – we panicked and continued to ride our bikes through unfamiliar areas. Fortunately, friendly hikers eventually assisted us, offering us bottles of water and helping us to locate the park ranger's station.

I learned my lesson. If you get lost, stay calm. Do not panic. **STOP**:

Stop where you are;

Think about your situation;

Observe your surroundings;

Plan your next actions.

Try to return to a familiar location if you are within a reasonable distance. Don't go too far off your original route. Stay warm and dry. I suggest that you always travel with a day pack, especially in unfamiliar places. Be sure to pack plenty of water, healthy snacks, a compass, a whistle and a first aid kit.

**Reach, Throw, Row, Go** – It's wonderful to live near the ocean and to have ready access to swimming opportunities throughout the year. However, according to the Centers for Disease Control, Florida ranks sixth in the United States for unintentional drowning deaths, with an age-adjusted rate of 1.67 per 100,000 population. Therefore, it's important to know what to do if you see someone drowning.

First and foremost, avoid immediately jumping into the water. Follow this mnemonic:

Reach a pole or branch to the victim if he or she is close to the shoreline;

Throw a rope or safety ring to the victim if he or she is too far away to be

rescued with a pole or branch;

Row a boat to the victim (assuming that you are boating when you see a drowning victim) and then reach, throw, or lift him or her into the boat;

Go into the water as a last resort, only if you are a strong swimmer and trained in lifesaving techniques.

In summary, we all encounter emergency situations during our lifetimes. Remembering simple mnemonics can assist you in decision-making during an emergency. Your efforts may be lifesaving.

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

From page 36

## Frankly Speaking

thought if he had this much passion at this unnatural spot, they could only imagine how good he would be in his true position. Martin got drafted into the NFL and had a Hall of Fame career with the Jets. It is because he fought to show up and stand out, he made the most of it, because the scout from the Senior Bowl made his day.

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



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dearRPharmacist

# Best Peptides For Your Skin And Their Purpose



by Suzy Cohen, RPh

**Dear Readers:** Peptides are very popular now for good reason. They go on to form a chain that is called a protein, and some of those proteins heal the

body. If your mind goes to peptides found in bone broth, or in anti-aging beauty supplements, you'd be right. Biologically active peptides are needed for heart health, beautiful skin and strong bones.

Peptides are naturally found in your skin. You have a lot when you're young. When you apply them via a face cream or serum, it signals a giant cascade of chemicals in your body that essentially tells your skin cells to make youthful compounds again. You may not see it, but you'll get compliments about not looking your age, or similar.

Peptides are intended to work very specifically to fight skin inflammation, form collagen, or kill bacteria that causes acne or skin infections. Also, some are hydrating, and minimize brown spots

and hyperpigmentation. The advantages of having a peptide in your moisturizing cream is so worth the extra price. Rather than list brand name beauty products, I thought I would give you the names of the peptides themselves. This way, you can look at your own product and see if it contains it.

**Palmitoyl Tripeptide-5** – This is a very popular one and it goes by the name Syn-Coll. You can find this ingredient in high-end luxury, skin care products that help with wrinkles and dryness. It's a synthetic peptide that stimulates your own skin cells to make collagen.

**Palmitoyl Tetrapeptide-7** – This is very commonly used in anti-aging serums, moisturizing night masks and wrinkle creams to help minimize acne scars and hyperpigmentation. This is a key ingredient in Matrixyl-3000.

**Acetyl Dipeptide-1** – This is another popular peptide that is useful as a soothing agent, rather than a smoothing agent. What's fascinating is that it stimulates nerve cells that are in your skin to release an opioid type of compound called met-enkephalin, which relaxes your muscles a little bit.

**Copper Lysinate/prolinate** – This is sold under the brand Neodermyl. It is an essential amino acid mineral complex that is supposed to boost your skin's own collagen Type I and III, as well as elastin production. It also has a relaxing effect on facial muscles.

**Acetyl Hexapeptide-8 or 3** – This ingredient is found in youth-promoting cosmetics, serums and eye creams. It is a peptide that is a fragment of something

called SNAP-25, and marketed under the name "Argireline."

Peptides are a promising avenue for youth seekers. Beauty products containing peptides are sold widely today, almost everywhere. But before purchasing, do your homework, look at reviews and consider your needs. If you're in your 30s, you don't need to pay for the expense of a collagen-boosting cream. But if you're middle-aged, I'd say

the investment is worth the price.

If you would like to read the longer version of this article and learn about more peptides, sign up for my free newsletter at [www.suzycohen.com](http://www.suzycohen.com).

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

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** What is the best way for me to protect myself from a narcissist relative?

**A:** As you may know, narcissism runs on a spectrum from narcissistic traits to full blown narcissistic personality

disorder. Wherever your relative is on the spectrum, the following suggestions can help protect you from their manipulation, self-absorption, control and entitlement:

Don't fall for their charm and manipulation – It's their false sense of self. Narcissists wear masks and can be very conniving until the masks come off.

Keep your expectations low then you

will not be disappointed – All they want is your supply for their own personal gain.

Since this individual is a relative, it may be difficult to go "no contact," however, it could be the best thing you can do – Keep your distance at all costs.

Stay calm – When your button is pushed, try and respond rather than react. You want the one up position, do not give it to them.

Set clear boundaries – It's OK to say no. Remember, it's a yes for you.

You can always walk away when it gets too intense – A simple "I have to go now" will do the trick.

There are many books and resources on how to deal effectively with a narcissist. I recommend you educate yourself and stay centered when dealing with these individuals.

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

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Doctor and Dietician

# An Essential Nutrient You May Be Lacking



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

We recently read an article claiming that vegans were becoming brain damaged due to lack of choline in their diets. Others jumped on the bandwagon stating those who were consuming plant-slant diets were prone to choline deficiency. So, is everyone okay as long as they consume meat? Let's take a look at choline.

What is choline? It is an essential nutrient involved in many important biological processes, including normal metabolism, transport of fats, methylation, nerve impulse/neurotransmitter synthesis, as well as memory and focus. An essential nutrient is only synthesized in small amounts or not at all in the body. Thus,

choline must be consumed in the diet to maintain optimal health.

Choline deficiency can result in fatty liver and alterations in brain function and cognitive performance. Some studies have used supplemental choline in the treatment of dementia and head trauma patients, as well as with neurological damage of strokes and retinal dysfunction in glaucoma patients. More research needs to be done in these areas, but it looks promising. Because choline is a messenger throughout the body, deficiency can result in widespread negative health effects, including liver damage and muscle damage, as well as problems for the developing fetus in pregnant women.

Everyone needs choline to maintain a healthy liver and brain. The RDI (reference dietary intake) for choline is 425 mg for adult women and 550 mg for men. Choline is critical during fetal development, as it modifies brain and spinal cord structure influencing lifelong memory function and possible risk of neural tube defect, thus pregnant women may need upwards of double the RDI for women.

Where can we get choline to keep our livers and brains healthy? Good sources of choline include eggs, grass-fed beef, organic liver, pasture-raised chicken, fresh scallops, Alaskan salmon and cod, and organic dairy, as well as plant-based foods such as organic tofu, green veggies, potatoes, cruciferous vegetables, beans, nuts, seeds, whole grains and some fruits. The trend to consume only egg whites as a "health benefit" has additionally contributed to the choline deficiency problem, because egg yolks are loaded

with choline and many other healthy nutrients at 169 mg choline per one egg, 137 mg in the yolk. Thus, we still recommend a real food, balanced diet with a plant-slant as well as one that includes moderate consumption of whole eggs and grass-fed beef.

Unfortunately, most Americans (89 percent) are not getting enough choline in their diets – only 11 percent meet their needs. Eating extremely limited, restricted, or nutrient-poor foods will cause you a lot of problems – and choline deficiency is just one of them.

If you consume a healthy diet versus what is called the SAD (standard American

diet), you should have no problem consuming adequate choline in your diet. We cannot stress the importance of eating real food and dumping junk, fast food and other ultra-processed food sources. Choline is just another example of an essential nutrient that could go missing if you choose to eat poorly.

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.✧*

## Beautifulife: Makeup



by Kay Casperson

When you hear the word makeup, you might think first of lipstick, mascara or face powder. And, of course, makeup consists of all of that and then some. Makeup can be used in various

ways, from theatrical makeup, which can transform the appearance of someone into a specific character, to creating an everyday natural look. Makeup is essential in certain situations, like a modeling photography session or even a wedding day shoot.

We have come to rely on makeup to even out skin tone, add a pop of color, enhance lashes and brows, and accentuate our best features. And, the great thing is, makeup can do all of that, but I believe that makeup can do much more for us than meets the eye. Makeup can actually lift our spirits and put a bounce in our step.

I started out as a makeup artist many years ago and I saw how people felt when they learned how to apply makeup for themselves. They felt more confident, more beautiful and overall more positive. But did you realize that I used the word "felt?" They also looked amazing, but more importantly, they felt it.

The first makeup line that I launched many years ago was "Inside I'm Gorgeous." I have always been a big

believer in the fact that beauty comes from within. Suppose you feel beautiful and tell yourself you're gorgeous. In that case, you will radiate a beauty that surpasses anything you see in Hollywood, on social media or in a magazine. That is why I had the affirmation on all of my makeup products: "Inside I'm Gorgeous."

When working from my home office and dinner time is approaching, I will sometimes apply some makeup to prepare for the evening. My kids have asked, "Mom, why are you putting makeup on before dinner?" Or, my husband might say, "Honey, why are you putting makeup on just to go to the grocery store?" And my reply to both of them is always, "Makeup makes me feel good, it makes me feel beautiful, and I wear it for myself."

The physiological effects of makeup are equally as important as how it might make you look. And may even be more critical. So, step out of your comfort zone and try some new makeup techniques. Reach out and ask for someone to help you learn more about makeup and what is best for you. We offer complimentary makeup demonstrations after every service at our spas if someone would like to learn more. We also think it is essential for everyone to leave feeling gorgeous inside and out.

My affirmation for you this week is: "I appreciate and celebrate all ways to have beauty inside and out every day."

*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.✧*

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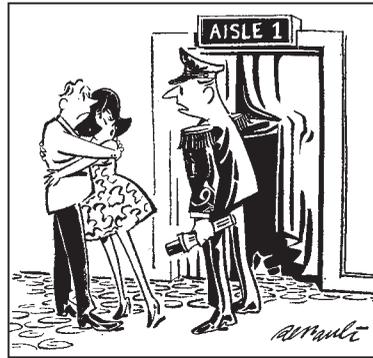


- Emergency ..... 911
- Sanibel Police..... 472-3111
- Lee County Sheriff's Office ..... 477-1200
- On Call Captiva Deputy..... 477-1000
- Fire Department, Sanibel ..... 472-5525
- Fire Department, Captiva ..... 472-9494
- Florida Marine Patrol..... 332-6966
- Florida Highway Patrol ..... 278-7100
- Poison Control..... 1-800-282-3171
- Chamber of Commerce..... 472-1080
- City Council ..... 472-4135
- City Building Department..... 472-4555
- City Manager ..... 472-3700
- City Planning & Code Enforcement Department ..... 472-4136
- City Public Works ..... 472-6397
- Library, Sanibel ..... 472-2483
- Library, Captiva ..... 239-533-4890
- Lee County Mosquito Control ..... 239-694-2174
- Post Office, Sanibel ..... 472-1573
- Post Office, Sanibel (toll free) ..... 800-275-8777
- Post Office, Captiva..... 472-1674
- Sanibel Community House..... 472-2155
- Center 4 Life, Senior Center..... 472-5743
- 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 ..... 393-2787
- 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](mailto:coti@coti.org)
- CROW, Clinic For The Rehabilitation of Wildlife..... 472-3644
- Disabled Am Vets #108 (San-Cap Rep Ted Tyson) 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](mailto:sanibelLWV@gmail.com)
- Lions Club, Jeff MacDonald..... 302-521-1158
- Master Gardeners of the Islands ..... 472-6940
- Military Officers Assc. of America, Alex MacKenzie .. 395-9232
- Newcomers ..... 472-9332
- Notre Dame Club of Southwest Florida ..... 768-0417
- Optimist Club..... 472-0836
- PAWS, Protection of Animal Welfare Society . . . 239-313-6918
- Progressive Club of the Islands ..... [pcisancap@gmail.com](mailto:pcisancap@gmail.com)
- Rotary Club ..... 472-7257 or 472-0141
- Sanibel Bike Club ..... [sanibelbicycleclub.org](http://sanibelbicycleclub.org)
- Sanibel Beautification Inc. .... 470-2866
- Sanibel-Captiva Orchid Society..... 472-6940
- Sanibel-Captiva Power Squadron . . . [www.sancapboating.club](http://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

To be listed in calling card email your information to: [press@islandsunnews.com](mailto:press@islandsunnews.com)

# PUZZLES

Answers on page 46 and 47



"I don't suppose either of you would be interested in a \_\_\_\_\_ down front."

## 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!

Gentle  
COILED

Reap  
RANGER

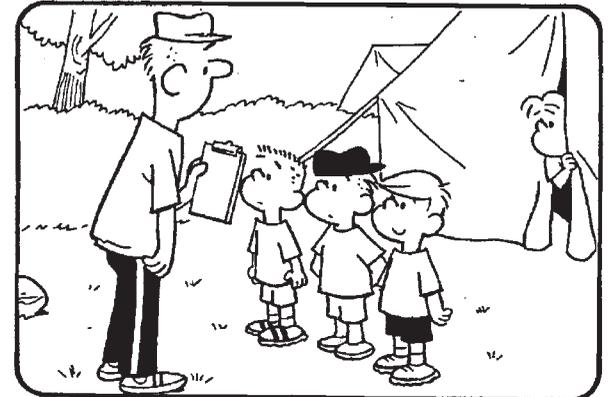
Cut  
HEARS

Confront  
SISTER

**TODAY'S WORD**

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Stripe is added. 2. Pencil is removed. 3. Tent is smaller. 4. Shorts are different. 5. Flock is moved. 6. Cap is reversed.

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

## To Play Sudoku:

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

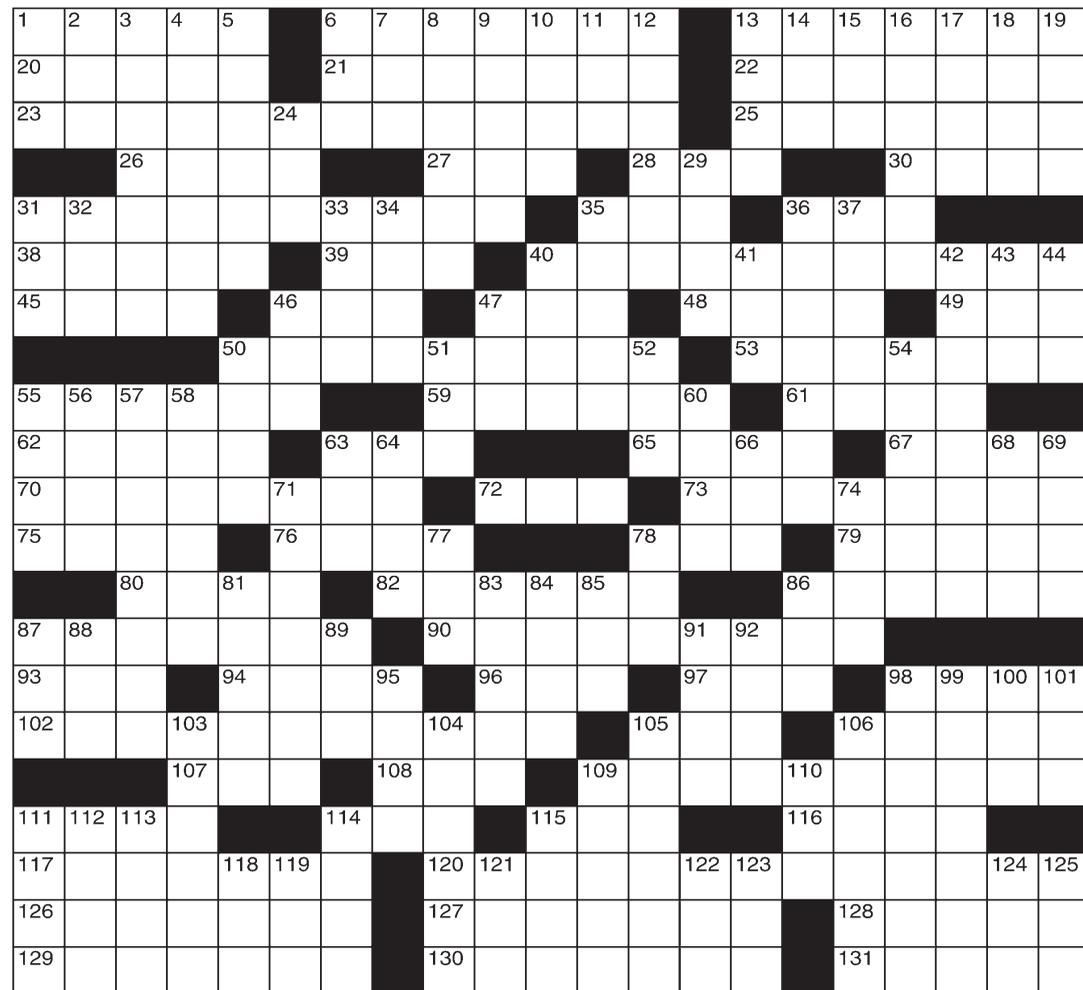
# PUZZLES

Answers on page 47

## Super Crossword

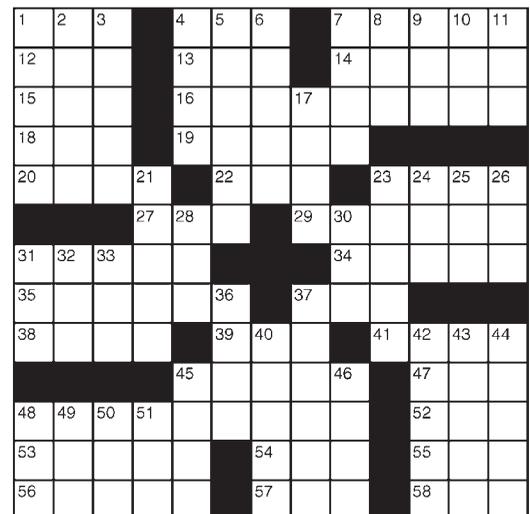
GAME TIME

- ACROSS**
- 1 Ford dud
  - 6 Like a poetic lament
  - 13 Reggae land
  - 20 Mucho
  - 21 Sailing event
  - 22 Warded off
  - 23 Game in which groups of items are named
  - 25 Game utilizing five dice
  - 26 Liver spread
  - 27 Part of TGIF
  - 28 "That's show —!"
  - 30 Singer Elliot
  - 31 Game of bluffing and trivia
  - 35 Enraged
  - 36 Tax doc. pro
  - 38 Filled cookies
  - 39 Autumn mo.
  - 40 Game involving picking fruit from trees
  - 45 Boomers' children
  - 46 Seal herd
  - 47 Part of TGIF
  - 48 Glimpse
  - 49 Atop, in poetry
  - 50 Game having a cross-shaped playing area
  - 53 Suggest
  - 55 Catch sight of
  - 59 Big arteries
  - 61 Sports squad
  - 62 Writer
  - 63 Calvino
  - 63 Mensa figs.
  - 65 Brunch, e.g.
  - 67 TV host Kelly
  - 70 Game containing 100 tiles
  - 72 Apt word for this puzzle's theme, found by using the three letters that appear nowhere else in this entire puzzle's grid
  - 73 Game based on jumping and capturing
  - 75 Burn a little
  - 76 Eclectic mix
  - 78 Greek vowel
  - 79 Certain eye surgery
  - 80 Notified
  - 82 Dogs' jinglers
  - 86 Glues
  - 87 Indianan, informally
  - 90 Game featuring war negotiation
  - 93 Pt. of PLO
  - 94 Male buds
  - 96 Zodiac cat
  - 97 "Six-pack"
  - 98 Mass seats
  - 102 Game whose players try to get rid of all their cards
  - 105 Taoism's Lao- —
  - 106 "The land of cotton"
  - 107 Acorn tree
  - 108 Lean- — (simple huts)
  - 109 Game entailing sinking vessels
  - 111 Actor Scott
  - 114 Lead-in to propyl
  - 115 — Lanka
  - 116 — Spumante
  - 117 Game with an unmatched penalty card
  - 120 Game using rebounding automatons, as originally named
  - 126 Painter's mixing board
  - 127 Geronimo's people
  - 128 Slur over
  - 129 Veers
  - 130 Toy terriers, for short
  - 131 Lauder of cosmetics
  - DOWN**
  - 1 High trains
  - 2 Medico
  - 3 Office gizmo
  - 4 — Unidos de América
  - 5 Espresso quaffs
  - 6 Blunder
  - 7 Lower limb
  - 8 Vain person
  - 9 Country star
  - 10 Inflammation suffix
  - 11 Polished off
  - 12 North African city citadel
  - 13 Rap star married to Beyoncé
  - 14 Film director DuVernay
  - 15 "Doesn't excite me"
  - 16 Elaborately decorated auto
  - 17 Chichén — (Mayan ruins)
  - 18 OK grades
  - 19 Citrus drinks
  - 24 Suffix with profit
  - 29 Sacred cow
  - 31 Be a pugilist
  - 32 "— you in?"
  - 33 Portal
  - 34 "T.N.T." band
  - 35 Center
  - 36 Chuckle
  - 37 Black tea
  - 40 User of a certain weeding tool
  - 41 Perp nabber
  - 42 Most spacious
  - 43 With 52-Down, retort to "No you're not!"
  - 44 Mined matter
  - 46 Stipend, say
  - 47 Prefix with thermal
  - 50 "No —!" ("Sure!")
  - 51 Owns
  - 52 See 43-Down
  - 54 Arctic coats
  - 55 Frisbee, e.g.
  - 56 Mark permanently
  - 57 Bay Area city
  - 58 Light cigars
  - 60 Faith faction
  - 63 Sick
  - 64 Brit. monarch beginning in '52
  - 66 "Caught ya!"
  - 68 — -dieu (kneeler)
  - 69 Inquires
  - 71 "Bolero" star
  - 74 Pottery need
  - 77 Strange
  - 78 "— Beso"
  - 81 Tripoli is its capital
  - 83 Is inclined
  - 84 Imitates
  - 85 Day- — colors
  - 86 Mac rivals
  - 87 Ad —
  - 88 NHL's Bobby
  - 89 French "king"
  - 91 Sail holder
  - 92 Help do bad
  - 95 Mil. figures
  - 98 Small guns
  - 99 Demonstrate
  - 100 Nintendo system
  - 101 Autumn mo.
  - 103 Fast car, e.g.
  - 104 "Yippeel"
  - 105 Meditative martial art
  - 106 One-named singer of the 1994 hit "You Gotta Be"
  - 109 Baseball great Lou
  - 110 Nero's lang.
  - 111 Conks
  - 112 — unto itself
  - 113 Sit in neutral
  - 114 — of March
  - 115 Mark permanently
  - 118 Safari truck, in brief
  - 119 Suffix with Wisconsin
  - 121 NYSE event
  - 122 Bray starter
  - 123 Letter #19
  - 124 Lyrical poem
  - 125 Letter #20

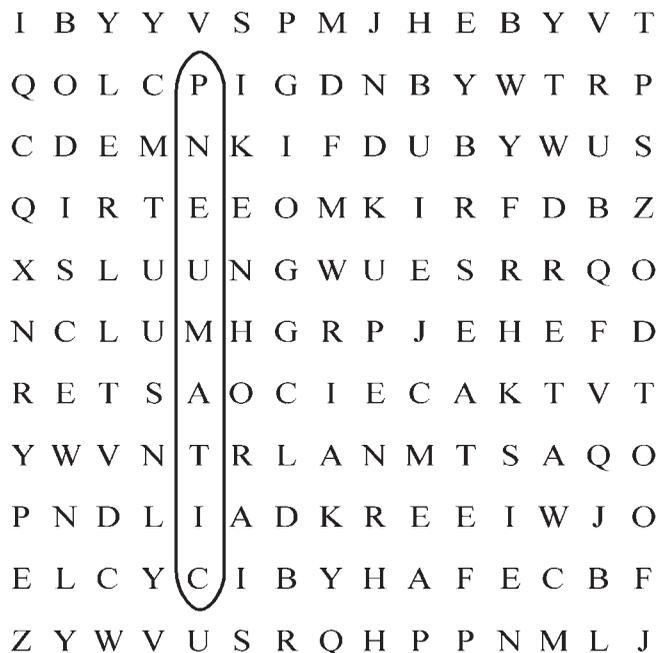


## King Crossword

- ACROSS**
- 1 Josh
  - 4 Reggae relative
  - 7 Paper packs
  - 12 NYC airport
  - 13 Stetson, e.g.
  - 14 DeGeneres of talk TV
  - 15 Einstein's birthplace
  - 16 Everybody
  - 18 As well
  - 19 Orange variety
  - 20 Region
  - 22 I love (Lat.)
  - 23 Mimicked
  - 27 Billboards
  - 29 Chipmunk's kin
  - 31 "That's it!"
  - 34 The Ram
  - 35 Chaperones, usually
  - 37 Ring decision
  - 38 Vanished
  - 39 Pot brew
  - 41 Tree home
  - 45 Belly button type
  - 47 Conk out
  - 48 Fluctuating
  - 52 Mil. bigwig
  - 53 Craze
  - 54 Rebel Turner
  - 55 Swelled head
  - 56 Fake
  - 57 — -cone
  - 58 Aachen article
  - 11 NBC show since 1975
  - 37 Formosa, today
  - 17 Awestruck
  - 21 National symbol
  - 23 Chef's garb
  - 24 Greek consonant
  - 25 Shoe width
  - 26 Hosp. workers
  - 28 Speck
  - 30 Sturdy tree
  - 31 Satchel
  - 32 Altar promise
  - 33 Sister
  - 36 Poker variety
  - 40 Short jackets
  - 42 Moved sideways
  - 43 Prolonged attack
  - 44 Choir member
  - 45 Singer Anita
  - 46 Within (Pref.)
  - 48 Ref
  - 49 Oom- —
  - 50 Year in Acapulco
  - 51 French diarist
  - Anais
- DOWN**
- 1 Clumsy one
  - 2 Nome dome home
  - 3 Matt of Hollywood
  - 4 "Scram!"
  - 5 Sunflower State
  - 6 Top players
  - 7 Actress Russo
  - 8 Days of yore
  - 9 Carte lead-in
  - 10 Actor Gibson
  - 11 Clumsy one
  - 21 National symbol
  - 23 Chef's garb
  - 24 Greek consonant
  - 25 Shoe width
  - 26 Hosp. workers
  - 28 Speck
  - 30 Sturdy tree
  - 31 Satchel
  - 32 Altar promise
  - 33 Sister
  - 36 Poker variety
  - 40 Short jackets
  - 42 Moved sideways
  - 43 Prolonged attack
  - 44 Choir member
  - 45 Singer Anita
  - 46 Within (Pref.)
  - 48 Ref
  - 49 Oom- —
  - 50 Year in Acapulco
  - 51 French diarist
  - Anais



## MAGIC MAZE ● — BRAKE



Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
 Unlisted clue hint: **Also Known as a Parking Brake**

- |         |           |           |           |
|---------|-----------|-----------|-----------|
| Air     | Disc      | Foot      | Parachute |
| Bicycle | Drum      | Hydraulic | Paranatic |
| Caliper | Emergency | Jake      | Water     |
| Coaster | Engine    | Overrun   |           |

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---	--	--	--	--	---	---

### Redfish Pass Tides

Day	High	Low	High	Low
Fri	1:41 am	4:06 am	10:46 am	6:23 pm
Sat	1:55 am	5:03 am	11:41 am	7:00 pm
Sun	2:08 am	5:50 am	12:29 pm	7:33 pm
Mon	2:18 am	6:34 am	1:14 pm	8:03 pm
Tue	2:30 am	7:18 am	1:59 pm	8:31 pm
Wed	2:45 am	8:04 am	2:46 pm	8:58 pm
Thu	3:04 am	8:53 am	3:38 pm	9:24 pm

### Point Ybel Tides

Day	High	Low	High	Low
Fri	12:46 am	4:08 am	9:51 am	6:25 pm
Sat	1:00 am	5:05 am	10:46 am	7:02 pm
Sun	1:13 am	5:52 am	11:34 am	7:35 pm
Mon	1:23 am	6:36 am	12:19 pm	8:05 pm
Tue	1:35 am	7:20 am	1:04 pm	8:33 pm
Wed	1:50 am	8:06 am	1:51 pm	9:00 pm
Thu	2:09 am	8:55 am	2:43 pm	9:26 pm

### Punta Rassa Tides

Day	High	Low	High	Low
Fri	8:44 am	6:10 pm	None	None
Sat	11:44 am	7:07 pm	None	None
Sun	1:33 am	6:35 am	12:48 pm	7:53 pm
Mon	2:07 am	7:38 am	1:37 pm	8:34 pm
Tue	2:39 am	8:28 am	2:26 pm	9:10 pm
Wed	3:10 am	9:13 am	3:21 pm	9:45 pm
Thu	3:38 am	9:54 am	4:15 pm	10:16 pm

### Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	3:51 am	7:22 am	12:56 pm	9:39 pm
Sat	4:05 am	8:19 am	1:51 pm	10:16 pm
Sun	4:18 am	9:06 am	2:39 pm	10:49 pm
Mon	4:28 am	9:50 am	3:24 pm	11:19 pm
Tue	4:40 am	10:34 am	4:09 pm	11:47 pm
Wed	4:55 am	11:20 am	4:56 pm	None
Thu	5:14 am	12:14 am	5:48 pm	12:09 pm

## My Stars ★★★★★

FOR WEEK OF AUGUST 30, 2021

**Aries** (March 21 to April 19) The typically tidy Ram or Ewe might want to butt out until things are settled on the home front. But get involved and let your Ovine sense of order help restore domestic tranquility.

**Taurus** (April 20 to May 20) The Bovine's flair for fine-tuning complicated fiscal dealings comes in handy when an unexpected financial problem arises.

Stay with it until it's resolved to your satisfaction.

**Gemini** (May 21 to June 20) Family aspects remain strong. There might be some unresolved difficulties, but continued attempts to smooth things over eventually prove to be successful. A major purchase looms.

**Cancer** (June 21 to July 22) A promise that was made but never kept suddenly re-emerges in your life. You now have to decide if you're still interested in what it offers or if you've moved past it.

**Leo** (July 23 to August 22) Romance

comes to unattached Leos and Leonas who have been waiting for Cupid to target them for far too long. Domestic purr-fecture is also enhanced for paired Felines.

**Virgo** (August 23 to September 22) You need to take a much-needed break from that demanding project before too much energy-draining tension sets in. And don't be ashamed to ask for help.

**Libra** (September 23 to October 22) Change makes demands that you might find unwelcome at this time. But instead of concentrating on the short run, look toward potential benefits down the road.

**Scorpio** (October 23 to November 21) You have a gift for reviving projects that seem beyond repair. Use that same ability to restore a relationship that seems to have turned from loving to lifeless.

**Sagittarius** (November 22 to December 21) Expect to be asked to use your combined wisdom and humor to resolve a problem. After all, folks not only value your advice, they also like how you give it.

**Capricorn** (December 22 to January 19) Most people consider you solid and

continued on page 46

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**END OF SUMMER AC TUNE-UP**  
 Have you done your  
 AC Tune-Up Yet?

From page 44

## My Stars

steady. But you also can be quite capricious (which is a Latin word for “describing the behavior of Goats”) when it suits your needs.

**Aquarius** (January 20 to February 18) People treat you as you wish to be treated. So if you want a change in your relationship, make it happen. Also expect someone to reveal some long-held secrets.

**Pisces** (February 19 to March 20) Stay with the decision you made, despite a sudden torrent of advice to the contrary from well-meaning people. Remember: You know your needs better than anyone.

**Born This Week:** You like things tidy, with no loose ends. You also enjoy research and would make an excellent investigative reporter or scientist.

### MOMENTS IN TIME

- On September 9, 1776, the Continental Congress formally declares the name of the new nation to be the “United States” of America. This replaced the term “United Colonies,” which had been in general use.

- On September 6, 1915, a prototype tank nicknamed Little Willie rolls off the assembly line in England. Far from an overnight success, it weighed 14 tons, got stuck in trenches, overheated and crawled over rough terrain at only 2 mph. With improvements, tanks would eventually transform military battlefields.

- On September 11, 1930, Katherine Anne Porter’s first collection of short stories, *Flowering Judas*, is published. Porter went on to publish 25 stories and one novel, *Ship of Fools*, which took her more than two decades to complete.

- On September 10, 1940, in light of the destruction and terror inflicted on

Londoners by German bombing raids, called “the Blitz,” the British War Cabinet instructs British bombers over Germany to drop their bombs “anywhere” if unable to reach their targets. One even landed in the garden of Joseph Goebbels, the Nazi Party’s minister of propaganda.

### NOW HERE’S A TIP

- If you keep a couple of crackers in your sugar jar, they’ll keep the sugar from caking.

- Cucumber is a speedy diuretic. Try snacking on slices for a cool treat. Or deseed slices and slip a few in your glass of cold water.

- “When we go to the doctor with our youngest, we bring a few crayons. She’ll lie down on the exam table paper, and we draw her outline. Then she can fill in her face and other details. This usually calms her while she is waiting. The doctor even has used the outline to talk about her body to her.” – ES in Georgia

- “In older houses, you might have a problem with cracking drywall when trying to hang pictures. You can solve this by placing a bit of clear tape over the spot where you’re going to drive a nail. It goes right in. If you’re nailing into wood, drag your nail through some soap (bar soap is fine) before striking. It does the same thing, keeping the wood from splitting.” – PK in New Jersey

- To prevent garbage cans from filling with water during rainstorms, drill several holes in the bottom, near the sides. This also will help bags to come out of the can easier.

- Boost your metabolism by drinking green tea... hot or cold. Try it over ice with honey and a sprig of mint.

### STRANGE BUT TRUE

- Autism is more common than childhood cancer, diabetes and AIDS combined.

- A bizarre dream in which cannibals surrounded him and prepared to cook him as they waved spears helped inspire Elias Howe’s invention of the sewing machine. When he awoke, he remembered that the spears had holes in their shafts and moved up and down.

- “Bhang lassi” is an Indian milkshake whose main ingredient is marijuana.

- According to British law, any unclaimed swan swimming in the open waters of England and Wales belongs to the queen. The law originated in medieval times when swans were a delicacy for the wealthy.

- “Gingerphobia” is a fear of redheads.
- The Russians arrived 12 days late to the 1908 Olympics because they were using the wrong (i.e., Julian) calendar.

- In 1995 a woman in Sweden lost her wedding ring while cooking for Christmas. Understandably distraught, she looked everywhere for it and even pulled up her kitchen floor, but didn’t see it again until 16 years later, when, while gardening, she discovered it encircling a carrot that had sprouted in the middle of it.

- The amount of copper on the Arizona capitol building roof is equivalent to nearly 5 million pennies.

- Bumblebees can fly higher than Mt. Everest.

- Because he got a 25 percent profit share of merchandise, Elvis Presley manager Colonel Tom Parker was always in search of new ways to get fans to lay down some cash. One of the most notable was marketing to Presley’s haters with badges that read “I Hate Elvis” and “Elvis is a Jerk.”

### THOUGHT FOR THE DAY

“The mark of the immature man is that he wants to die nobly for a cause, while the mark of the mature man is that he wants to live humbly for one.”

– JD Salinger

### TRIVIA TEST

- General Knowledge:** What word represents the letter “Q” in the NATO phonetic alphabet code?
- Movies:** Which actress, as a child, won a Best Supporting Actress award for her role in “The Piano”?
- Advertising Slogans:** What product is advertised with the slogan “Vermont’s Finest”?
- Geography:** What is the English name for the country called Suomi by its people?
- Literature:** Which 20th-century novel begins with the line, “All this happened, more or less”?
- Anatomy:** What part of the brain deals with hearing and language?
- Food & Drink:** What is the most expensive spice on Earth?
- Television:** The TV series *Melrose Place* was a spinoff of which earlier drama?
- U.S. States:** Which state is known as the Beaver State?
- Animal Kingdom:** What is the descriptive name for animals that are active at dusk and dawn?

### TRIVIA ANSWERS

10. Cepuscular
8. Beverly Hills, 90210
9. Oregon
6. The left hemisphere
7. Saffron
5. *Staghunterhouse-Five*, Kurt Vonnegut
4. Finland
2. Anna Paquin
3. Ben & Jerry’s ice cream
1. Quebec

### SCRAMBLERS ANSWER

1. Docile
2. Garner;
3. Shear;
4. Resist

Today’s Word

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1/4 \* TFN

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8/27 \* 9/17

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12/11 \* TFN

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8/13 \* TFN

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9/3 \* 9/10

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1/26 \* TFN

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#### Don't Harm The Fish

by Capt. Matt Mitchell

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

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

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

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

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

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

PETS OF THE WEEK



Blackie ID# A675139 photos provided Choppa ID# A604292

Lee County Domestic Animal Services

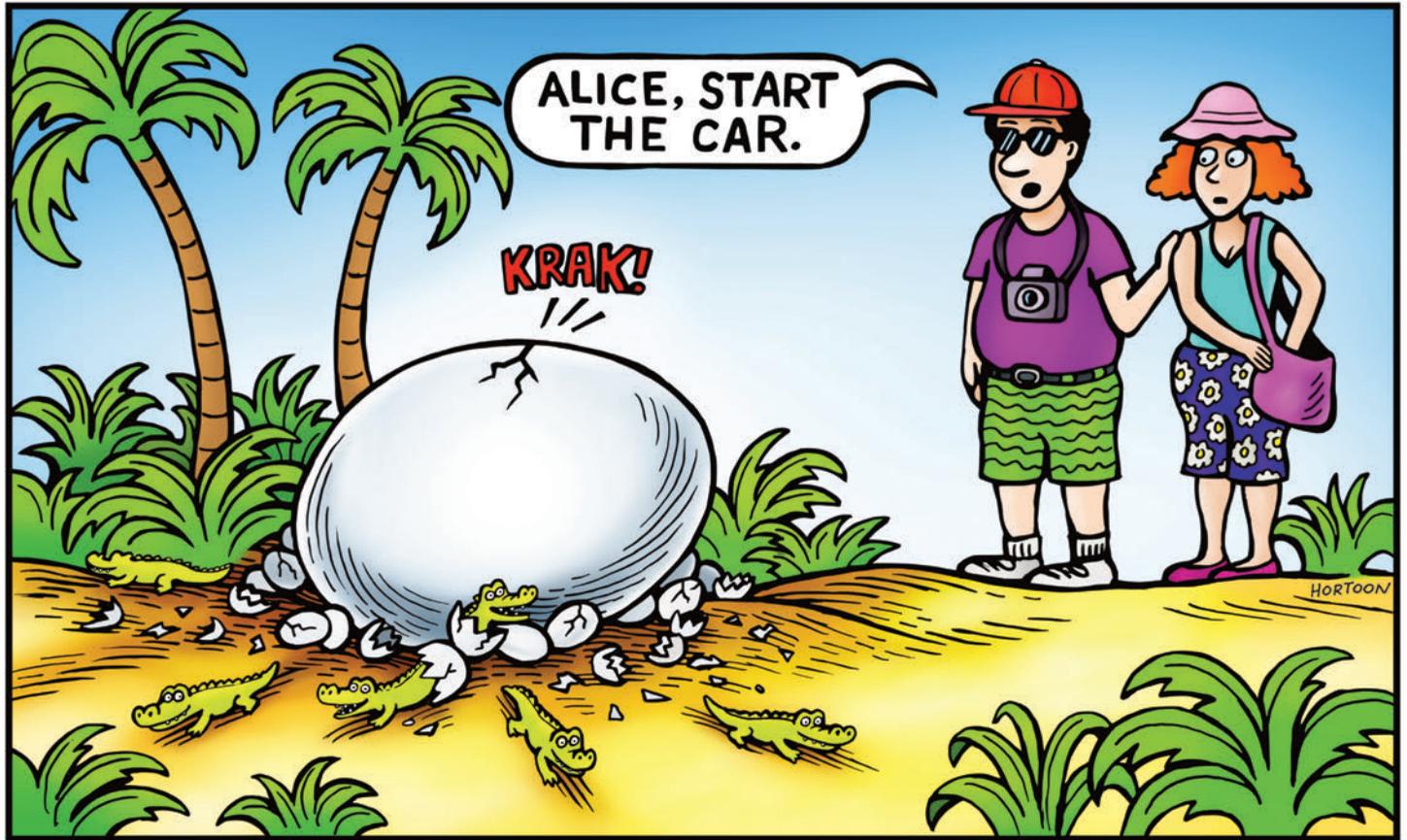
Blackie And Choppa

Blackie is a 9-year-old female domestic shorthair. She is a one-eyed beauty who is very loving and trained. Her adoption fee is waived.

Choppa is a 7-year-old male Labrador retriever. He is a volunteer favorite at the shelter. His adoption fee is waived.

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

HORTOONS



PUZZLE ANSWERS

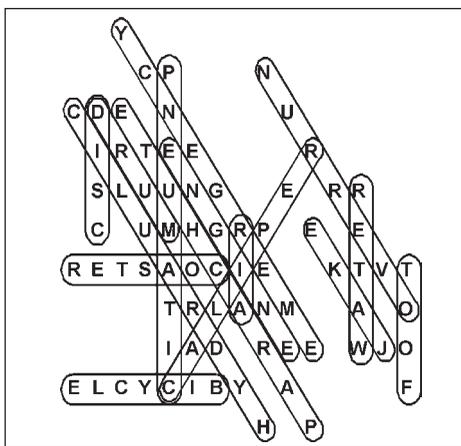
SUPER CROSSWORD

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

KING CROSSWORD

K	I	D	S	K	A	R	E	A	M	S
L	G	A	H	A	T	E	L	L	E	N
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M	A	N	I	A	N	A	T	E	G	O
P	H	O	N	Y	S	N	O	D	E	R

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	1980	1,774	\$1,450,000	\$1,450,000	189
Acreage	Fort Myers	1954	2,390	\$1,175,000	\$1,250,000	7
Cape Coral	Cape Coral	2006	3,953	\$1,199,000	\$1,210,000	5
Cape Coral	Cape Coral	1982	2,324	\$1,160,000	\$1,160,000	1
Belle Lago	Estero	2004	3,158	\$1,100,000	\$1,050,000	38
Briarcliff	Fort Myers	2002	3,391	\$975,000	\$960,000	2
Cape Coral	Cape Coral	2017	2,197	\$850,000	\$875,000	2
Mai Tai Estates	Fort Myers	1974	2,598	\$899,000	\$875,000	9
Somerset	Fort Myers	2012	3,094	\$875,000	\$850,000	26
North River Oaks	Alva	1988	3,442	\$849,000	\$849,000	3

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