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VOL. 28, NO. 5

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 31, 2020

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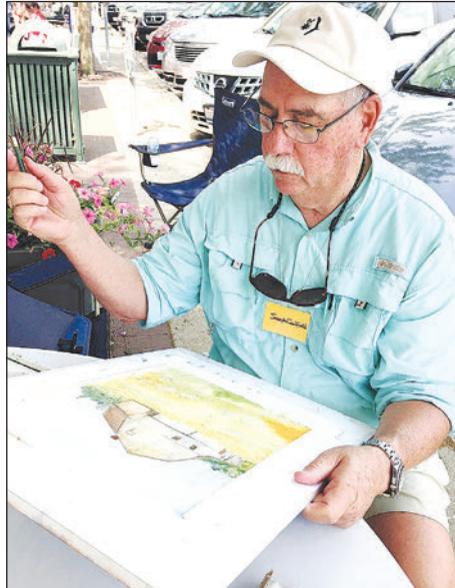


Brad Goldman photos provided

Two Local Artists Featured In New Exhibit

submitted by Renée Chasant

Brad Goldman and Joe Caulfield will be exhibiting their artwork for the month of August at The Community House, which is currently open from 9 a.m. to 1 p.m. Monday through Friday.



Joe Caulfield

The exhibit is also available as a virtual show on the website 24 hours a day at www.sanibelcommunityhouse.net.

Goldman is a multimedia artist based on Sanibel, who has exhibited throughout

continued on page 30

Business Leaders On The Hunt For Burmese Pythons

Lee County businessman Tom Uhler joined his friend Geoff Roepstorff - Bank of the Islands CEO and licensed python hunter on the South Florida Water Management District (SFWMD) Python Elimination Team - for a recent late night python hunt. Their efforts resulted in removing yet another invasive python from the Everglades.

This hunt was the seventh for Uhler, founder of Uhler and Vertich Financial Planners, LLC. He previously accompanied longtime friends on earlier, also successful hunts - SFWMD Chair Chauncey Goss, Waterman Broadcasting Executive Vice President Steve Pontius, and Roepstorff.

"This group of environmentally sensitive friends is not only removing dangerous exotic species under our district python removal program," said SFWMD Project Manager Mike Kirkland,

continued on page 32



Tom Uhler captures python photo provided



One of two live male junonias at the museum

photos by Rebecca Mensch

Solving The Mysteries Of The Elusive Junonia

The rare, coveted junonia is treasured by Sanibel residents and the seashell hunters who visit to seek the ocean's treasures. Residents know all too well the thrill of finding

a junonia shell because the beautiful, delicately spotted shells rarely make it to shore intact.

And seeing a live junonia was next to impossible - until recently.

Two and half years ago, Rebecca Mensch, marine biologist with the Bailey-Matthews National Shell Museum, sailed on a research expedition to locate live junonias and bring them back to the museum for study and care. Very little is known about this elusive species, and



Bailey-Matthews National Shell Museum

Photo by Rebecca Mensch

Closeup showing the distinctive patterning of the junonia, both inside and out

Mensch and the museum team resolved to begin unraveling the mysteries of this treasured mollusk that has become a cultural icon for Sanibel.

"We can't protect what we don't understand," said Mensch. "There are more unknowns about junonias than knowns, and we want to change that. The ocean is changing rapidly due to

climate change, acidification, pollution and other threats. This species is so culturally important to Sanibel. If we don't understand what it needs to have a healthy and stable population, we can't effectively advocate on its behalf."

The national shell museum is the only place in the world providing care for and

continued on page 2



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From page 1

Elusive Junonia

studying this unique and beautiful species of sea snail. Other than in the ocean itself, the museum – which recently reopened – is the only place where people can watch the soft, brightly colored live junonias inch along carrying their exquisite shells.

Here, Mensch shares what she and her team at the museum have learned and uncovered about this special species:

Q: What do junonias eat, and how did you discover their preferred meal?

A: Junonias typically "dine" on other gastropods, particularly lettered olives. We were able to find a single scientific journal article published about live junonias in the 1970s. It was only two pages long, but the authors wrote that they had seen junonias successfully feed on lettered olives and a few other gastropods.

Q: What is one of the most unexpected discoveries you have made so far about junonia?

A: Their feeding style. Dr. José Leal, the museum's science director and curator, and I published a short paper about this in 2019 based on a video I recorded of a junonia striking a lettered olive. After the lettered olive was touched by the junonia's mouth, the lettered olive very suddenly pulled inside its shell and was unresponsive for about 15 minutes, after which it suddenly seemed to "wake up" and resume normal behavior. This has raised several new questions about the junonia's salivary glands and digestion, which we are hoping to investigate in the future.

Q: How old were the junonias when you brought them to the museum?

A: We do not know. No one has published any research about the lifespan or growth of junonias, so we have no way of even estimating how old they were when we got them. When we got them, they were both about 8 centimeters long, and have grown a small amount since then. Junonia shells found on the beach are typically between 3 to 12 centimeters.

Q: What is their anticipated life expectancy?

A: Again, we have no idea. Currently, we do not even know the lifespan of our common local lightning whelk or horse conch, so it is not surprising we have no idea how long junonias live. Mollusks are such important animals in ecosystems around the world, and we know shockingly little about most of them. There is still so much left about our world to learn and explore.

Q: If there was one thing you wish people knew about junonias, what would it be?

A: That they aren't just a pretty shell. The animal's soft body parts are also beautiful and intriguing. In my opinion, they have an adorable "face" with two long tentacles that make it look like it has a mustache. Many people simply admire the dead animal's shell without stopping to think about the animal that grew that shell and the life it lived before it died.

Q: What is one of the mysteries about junonias you are most inspired to solve?

A: Reproduction. No one has ever described the eggs or juveniles of this species, or the act of mating. The protoconch (the first, or earliest, embryonic



Junonia inching along the aquarium wall, showing its two long tentacles that resemble a mustache photo by Rebecca Mensch

or larval shell) visible on adults indicates it probably has a relatively large shell when it hatches, but that is yet to be confirmed. During the next research cruise, I would like to find a fairly large female junonia in hopes it will breed with at least one of the two large males we already have. It took us more than a month to confirm the sexes because male junonias have a large reproductive appendage, scientifically called a penis, that isn't visible unless the animal extends its body far to turn itself over if it gets flipped onto its "back." Once I was able to get a good view of the mantle cavity area during a flip, it was obvious these are male junonias.

The Bailey-Matthews National Shell 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.

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

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

Top 10 Books On The Island

1. *Trouble in Paradise* by Jennifer Schiff
 2. *Florence Adler Swims Forever* by Rachel Beanland
 3. *Lady Clementine* by Marie Benedict
 4. *Too Much and Never Enough* by Mary Trump
 5. *Camino Winds* by John Grisham
 6. *The Order* by Daniel Silva
 7. *The Last Train to Key West* by Chanel Cleeton
 8. *Faster* by Neal Bascomb
 9. *On Ocean Boulevard* by Marie Alice Monroe
 10. *Beach Read* by Emily Henry
- Courtesy MacIntosh Books and Paper.*

Investigation Under Way On Damage To Nests

The Fish and Wildlife Conservation Commission (FWC) is investigating six sea turtle nests that appear to have been run over by a golf cart or similar vehicle on Captiva.

"We're all really disheartened that anyone would intentionally cause harm to our sea turtles. I've been with SCCF (Sanibel-Captiva Conservation Foundation) for seven turtle seasons and have never seen such disregard for our nests," said Coastal Wildlife Director Kelly Sloan. "Our community and visitors are generally so supportive of our efforts to protect our sea turtles."

SCCF Sea Turtle Volunteer Stephanie Plein was on her morning patrol on Sunday when she reported tire tracks and stakes damaged on five loggerhead sea turtle nests on Captiva.

Sloan reported the incident to the FWC right away.

"This morning, we received two calls to our Sea Turtle Hotline – one from a resident and one from a visitor – notifying us of extensive damage to another loggerhead nest, where stakes were removed and thrown into the dune and it was likely driven over," she said.

Officers are actively investigating this incident and the FWC encourages anyone with information to call the FWC's Wildlife Alert Hotline at 888-404-3922 to report it. Callers can



Tire tracks and stakes damaged

photos provided

remain anonymous and may be eligible for a reward.

The Lee County Sheriff's office is assisting in the investigation. It is illegal to drive a motorized vehicle on Captiva's beach without a permit.

"We are working with the proper authorities and ask anyone with information to please help in their investigation," said Sloan. "The turtles remain our top concern at this time and we hope none of the eggs were damaged. We won't find out until they



More damage to staked-off nesting site on Captiva

hatch and then we will inventory the nests."

All five Florida sea turtle species are listed as either endangered or threatened. The federal Endangered Species Act lists the green, leatherback, hawksbill and Kemp's ridley turtle as endangered. The loggerhead is listed as threatened. This makes it illegal to harm, harass or kill any sea turtles, their eggs or hatchlings.

Captiva is having a record-breaking

loggerhead nesting season, with 255 nests so far. The previous record was 194 nests in 2016.

Report any issues with nests, nesting turtles or hatchlings to the SCCF Sea Turtle Hotline at 978-728-3663. To report any information regarding this investigation, call the FWC Division of Law Enforcement at 1-888-404-FWCC.

For more information on SCCF's sea turtle program, visit www.sccf.org/our-work/sea-turtles.✧

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Captiva Island Historical Society

Looking Back: Alpine Carter

This week's image is an enhanced photograph of Alpine Carter from the early settler's collection.



Alpine Carter photo courtesy Captiva Island Historical Society Archives

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. The Captiva Memorial Library and History Gallery are temporarily closed due to the coronavirus. Call 533-4890 for information.

Visit the website at www.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva.✱

Read us online at IslandSunNews.com

Churches/Temples

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

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

CHAVURAT SHALOM (Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

FIRST CHURCH OF CHRIST, SCIENTIST The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 2950 West Gulf Drive, 472-8684.

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

a.m. in Fellowship Hall. View the Sunday Service online at sanibelchurch.com, 1740 Periwinkle Way, 472-2684.

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

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

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS Meets 5 p.m. on the second Sunday of each month from December through April at Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901. *Email changes to press@islandsunnews.com or call 395-1213.✱*



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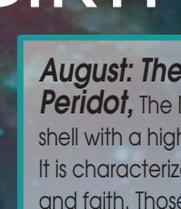
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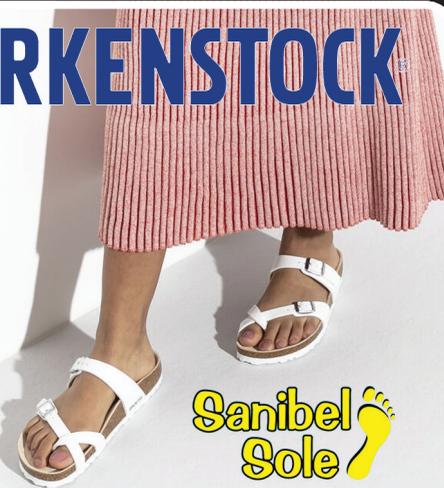
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Rob Shewfelt and Henry Crater prepare to unload groceries from a donor's car as part of the no-contact food drop off photo provided

Church Hosting Food Drive Next Thursday

Sanibel Congregational United Church of Christ and Bat Yam Temple invites the community to take part in their monthly No-contact Food Drop Off on Thursday, August 6 from 11 a.m. to 1 p.m. This is a way to

help members of the community while staying safe. Gather food donations in the trunk or back of your vehicle and head over to the church, located at 2050 Periwinkle Way. Gloved and masked volunteers will unload your donations. There is no need to exit your vehicle, just pop the trunk or rear hatch. The volunteers will take it from there.

Donations are shared with both FISH of SanCap on island and the

Gladiolus Food Pantry in Harlem Heights. All prepackaged food and paper products are welcome. However, the following items are especially needed: peanut butter, kid's cereal,

cooking oil, pasta, canned vegetables, beans, canned chicken and crackers. For more information, contact Pastor Deb at 472-0497 or deb@sanibelucc.org.*

Community House Events

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

Chef Jarred Harris will teach Kids Cooking Camp Monday through Friday, August 3 to 7 from 10 a.m. to noon. Plant based meals, "celiac power" gluten free meals, vegetarian varieties, vegan snacks, and gluten free and dairy free desserts will be offered. Physical distancing will be observed and there will be no shared food. Masks required in common areas. Cost is \$30 per day. Private lessons are also available.

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

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

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 Camps To Go are a fundraiser for SCA Operations

image provided

Lee Health Blood Mobile will be on site conducting a blood drive on Thursday, August 20 from 10 a.m. to 3 p.m.

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

The Community House is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.*

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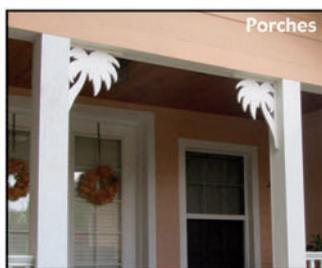
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New Intern Utilizes Quarantine As Time For Study

On August 3, after a two-week quarantine, education intern Patrick Carney will join the team at JN "Ding" Darling National Wildlife Refuge on Sanibel to help with staffing shortages this season, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS).

Carney, a native of Tver, Russia, was adopted at 7 months old and raised in River Edge, New Jersey. He graduated from the University of Delaware, Newark in May 2020 with a double major in wildlife and insect ecology/conservation.

For the past two summers, Carney worked as an undergraduate researcher focused on photographing and identifying moths caught in traps at different field sites one year and evaluating insect recolonization in newly reforested areas the second. While in school, he also served as president of birding and entomology clubs with a strong emphasis on public and environmental education.

"My family vacationed here when I was 11, so I've been spending my quarantine refamiliarizing myself with the refuge properties and the island as a whole," Carney said. "I also set up an area behind my trailer to watch for nocturnal insect diversity and was super excited to have *Polygrammodes eleuata*, a moth species endemic to southern Florida, show up on the first night."



Patrick Carney photo provided

Carney has also been spending quarantine brainstorming ideas for educational programs, videos and resources based on his island explorations.

"One of the things that I'm most excited about with this position is that I have a lot of creative license and opportunities to brainstorm educational programs, and I'm looking forward to helping expand the already excellent array of educational programs and materials offered at the refuge," he said. "So far, I also know that I'll be able to help with monofilament removal at the refuge, so I'm also excited for that



Patrick Carney photographed this indigenous moth his first night at the refuge

photo by Patrick Carney

because it's very important and also means I get to be out on the water every week. Lastly, I remain hopeful that the situation with COVID-19 clears up soon so that we're able to begin visiting classrooms for programs and having groups of students again visit the refuge."

DDWS provides living stipends and other benefits for about a dozen interns each year. The refuge supports interns with free housing.

"Our interns bring youthful energy, enthusiasm and creativity to the refuge

team," said Toni Westland, supervisory refuge ranger. "At the same time, the program gives students and recent graduates an opportunity to learn hands-on about the environment and refuge operations."

For more information about the refuge's internship programs, contact Westland at 472-1100 ext. 237. To learn about supporting the refuge intern program, contact Lynnae Messina, DDWS associate director, at 472-1100 ext. 233.✪

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Dredging Projects In Del Sega Approved

by Wendy McMullen

As Sanibel waterways become silted up over time, some docks are becoming unusable. Sanibel Planning Commission discussed two requests to dredge under the docks Tuesday and approved both.

The issue is that as more and more manmade canals get silted up, it is generally recognized that maintenance dredging may be necessary to continue reasonable boating access. Eighteen such projects have been approved by the planning commission in the past, ranging from 18 to 1,100 cubic yards of material dredged and removed. Since it's estimated that the dredged depth may last eight to 10 years, planners anticipate many more applications of this type.

"Obviously, we have a lot more of these coming," said Commissioner Chuck Ketteman.

The city doesn't allow planning department staff to authorize dredging projects. Each case must be heard by the planning commission in a public hearing.

The cases approved by planners Tuesday were different. One was an application to dredge in a basin cut into the property itself before the city was incorporated. The other was for dredging under a dock at the end of a nearby canal. Both were approved unanimously by the commission.

The application from Douglas and Meg Born, owners of 2628 Coconut Drive on the eastern side of Coconut Drive bordering Dinkin's Bayou, requested dredging 22 cubic yards of bottom material from the basin in order to make the dock and basin on their property usable. Their property consists of an existing single-family residence along with an inland excavated boat slip basin covered by a roof-over structure that is surrounded by a concrete seawall. There is a pre-city boat dock along the shoreline, and approximately 90 feet of rip-rap shoreline protection approved in 2008. Water depth in the basin is currently around 3.5 feet

but 4.5 feet is necessary in order to moor their boat safely. The area to be dredged is 15 feet by 40 feet within the basin.

The basin, cut 50 feet inward from the shoreline, was permitted prior to the incorporation and adoption of the current Land Development Code in 1974.

The other application to the planning commission by property owners, Timothy and Louise Huyck, requested dredging 15 yards of material from the water at the end of a mangrove fringed canal bordering 2518 Tropical Way Court in Del Sega on the western end of Sanibel. Water in the area had silted in and become shallower, with an average of between 2.9 and 3.5 feet. The dredging is to take place underneath the existing boat lift adjacent to the manmade canal.

This project was approved with an amended condition that pipes running off the roof and into the canal be cut and plugged.

Department of Natural Resources Environmental Specialist Dana Dettmar explained that it is better to direct the water to percolate into the ground rather than direct it into the water. Commissioner Karen Storjohann suggested that the city have a schematic to show people how to handle runoff from the roof.

Dredging for both projects takes place from a small barge with weighted floating turbidity barriers extending to within one foot of the bottom to protect the water bordering the project. The material is dredged hydraulically and then cleaned and piped into a truck and transported off island where it may be used on other construction projects in the future.✪

County Makes Offer On Property For Conservation

The Lee County Conservation Land Acquisition and Stewardship Advisory Committee (CLASAC) met on July 17, where it was confirmed that the county has made an offer to the owner of the Eden Oak property for the county's Conservation 20/20 program. The

property was nominated in late 2019 for the program.

Its nomination process is running parallel to the county zoning change requested by the owner. The final county staff/applicant hearing will take place on December 11.

Eden Oak was not on the CLASAC agenda this month and there was no new information presented, but the status of the late June County offer to the property owner was confirmed and staff stated that the negotiations were ongoing. No further information is currently available on the offer.

If negotiations go smoothly, there may be an Eden Oak negotiation update at the next CLASAC meeting scheduled for Wednesday, August 19. Sanibel-Captiva Conservation Foundation (SCCF) is actively monitoring this program and will provide any updates.✪

Mayor Extends Declared State Of Emergency

Mayor Kevin Ruane has extended the declared state of emergency in response to COVID-19 until August 4, unless further extended.

Visit files.constantcontact.com/97af97e6001/d54e65ba-b0a8-41df-b877-5246a9bda82c.pdf to access Proclamation 20-051.

One additional case has been reported on Sanibel, bringing the total cases since March 26 to 34. In Florida, the entity responsible for collecting and disseminating the health data related to the COVID-19 pandemic is the State of Florida Department of Health. The quickest way to obtain the full reports is to access <http://www.floridahealth.gov>. The Florida COVID-19 Dashboard, maintained by the State of Florida, includes tabs on: All Cases; Cases Over Time; Deaths Over Time; Testing; Cases by County; Florida Counties and Cases by Zip Code (reminder all of the City of Sanibel is located exclusively in the 33957 zip code). The direct link to the Florida COVID-19 Dashboard is: <https://experience.arcgis.com/experience/96dd742462124fa0b38ddedb9b25e429>.

The State of Florida does not provide

the City of Sanibel, nor any other city in Florida, information such as age, if a case is travel related, hospitalizations, ventilation status, ICU status, mortality or recovery rates other than gender or area other than the zip code of residency and the date the case is reported.✪

Lee Health Virtual Town Hall Meeting

Lee Health will host a virtual town hall meeting on Wednesday, August 5 at 12:30 p.m. The Facebook Live event is open to the public and will feature a discussion with Lee Health leaders about the facts of the COVID-19 pandemic, as well as include an interactive question and answer session.

Since the start of the pandemic, Lee Health has remained committed to transparency. Keeping the community informed about the current state of the virus and the safety of its hospitals is a top priority for the health system. Shortly after the pandemic broke out, Lee Health began issuing daily communications to the community, its employees and news organizations to keep everyone apprised on how to stay safe and healthy.

"As healthcare leaders, we want to educate citizens about the facts related to COVID-19 and dispel rumors and misinformation associated with the coronavirus," said Larry Antonucci, MD, MBA, Lee Health president and CEO. "We have learned a lot during this pandemic. We look forward to the opportunity to address the Southwest Florida community and provide them with the information they need to know to keep themselves and their loved ones safe."

The virtual event will be moderated by Lindsey Morton, senior creative services project manager at Lee Health, and will feature Dr. Antonucci and Alex Daneshmand, DO, MBA, FAAP, chief quality and patient safety officer at Lee Health.

The event is free and no subscription or login is required. For those without access to Facebook, the event will also be live streamed at www.leehealth.org.

Upon conclusion of the town hall, it will be posted to the Lee Health website for playback.

For more information, visit the Lee Health Facebook page.✪

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Bird pepper

photo provided

Add Some Spice To Your Garden

If you're looking to spice up your home garden or landscape with a colorful, native edible bird pepper (*Capsicum annuum* var. *glabriusculum*) might be the perfect addition.

This shrubby pepper has dark green leaves and grows to three feet tall. The solitary white flowers that emerge from the leaf axils are followed by small green fruit that turn bright red when ripe. Don't be fooled by their size. These tiny chiles pack a punch and measure between 50,000 to 100,000 units on the Scoville scale.

As the name suggests, bird peppers are heavily favored by birds who in turn, effectively aid in seed dispersal. Bird peppers are also beneficial to humans and have a long history of medicinal use by natives of Central America and Mexico as the peppers contain compounds used to

alleviate ailments ranging from toothaches to rheumatism. They can be used fresh or dried when cooking to add heat to a meal. Just remember, a little goes a long way.

Bird pepper plants can be easily grown in a container or planted directly into your home garden where the red peppers will add year-round color to your landscape.

The Sanibel-Captiva Conservation Foundation (SCCF) Native Landscapes and Garden Center at Bailey Homestead Preserve offer contactless deliveries and curbside pickup. On island deliveries and curbside pickup are available on Wednesdays from 2 to 3 p.m. Place your order online at www.sccf.org by midnight on Tuesday for pickup or delivery that Wednesday.

Email sramos@sccf.org with any questions or requests. SCCF members get a discount by entering the promo code: SCCFMBR10. Bailey Homestead Preserve is located at 1300 Periwinkle Way on Sanibel.*

Amberjack Season Reopens

The recreational harvest of greater amberjack will reopen in gulf state and federal waters on Saturday, August 1. This season is scheduled to remain open through October 31 in gulf state and federal waters.

If you plan to fish for greater amberjack in state or federal waters from a private recreational vessel (includes

anglers over age 65), you must sign up as a state reef fish angler prior to your fishing trip. If you are already a gulf reef fish angler, your gulf designation meets the new statewide requirement until it expires. To learn more about the no-cost designation, visit www.myfwc.com/srfs. To sign up, visit www.gooutdoorsflorida.com. Annual renewal is required.

To learn more about regulations for greater amberjack, visit www.myfwc.com/marine and click on "Recreational Regulations" and "Greater Amberjack," which is under the "Reef Fish" tab.*

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Dune sunflower is used to stabilize dunes
photos by Gerri Reaves

Blanket flower produces multicolored flowers throughout the year

Starry rosinweed attracts a variety of butterflies and pollinators

Plant Smart
Bright, Cheerful And Tough

by Gerri Reaves

The heat and humidity of a South Florida summer might have you looking for the sanctuary of shade, but the three cheerful native wildflowers pictured here will inspire you with their irrepresible beauty.

These three members of the aster family are low maintenance and excellent choices for a butterfly garden. Plant them in a sunny, well-drained spot and behold.

Dune sunflower (*Helianthus debilis*) is multi-branched and sprawling, growing to

about two feet high. It does well in coastal habitats and is valuable as a dune stabilizer. High salt and drought tolerance, as well as pest resistance, make it particularly easy to maintain.

The bright yellow flowers have 10 to 20 rays surrounding a brown or purplish center and measure about three inches across. The heart-shaped or triangular leaves are dark green with a coarse hairy texture and smooth or toothed edges.

Birds and other small wildlife eat the oily seeds. Use it as a groundcover or cascading plant on a wall.

Blanket flower (*Gaillardia pulchella*), also called Indian blanket or simply gaillardia, produces showy multicolored blooms all year long. Like dune sunflower, it is salt tolerant and used to stabilize

dunes, so it's a good choice for coastal landscapes.

Brilliant splashes of red, yellow, copper, pink, purple, or orange ray flowers – often yellow-tipped – surround maroon disks of florets. Drought tolerance, pest resistance and wildlife friendliness make for a winning combination.

This sprawling wildflower works well as a groundcover, reaching one to two feet high and readily reseeding. The stems are hairy and the lance-shaped leaves toothed. Give it full sun and well-drained soil. Small birds consume the seeds.

Starry rosinweed (*Silphium asteriscus*) blooms almost year-round. This perennial has woody stems and grows three to five feet tall.

Unlike dune sunflower and blanket

flower, it is not salt tolerant, so it's not a good choice for coastal landscapes. However, deep tap roots make it very drought tolerant. The dark green leaves are coarse and toothed.

The flowers' yellow rays surround the green to yellow disk flowers. It readily reseeds and will spread via the rhizomes, horizontal root-like stems, so it's useful as a groundcover.

Sources: *Florida Plant Guide* by Edward F. Gilman, *Florida Wild Flowers and Roadside Plants* by C. Ritchie Bell and Bryan J. Taylor, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Gardening for Florida's Butterflies* by Pamela F. Traas, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, www.edis.ifas.ufl.edu, and www.fnps.org.

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

Bat Yam Temple Racial Justice Forum Series

submitted by Tanya Hochschild

The Bat Yam Temple of the Islands Social Action Committee, prompted by ongoing racial justice issues, has been planning Zoom talks as part of its 2020 Racial Justice Forum Series.

Rabbi Capers Funnye, the leader of Beth Shalom B'nai Zaken Ethiopian Hebrew Congregation in Chicago, one of the largest black synagogues in America, is speaking on Thursday, July 30 at 4 p.m. EST. Rabbi Stephen Fuchs is the moderator. Rabbi Funnye sits on the Chicago Board of Rabbis and has spent years involved in efforts to bridge the racial and ethnic divides both within Judaism and between Jews and other communities. He is family to the Obamas – Michelle is his cousin. His rabbinical career stretches back to 1985. Now, in 2020, he continues building bridges.

Gwynetta Gittens will be Bat Yam's next guest on Thursday, August 13 at 4 p.m. Her topic will be Racial Justice in Education. She is a board member of District 5 of the Lee County School District. She has had extensive professional experience as an educator including four-time Golden Apple finalist and Teacher of Distinction. She was adjunct professor at Indian River State College and also at Bermuda College. Her education also includes University of Maryland and Kennedy King College in Chicago. Gittens is a certified Supreme Court mediator for Florida. She has extensive volunteer experience and has held many positions on Lee County school committees. Her present positions include district advisory council, strategic planning steering committee and student board advisory committee.

Chantel Rhodes, local racial justice advocate, will be the speaker on Thursday, August 27 at 4 p.m. If you would like to be in the Zoom room, email batyamsanibel@gmail.com or you may view the programs live or later on www.facebook.com/batyamsanibel.*

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FWC Approves Draft Rules For Invasive Reptiles

At its July meeting, the Florida Fish and Wildlife Conservation Commission (FWC) unanimously approved staff recommendations to create new rules to address the importation, breeding and possession of high-risk reptiles.

FWC will host online stakeholder workshops to present proposed rule changes and collect public and industry comment on this topic. Staff will use these comments to help improve the final rule language, which will be brought before the commission at a future meeting. Close coordination with stakeholders and the public will help ensure the best outcome for final rules.

The proposed rule changes to chapter 68-5, FAC, specifically address pythons, tegus, green iguanas and other high-risk nonnative snakes and lizards.

FWC rulemaking will include reporting requirements for permittees, biosecurity requirements to limit escape of these high-risk species and possible additional language to clarify limited exceptions for possession of green iguanas and tegus for commercial use or as pets.

These proposed rule changes complement the recent amendments to Section 379.372, FS, which were signed into law by Gov. Ron DeSantis and went into effect on July 1.

More than 500 nonnative species have been reported in Florida. Eighty percent of these have been introduced via the live animal trade with 150 established in Florida, meaning they are reproducing in the wild. Since most nonnative fish and wildlife find their way into Florida's habitats through escape or release from the live animal trade, it is important to create regulations to prevent high-risk nonnative wildlife from becoming introduced or further established in Florida's environment.

Details on upcoming public and stakeholder meetings on this topic are still to be determined. Visit www.myfwc.com/nonnatives for more information.*

Draft Changes To Flounder Fishery

The Florida Fish and Wildlife Conservation Commission (FWC) approved draft changes to the management of Florida's flounder fishery at a recent meeting. These changes will be brought back to the commission in October for final consideration.

A stock status update suggests that the flounder fishery statewide has been in a general declining trend in recent years and is likely overfished and undergoing overfishing on the Atlantic coast of Florida. Other states have reported declines in flounder populations and have been making their own changes.

FWC has been working with stakeholders to gather input through

workshops and online commenting.

Draft rule changes include: increase minimum size limit from 12 inches to 14 inches total length (recreational and commercial); reduce recreational bag limit from 10 to five fish per person; establish a November closure (recreational); establish a commercial trip and vessel limit of 150 flounder when using allowable gear for all months outside of November; establish a November commercial trip and vessel limit of 50 pounds when using allowable gear; extend all FWC flounder regulations into federal waters.

The commission also directed staff to continue working with the industry on flounder bycatch in federal waters. To share your input, visit www.myfwc.com/saltwatercomments.*

Update On Stone Crab Regulations

At its July meeting, the Florida Fish and Wildlife Conservation Commission (FWC) approved changes to recreational and commercial stone crab regulations.

Florida's stone crab fishery has experienced a long-term decline in harvest and is likely undergoing overfishing. FWC staff worked with stakeholders on these changes that are intended to increase the stone crab population and build resiliency in the fishery.

The following approved changes go into effect October 1:

Moving the season end date from May

15 to May 1, closed on May 2;

Requiring a 2 3/16-inch escape ring in all plastic and wood stone crab traps before the start of the 2023-24 season;

Increasing the minimum claw size limit by 1/8 inch from 2 3/4 inches to 2 7/8;

Limiting possession of whole stone crabs on the water to two checker boxes, each up to 3 feet by 2 feet or a total volume of 24 cubic feet. Checker boxes are used to hold crabs onboard a vessel before they are measured and legal-sized claws are removed.

Learn more about stone crab regulations at www.myfwc.com/marine. For the full agenda, go to www.myfwc.com/about and click on "The Commission" and "Commission Meetings."**

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FISH FACTS

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

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January - June

2019	2020
105,252 lbs	117,871 lbs
equating to	
87,710 meals	98,225 meals

BACKPACKS DISTRIBUTED

January - June

2019	2020
480	897

MEALS-BY-FISH DELIVERY

January - June

2019	2020
1596	3388

EMERGENCY FINANCIAL ASSISTANCE

January - June

142% increase over 2019



Summer Rains



by Capt. Matt Mitchell

Our summer rain pattern really ramped up into high gear this week. Getting out early and being back at the dock by lunchtime was the only way to avoid the midday heavy rain and fast-moving storms. The only thing close to the consistency of the rains was the fishing with both a great flats bite going on and then a wide-open pass bite.

Seems for over a week now I've been fishing the same pattern almost everyday. First stop is the open flats with popping corks and small shiners. This has

been great for nonstop action on a variety of species along with some trout over 20 inches.

As we push further into summer, the mangrove snapper bite on the flats keeps getting better and better too. Starting a charter off with this flats bite gets all my clients a fish on the board, and it is all you could ask for as a guide. The variety of fish on the flats has been outstanding. A few of the stranger fish we caught this week included a three-foot greater hammerhead shark and a even a few bluefish. When you add in a few ladyfish to the mix so that I'm able to rebait my pinfish traps for the next day, life is good.

By mid-morning I've been making the move and heading to the passes to drift live pinfish and grunts. Some days it took a few drifts on either side of the passes to work out exactly where these fish are staged up. Once located, it was often double hook-ups on snook almost every drift.

Stirred-up water in the passes from both our daily rains and winds make for the perfect set-up. Snook don't like it too clear as they get spooked, they prefer to feed by feel from that pronounced lateral line. Add a few big redfish into this mix, and we have had some outstanding fishing charters.

Having rods rigged for both types of fishing I'm doing day to day makes life much easier when the bite is on. I carry rods rigged both with popping corks for the flats bite and rods rigged free line for drifting the passes. Being able to simply grab another set-up when the bite is on keeps our lines in the water and catches more fish.

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



Steve from Ohio got a big snook to finish up his charter while fishing with Capt. Matt Mitchell this week photo provided

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CROW Case Of The Week:

Black-Crowned Night Heron



by Bob Petcher

Many finders believe they are doing the right thing when they see birds and animals on the ground, scoop them up and admit them to rehabilitation clinics. At times, they are making the

right call but, in many other instances, a phone call may be the best first step to ensure that the future patient is really a patient.

"As with all wildlife that may be injured, ill, or orphaned, it's important to call us first to describe the situation," said CROW Rehabilitation Manager Breanna Frankel. "By doing so, it will prevent many animals from being abducted unnecessarily from their habitat. By describing what the finder sees and even sending us photographs, we can determine the health status of an animal and determine if it needs to come in."

At CROW, a nestling black-crowned night heron (*Nycticorax nycticorax*) was admitted from Sanibel after it fell from its nest onto a parking lot. Upon examination at intake, the veterinary team did not find any significant injuries, but noted that the bird was severely dehydrated. It was started on



Patient #20-3204 is now eating on its own

subcutaneous fluids over the next few days to help it rehydrate.

"It wasn't necessarily injured, but it wasn't healthy either," said Frankel. "While we didn't find any physical injuries, this heron was quiet, thin and severely dehydrated by the time it got to us. It struggled with GI (gastrointestinal) upset within the first few days of being here, so it was the right call to bring it to the clinic when they did."

Veterinarians were concerned that the heron may have suffered trauma from the fall that was not apparent at intake, so it was closely monitored over the next few days for any signs to develop. The bird was also started on a re-feeding plan that consisted of seven feeds a day.

photo by Brian Bohlman

Radiographs were taken on July 5 that did not show any significant injuries.

"There was no obvious trauma noted, but the patient's mental status was unusually quiet for a bird that age. It laid down more than it should, didn't vocalize very much and struggled to keep food down the first few days due to GI upset," said Frankel. "When patients come in thin or emaciated, we can't offer them whole food or big meals right away because their GI tract may not be working appropriately. Re-feeding syndrome is basically a shift in the fluids and nutrients coming into the body after periods of undernourishment. Offering large amounts of food initially can be fatal to the patient. To prevent this, we

start them with small, frequent feeds which kick starts the GI and will safely wean them back onto food."

As the heron began to gain weight, it started to eat small fish and was transitioned to eating on its own without the help of the rehab team. As it continued to grow, it was moved to an outdoor enclosure where it has remained active while the rehab team attempted to find a friend for the bird at another rehab center.

"We have been looking for a friend for this heron for a few weeks now, unsuccessfully, because they can habituate very easily to humans. For a successful release, animals can't be habituated or it decreases their chance of survival. By being with another heron friend, they are much less likely to habituate and they are much more calm," said Frankel. "Even if we don't find a friend, this one should be able to be raised and released on its own because there are no habituation issues. Once this heron can successfully hunt on its own, it will be released back to the wild in an area with easy food sources to start. This will likely happen in the next few weeks once we see success with eating live prey such as small fish, mollusks and crustaceans."

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

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Shell Of The Week

Atlantic Rangia

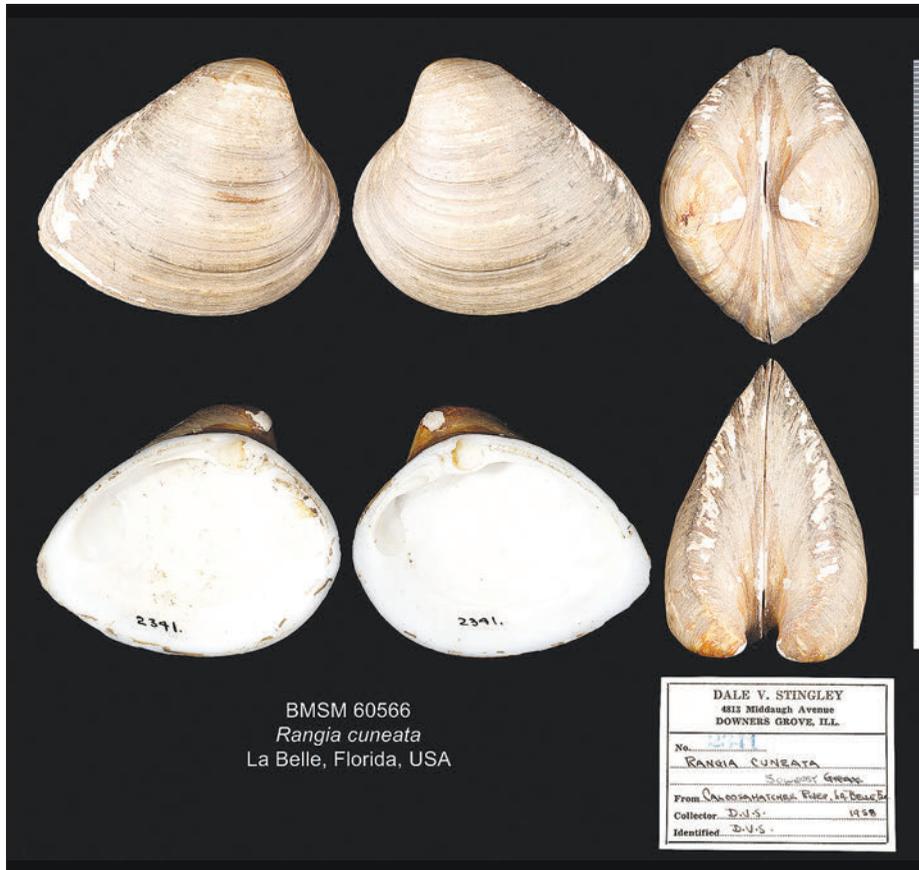


by José H. Leal, PhD, Bailey-Matthews National Shell Museum Science Director and Curator

Measuring up to 50 mm (about two inches), *Rangia cuneata* (G.B. Sowerby I, 1832)

(also known as Gulf Wedge Clam) is a brackish water bivalve native to the Gulf of Mexico. The shell is heavy, whitish and normally covered with a thick brown periostracum. As with most species of the family Macrtridae, the ligament is internal. Capable of withstanding very low water salinities, the species has invaded estuaries of the East Coast of the U.S. and northern Europe. The species is found locally in the Caloosahatchee estuary, where it thrives upstream almost to Lake Okeechobee. The shell in the image was collected in 1958, by Dale Stingley, in LaBelle, Hendry County, Florida. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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



BMSM 60566
Rangia cuneata
La Belle, Florida, USA

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No. 2391
<i>RANGIA CUNEATA</i>
SOWERBY I, 1832
From CALOOSAHATCHEE EST., LA BELLE, FL.
Collector: D.V.S. 1958
Identified: D.V.S.

The Atlantic Rangia, *Rangia cuneata*, from LaBelle, Florida

photo by James F. Kelly

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

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

www.shellmuseum.org.

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

Fish Caught



Andrew Spring

photo provided

Andrew Spring, 12, son of Shane and Lynn Spring, caught a 31-inch snook while fishing in the canal at the home of his grandfather, Fred Spring, on July 23. This catch and successful release was one of Andrew's most exciting days of the summer.*

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Plant a variety of bee attracting flowers like swamp milkweed (*Asclepias incarnata*), a North American native plant
photo courtesy www.MelindaMyers.com

Support Native Bees And Enjoy The Many Benefits

by Melinda Myers

Pollinators are responsible for about 75 percent of the food we eat. The European honeybee is the most well known but our native bees are also critically important.

We can help our native bees and gardens by reducing or eliminating the use of pesticides and providing shelter as well as food and water.

About 70 percent of our native bees are ground nesting. Reduce the risk of conflicts with ground nesting bees. Create an inviting habitat away from prime gardening areas. Leave warm south facing spaces open for bees to establish their in-ground nests.

Wood and cavity nesting bees, like the leaf cutter bee, make up about 30 percent of our native bee population. Others nest in hollow plant stems so leave these, their homes, stand for winter.

Bumblebees nest in abandoned animal burrows, tree cavities, grassy areas, or under fallen leaves. A colony usually contains a few hundred bees. All members of the colony die in fall except the fertilized queens. The queens look for new homes the following spring.

Support our native bees by planting a variety of bee attracting flowers. The plants provide food and shelter and help attract the native bees to your landscape and bee houses.

Include plants with different colors and shaped flowers. Grow lots of purple, blue, white and yellow flowers that are favored by bees. Plant flowers in mass. You will enjoy the display, the garden will require less maintenance, and you will get the attention of the bees you are trying to attract. Plus, bees use less energy when they can gather lots of food from a

smaller area.

Make sure you have something in bloom throughout the growing season. Spring bulbs, wildflowers and perennials provide essential food that is often in limited supply early in the season. Fall flowering plants provide needed energy supplies as the bees and other pollinators prepare for winter.

Bigger flowers are not always better. Double flowers may be showy, but they have less nectar and pollen. The multiple layers of petals hinder access to what nectar and pollen they contain.

Grow some herbs in the garden and containers for you and the bees. Let some go to flower and watch for visiting bees on thyme, borage, oregano and other herb flowers.

Grow native plants whenever possible. They are a richer source of nectar and pollen than cultivated plants. Native bees and other beneficial insects have evolved with these plants, providing a mutual benefit.

Leave leaf litter in place and healthy perennials including grasses stand for winter. These provide homes for some bees and other beneficial insects. Wait as long as possible in spring so you don't interrupt their hibernation.

Increase living quarters by making your own native mason bee houses. Just be sure you provide a properly designed, clean home with needed winter protection. Do your homework first to make sure you are not harming the native bees you are trying to support.

The easiest method uses a bundle of hollow sticks such as bamboo, reeds, or sumac. Cut them into short segments and remove three to five inches of pith with wire or a drill. Consider painting the front to make an inviting entrance for the bees. Bundle the stems together with wire or place in a bucket or can.

Or create a solitary bee house from a block of untreated wood. Drill holes into, but not through a block of untreated

continued on page 16

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Wildlife Drive Fees Reinstated, Increase This Fall

Starting Monday, August 3, JN “Ding” Darling National Wildlife Refuge on Sanibel will resume charging Wildlife Drive admission fees, which have been waived since March 23 to avoid unsafe interaction during the COVID-19 pandemic. Upon putting necessary safety protocols into effect, the daily vehicular fees will return to \$5 and entry fees for pedestrians and cyclists over age 15 is again \$1.

Although the “Ding” Darling Visitor & Education Center will remain closed until otherwise announced, its “America’s Best Restroom” will reopen to the public daily from 9 a.m. to 4 p.m. starting August 3. The water bottle filling station outside the restrooms will also be accessible. For everyone’s safety, these facilities will be thoroughly cleaned and sanitized daily.

The Nature Store inside the visitor center is offering free curbside delivery service for orders placed on www.shopdingdarling.com during the physical store’s closure. Call 472-1100 ext. 241 or visit the website to learn more.

Effective October 1, 2020, Wildlife Drive admission fees will change as a result of positive feedback from two public comment meetings held at the refuge in April 2019 and approval by the U.S. Department of Interior. A fee change has not been implemented at the



JN “Ding” Darling National Wildlife Refuge will be charging entry fees again starting August 3 photo provided

refuge since the 1990s. As reflected in the included infographic, daily vehicular admission fees will increase on October 1 from \$5 to \$10 and annual passes from \$12 to \$25. Entry fees for pedestrians and cyclists entering Wildlife Drive or Indigo Trail will remain at \$1 each for persons ages 15 and older. Admission to the “Ding” Darling Visitor & Education Center (when it reopens) and Bailey Tract trails is still free. The cost of the Senior Pass, Access Pass, and other federal passes all remain the same and are available for purchase, as are “Ding” Darling annual passes, at Tarpon Bay

Explorers, the refuge’s recreational concession at 900 Tarpon Bay Road on Sanibel.

Fees collected at the booth on four-mile Wildlife Drive, one of the most famous birding routes in the nation, go directly to the refuge to enhance visitor-related services. These services may include, but are not limited to, increased accessibility to refuge trails, facility maintenance and other visitor accommodations.

“The fees help maintain structures, roads and native habitat across our 6,400 acres,” said Supervisory Refuge Ranger Toni Westland, who oversees

visitor services. “We also have become increasingly reliant on the entrance fees, as our federal staffing budget shrinks, for salaries – especially where public safety and security are concerned.”

For more information, call Westland at 472-1100 ext. 237.*

From page 15

Native Bees

wood. The holes should be three to five inches deep and about 5/16 of an inch in diameter for mason bees. Nesting tubes inserted into the holes makes for easier cleaning and storage that prevents debris and disease from building up one season to the next.

Mount the bee house on the southeast side of a post, fence or building. Make sure to provide a nearby mud puddle the bees will use to seal off the individual development chambers in the holes.

Creating a bee friendly landscape not only increases your garden’s productivity but also the number of songbirds and beneficial insects that visit your garden. That means fewer garden pests and a more beautiful garden for you to enjoy all season long.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses How to Grow Anything DVD series* and the nationally-syndicated Melinda’s Garden Moment TV and radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Visit her website at www.MelindaMyers.com.*



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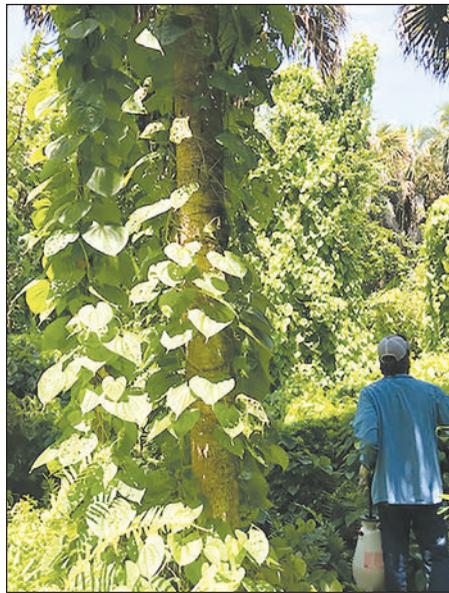
Air Potato Infestations Easy To Spot Right Now

submitted by Chris Lechowicz,
SCCF Wildlife and Habitat
Management Director

Summer is the ideal time to spot infestations of the exotic air potato vine (*Dioscorea bulbifera*) on conservation lands, as well as your own properties. This highly invasive species is native to tropical Asia but was brought to Africa where it quickly established.

From there, it was brought to North America in the early 1900s and has been spreading quickly in tropical and subtropical climates. This member of the yam family (*Dioscoraceae*) quickly grows up to eight inches in a day and has heart-shaped leaves measuring as much as six inches across. They grow up the stem and branches of trees as high as 70 feet in the air while completely covering the foliage of the host tree in some cases. This reduces or eliminates the available sunlight needed for photosynthesis, causing the host tree to struggle and sometimes perish.

Herbicide is essential for large infestations, but they only kill the exposed vine most of the time and usually must be done multiple times. After one treatment, the bulbil, or potato, will start to regrow and then they should be dug up. Home owners



Air potatoes grow up the stem and branches of trees as high as 70 feet
photos provided

with a small amount of plants can just follow the vine to the ground and dig up the bulbil. The leaves die back over the winter and all that can be seen are the exposed bulbils. They should be picked up before spring brings about leaf growth, rapid growth and the production of more bulbils. Sanibel-Captiva Conservation Foundation (SCCF) is currently treating air potato on several properties as they can easily be seen at a distance due to the large leaves.

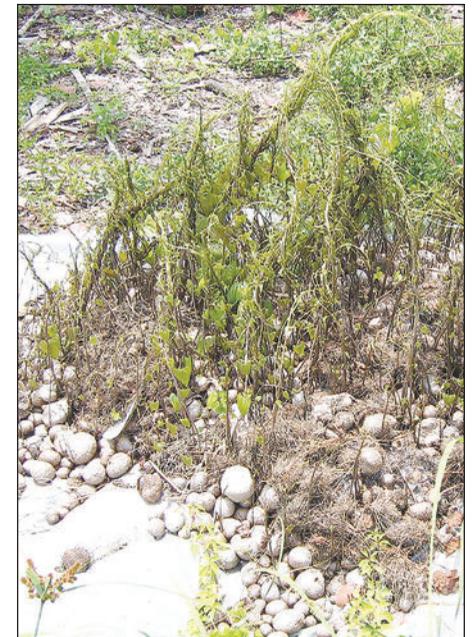
As one of Florida's most invasive exotic plants, treatment and control



A biological control insect species has been introduced to south Florida to help slow the spread of the invasive air potato

can be difficult and labor intensive. The bulbils fall to the ground and form new plants. They are eaten in some parts of the world, although they are considered toxic by authorities in the U.S. Consuming air potato is not recommended. The easiest way to start to control infestations is to pick up all the potatoes on the ground before they start new vines.

In 2015, the U.S. Department of Agriculture (USDA), Florida Department of Agriculture and Consumer Services (FDACS), and University of Florida, Institute of Food and Agricultural



Air potatoes

Sciences (UF/IFAS) began to release a biological control insect species for air potato that was held in quarantine for two years. They are held and tested to make sure they will not feed on native species or agricultural crops. These insects were released in various places of south Florida, including Sanibel. So far, there has been noticeable damage to air potato vines on Sanibel in localized areas, but it is not widespread. Only time will tell if these insects build up enough numbers to slow the spread of this invasive plant species overall.*



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Grilled Key Lime Shrimp Skewers

Grilled Key Lime Shrimp Skewers
 1 pound shrimp, peeled and deveined
 4 Key limes, juiced
 1/2 avocado, mashed
 2 tablespoons parsley, finely chopped
 1/2 cup mayonnaise
 1/2 cup sour cream
 2 tablespoons spicy mustard
 1 tablespoon smoked paprika
 1 tablespoon prepared horseradish
 1 teaspoon hot sauce (your favorite)
 1 teaspoon garlic, minced
 1 tablespoon all-purpose seasoning (your favorite)
 1 lemon, juiced
 Oil for cooking
 Sea salt and fresh ground pepper, to taste

Combine and mix avocado, mayonnaise, sour cream, mustard, paprika, horseradish, hot sauce, garlic, lemon juice, and all-purpose seasoning in a small bowl. Taste and adjust seasoning as needed with salt and pepper. Store in refrigerator until ready to serve.

Preheat grill to high. Carefully skewer shrimp, leaving at least one inch on either side of shrimp. Drizzle

lightly with oil and season with salt and pepper. Place over direct heat and cook for 2 minutes per side or until cooked

photo courtesy Fresh From Florida through. Remove from grill and sprinkle with lime juice and parsley. Serve with remoulade sauce.*

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A sampling of July's virtual wine tasting paired hors d'oeuvres by Chef Karl Hamme of Sanibel Catering Company photo provided

Bailey's Hosting Free Virtual Wine Tasting In August

Bailey's General Store has been hosting monthly virtual wine tastings since safety measures were put in place due to COVID-19. The next virtual wine tasting via Zoom will be held on Thursday, August 13 at 5 p.m. Featured wines include two labels from Orin Swift, Mannequin Chardonnay and Abstract Red Blend. The community is likely familiar with this brand, but

featured speaker Mike McCahill will share interesting details about these wines and foster discussion based on a collective love of wine.

Richard Johnson, general manager of Bailey's General Store, said, "Bailey's has always been the gathering place for the community of Sanibel and Captiva islands. As we continue to define the new normal, we take great pride in developing our sense of community through our virtual wine tastings. Please join us as we experience new and renewed friendships and wines."

Calli Johnson, wine steward at Bailey's, will again offer tasting packages for guests to maximize their experience.

Similar to previous tastings, guests can choose from three tasting package options, which offer wine and paired hors d'oeuvres in varied amounts. Tasting Package #1 includes both wines, Tasting Package #2 includes both wines and paired hors d'oeuvres for two, and Tasting Package #3 includes both wines with paired hors d'oeuvres for four. The order process will look slightly

different than in the past, with orders completed entirely online and picked up at Bailey's from 9 a.m. to noon on August 13. Interested attendees should visit <https://shop.baileys-sanibel.com/shop#!/?q=Tasting%20package> by August 11 to order their package. For more information, contact Calli Johnson at cjohnson@baileys-sanibel.com.

Call To Artists For Water-Themed Exhibition

The Alliance for the Arts, in partnership with the Bailey-Matthews National Shell Museum, is seeking artists to submit their work for an exhibition focused on water. The call is open to all artists residing in Florida.

Water is the source of all life and has been an inspiration for artists, writers and philosophers around the world for thousands of years. This exhibition hopes to bring many interpretations and responses to infinite individual and communal connections to water.

All entries must be submitted online no later than Friday, November 6. All

mediums will be considered, including sculpture, jewelry, painting (including oil, acrylic, collage, watercolor and mixed media), drawing, printmaking, photography, digital media, fiber or textiles, video and installation. Prizes will be awarded including \$1,000 cash for Best In Show, \$250 for second place, \$100 cash for third place and Juror's Choice Award of \$50. Artists may submit up to three works for consideration.

The juried exhibit will be on display from February 9 through April 30, 2021 at Bailey-Matthews National Shell Museum, located at 3075 Sanibel-Captiva Road on Sanibel.

To download guidelines, learn more or submit artwork, visit www.ArtInLee.org/H20Exhibit. For additional questions, contact Alliance for the Arts gallery director Ehren Gerhard at exhibitions@artinlee.org or 939-2787.



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Tartufo

Momma's Chicken

The Community House

Sea Grapes



by Resident Chef Jarred Harris

Sea grapes are in some of my fondest memories of childhood. During late summer/early fall months, I would watch my granny make sea grape jelly with the ripe grapes and I would chase my brothers, playing pelting games with the hard, unripe grapes.

Coccoloba uvifera, uva de playa, also known as the sea grape plant, is native to the Caribbean Islands and the southern coastline of the United States. The plant is a member of the buckwheat family and it produces clusters of a grape-like fruit, which is edible. This fruit resembles a purple grape that you would find in the grocery store, but the two are quite different. The sea grape has a tough skin and one large seed with not much fruit content. The fruit, when ripe, is used to make jelly or fruit syrup. The sap from the sea grape tree is used

throughout the West Indies to die and tan leather.

The nutritional value of the sea grape is similar to that of a purple or red grape. The sea grape contains iron, copper, potassium and manganese as well as vitamins B, C, K and beta carotene. The juice of the sea grape is used to aid in digestion.

Here is a simple recipe to try if you have access to sea grapes; this means sea grapes in your yard, not on public land. Sea grapes are protected on public property.

If you don't have access to sea grapes, our friends at Bailey's General Store occasionally stock sea grape jelly.

Sea Grape and Champagne Sorbet

Ingredients
 4 cups sea grapes (ripe)
 2 cups water
 2 1/2 cups sugar
 Zest of 1 lemon
 1 tblsp. honey
 1 bottle of Champagne or sparkling wine

Method
 Place the sea grapes, water, sugar and lemon zest in a medium saucepan and simmer for 30 minutes, or until the fruit has separated from the seed.

Strain the mixture into a shallow glass dish and use a rubber spatula to separate the seeds from the skins, while squeezing as much pulp as possible from the skins. Discard the skins and the seeds.

Add the honey and Champagne to the sea grape mixture, then stir until

well blended. Place in the refrigerator until completely chilled.

Place the sea grape and Champagne mixture into an ice cream maker and follow the manufacturer's directions. Put the sorbet into an airtight container and store in the freezer.

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

Rehabilitated Sea Turtle Released

In December, 2019, Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Program and Marine Lab staff rescued a large male loggerhead sea turtle that was found floating and debilitated in Pine Island Sound.

The turtle was originally taken to Clinic for the Rehabilitation of Wildlife (CROW) and then transported to Mote Marine Lab for further rehabilitation, where he was named Finley Joe. This collaborative effort led to Finley Joe being successfully rehabilitated and released, returning home to sea on July 15.

To report any issues with nests, nesting turtles or hatchlings, call SCCF's Sea Turtle Hotline at 978-728-3663.*



Finley Joe being released

photo provided

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From left, Duane Shaffer, Deanna Evans, Candy Heisse and Ian Wainwright pose at the Selfie Station photos provided



Andrea and DeVitto Kelly's decoupage demonstration video

Book Sale, Selfie Station, Curbside Services At Library

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

Sanibel Public Youth Services Librarian Deanna Evans invites families with children to hear her sing and read

stories aloud in her online storytime videos on the children's webpage at www.sanlib.org. Miss Deanna's Baby Bounce Time videos are a fun session to help build motor and literacy skills through stories, song and movement. New Page Turner Adventure programs are up on the website Monday through Friday. Learn to draw facial expressions with cartoonist Doug MacGregor. Go to the children's webpage for his video, as well as DiVitto and Andrea Kelly's decoupage demonstration video.

The library is open for normal summer hours and precautions are in place to help protect staff and

patrons from COVID-19. Library staff is implementing safety and sanitation procedures consistent with the City of Sanibel mandates and Florida Department of Health guidelines. Signs are posted to remind everyone age 2 and older to wear face coverings, practice social distancing, wash hands and stay home if sick.

Stop by the main entrance lobby for voter registration forms and applications for mail-in ballots in both English and Spanish. Use the Selfie Station in the lobby to take a photo posing with your family. You can email the photos to yourself or to friends up north.

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

Patrons have access to the library's full collection of books, DVDs and newspapers, as well as high speed WiFi and public use computers. The popular contactless curbside service continues, with 40 to 50 bags going out to patrons each weekday. A handout with staff book reviews can be found in the bag. Call or go online to place a hold; you will be notified when your items are ready for pickup. At this time, there will

continued on page 24

LUNCH + DINNER

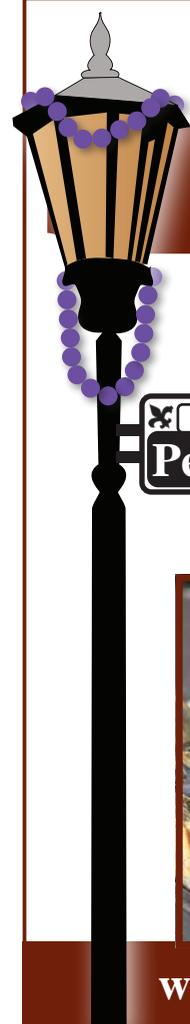
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Book Review

How Quickly She Disappears

by Di Saggau



How Quickly She Disappears by Raymond Fleischmann is a debut novel that tells an intoxicating tale of suspense about obsession, loneliness and grief. The story reminds

you a bit of *Silence of the Lambs* as far as the relationship between the two main characters. They are Elisabeth, a woman living in Tanacross, Alaska, in 1941, a town with less than 100 total population, and a dangerous stranger named Alfred, who arrives in town and commits a terrible act of violent murder.

Elisabeth is obsessed with the disappearance of her twin sister Jacqueline, who disappeared 20 years ago. She has never recovered and dreams constantly about reconnecting with Jaqueline. She's in a loveless marriage and has a daughter she dearly loves, but she reminds her too much of her missing sister. Alfred writes to her from prison, saying that he knows what happened to her sister but he'll only tell her if she fulfills his three requests. She then becomes obsessed with him to a point where she puts her own daughter

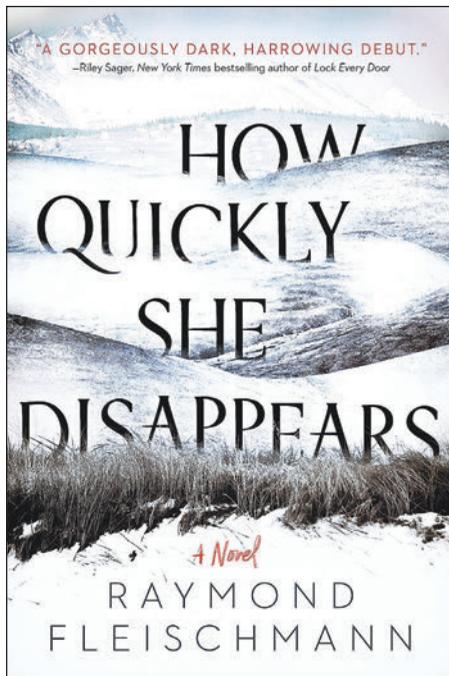


image provided

in danger.

Alfred refuses to speak to anyone but Elisabeth, and he leads her on with bits and pieces of clues that she feels will lead her to her long-missing sister. While trying to figure out Alfred's game and what he wants from her, Elisabeth allows herself to slip deeper into his plan. She becomes isolated from her neighbors but is willing to play by Alfred's rules if she'll get the answers she so desperately needs. Alfred tells her, "My proposition is very simple: I am going to ask you for three

gifts, and for each gift you deliver I will take you one step closer to Jacqueline."

How Quickly She Disappears is a psychological thriller full of richly

developed characters with various motivations that make for an utterly absorbing and daring story that will stay with you for a long time.✪

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I have been watching my 3-year-old granddaughter quite a bit this summer to help out my daughter. It's fun but tiring, especially

when she asks me to read the same book over and over again. Is this a good thing to do? Should I be reading a bigger variety of books to her and stop reading the same ones all the time? Reading the same book over and over seems like it would not help her much.

Jennifer P, Fort Myers

Jennifer,

Young children love repetition. Research shows that even infants show a preference for familiarity. So, it's not surprising, that research has shown that children learn better from reading a book over and over again than just reading it once or twice. In one study, researchers presented 3-year-old children with the same new words in three stories over the course of a week. The new words were exactly the same for all children, but half of the children were presented with the words in the same exact story repeated three times, while the others heard the same words in three different stories. Children learned the words better when they heard the same story repeated than when they heard the same words presented in three different stories (Horst, Parsons, & Bryan, 2011).

Despite being somewhat annoying at times, repetitive reading, whether you're reading to your child or they're reading to you, offers quite a few benefits to help children become good readers.

Repetitive reading increases vocabulary and word recognition. The more a child reads, the larger their vocabulary becomes. When a child reads or hears the same book multiple times, they become familiar and comfortable with a greater number of words.

Hearing favorite stories read aloud helps children become aware of the pattern and rhythm of text. Language is more than just words; it is how words sound and connect to each other. Parents can model the rhythms and patterns of language through reading for their children who are just learning how language works.

Repeated reading increases reading fluency, which is the ability to read "accurately, quickly and with expression" (Reading Rockets). Repetitive reading allows a child to read without stumbling or stopping, and reading time becomes more fun for everyone.

Reading comprehension also increases with repeated readings. Reading comprehension is the ability to understand all the elements of a story from the concrete concept of main idea to the abstract imagery of a book. Each time your child reads or hears a book read to them; they learn more about the story itself. Every experience with a book or illustrations allows children to comprehend more deeply a story's meaning, and it prepares them for more complex storylines as they mature.

Increased reading skills such as fluency and comprehension will increase reading confidence for children. Children who read easily, follow a story and don't stumble often are much more self-assured about their reading skills and more likely to be excited about and enjoy reading.

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

American Legion Post 123 Closed Temporarily

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



American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome. Contact Tim or Randy at 472-9979.

Post 123 is a non-smoking facility, with an outside area available for smokers. Regular operating hours are Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m.

Post 123 is located at mile marker 3 on Sanibel-Captiva Road. For more information, call 472-9979.✪



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A Tragedy Has Struck Our Islands

submitted by Ryan Orgera, SCCF CEO



Ryan Orgera

I am saddened and angered by the recent events on Captiva where someone drove a vehicle over six of our sea turtle nests – and by ours, I mean yours and mine. The incident is under investigation by state and county authorities. Our wildlife is a shared responsibility and a shared gift, and we are blessed with a truly extraordinary array of wild critters on our islands.

In a time where everything seems off kilter, where angst and frustration seem to be the most common public emotions, this destructive event targeting sea turtle nests is particularly disheartening. In the midst of our collective outrage, I hope you find solace knowing that SCCF (Sanibel-Captiva Conservation Foundation) works day and night to provide a better future for our sea turtles and environment. In this midst of this senseless tragedy against nature, note how nature is once again proving to be the great unifier.

These criminal actions clearly do not represent the intent of the rest of us, and they do feel like an invasion of sorts. We have some of the most invested, dedicated communities you could ever imagine. The arrival of the sea turtles is a beloved annual event, one that Captiva and Sanibel have chosen to celebrate and protect. This upends the joy and hope that these turtles represent for us all. I urge us all to channel this outrage by aiming it toward something good. Let's be change agents rather than just plain angry. Let's unite in the cause of helping sea turtles survive for future generations.

The Linsmayer Family has asked me to share the action they have chosen to take to turn this devastating news into a rallying

cry for continued care and monitoring of our nesting sea turtles. Linda and Nick have pledged a \$1,000 gift towards our coastal wildlife monitoring costs and hope other concerned islanders will join them. Your generosity will be a strong and positive reply to this sick and as yet unsolved crime.

Whether or not you can join this call for programmatic support, please engage in these other ways to make a difference:

Talk to your friends and family about their behaviors and how they affect our marine wildlife;

Make sure that you and your neighbors respect lighting ordinances, so that the glow of our houses and cities does not endanger the hatchlings as they march to the gulf;

Do not use flashlights/cell phone lights (very common with shellers on our islands);

Turn off or pull blinds over interior lights – that includes any lights visible from the beach;

Pick up fishing line and other plastic you see on the beach and dispose of it properly;

Make sure you are buying sustainable seafood that does not endanger sea turtles (pole and line tuna for instance);

Never leave beach furniture or anything on the beach at night, when nests hatch and mamas lay nests;

Please fill in any holes that you or others may have dug so that hatchlings don't get stuck in their first unsteady trek to the sea.

Whether sending a tax-deductible gift, or making these behavioral changes your own, you will be supporting the efforts of our tireless coastal wildlife staff and volunteers by investing in brighter futures for our sea turtles.

With 255 nests identified on Captiva's beaches at this writing, we are witnessing a record-breaking year worthy of celebration. What a testament to our combined efforts and your invaluable support.

Visit www.sccf.org and click on "Donate" to contribute. Or send a check payable to SCCF to P.O. Box 839, Sanibel, FL 33957.

Thank you for being our invaluable partners in conservation.✧

FISH Of SanCap Application Site For Assistance

United Way is partnering with Lee County to offer application sites for Lee County residents seeking help with rent, mortgage or utility payments through the Individual Assistance Program.

Lee County residents can apply for assistance at Lee County United Way Houses in collaboration with United Way Partner Agencies.

The participating United Way House on the islands is Sanibel/Captiva United Way House, led by FISH of SanCap, 2430-B Periwinkle Way on Sanibel. Hours are Monday through Friday from 8 a.m. to 4 p.m. Call Nitza Lopez at 472-4775 for an appointment. Social distancing and safety measures are in effect.

The following documents are what

applicants will need to file an application: photo ID for head of household; income documentation; proof of loss of income; lease or most recent mortgage statement; and most recent utility bills (water and electric only).

Payment for those who qualify are made directly to the landlord, mortgage company and/or utility company. Household income must be less than \$55,100 a year for a household of four, or up to \$72,750 for a household of eight at the time of application. Assistance is limited to only one time per household, and assistance cannot exceed \$2,000.

For more information, visit www.leefcares.com. Application instructions are available in Spanish by calling 533-2273 (or LEE-CARES); applicants without Internet access can also call the number. Hours are 8 a.m. to 5 p.m. weekdays.

Updates about the county's response to coronavirus can be found at www.leegov.com/covid-19.

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Use LCEC App To Report Outages And View Maps

LCCEC, the electric power supplier on Sanibel, has an app for mobile devices and an online tool called SmartHub. This customer service tool provides access to view electric account information and usage history, pay bills and report power outages. SmartHub allows customers to request a call or text when power is restored or to let you know when your power usage exceeds

a self-determined threshold. This is especially helpful for seasonal residents who may want to know if usage declines or spikes due to equipment failure at their location.

LCEC also provides an outage management map that can be accessed at <https://www.lcec.net/reliability/storm-center/outage-map>. Customers can visit the site and view areas that are experiencing outages by zip code, region or county and see the number of customers impacted and if a crew has been assigned.

To register as a new user, you can visit SmartHub on the LCEC website, www.lcec.net or through the mobile

app offered in the Apple Store or in the Android Market.

For more information on how to download the SmartHub app on your mobile device, visit www.lcec.net/my-home/smarthub/downloading-the-smarthub-app.

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For information on how to set up your SmartHub account using your computer, visit www.lcec.net/my-home/smarthub/setting-up-an-account.

For more on what SmartHub can do, visit www.lcec.net/my-home/smarthub.✪

Our email address is press@islandnews.com

From page 21 Library



Ken Burgener likes the curbside pickup photo provided

not be overdue fines assessed.

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

Patrons who want to social distance are also encouraged to try the meeScan app. MeeScan is a self-checkout service that works with a smartphone with the library's WiFi. Using meeScan, patrons can check out their items from anywhere in the library. Patrons who don't want to use meeScan on smartphones to borrow items can use self-checkout stations located at the service desks. In addition to a quicker and more private experience, meeScan will help patrons keep track of their checkouts by sending them an email with their list of items borrowed. Staff is available to help patrons find and check out books or other material.

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.

Sanibel Public Library is located at 770 Dunlop Road. Summer hours are Monday and Thursday from 9 a.m. to 8 p.m., Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m. and Saturday from 9 a.m. to 1 p.m.✪

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To learn more about our customer services and convenient locations, please visit BankoftheIslands.com or call 239.472.7211.

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Sanibel Bayous - 4566 Buck Key Rd
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Sanibel Harbours - 1238 Isabel Dr
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Island Woods - 1894 Farm Trl
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Sandalfoot #2D2 - 671 E Gulf Dr
Bright 2nd-floor end-unit 2-bedroom, this view. Years of excellent rental history in onsite program. \$659,000 furnished & with bookings



Tarpon Beach #207 - 2475 W Gulf Dr
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White Sands #23 - 2311 W Gulf Dr
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Mariner Pointe #522 - 760 Sextant Dr
2nd floor bay-view remodeled 2 bedroom with bamboo floors & glassed balcony with this view. Front deck views canal. \$499,000 fully furnished



Gulf Shores - 1015 Fish Crow Rd
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From left, CROW Executive Director Alison Hussey, winner Megan Shores with her daughter, Kate, and Bank of the Islands Vice President Willy Ocasio photo provided

Bank Donation Goes To CROW

Bank of the Islands made another nonprofit donation through its We Love Our Islands program. The winner, Nanny's Children's Shoppe owner Megan Shores, was spotted with a "We Love Our Islands" decal on her vehicle, winning her the right to select which local nonprofit organization would receive a charitable contribution from the bank. Shores chose to donate the \$3,100 to CROW. That donation marks \$87,400

given away to date through the program.

"As a longstanding sponsor of CROW's Taste of the Islands, we are delighted Megan has chosen our region's preeminent wildlife clinic for the bank's most recent donation to an island nonprofit," said Willy Ocasio, Bank of the Islands vice president and Sanibel-Captiva office manager.

"Following this donation to CROW, Nanny's wants to continue giving back to the island it calls home. For the first Sunday of November 2020 through April 2021, Nanny's pledges to give 10 percent of our sales proceeds to an island nonprofit organization," said Shores.✪

Rotary Happenings

submitted by Cindy Carter

At last Friday's Zoom meeting, Rebecca Binkowski, owner of MacIntosh Books & Paper, spoke to us about the future of independent bookstores and being a business owner during these strange times.



MacIntosh Books, as known by locals, has a very interesting history. It was one of the first 12 businesses on the island and originated in 1960, located in a little A-framed building behind the Seahorse Shops on the east end of the island. It was known as Bill MacIntosh's Seahorse Bookstore. "Mac" came here from Ecuador with his wife, thought to be an encyclopedia salesman, but was actually a retired CIA agent who found Sanibel an intriguing place to be. He shipped many more books across the world than he actually sold in the store. Another fun fact: in 1960, Allen Drury, the author who wrote the Pulitzer Prize-winning book *Advise and Consent*, hosted a book signing at MacIntosh Books. Talk about connections in high places!

MacIntosh Books then moved to the end of Bailey Road, by the Chevron station (now Sanibel Service Center), which had trolley tours. It was more like the old school "chamber of commerce" to schedule tours, pick up your maps, figure out who was who, and get gas. The bookstore has always been bought by someone who



Rebecca Binkowski photo provided

worked at the store and who loved it.

Binkowski is the fifth employee turned owner of this beloved local hangout. In a community that loves books, she listens to her customers' needs and changes with the themes of the times. Recently, literary escape has been a popular theme. She believes you need to cultivate a space for the community that is politically neutral, non-judgemental, welcoming, friendly, appreciated and that practices active listening. All of which she has certainly accomplished.

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

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Part of the exercise class from Center 4 Life is back in action with one of their favorite instructors, MAHNAZ BASSIRI. Exercise is one of the critical elements for staying healthy.

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The Community House

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We also donated \$100,000+ to support SWFL programs serving the ongoing needs of children and hunger relief efforts. We're committed to supporting our community through these unprecedented challenges.

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Abby Hendershot and Mary Buerer

photo provided

Summer Interns Share Their Ocean Love

submitted by Nicole Finnicum

Sanibel Sea School welcomes two seasonal interns to help with educational programming and administrative work.

Originally slated as summer camp counselors, Abby Hendershot and Mary Buerer are working as education interns through August. The cancellation of Sanibel Sea School's summer camps slightly changed the course for the two interns but this has not halted their passion for working with children and the ocean.

Both interns are working with the Sanibel Sea School team to deliver marine science education during the programming offered this summer. Both are environmental advocates and enjoy inspiring others to care for the oceans and planet.

Hendershot, hailing from Columbus, Ohio, started as a Sanibel Sea School student at the South Seas Island Resort campus. She attended classes until she aged out of the program, and soon after volunteered as a junior counselor in training (CIT) at Sanibel Sea School's Sundial Resort location. She brought her CIT skills to the school's week-long summer camps, where Hendershot climbed the ranks to become a senior counselor in training.

In addition to her passion for marine science, Hendershot has been swimming competitively since the age of 8 and has future goals of making it to the College Club Swimming Nationals. Her passion for swimming has easily translated to sharing her love for the water with campers over the years.

"Having the chance to work at sea school helps me spread ocean love and hopefully inspire the next generation to love and care about the ocean," she said. "It reminds me of how I got started with sea school when I was a kid, and the importance of ocean education."

After the internship ends,

Hendershot will remain in Southwest Florida to attend Florida Gulf Coast University in the fall to major in marine science. She also looks forward to engaging in club swimming, water polo, and joining the Campus Naturalists.

Buerer comes to Sanibel Sea School new to the program, but holds a strong background in environmental advocacy. She recently earned a bachelor's degree in environmental policy from Loyola University of Chicago, where she learned more about the rules and regulations surrounding land use development and promoting a sustainable environment through conservation efforts and energy use.

Buerer has been a summer camp counselor for the past two summers and was looking for similar opportunities when she found Sanibel Sea School. Having relatives in Southwest Florida, she jumped on the chance to take her skills to the beach this summer as a counselor with Sanibel Sea School.

"The idea of combining getting to work with children and environmental and ocean conservation together was so awesome, I knew I had to apply here," she said.

Despite the cancellation of summer camp, Buerer still has the opportunity to assist with the half-day classes for children ages 4 to 13 and has been inspired to potentially pursue marine science education as a future career. "In my time so far at Sanibel Sea School, a type of environmental education job has become more compelling," Buerer said. Whichever career path she takes in the future, she looks forward to improving the environment in some capacity.

"I look forward to what each day may bring. The thrill of never knowing what sea creatures you might see that day on the beach or what project is going to get started that day is exciting," Buerer said. She looks forward to learning more about the sea creatures, plants and shells that occupy Sanibel's beaches.

Hendershot and Buerer are excited about learning new things each day. Though their summer camp counselor positions were modified, they are now able to broaden their experience and

continued on page 34

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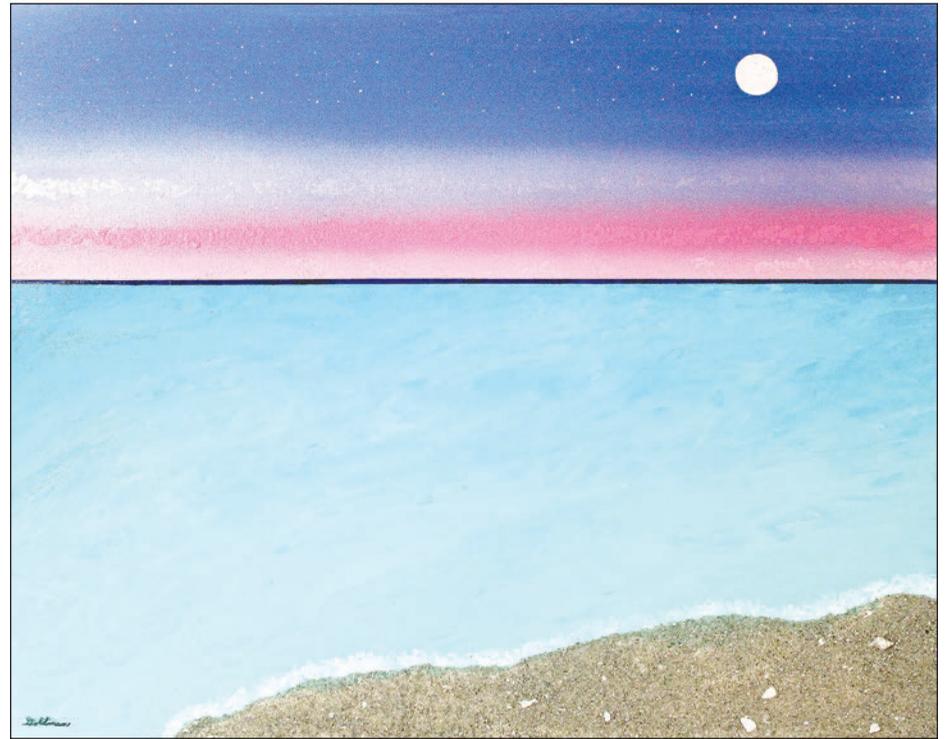
Shells Found



From left, Carol Hainley with Mark and Gayle Bowers photo provided

Mark and Gayle Bowers and Carol Hainley found lots of seashells last week on Sanibel's east end. They have been visiting Sanibel for years and always stay at Shell Island Beach Club. They were thrilled to find two junonias.✧

From page 1 New Exhibit



Twilight Blind Pass by Joe Caulfield

images provided

the U.S. and Europe. He utilizes a multitude of styles and media to create works that skirt the boundaries between representation and pure abstraction. Exploring color, form, gesture and properties of the various media represent great importance in Goldman's creative process and are evident in his finished pieces. His extensive travels to other locales and cultures inspire this artist to create works in a variety of genres. He constantly experiments with techniques and materials to embellish his works.

"I like to mix mediums in many of my works," said Goldman. "My previous exhibits have included works in metal sculpture, stone sculpture, ceramic sculpture, photography, paintings, custom books, stained glass and combinations of these various mediums." Goldman has recently been focusing primarily on stone sculpture. "This medium is very challenging in that you start with a large mass of rock and delve into the various layers, colors and textures within the stone. These then drive the design going forward. There are no do-overs with this material," he said.

Caulfield started painting as a form of stress relief. After 27 years as a law enforcement professional in the Chicago area, he and his wife arrived in Southwest Florida in 1999. Living initially on Pine Island, Caulfield took a beginning watercolor class and gained the confidence to tackle this challenging medium. "I have tested other mediums," he said, "but watercolor is my passion." There were a few relocations up north before Caulfield settled full-time in Fort Myers in 2017. Caulfield painted with studio groups wherever he lived. "In Chicago, David R. Becker expanded my work by using a technique that applied color on color, without fear of ruination. Becker called it 'floating your pigment,' meaning wet on wet," he said.

Joining the Sanibel-Captiva Art League has given Caulfield the opportunity to



Aboriginal Soothsayer by Brad Goldman

paint plein air with other artists at different island locations. He enjoys painting watercolors of nature, landscapes and other outdoor scenes. Through the art league, he also became active with the plein air group at Shell Point Retirement Community. He said, "Painting outdoors gives me a chance to interact with other painters and meet interesting people. Art has been a constant learning process and a never-ending search for perfection. I hope that my work offers the viewer a sense of calm and perhaps a return of fond memories."

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

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\$1,125,000 **MLS 219076630**
 John Nicholson, Lomano-Nicholson Team 239.849.3250

HERON'S LANDING

5422 SHEARWATER DR., SANIBEL
 • Intimate & Serene 3 BR, 2.5 BA + Den
 • Private Access to Bowman's Beach
\$799,000 **MLS 219073193**
 Trevor Nette 239.281.4435

SANIBEL BAYOUS

4606 BRAINARD BAYOU RD., SANIBEL
 • "Banana Cabana" 2 BR, 2 BA, Contemporary
 • Walk/Bike to Bowman's Beach
\$469,900 **MLS 220013744**
 Sharon Kottraba, Lomano-Nicholson Team 804.240.3115

HIGH TIDE

2659 W. GULF DR. #B302, SANIBEL
 • Penthouse West Corner
 • Best of the Best Location
\$2,295,000 **MLS 220009343**
 Trevor Nette 239.281.4435

**PINEHURST ESTATES
 NEW PRICE**

13782 PINE VILLA AVE., FORT MYERS
 • Private Estate, Tropical Oasis, .81 Acres
 • 1st Floor Master Suite, Elegant Flow
\$1,069,000 **MLS 220027194**
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GULF RIDGE

1837 BUCKTHORN LN., SANIBEL
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 • 119' x 396', Ready to Build
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1501 MIDDLE GULF DR. #F106, SANIBEL
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 • Fully Furnished & Appointed
\$440,000 **MLS 220037666**
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SANIBEL ISLAND

3767 W. GULF DR., SANIBEL
 • Newer Construction, Gorgeous Interior
 • Wine Room, Elevator, Game Rooms
\$7,995,000 **MLS 219071271**
 Trevor Nette 239.281.4435

SANIBEL ISLAND

0 W. GULF DR., SANIBEL
 • 1 of 3 Lots Available, 104'+ Beachfront
 • Incredible Opportunity, Ideal Location
\$3,895,000 **MLS 220018999**
 McMurray & Members 239.850.7888

CAPTIVA VILLAGE

11523 ANDY ROSSE LN., CAPTIVA
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 • 5 Bedrooms, 5.5 Bathrooms, Pool/Spa
\$2,189,000 **MLS 218055240**
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SHELL HARBOR

917 LINDGREN BLVD., SANIBEL
 • Remodeled, Canal, 3 BR, 2 BA, Pool/Spa
 • 3D Virtual Tour: www.917Lindgren.info
\$940,000 **MLS 220010953**
 Bob Radigan 239.691.6240

**SANIBEL ISLAND
 NEW LISTING**

1827 MIDDLE GULF DR., SANIBEL
 • Charming Sanibel Island Getaway
 • 2 Bedrooms, 2 Baths, Heated Pool/Spa
\$589,000 **MLS 220043497**
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SUNDIAL OF SANIBEL

1501 MIDDLE GULF DR. #1405, SANIBEL
 • Gorgeous Views of Gulf of Mexico
 • 1 Bedroom, 1 Bath
\$419,000 **MLS 220040353**
 Brian Murty 239.565.1272

Will Power

The Opportunity COVID Provides Your Family



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

I'm happy to announce that my oldest daughter, Gabi, became engaged recently to her longtime boyfriend, Benjamin Bernstein. Gabi resides and works in New York City, which, as we all know, was the original United States epicenter for the COVID-19 crisis. Florida has since challenged that dubious role.

The last time Patti and I were with Gabi and Benji was last December when we vacationed together as a family, including our other daughters, Courtney and Madison.

Several weeks ago, Benji called seeking our blessing to ask for Gabi's hand. Of course, Patti and I enthusiastically agreed, as we love him like a son already. He brings out the best in our daughter. A couple of weeks after that telephone call, he took Gabi on a hike up Mount Tammany overlooking the Delaware River, where he proposed.

Benji and Gabi returned to his parents' Jersey Shore residence where a celebration ensued. Patti and I, along with Courtney and Madi, toasted the couple over Zoom, as did one of Benji's brothers who works in Berlin. We wish we could have been there, but with the COVID travel restrictions between the New York City metropolitan area and Florida, that wasn't possible.

We don't know when we'll be able to give Gabi and Benji a real, in person hug. It probably won't be for at least a few more months, if we're fortunate. Our family isn't unique. Thank goodness we had a happy event to celebrate. Many families separated by a thousand miles or more have been missing out on all sorts of interactions, including some serious ones.

But COVID has brought us a silver lining. Most of us are now familiar with communicating through video technology, whether it's through FaceTime, Zoom, Teams or several other popular platforms. It's no longer foreign to us. My 83-year-old technically challenged mother-in-law, who's trapped in her Tamarac townhouse, talks to us weekly through FaceTime and Zoom.

The technology doesn't necessarily replace in-person contact, at least not totally for me, yet it does bridge a gap between simple telephone calls and being there. Gabi was proud to show off her engagement ring. We could see her beaming face and feel her happiness.

This presents the opportunity to build better relationships and family togetherness. From an estate planning standpoint, it enables a family to build for a common purpose. Family members can work together to create something greater than any one of them can build alone.

A family that emphasizes education, for example, can discuss how Mom and Dad's estate plan can be used to promote this value. Families who are charitably inclined can instill these values, from the eldest generation down to its youngest, by openly discussing how an estate plan can be fashioned to promote its values, whether religious, ecological, medical, educational or artistic.

Most importantly, today's educational tools enable a family's patriarchs and matriarchs to discuss the "why" behind the "what." A dry estate planning document may simply name charitable institutions. A family discussion, however, can center on why this institution was chosen over that. Why this charitable planning vehicle is better than its alternative, why a tax law might encourage one strategy over another, etc.

I've participated in several of these family video conferences, offering explanation to reinforce my client's intent. What's evident to me is how these discussions provide a necessary commentary which empowers the other generations beyond what can be achieved solely through the written word. Video technology conveys more context, emotion and content than a telephone ever could.

And it's becoming more common, I believe because of COVID. Further, this tool is unlikely to be discarded once we return to a more "normal" life. Many families will continue to reside miles apart from one another. The distance becomes emotional as well as physical, until something like COVID happens, and the blessings of technology enable us to find new ways to bond.

For this, I'm grateful. Unfortunately, COVID has also created problems with engaged couples trying to plan weddings. It seems that so many weddings have been pushed back into 2021, that finding a suitable venue for a weekend before the end of next year appears challenging.

If that's my family's grand challenge today, we're surely in a good place, aren't we?

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Benji Bernstein and Gabi Hersch

photo provided

How's The Market? Ask Ann

Regular readers know that I put emphasis on new pending sales... going back 7 days in every weekly report. Starting in June, Sanibel's pending sales increased substantially, averaging 8-12 new sales each week, generally dominated by sales in our lower price range. This week, during a sharp increase in Coronavirus cases, 17 new sales were reported, the highest 7-day total since our reopening. In addition, the higher end of our market has been surprisingly active: 5 condos and 12 homes including two gulf front home sales. One listed at \$2,995,000 and the other listed at \$2,965,000. As well as two high end gulf front condo sales, High Tide 301 listed at \$1,995,000 and Somersset at the Reef listed at \$1,650,000. It is hard to believe this level of activity in light of the sharp increase in the Coronavirus cases.

My husband, John, "Realtor Emeritus," has identified a Golf Course lot in Beachview, attractively priced at \$284,999, allowing a buyer to have a new pool home for under \$1,000,000. Call me for additional information.

Selling a condo or a house on Sanibel? Do a quick calculation on the monthly costs of ownership. So far this year, the average sales price is \$975,000. Using this as an example, let's figure the monthly holding costs. Property taxes: \$12,000 (\$1,000 per month). Insurance: \$7,000 to \$9,000 (\$700 per month). Lawn and pool maintenance: \$400 per month. Let's count some repairs at \$100 per month. Routine monthly costs are approximately \$2,500 a month. Now for the major expense. For example, let's assume you will "net" \$900,000 from the sale; most people are looking to get a 3-5% return. For this example, let's use 4%, for a return of \$36,000 (\$3000 per month), plus \$2,500 for operating expenses. TOTAL monthly "hold" of \$5,500 per month. The results vary and are similar for a condo sale. Your \$900,000 asset is not giving you a return until it sells, instead it is costing you \$5,500 a month. Keep this cost in mind if you are selling and talk to your accountant and financial planner for their opinions. Proper initial pricing can save you several thousands of dollars, resulting in a shorter marketing time.

Thank you for reading my column and, as always, call or email me if you have any questions.



Ann Gee
Broker/Owner

John Gee
REALTOR & Company

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

From page 1

Pythons

"they're also helping us get the word out about how significant the python threat has become for the Everglades."

The invasive Burmese python has now officially become the apex predator in the Everglades, a position previously held by native Florida alligators within that ecosystem.

"Seven was my lucky number," said Uhler. "I have enjoyed hunting pythons with my friends, doing our best to remove these dangerous invasive snakes from the fragile Everglades ecosystem."

"We were about 10 hours into the hunt and at approximately 3:15 a.m., I spotted this python out in the water. We were able to grab the python in the

water as it was trying to get away. At just over eight feet, it was slightly under the nine-foot average for pythons found in the Everglades. As it turns out, it was number 3,221 for the SFWMD team of hunters in Governor DeSantis' terrific environmental program."

Uhler's friends and fellow hunters joined him in praising the SFWMD python elimination program championed by Florida Gov. Ron DeSantis.

"Governor DeSantis has been a great supporter of the Everglades, both in water quality and invasive species issues," said Goss. "District python hunters are a highly experienced group. Their success in taking pythons out of the Everglades is unprecedented. They're making a real impact for the native species threatened in their Everglades habitat by these predator pythons."✪

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BURNS *family* TEAM



1



2



3

1. Magazine Ready Home in the Sanctuary – Sanibel

- 5 BR/ 5.1 BA property situated on the bay & intercoastal waterway and framed in by the Sanctuary's signature 4th hole.
- Boasting 11,000sqft, the interior finishes include luxurious accent wall of glass, walk-in wine cellar, marble inspired Cambria counters, statement light fixtures & over a million dollars in updates.
- **\$2,998,000** Euro 2,662,805

2. Ground Level Home in Shell Harbor – Sanibel

- 3BR/ 2.1 BA home situated on an oversized lot on Sanibel's East End
- Dock, boatlift, new windows, and long canal views
- **\$969,000** Euro 860,660

3. Direct Gulf views at Sundial East – Sanibel

- 2 BR/ 2BA condo + den with views directly out to Gulf of Mexico
- Open kitchen w/ granite countertops, SS appliances, community pool, tennis, beach access & more. Nightly rentals & dog friendly.
- **\$899,000** EUR € 811,188

4. Remodeled at Surfside 12 – Sanibel

- 3 BR/2 BA top floor condo with soaring ceilings and view of the Gulf
- Remodeled kitchen & baths, community offers beach access, pool, & tennis
- **\$849,000** Euro 742,850

5. Canal Home on Quiet Cul-De-Sac – Sanibel

- 4 BR/ 4 BA Gulf access canal home on corner lot in Shell Harbor
- Large floor plan wrapping around a screen enclosed pool & a short walk to Sanibel's premier beach accesses.
- **\$1,475,000** Euro 1,310,086

6. West End home with Private boat dock – Sanibel

- 3 BR/2 BA home with a private boat dock on Dinkins Bayou with Gulf access
- Updated kitchen & bathrooms, tropical pool oasis, coastal décor and steps to Blind Pass & Bowman's Beach
- **\$879,000** Euro 778,189



4



5



6

NEW LISTING



7



8



9

7. 4 Bedroom home on Intersecting Canal -Sanibel

- 4 BR/4 BA home with boat dock, lift, & private pool
- Large kitchen, private elevator, multiple's lanai's including a rooftop deck with Bay views
- **\$2,300,000** Euro 2,042,846

8. Remodeled at Sanibel Arms West – Sanibel

- 2 BR/ 2 BA open kitchen with granite countertops and newly painted
- Comm amenities: large pool, beach frontage, on-site management/ rental office, tennis & more
- **\$546,000** Euro 486,900

9. Updated Tropical Beach Condo at Loggerhead Cay – Sanibel

- 2 BR/2 BA remodeled kitchen, French doors, plantation shutters, & Gulf views from lanai
- Large pool, pet friendly & weekly rentals make this a great option for families & investors
- **\$699,000** Euro 611,765

10. Your own Private Retreat – Crescent Island

- 4 acre private island located just off the shorts of Sanibel & Fort Myers. Offering deep water dockage in San Carlos Bay, private beach, & Key West inspired home with 3 bedrooms, 2 bathrooms, elevated pool, and beachy décor. Established rental history
- **\$2,599,000** Euro 2,345,138

11. Privacy Meets Paradise in the Dunes – Sanibel

- 4 BR/ 3.5 BA home located at the end of a cul-de-sac with panoramic lake & golf course views
- Open kitchen, screen enclosed pool & lanai, new roof, & whole house generator
- **\$899,000** Euro 800,484

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

- 3 BR/ 3BA home located on almost 100ft of canal frontage with direct Gulf access with screen enclosed pool
- Old Florida style home with boat dock & lift, quick access to San Carlos Bay
- **\$995,000** Euro 870,824



10



11



12

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Health First

Stress Reducing Activities You Can Do At Home



by Julie Rosenberg, MD

We live in challenging times and many individuals are experiencing significant stress. Stress is how the brain and body respond to any demand. Any type

of challenge – such as losing a job, dealing with an illness, experiencing a traumatic event, or a significant life change – can be stressful.

Stress symptoms can affect your body, your mood and your behavior. The stress response is actually your body's way of dealing with tough or demanding situations.

Common bodily manifestations of acute stress include headache, muscle tension and gastrointestinal upset. People who are stressed may have alterations in mood such as irritability, anxiety, sadness or restlessness. Some individuals may also experience changes in behavior such as overeating or undereating, angry outbursts or social withdrawal.

While everyone experiences stress from time to time, chronic stress may contribute to serious health problems such

as heart disease, diabetes, hypertension and cancer. Therefore, it's important to find ways to manage your stress so that stress does not manage you. Here are six stress reducing activities you can do at home that may help you to manage stress better:

Dance – Dancing (and other forms of exercise) raise the production of your brain's feel-good neurotransmitters called endorphins. I recommend any type of movement that you enjoy, but dancing can be particularly exhilarating and fun, as it offers an outlet for people to express who they are – through music, movement and perhaps even costumes. So, put on your favorite playlist and let loose.

Take a warm bath – When you are stressed, the muscles of your body contract. Taking a warm bath can relieve muscle tension. Actually, submerging yourself in warm water can be both calming and reinvigorating, as it increases blood flow to your skin. So, run a bath, turn on some calming music, and enjoy a sensory slowing down.

Stress bake – When people feel stressed or anxious, they often look for distractions. Baking can be a very positive distraction, as it engages the senses, especially smell, touch, taste and, of course, visualizing the end result. Baking also requires concentration. Following recipes offers a sense of structure and routine, which can help alleviate stress. So, can you visualize those chocolate chip cookies or a fresh loaf of bread? Make time to bake.

Consciously breathe – Do you know that on average a person takes about 16 breaths per minute? That means

that we breath about 960 breaths in an hour and 23,040 breaths per day. Despite the regularity and frequency of breathing, most of us don't pay much attention to our breath. However, breath is very important for good health and wellbeing. By managing your breathing, you can manage your stress. Slow, conscious breathing helps to calm your central nervous system and cardiovascular systems. In addition, deep belly breathing may also improve attention, mood, and levels of the stress hormone, cortisol. So, try this:

Assume a comfortable seated position;
Inhale through your nose for five seconds, filling first your belly and then your chest;

Hold for five seconds;
Exhale through your mouth for five seconds;

Repeat 3 to 5 times.

Doodle – You don't need to have any skill at art to just let your pen, pencil or crayon make its way around a page of paper. Drawing freely helps to get you out of your head. Research suggests that the repetitive and rhythmic motions of free drawing can activate the relaxation response and be a great stress reliever. There are also cognitive and creative benefits of doodling, so burst out your pen and paper and give it a try.

Read a good book – Reading a good book is a great way to relax. Reading has been found to decrease blood pressure, lower heart rate and reduce stress to significant degrees. It also calms the mind and relaxes the body. So, pick up a novel you've been wanting to read and get started now.

In conclusion, while all of us experience stress, there are ways to manage it, many of which can be done at home. In the words of the great novelist Hermann Hesse, "Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself."

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. For consulting and speaking requests, email your inquiry to info@drjulierosenberg.com.✪

From page 28

Summer Interns

learn all that goes into working with a nonprofit. The interns now help with day classes, answer phones and help clients, and also assist with keeping the grounds tidy.

One of the highlights of their internship is the opportunity to create a new lesson to add to Sanibel Sea School's repertoire of courses. When they aren't working around campus or out teaching, Hendershot and Buerer spend time lesson planning for their new course, which includes a lesson, field activity and art project. At the end of their internship, they will have the opportunity to teach their course to a group of students.

To read the full interview with Sanibel Sea School's interns, visit www.sanibelseaschool.org/experience-blog.✪

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Superior Interiors

Choosing An Area Rug For The Dining Room



by Trinetta Nelson

A dining room is a place for gathering – for sitting down with family members or favorite guests after time apart to catch up and enjoy each other's presence. Because of the general meaning

of this living space, it's important that it's decorated in a way that not only encourages conversation, but also allows people to engage and feel comfortable. Beyond a soothing color scheme and other decorations that make for a relaxing atmosphere, an area rug is another staple piece needed to bring the room together.

An area rug needs to be directly under the dining room table, but that generally goes without saying. The size and shape of the rug can make or break the look and feel you're going for. The general rule of thumb is to allow for 18 to 24 inches around the perimeter of the table, so that when guests pull their chairs out, they're still on the rug. Shape is considered more around personal preference as choosing one that mimics the shape of the table allows for consistency, so that may be something to consider when shopping. This isn't a must, as there are plenty of gorgeous examples of rectangular tables accompanied by round area rugs that look flawless.

The way the area rug feels on the feet is essential. After all, this piece of decor isn't only supposed to be easy on the eyes, it also needs to provide comfort for your family members and guests. From wool and silk to shag and bamboo, there are so many different materials and textures to choose from for the dining room. Figuring out which one would best suit the dining room is about your lifestyle and how much time and effort you're willing to put into upkeep.

While the look and feel of the area rug is one of the most important aspects to consider while making a selection, one should consider the color and pattern as well – not only from a stylistic perspective, but also from a functionality and cleanliness standpoint. With the amount of foot traffic and potential spillage this area rug may witness, it's important to choose a color and/or pattern that will disguise stains with ease.

Still having trouble deciding what type of area rug you want to put in the dining room? Consider consulting a design professional to discuss your ideas and go over your specific wants and needs for the space. From there, he or she will help you pick out the perfect area rug and can even help you make a few adjustments in the dining room for an overall update.

Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinetta@coindceden.com. ✨

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COMMUNITY HOUSING and RESOURCES

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

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

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

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

—Emilie Alfino, CHR resident



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Frankly Speaking



by Howard Prager

They're back! Or they were. By the time this is published, we'll see if they are still back. As of Monday, two Major League Baseball (MLB) games are cancelled, the Marlins-Orioles

and Yankees-Phillies. They won't be the first, as I believe at least the Marlins series will be cancelled, and maybe the next few. The Marlins knew before Sunday's game that at least two players tested positive yet they still played. As a result, the virus has spread to several other Marlins players and coaches scrubbing their home opening, has the Phillies questioning whether they're all safe, and has the Yankees deciding not to play in Philadelphia. We know the long incubation period of the virus. So how long do the Marlins not play? What about the Phillies? This baseball season may be over before it is barely underway.

The NFL could face the same problem, as both are starting their seasons and travelling to other cities. professional basketball and soccer leagues are all different because they are playing tournaments "under a bubble." So is the pro hockey in a sense, just in two cities. All these teams also have fewer players on their rosters than a baseball or football team. But while baseball is being played, here are my observations after baseball 2020's first weekend.

Black Lives Matter is now a part of all sports as athletes are speaking out. Players appear to publicly support racial equity and social justice. Many players were seen this weekend kneeling during the national anthem, holding black ribbons and making statements of commitment.

Empty stadiums doesn't affect the game, it just looks strange. What's stranger? Fox's baseball game of the week showing computer generated people in the stands for deep fly balls and home runs. What are they doing to our thinking when we know there's no one at the game? That's crazy. Also

crazy is the cardboard cutout fans. Not needed. We want to watch the teams, not the fans, especially fake fans. And the Blue Jays just want a place to play. Let's hope Buffalo serves them well.

Music and cheers is nice. At first, I didn't like the recorded "go" cheers but it grew on me. It made it seem more like a real game. I thought they were going to have walk-up music for each player but evidently decided not to do that, at least at Wrigley Field. As for the "Official MLB pumped in crowd noise" teams have to use, also not needed. And the Cubs were told by MLB to increase the volume of the noise for Sunday's game. The Brewers and Cubs have developed some animosity over the last few years, and MLB wanted to diminish us hearing some of the catcalling back and forth. I think that's part of the game, and those of you who go to spring training get to hear that. Stop playing with the volume of the crowd sounds.

The game is baseball. Real baseball. And from so many lopsided scores, it's hard to say who has the advantage, the hitters or the pitchers. But we are seeing the game being played by the most of the best players. The pitchers that are ready are doing great. Same with the hitters and defense.

New rules will take a while to get used to them, including pitchers having to pitch to at least three hitters or get out of the inning. This appears to favor the team on offense, because if a pitcher comes in and isn't throwing well, they are stuck pitching to at least three hitters. The reviews on starting extra innings with a runner on second have been mixed, with teams using various strategies including sacrificing the runner to third and playing small ball and others loading the bases and getting a big hit. For baseball purists, it's not great but at least it's fair to both teams. You asked for it, you got it, major league baseball is on the air.

More than ever right now we need a good news story of the day, and we have two. First, 35-year old Daniel Bard, seven years after last pitching in the major leagues made a comeback for the ages. He pitched in relief and got the win for the Rockies. A case of the "yips" caused him to prematurely retire from baseball in 2012. He coached and mentored players. Several years later, he

thought he could make a comeback and was willing to work his way back to the majors. How the rest of this season goes or doesn't go, Bard's comeback win will be one of the great stories for the ages.

Second, two youth travel baseball teams in the Chicago area from Evanston and Skokie raised money for the past year to go to Cooperstown and play in the annual youth baseball tournament there this summer. They were all excited to meet players from around the country, which of course they can't do. The coaches for these teams tried to figure out what to do instead and give these kids a memorable experience. The Chicago Dogs is an unaffiliated minor league team who rents out their 6,300-seat stadium when they don't have a game. The dimensions are major league, and they have lights. The kids were

thrilled to experience a "major league feel." The pitcher's mound was moved in a few feet from regulation distance to accommodate them, otherwise the whole field was used. A small crowd of families sat socially distanced and cheered them on. The coach, David Patterson said "I'm just trying to make some kind of fun memories for them so they can look back and remember what they did when they were 12." This year we all need some fun memories. Grab them while you can.

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

Sea Turtle Nest Spotted By Local



Laura DeBruce spotted this loggerhead nest on Sanibel's west end

photo provided

Laura DeBruce discovered a fresh loggerhead nest recently on Sanibel's west end. She called the

turtle patrol team at Sanibel-Captiva Conservation Foundation (SCCF), who quickly marked it off. ✨

SPORTS QUIZ

1. What Washington Bullets legend won both Rookie of the Year and Most Valuable Player for the 1968-69 NBA season?
2. At the 2012 London Summer Olympics, what South African sprinter became the first amputee runner to compete in the Olympic Games?
3. In 1999, Cleveland Browns offensive lineman Orlando Brown suffered an eye injury caused by what object?
4. What is the name of the horse ridden by Osceola during the pregame tradition at Florida State Seminoles home football games?
5. What former Major League Baseball pitcher/outfielder published a 2017 memoir called *The Phenomenon: Pressure, the Yips, and the Pitch that Changed My Life*?
6. Who was the last NHL player permitted to play without wearing a helmet?
7. What was the name of the football simulation video game first published in 1988 by Electronic Arts for Apple II computers?

ANSWERS

1. Wes Unseld. 2. Oscar Pistorius. 3. A weighted penalty flag. 4. Renegade. 5. Rick Ankiel. 6. Craig MacTavish. 7. John Madden Football.

Golf Tournament Supports Heights Programs

The Heights Foundation 5th annual benefit golf tournament, Swing Fore The Kids, will take place at Old Corkscrew Golf Club on Friday, September 25. Registration begins at 11:30 a.m. There will be a boxed lunch, a shotgun start at 1 p.m. and hors d'oeuvres, auction and awards at 6 p.m.

Proceeds from the event support The Heights Center's programs that work to build strong, self-sufficient families in the Harlem Heights neighborhood of Fort Myers. Last year's tournament raised \$34,000. The 2020 presenting sponsor is Five County

Insurance.

"The poverty rate for children in Harlem Heights is more than twice the county average," said Jim Sanger, chief operating officer of The Heights Foundation. "This tournament will help support programs at The Heights Center including School Success and our enriching summer camp."

Tournament registration is now open. A foursome is \$600 and two golfers are \$300. Sponsorships that include golf packages and recognition are available. The sponsorship deadline is September 11 and golfer registration deadline is September 18.

Old Corkscrew Golf Club is located at 17320 Corkscrew Road in Estero. For more information, visit www.heightsfoundation.org/golf, call Jim Sanger at 482-7706 or email jim@heightsfoundation.org.

Beautifulife:

Word Up



by Kay Casperson

I'm not sure when I began to realize the importance of using the right words and being careful about what words come out of your mouth, but I'm pretty sure it was way back when I was a little girl. I

remember feeling uncomfortable when people would speak negatively about someone, something, or even life itself. I remember often telling people to be careful about speaking words that put someone, something, or even an idea down.

I am continually reminding my family, my friends, my staff, my associates and all those that I have the opportunity to influence every day how powerful words are. They can either build you up or break you down, it's that simple. As a matter of fact, my brand and my business world have been built around this simple fact. The words of affirmations that I have placed on each bottle, jar, package or page that I produce are a testament to that.

We can all use reminders now and then on just how important words are and how to keep your words positive to build up yourself and others. We can all do our part in making this happen by taking out the negative words from our vocabulary. Here are a few suggestions:

Instead of using the words I can't or I won't, try instead to say I will do my best, or I am going to make it happen somehow. You will be surprised by how much you can change the outcome and the level of your accomplishments.

When someone asks, "How are you?" instead of answering with "I'm OK" or "I am fine," say the words, "I am great" or "I am doing well, thank you." Regardless of how you feel or what reality looks like, these words will point you there and brighten someone's day.

Before you decide to criticize someone for something that you do not agree with, try something new instead. Think to yourself that everyone is entitled to think differently for various

reasons and speak the words, "I will try to understand another point of view."

If you don't like the way you look some days, instead of saying words that defeat you, say words like, "I look great" or "I am beautiful" and you will soar into the day with a brand new outlook and energy.

Remember, what you speak is what becomes a reality, either good or bad. Keep your words positive and uplifting to continue in the direction of living your best and most beautiful life.

My affirmation for you is:

"I am choosing my words wisely to stay focused on what is good, what is right, and what is positive today and 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.

Foundation Awards Grant

Lee Association for Remarkable Citizens (LARC) has been awarded a \$39,000 grant from the Golisano Foundation. The grant will help LARC, an organization serving people with intellectual and developmental disabilities, respond to urgent needs stemming from the coronavirus pandemic. The grant is a part of the foundation's \$2 million in grant funding to assist organizations in Western New York and Southwest Florida due to the coronavirus crisis.

LARC will use the funding to create safer settings for participants and staff long-term including health screenings, air conditioning upgrades, cleaning equipment and supplies, personal protective equipment and strengthening capacity for remote programming in response to and beyond COVID-19.

"We are proceeding with caution in our planning for reopening programs and services given the vulnerability of the people we serve and the ongoing presence of the virus," said Angela Katz, LARC development and communications director. "We are grateful for the financial assistance of the Golisano Foundation during this difficult time."



Jack Tukey

photos provided

Sanibel Island Golf Club

Three Aces In Three Weeks

Longtime Sanibel Island Golf Club member Jack Tukey made a hole in one on hole 3 on July 3 while playing with Don Bradford. Tukey has shot his age too many times to count, but this was his first ace.

A week later, David Kracht made an ace on hole 6 while playing with his dad and brother. Making Kracht's feat a little more special, he only plays once or twice a year.

Evan Bogdon made an ace on July 15 on the sixth hole during his round with the Summer Points League. Maybe



David Kracht, center, with his dad and brother



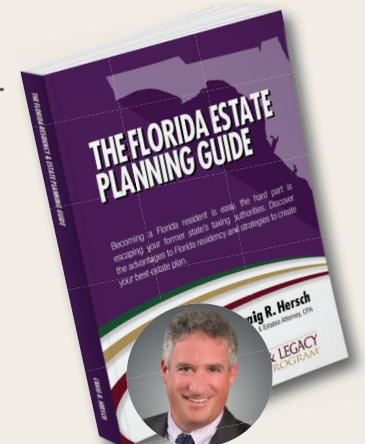
Evan Bogdon and Matt Asen

more excited was his dad, Matt Asen, who witnessed the shot. He said, "It took one bounce and went in." ✨

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

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 FRIDAY Few Showers High: 88 Low: 83	 SATURDAY Mostly Cloudy High: 87 Low: 82	 SUNDAY Partly Cloudy High: 89 Low: 80	 MONDAY Mostly Cloudy High: 87 Low: 82	 TUESDAY Partly Cloudy High: 89 Low: 84	 WEDNESDAY Few Showers High: 88 Low: 83	 THURSDAY Sunny High: 89 Low: 84
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	10:32 am	6:33 pm	None	None
Sat	11:27 am	7:20 pm	None	None
Sun	3:15 am	5:07 am	12:18 pm	8:00 pm
Mon	3:35 am	6:02 am	1:04 pm	8:35 pm
Tue	3:51 am	6:53 am	1:46 pm	9:06 pm
Wed	4:04 am	7:43 am	2:27 pm	9:34 pm
Thu	4:18 am	8:32 am	3:08 pm	10:01 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	9:37 am	6:35 pm	None	None
Sat	10:32 am	7:22 pm	None	None
Sun	2:20 am	5:09 am	11:23 am	8:02 pm
Mon	2:40 am	6:04 am	12:09 pm	8:37 pm
Tue	2:56 am	6:55 am	12:51 pm	9:08 pm
Wed	3:09 am	7:45 am	1:32 pm	9:36 pm
Thu	3:23 am	8:34 am	2:13 pm	10:03 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	9:22 am	3:37 am	None	5:52 pm
Sat	1:02 am	4:53 am	11:12 am	6:59 pm
Sun	2:18 am	6:28 am	12:32 pm	7:58 pm
Mon	4:01 am	7:35 am	1:26 pm	8:49 pm
Tue	4:00 am	8:30 am	2:15 pm	9:32 pm
Wed	4:14 am	9:19 am	3:06 pm	10:08 pm
Thu	4:36 am	10:00 am	3:55 pm	10:39 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	12:42 pm	9:49 pm	None	None
Sat	1:37 pm	10:36 pm	None	None
Sun	5:25 am	8:23 am	2:28 pm	11:16 pm
Mon	5:45 am	9:18 am	3:14 pm	11:51 pm
Tue	6:01 am	10:09 am	3:56 pm	None
Wed	6:14 am	12:22 am	4:37 pm	10:59 am
Thu	6:28 am	12:50 am	5:18 pm	11:48 am

My Stars ★★★★★

FOR WEEK OF JULY 27, 2020

Aries (March 21 to April 19) A bit of Arian contrariness could be keeping you from getting all the facts. Turn it off, and tune in to what you need to hear. It could make all the difference this week.

Taurus (April 20 to May 20) Getting an answer to a vital question involving financial matters might take longer than you'd expected. A new factor might have to be dealt with before anything can move forward. Be patient.

Gemini (May 21 to June 20) Use your good sense to see what might really be driving a colleague's workplace agenda. What you learn could lead to a new way of handling some old problems.

Cancer (June 21 to July 22) A change of mind might once again turn out to be a good thing. True, most of your co-workers might not like the delay, but as before, they might appreciate what follows from it.

Leo (July 23 to August 22) You revel in golden opportunities this week. One cautionary note, though: Be careful to separate the gold from the glitter before you make a choice. Someone you trust can help.

Virgo (August 23 to September 22) Marriage is important this week, as are other partnerships. Don't let yourself be overwhelmed by sentiment. Instead, try to steer a path between emotion and common sense.

Libra (September 23 to October 22) Dealing with someone who has let you down is never easy. But the sooner you're able to clear up this problem, the sooner other problems can be successfully handled.

Scorpio (October 23 to November 21) A "friend" who is willing to bend the

rules to gain an advantage for both of you is no friend. Reject the offer and stay on your usual straight and narrow path.

Sagittarius (November 22 to December 21) After all the effort you've been putting in both on the job and for friends and family, it's a good time to indulge your own needs. The weekend could bring a pleasant surprise.

Capricorn (December 22 to January 19) You might want to do something new this weekend. Close your eyes and imagine what it could be, and then do it, or come up with the closest practical alternative.

Aquarius (January 20 to February 18) Your good deeds bring you the appreciation you so well deserve. But, once again, be careful of those who might want to exploit your generous nature for their own purposes.

Pisces (February 19 to March 20) Trolling for compliments isn't necessary. You earned them, and you'll get them. Concentrate this week on moving ahead into the next phase of your program.

Born This Week: Meeting new people usually means you're making new friends. People want to be reflected in your shining light.

MOMENTS IN TIME

- On Aug. 7, 1782, Gen. George Washington, the commander in chief of the Continental Army, creates the "Badge for Military Merit," a decoration consisting of a purple, heart-shaped piece of silk. The Purple Heart is awarded to members of the U.S. armed forces who have been killed or wounded in action against an enemy.
- On Aug. 6, 1928, Andy Warhol, one of the most influential artists of the latter part of the 20th century, is born in Pittsburgh. Warhol, a pioneer of the pop art movement, painted comic strips,

canned soup and soft drinks because an early art teacher told him to paint things he liked.

- On Aug. 4, 1944, acting on a tip from a Dutch informer, the Nazi Gestapo captures 15-year-old Jewish diarist Anne Frank and her family in a sealed-off area of an Amsterdam warehouse. The Franks had taken shelter there in 1942 out of fear of deportation to a Nazi concentration camp.
- On Aug. 3, 1958, the U.S. nuclear submarine *Nautilus* accomplishes the first undersea voyage to the geographic North Pole. The world's first nuclear submarine traveled nearly 1,000 miles under the Arctic ice cap to reach the pole.
- On Aug. 5, 1962, movie actress Marilyn Monroe is found dead in her home in Los Angeles of an apparent suicide. Empty bottles of pills, prescribed to treat her depression, were littered around her bedroom.
- On Aug. 9, 1974, Gerald Ford is sworn in as the 38th president of the United States after the resignation of Richard Nixon. In a television address, Ford declared, "My fellow Americans, our long national nightmare is over."
- On Aug. 8, 1988, the Chicago Cubs host the first night game in the history of Wrigley Field when they play the Philadelphia Phillies. The game was called due to rain in the bottom of the fourth inning.

NOW HERE'S A TIP

- Roll scarves around cardboard tubes to store flat. You'll skip the wrinkles and be able to find the scarf you want without much fuss.
- On a home improvement kick? You're not alone. Here's a wallpapering tip from way back: If your wallpaper is applied with adhesive, add a few drops of food coloring to the paste. It will give

it a slight tint that will not be visible when dried. Now you can be sure that the adhesive makes it all the way to the edge of the paper for best results!

- "Ironing intricate sleeves or other difficult shapes can be made easier with the use of an oven mitt. Slip the mitt over your hand, put your hand on one side of a fabric to create a flat area to iron. Use care and go slowly, and you'll get a good press." – ER in Missouri
- Bright strips of tape can be a great safety addition to the edges of stairs. Even better is bright, textured, reflective tape for low-light areas, like basements or porch steps. The bright color makes the edges visible in daylight; the reflection does the same at night. A bit of texture makes sure they're not slippery.
- "Here's a great sewing tip from my grandma: When you are attaching buttons, hooks, snaps, etc., tape them to the fabric with transparent tape. You can sew right through it, and it will help keep the item from slipping around while you get it secured." – AJ in Pennsylvania
- "Now that my baby is entering her messy eating phase, I cut up several burp cloths to make wipe up cloths for the high chair. They are soft enough for a full face wipe and sturdy enough to sop up baby food and go right in the washer." – PW in Texas

STRANGE BUT TRUE

- In July 1999, four ladybugs and their favorite food, aphids, were sent into space on NASA's *Columbia* space shuttle to research how aphids escaped the ladybugs without the aid of gravity.
- The first documented use of toilet paper comes from 6th-century AD China.
- There are more than 40,000 toilet-related injuries in the U.S. each year.
- The University of Liverpool

continued on page 46



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dearRPharmacist

The Best Tips To Avoid Insect Stings



by Suzy Cohen, RPh

Dear Readers: Nothing can ruin a perfectly nice picnic or hike like an insect sting. It could lead to local discomfort, swelling, redness and pain. In fact, it

could cause an anaphylactic reaction to those people who are truly allergic to an insect's venom.

It's not easy to train yourself to ignore them. It's more likely you'll make sudden movements and wave your arms or swat the air. I totally get it. Today's article is to help you avoid a sting.

Don't wear red! Red can appear to be very dark or black, a color bees and wasps associate with a predator, so they will go on the defensive and get angered. If you wear bright-colored clothes, you could easily be mistaken for a flower. In fact, do not wear a flowery shirt because they'll have to get up close to you to see that you're not actually a plant.

I think you're best bet is to wear neutral earth tones that make you blend in with the flora and fauna, such as beige, khaki, maroon, black or grey.

Here are some of the best tips to avoid getting stung by an insect:

Avoid fruit-flavored lip gloss, shampoo or soap;

Don't walk up to their nest, they will defend it with their life;

Do not wear perfume or perfumed deodorants;

Do not use scented shampoo, conditioner or lotion;

Dispose of soft drink cans and bottles because they attract bees. It's sort of like sugar-water, and they love it;

Bugs are partial to beer. Make sure you keep an eye out so one doesn't crawl into your beer for a sip, and then you drink a mouthful;

Make sure you're clean. Some insects get 'angry' if they smell sweat;

Wear long sleeves and long pants to cover as much as possible;

Avoid bananas, this might attract bees because they think you're food; and

Watch out if you are near discarded food or dog feces.

Wasps have a keen sense of smell and detest wormwood, peppermint, spearmint, eucalyptus and thyme. If you wanted to dab yourself with these essential oils, it might deter them from coming too close. For that matter, you could plant these in your garden to act as a natural insect repellent.

If you get stung, move away to safety quickly. Don't worry about getting the stinger out in that moment, just get away. Bees can only sting a person once, but it will release a chemical that attracts other bees in the area. Wasps can sting repeatedly so if you get bit, run away from the space as quickly as possible.

Bees will leave the stinger in the skin, but wasps don't usually do that. It's best to scrape the stinger away from you with a credit card or a letter opener or something like that versus a tweezer, which might squeeze more venom into you. Usually hydrocortisone cream, calamine lotion or aloe helps with immediate first aid, however, some people need an antihistamine or numbing agent.

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

Grief Support Group Meetings

Sanibel Community Church is offering a 13-part GriefShare program in the Family Life Center on Tuesdays at 5 p.m., starting August 11. The program is open to anyone who has lost a loved one, and there is plenty of room for social distancing. Sessions feature a video, book, discussion and support.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: My friend has told me that I should journal. Can you give me some tools to get started?

A: It's so easy for the mind to become overwhelmed with massive thoughts, worries and even obsessions. Without releasing these powerful thoughts and emotions, they will get stuffed and you are likely to explode or become depressed from carrying around so much.

As a coping strategy, journaling offers you a way to release the thoughts on paper. Think of it as a healthy catharsis for releasing what all you have been carrying around. We know that certain thoughts and frustrations are prone to toxicity and this is not good for the soul. You want to release those toxic emotions as soon as possible. Often, you will find that when you write your thoughts and feelings down on paper, you will gain greater insights and possible solutions

to what were referred to as problems or difficult situations you now can contemplate resolving by looking at what you wrote.

Journaling can also give you a healthier immune system. We all seem to be looking for ways to improve our immune systems these days.

If you decide to journal for a long period of time, you can get them out and read them and notice certain patterns in your life that you chose to keep or discard. You may see how much progress you have made in certain situations. Some people even go on to write poetry and clear the chaos that was infiltrating their minds. Also, composing letters (a message of resolution) or even just making lists to organize your thought processes can be of help.

It's certainly worth exploring, and it's your journal. It is only for you to write and read. There is no good or bad, right or wrong way to journal. It's all about what goes from the mind to the pen to the paper. Give it a try and see how you like it.

Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com.

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Doctor and Dietician

Does Your Brain Drain Well?



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

Everyone knows the frustration of a clogged toilet. What if your brain could not drain properly? What if the waste products from the brain neuron activity (yes, neurons poop!) started to back up and could not leave the brain? What would happen to your brain cells?

While most people understand vertebral and carotid arteries supply the brain with blood, oxygen and nutrients, few are aware that an intricate network of lymphatic cells and veins drain the brain. Obstruction of venous brain output is called Chronic Cerebrospinal Venous Insufficiency (CCSVI), or Brain Toilet Obstruction (BTO). While very serious, non-invasive high-resolution

ultrasound can diagnose it in a physician's office.

Our brains pay a massive price for our modern facedown lifestyle, with constant visual stimulation and multitasking, or switching from one visual stimulus to another. The blood supply cannot match the brain neuron metabolic demands, and the brain drainage system is unable to remove all the toxic waste products. The brain's clearance system gets overloaded, much like portable toilets during large events.

Running requires adequate oxygen supply to the muscles, otherwise cramps result. Lactic acid from the muscles builds and must be removed (waste disposal), otherwise you start cramping again. Cell phones and computers cause the metabolic demands on the human brain to increase thousands, if not millions, of times more than previous generations experienced and, unfortunately, the blood supply in and the drainage pipes out are not keeping up due to cervical (neck) dysstructure from cervical ligament damage and resultant instability.

For good brain health, the blood supply and drainage must meet the demand of its metabolic activity. Brain intelligence and problem-solving areas, such as the anterior cingulate cortex and front lobe cortex, experience the highest metabolic demands and are very susceptible to injury by a clogged brain toilet. When these vital areas of the brain become injured, the

first noticeable symptom will often be brain fatigue or brain fog and, if the brain toilet is not unclogged, it will progress to extreme lethargy, emotional numbing, dissociation, severe depression and hopelessness. Even if the brain toilet obstruction is low-level, if it continues, the slow but progressive destruction of brain tissue and brain neurons will result.

As more brain tissue is lost (front lobe atrophy, for example) mental capacity and emotional well-being continue to decline. We have personally seen many young people in their 20s who appear to have Alzheimer's dementia. With the resolution of their neck instability and injury, which caused

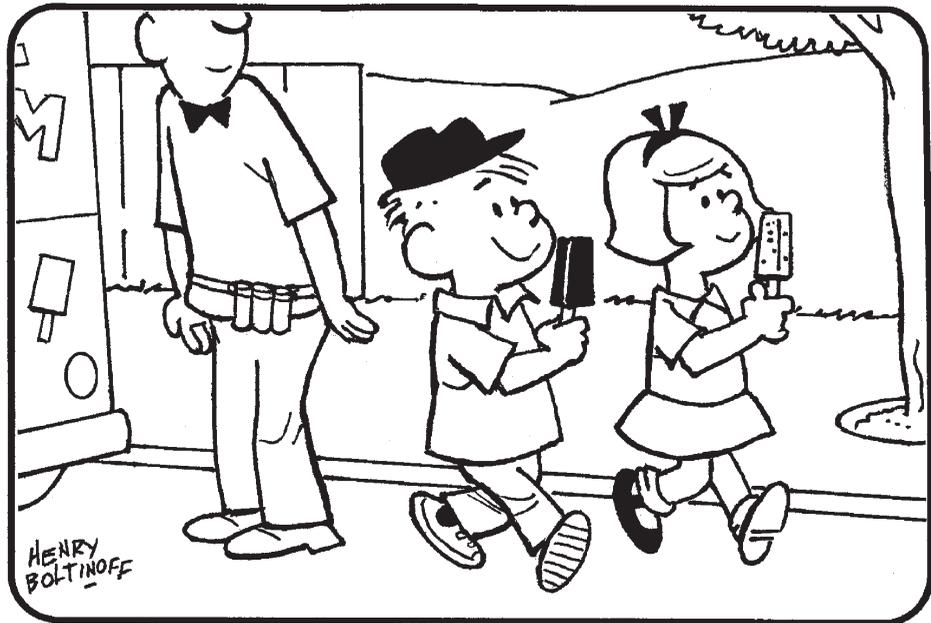
their clogged brain toilet, their intellect, emotional stability and mental capacities return. We utilize proliferative injection treatments into these injured neck areas to stimulate the body to repair, and the brain function normalizes. If this sounds like you, you may need to help your brain drain!

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@ caringmedical.com.**

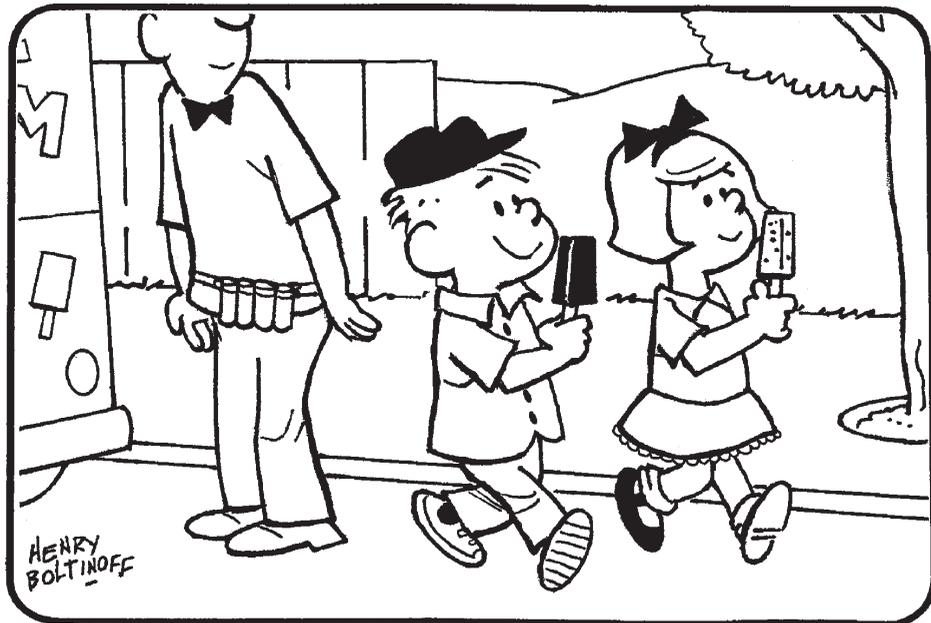
PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree is fuller. 2. Change belt is different. 3. Fence is longer 4. Girl's bow is different. 5. Boy's shirt has buttons. 6. Girl's skirt is decorated.

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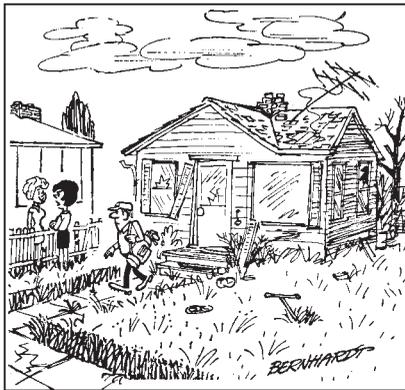
Or consider not using any rat poisons at all. Instead, seal all entry points to your home.



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PUZZLES

Answers on page 47



"Ours is a house of the _____
— nothing ever gets done today!"

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!

Heave
URGES _____

Topple
SEUPT _____

Garish
ALFYSH _____

Common
PEACH _____

TODAY'S WORD

SUDOKU

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

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



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- United Way of Lee County - 24 hour helpline 211 433-2000
- Zonta Club 728-1971

To be listed in calling card email your information to:
press@islandnews.com

PUZZLES

Answers on page 47

Super Crossword

REFORMULATED CEREAL

- ACROSS**
- 1 Had mercy on
 - 7 Good-sized combos
 - 13 Dilettante
 - 20 Fictional detective Lupin
 - 21 Tiger cat
 - 22 Model oneself after
 - 23 Cereal invented by actor William?
 - 25 Reference showing an urban area
 - 26 Downed food
 - 27 Lathering up
 - 28 Electrojet bit
 - 29 Hoppy drink
 - 30 Vocalist Della
 - 33 Utter a fib
 - 34 Airheaded
 - 36 "Mack the Knife" singer Bobby
 - 38 Cereal that's more than enough?
 - 41 Cereal that turns kids into imps?
 - 43 Cassini of fashion
 - 44 Baby hooter
 - 46 "Nope"
 - 47 Judo room
 - 50 Attended, as an event
 - 53 Nut's partner
 - 55 Large burden
 - 59 Very skilled
 - 61 Vintage auto
 - 62 Cereal endorsed by first-year athlete?
 - 65 Even chance
 - 67 Willy with a chocolate factory
 - 69 Turkish commander
 - 70 Sushi fish
 - 71 "— gratia artis"
 - 72 Cereal flavored with really hot peppers?
 - 76 95-Across' rank: Abbr.
 - 77 Young male, in many rap songs
 - 78 — -tac-toe
 - 79 Big name in fables
 - 80 Look upon
 - 82 Cereal that makes people want to create graphs and tables?
 - 86 "— -di-dahl!"
 - 88 Challenger
 - 89 Actor Morales
 - 90 Maui, e.g.
 - 91 Guy who "was here"
 - 94 "My Fair —"
 - 95 Foe of Grant
 - 97 Cow catcher
 - 99 "Hud" co-star Patricia
 - 101 Cereal that helps to heal broken legs?
 - 105 Cereal that looks like it's been polished?
 - 111 "Tin Cup" co-star Rene
 - 112 "The Chosen" novelist Chaim —
 - 114 Neither here — there
 - 115 Buying binge
 - 116 Parseghian of football
 - 117 "— y plata" (Montana motto)
 - 118 Sprinkler of plants
 - 121 Rescue crew VIP
 - 122 Lava emitter
 - 125 Cereal with hidden crib sheets?
 - 128 Stoats with white coats
 - 129 Public tribute
 - 130 Actor Danny
 - 131 Ilie of tennis
 - 132 Stopped slumbering
 - 133 Give the OK
 - 35 1990s exercise fad
 - 36 Cell stuff
 - 37 Hate
 - 39 Shul attendee
 - 40 Sousing sort
 - 42 Positive number, e.g.
 - 45 Office furniture
 - 47 Like potential sweethearts
 - 48 Aromatic
 - 49 Actress Alba
 - 51 Latest info
 - 52 Sound a horn
 - 54 Actor Hemsworth
 - 56 River from Lake Erie
 - 57 Saw to a seat
 - 58 Remove moisture in by whirling
 - 60 Having many bunches of feathers
 - 63 Klutzes
 - 64 Examined in order to rob
 - 66 Less cheap
 - 68 Uncluttered
 - 73 Singer Phil
 - 74 Lie languidly
 - 75 On — with
 - 81 Big name in polling
 - 83 Brick ovens
 - 84 So very
 - 85 Not be inert
 - 87 Award winner, e.g.
 - 92 Winter Games gp.
 - 93 Positive vote
 - 96 Prefix with resort
 - 98 Demonstrate
 - 100 Sit-ups sculpt them
 - 101 "Scream" director Wes
 - 102 — borealis
 - 103 Holy songs
 - 104 Got to one's feet
 - 106 Anxious
 - 107 Ribbed, as fabric
 - 108 Liberally
 - 109 Doe or cow
 - 110 Brief brawls
 - 113 Merited fate
 - 117 Individuals
 - 119 Deck wood
 - 120 Nutritional amts.
 - 123 Op. —
 - 124 Tennis' Ivanovic
 - 125 Old TV's "— Na Na"
 - 126 Spy gp.
 - 127 "You there!"

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128																			
131										132									

King Crossword

ACROSS

- 1 Fleet from faraway?
- 5 "— Impossible"
- 8 Get a look at
- 12 Strict disciplinarian
- 14 Small grimace
- 15 Geometric curve
- 16 Former European capital
- 17 Can metal
- 18 "Gracias"
- 20 Orbital point
- 23 Affair of honor
- 24 Coalition
- 25 New Jersey borough
- 28 Coquettish
- 29 Parking lot structure
- 30 Bigwig, for short
- 32 "Semper —" (Coast Guard motto)
- 34 Toy block name
- 35 Thing
- 36 Angle
- 37 Destroyer
- 40 Pod occupant
- 41 Chimney grime
- 42 Irrational fear
- 47 Lip
- 9 Any time now
- 10 Play a prank on (Sl.)
- 11 Longings
- 13 Sacred wading bird
- 19 Listen to
- 20 Kimmel's network
- 21 Fall into a beanbag chair
- 22 Sauce source
- 23 Piece of information
- 25 Jif rival
- 26 Eye layer
- 27 Portent
- 29 Partner
- 31 Cauldron
- 33 Disturbed the peace
- 34 Argentine grasslands
- 36 Burn something
- 37 Secondhand
- 38 Protuberance
- 39 Venetian magistrate
- 40 Get ready, for short
- 43 Literary collection
- 44 Lubricate
- 45 Wedding utterance
- 46 Venomous viper

DOWN

- 1 Ref
- 2 Sky safety org.
- 3 Bobby of hockey
- 4 Radio interference
- 5 A party to
- 6 Aviv lead-in
- 7 Heights
- 8 Mummify, maybe

1	2	3	4	5	6	7	8	9	10	11		
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 N L J G H G N N N N F A A D B
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 B Z Y W V U G T U G G G E R Q
 O N L K O U A L O O R O E I H
 F D C G M A B R E L Z U R B X
 W V U S R Q G O N F M K G F J

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: A GROUP OF GEESE

Baggage	Flogging	Goggle	Gurgling
Bagging	Frogging	Gouging	Luggage
Begging	Gagged	Greengage	Mugging
Eggnog	Giggle	Groggy	

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PETS OF THE WEEK



Mickey photos provided Hope For Pets

Mickey And Minnie Need A New Home

Mickey and Minnie are a bonded pair whose dog mom passed away rather suddenly. Diane has



Minnie had the 5-year old litter mates since they were puppies. The family has attempted to find

information and vet records, to no avail.

The daughter's "best guess" is that they may be a mix of fox terrier and dachshund. These small dogs enjoy playing with each other, and each has a distinctive personality.

Mickey is the more outgoing and rambunctious while Minnie tends to be quiet and slower to approach new people. These dogs are puppy-pad trained. They are accustomed to sleeping with or near their owner. They are not crate trained.

Since vet records are not available, Hope can assist with initial wellness vet visit, vaccinations and spay/neuter, if necessary.

Potential adopters should expect that dogs are to be placed together.

If you are interested in adopting Mickey and Minnie, call Colette at 985-7728 or email Colette at colette.johns@hopehcs.

Hope for Pets is a Hope program designed to provide assistance to our patients and their pets, based on financial and/or physical needs. All requests will be considered on an individual basis.✧

Lee County Domestic Animal Services

Dynamite And Trixie



Dynamite ID# A819124 photos provided

One look into my soulful eyes and you will no doubt fall instantly in love. Hello, my name is Dynamite. continued on page 46

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From page 44

Pets Of The Week

I am a 1-year-old male pit bull mix who is longing for love and will be the faithful companion that everyone looks for when adopting. I would be a perfect family dog. I have been patiently waiting for my person to come for me, and you will find me sitting nicely in my run looking up just like I am in his picture (Unless I am outside being spoiled by the staff!)

My adoption fee is \$30.

Hi, I'm Trixie. I am a 3-year-old female domestic shorthair who is a sweet but shy girl. Adopting me will be so rewarding as I will quickly become your loyal best friend. I will curl up next to you to watch a movie (but, will likely fall asleep before the ending). I had an ulcer in my one eye that has left me even more special than I already am. Beauty, after all, is in the eye of the beholder.

My adoption fee is \$10 adopt, and you can get another feline friend at no additional charges.

Lee County Domestic Animal Services adoption center has reopened by appointment only. Visit www.leelostpets.com to complete an online adoption application prior to calling 533-7387 to make an appointment. All dogs over 30



Trixie ID# A822211

pounds will be just \$30 and adult cats \$10. In addition, our cats and kittens are two-for-one; adopt one and you can take home

a feline friend at no additional charge.

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.*

From page 38

Strange But True

Library reported that someone used a plastic-wrapped slice of "undetermined" cheese as a bookmark in one of its returned books. The library tweeted a photo of the offending item with the caption, "This is not a bookmark," prompting responses that ranged from "Well, not anymore after you removed it" to "No whey."

- When Benjamin Franklin invented his own harmonica, it became so popular in Europe that Mozart and Beethoven composed music for it.

- Research has shown that everyone has up to six doppelgangers. However, your chance of actually meeting one of your own in your lifetime is only nine percent.

- Shoppers have proved willing to

pay a premium for cage-free, organic or wild-caught ingredients. But can they trust their suppliers? Sure, with the use of a tracking device. ZhongAn Online, a Chinese insurance company, has outfitted more than 100,000 chickens with sensors uploading information such as how much exercise each chicken gets and what it ate. The company is also working on facial-recognition technology so consumers can one day ensure the organic chicken they saw on the farm is the one that ends up on their plate.

- In 1969, passengers on a hijacked plane thought they were on a prank-ridden camera show because *Candid Camera* host Allen Funt also was on board.

THOUGHT FOR THE DAY

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too can become great."
- Mark Twain

TRIVIA TEST

1. **Geography:** Which capital city is located on the Tiber River?
2. **Literature:** What is the home team of the main character in the baseball poem *Casey at the Bat*?

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7/10 * TFN

LOST/FOUND

LOST CAT

Grey/white semi-Tiger type, with white face, belly and paws. Responds to name of "Bushy." East End of Island. Reward.
If seen, please Call 239-277-0058.
7/10 * TFN

PSA

AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking?
Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org. Meetings are held every day in Lee and Hendry counties. Al-Ateen meetings are also offered for ages 8 to 18.
7/31 * TFN

GARAGE SALE

GARAGE SALE

1040 S. Yachtsman Drive, Sanibel - East end Sat. Aug. 1 and Sun. 2 from 8 a.m. to 3 p.m. Corvette Auto, 3 Wheel bicycle, housewares and more!
7/31 * 7/31

Cycling

Safety Notes

Ride to the right

Warn to pass

Wear a helmet

Use lights at night

Always be courteous

SANIBEL BICYCLE CLUB

3. **Movies:** What is the name of the treelike character in *Guardians of the Galaxy*?
4. **Games:** How many spaces are in a standard Monopoly playing board?
5. **U.S. Presidents:** Who are the four presidents whose likenesses are carved into Mount Rushmore?
6. **Television:** What city is the setting for the sitcom *Laverne & Shirley*?
7. **Psychology:** What fear is represented in the condition known as glossophobia?
8. **Science:** What is the chemical symbol for copper?
9. **Food & Drink:** What is venison?
10. **Measurements:** How many cubic feet are in a cubic yard?

HORTOONS



TRIVIA ANSWERS

1. Rome, Italy 2. Mudville 3. Groot 4. 40
 5. George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln
 6. Milwaukee, Wisconsin 7. Fear of public speaking 8. Cu 9. Deer meat 10. 27

SCRAMBLERS ANSWER

1. Surge 2. Upset;
 3. Flashy; 4. Cheap

Today's Word
FUTURE

PUZZLE ANSWERS

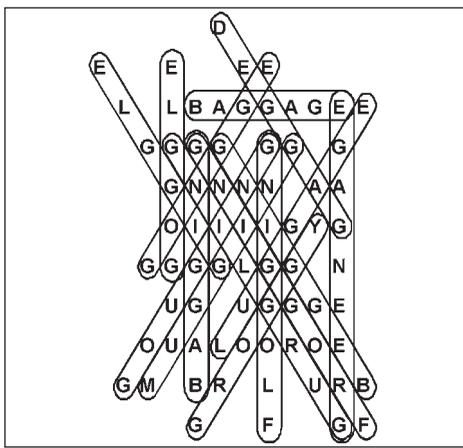
SUPER CROSSWORD

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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Portofino	Miromar Lakes	2016	3,102	\$1,850,000	\$1,815,000	298
Metes And Bounds	Sanibel	1973	3,215	\$1,750,000	\$1,400,000	268
Portofino	Miromar Lakes	2016	3,386	\$1,650,000	\$1,510,000	257
Southport On The Bay	Bonita Springs	1996	4,248	\$1,625,000	\$1,550,000	110
Butterknife	Sanibel	2002	2,773	\$1,399,000	\$1,310,000	11
Carolands	Bonita Springs	2000	2,221	\$1,395,000	\$1,125,000	97
Carolands	Bonita Springs	1985	4,200	\$1,325,000	\$1,200,000	32
Sanctuary At Wulfert	Sanibel	1997	3,506	\$999,900	\$1,000,000	591
Briarcliff	Fort Myers	1990	5,398	\$995,000	\$975,000	268
Dunes At Sanibel Island	Sanibel	1985	1,912	\$949,000	\$865,000	118

DOC FORD'S RUM BAR & GRILLE

Randy Wayne White ©

WE'RE OPEN!

We're implementing our **Enhanced Safety Measures** that you'll notice when you get inside.

Thank you for trusting in us to provide you with a great experience & some sense of normalcy.



Sanibel • Captiva • Ft. Myers Beach • Downtown St. Pete Pier



WWW.DOCFORDS.COM



THE ORIGINAL
YUCATAN SHRIMP!

Visit Our Sister Locations on Ft. Myers Beach
The Dixie Fish Co. & The Whale