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VOL. 29, NO. 8

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 20, 2021

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Plans Under Way For Traditional Holiday Luminary

The Sanibel & Captiva Islands Chamber of Commerce received approval from the City of Sanibel recently to celebrate Luminary 2021 in traditional fashion on December 3 and 4. In its 37th year of bringing holiday cheer to the streets, businesses, residents and visitors of Sanibel and Captiva islands, Luminary will once again light up the pathways with candlelight, warm welcome and goodwill.

“We know the business community is looking forward to opening doors once again to residents and guests on this special weekend that has become synonymous with island holidays,” said John Lai, chamber president and chief executive officer. “It has been a celebrated occasion for so long that last year, despite all efforts to maintain merry momentum, traditional Luminary was sorely missed.”

As in years past, the Sanibel celebration will be held on Friday,



Visitors stroll the candlelit streets of Captiva during a previous Luminary celebration

photo courtesy of The Beaches of Fort Myers & Sanibel

December 3 and the Captiva celebration on Saturday, December 4. Besides candle-lined walkways, the festivities bring live

music, decorations, sidewalk sales and other retail deals, and complimentary refreshments to the scene. The cherished

golf cart parade will return to Captiva’s celebration, times to be announced.

Last year, Luminary introduced fresh traditions that will continue this year. The tagline “Eat. Shop. Stay. Play,” created for the 2020 event, has become permanently woven into the fabric of chamber messaging. Also returning this year, limited-edition Luminary Lager will be on tap, brewed in partnership with Point Ybel Brewing Company.

“This year, we’re going for a new, fresh recipe to keep things exciting,” said Point Ybel owner and brew-master Jordan Weisberg. “We’ve decided to change it up a little every year with different seasonal and fun flavors that are approachable for everyone. Stay tuned for details about the 2021 brew.”

“We invite everyone to don their holiday garb and come out to greet neighbors and new friends in a revived atmosphere of fellowship,” said Lai. “Please, come eat, shop, stay and play all weekend long.”

To become a sponsor, contact Landen Drake at landen@sanibel-captiva.org or 472-8255; or Mitch Orr at support@sanibel-captiva.org or 472-8759.*



SCCF Sea Turtle Technician Megan Reed setting up a microstation to monitor sand quality and hatching success of a relocated nest

photo by Shane Antalick

SCCF Monitoring Relocated Nests

With a Captiva Erosion Prevention District (CEPD) renourishment project under way, the Sanibel-Captiva Conservation Foundation (SCCF) sea turtle team has moved 127 nests and is conducting a research study on sea

turtle hatching success.

The island-wide sand placement project includes a CEPD contract with SCCF to move nests to avoid negative impacts. Nests relocated on Captiva were moved out of the project’s expected start area on the south end to the north end of the island. To date, 48 nests with 4,804 eggs were moved to the north end of Captiva.

continued on page 8

Lined Seahorses Have Arrived At Shell Museum

Lined seahorses, *Hippocampus erectus*, are now on exhibit in the Beyond Shells living gallery at the Bailey-Matthews National Shell Museum.

Lined seahorses have a wide habitat range including Pine Island Sound. The outer surface of their body is composed of bony plates, a long snout and a prehensile tail. These tails are like an extra limb that allows the seahorse to grasp onto vegetation or other objects (or even a queen conch, as pictured here) for extra support.

Lined seahorses are poor swimmers, as they only have one small fin on their back that flutters up to 35 times per second. They use their elongated, toothless snout to create a vacuum that sucks up food, which consists of tiny shrimp. Seahorses also lack a true stomach, which means they must eat large amounts of food to make up for their inefficient digestive system.

The lined seahorses are currently on display with the queen conchs and milk conchs. “These three species can all be found naturally living together in the Florida Keys,” said Carly Hulse, senior



Lined seahorse

photo provided

aquarist at the museum. “Come view these elegant fish after attending our 11 a.m. daily Keeper Chat.”

The Bailey-Matthews National Shell Museum is a natural history museum, and the only museum in the United States devoted solely to shells and mollusks. Permanent exhibitions on view include the Great Hall of Shells, which displays highlights of the museum’s collection of

continued on page 2



The Community House

photo by Logan Hart

Community House Events

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. A shell crafting class is offered at 10 a.m. There is no charge to attend the class; supplies range between \$3 and \$5.

Aerobics with Mahnaz Bassiri is offered in two sessions on Monday, Wednesday and Friday; 9 to 10 a.m. and 10:30 to 11:30 a.m. Bring your own weights (optional). Cost is \$5 per class.

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

Chair Stretching/Yoga with Mahnaz Bassiri is offered on Thursdays from 1 to

2 p.m. Cost is \$5 per class.

The Sanibel Hearts Club meets every Friday at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome. Suggested donation is \$5.

Sanibel-Captiva Art League member Annie Wainwright is the featured artist of the month. Her original works are on display throughout August.

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

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

The Community House is located at 2173 Periwinkle Way. Visit www.sanibelcommunityhouse.net or call 472-2155.*

CARD OF THANKS

The other day I was coming out of the Speedway after picking up a quart of oil and as I got into my car I saw a couple of teenagers lean their bikes against the wall and go into the store. The second kid held the door open for his buddy and then turned and rendered me a pretty good military salute. I returned it, of course, but wondered about it the whole way home. First question: How did he know I was a retired military guy? Well, a lot of folks know I'm an old Army guy and he could have known me from my truck at the car shows, but I wasn't driving that truck that day. Second question: did his parents/grandparents let him know about my service and pointed me out? Got no idea. Third question: Why did he offer the standard military act of greeting and respect when he was obviously too young to have ever served. This is obviously the most important question.

A teenager who offers this type of respect is obviously a great kid. He probably has aspirations of serving in the military himself. He'll do well, should he sign up. The more intriguing issue is, why show respect to an old retired Army guy who has no chance of helping his career? I've thought about it for a few days and it finally came to me. With all of the disturbing things we see every day on the news, I think about that salute. This kid is our future. Hopefully, there are a lot more of them

out there. Kids who value the nation and not only respect the past sacrifices, but are willing, no, eager, to take on the responsibilities implied by those sacrifices.

I should have gone back in and bought those teenagers a smoothie. Wasn't thinking fast enough. Good luck to them though.

— Mike Hullihan, Sanibel*

From page 1

Seahorses

some 500,000 shells, as well as the Beyond Shells living gallery of aquariums with over 50 species of marine life.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open daily from 10 a.m. to 5 p.m. Admission cost is \$23.95 for ages 18 and over, \$14.95 for ages 12 to 17, \$8.95 for ages 5 to 11 and no charge for children under age 5. Active-duty military and their families are admitted at no charge and discounts are available for seniors through AAA and AARP. For more information, visit www.shellmuseum.org or call 395-2233.*

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Episode 11

FLY FISHING WITH NORM ZEIGLER AND HIS SCHMINNOW



THE PODCAST THAT'S A BEACH BREAK FOR YOUR EARS

image provided

New Podcast Episode Goes Fly Fishing With Local

The new episode of *Shellcast*, the podcast that's a beach break for your ears, heads to Sanibel Island's Blind Pass Beach for a lesson in fly fishing with Norm Zeigler.

In Episode 11, Fly Fishing with Norm Zeigler and his Schminnow, Zeigler talks about why Blind Pass Beach is one of the best places in Southwest Florida for fly fishing. Zeigler is an outdoor writer, author of several books and owner of Norm Zeigler's Fly Shop. He also created the Schminnow, a fly – the name combines shrimp and minnow – known to catch more than 70 kinds of

fresh and saltwater fish.

Zeigler has an authenticity and passion for the destination that makes him a perfect interview for the podcast. The *Shellcast* podcast began in June 2020 as a way to give listeners – especially people planning trips – a chance to soak up some virtual sun and hear what makes Southwest Florida so special. Episodes are recorded throughout Lee County and showcase the area's many attractions and activities. The host and producer of *Shellcast* is Jackie Parker, communications manager, Lee County Visitor & Convention Bureau.

Subscribe to *Shellcast* on Apple Podcasts, Pandora, Spotify, iHeartRadio, Google Podcasts and wherever fine podcasts are downloaded. Episodes are also available at www.fortmyers-sanibel.com/shellcast.✪

Contracts Set For Causeway Islands Project

The Lee Board of County Commissioners voted Tuesday to award contracts for engineering services for enhancements to both Sanibel Causeway Islands A and B and construction services for the shoreline stabilization of Island B.

The contracts are part of a larger project on the causeway islands. Plans approved by the board in December call for the shoring up of erosion-prone areas of Islands A and B, which are part of the Sanibel Causeway. Beach sand also will be added along parts of these islands. In addition, enhancements will be made to upland portions of both islands, including the creation of structured parking, new restrooms on Island A, additional picnic pavilions, pathways and landscaping, and the addition of other park amenities.

In preparation for the project, Lee County crews in July removed Australian pines, an invasive exotic species. They will be replaced with native trees.

Johnson, Mirmiran & Thompson, Inc. was awarded the contract for the construction engineering and inspection services for the shoreline stabilization and upland improvements of Islands A and B. Spectrum Contracting, Inc. was awarded the contract to provide construction services for the stabilization of the shoreline of Sanibel Causeway Island B.

Lee County Parks & Recreation will host an open house from 6 to 8 p.m. on Thursday, August 26 at Wa-Ke Hatchee Recreation Center, located at 16760 Bass Road in Fort Myers. The public is invited to view preliminary project plans and renderings as well as discuss the park improvements with a consultant and county staff.

For more information on Lee County Parks & Recreation facilities, visit www.leeparks.org or call 533-7275.✪



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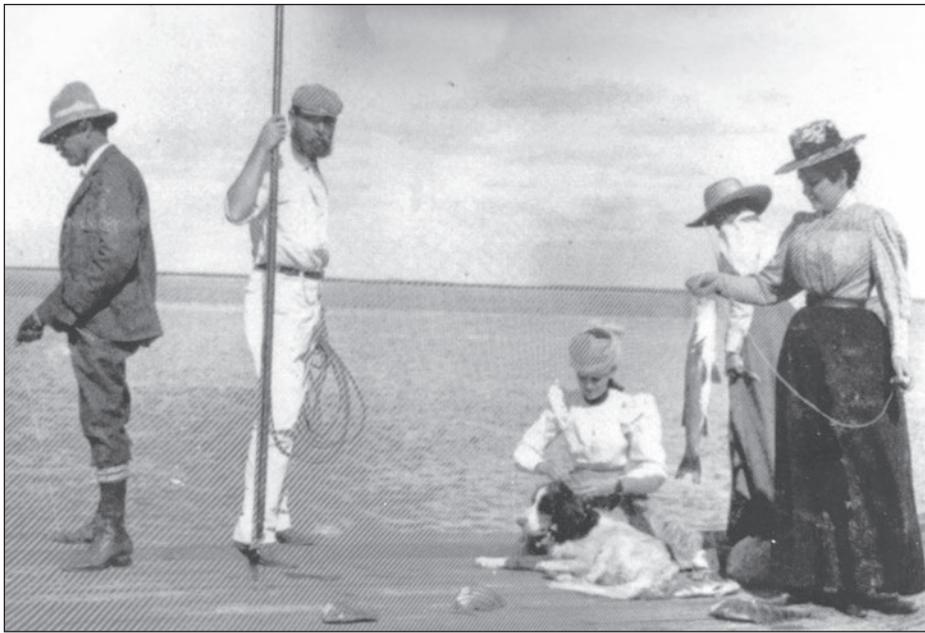
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Fishing in the 1890s
Sanibel Historical Museum And Village

Landmark: 1890s Group

This group from the 1890s is shown fishing with handlines and grains from the dock as their dog watches. Most of the catch was sheephead, abundant near pilings, especially in winter. A grains is a spearlike



photo courtesy Sanibel Historical Museum and Village

implement with barbed forked tips, used similarly to a harpoon or gig, for impaling fish.

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

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Outdoor services every Sunday at 11 a.m. Nov. 14, 2021 through April 24, 2022. Previous services posted on the chapel's website for viewing. www.captivachapel.com, www.facebook.com/Captiva-Chapel-By-The-Sea, 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL COMMUNITY CHURCH

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

later online at www.sanibelchurch.com. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. 10 a.m. Traditional Worship Service, www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the third Sunday of each month from December through April at Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.

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Surfing is part of the after school programming this fall photo provided

Sea School To Offer New Programs This Fall

Sanibel Sea School will offer a variety of after school programs this fall semester.

To ensure safety of participants, staff and community throughout the COVID-19 pandemic, Sanibel Sea School staff will continue to wear masks indoors and ensure proper sanitizing of

all classroom spaces and gear. The fall semester of after school programs will begin in September and continue through December. Sessions will be held on Tuesdays from 3:30 to 5:30 p.m. and include popular topics such as surfing, seining and ocean art. All after school sessions are \$20 per student and students can register for one session or sign up for the entire series. Registration is open for the fall semester at <https://www.sanibelseaschool.org/afterschool>. Students will spend the after school

time immersed in marine science and activities. "We believe it is important to provide meaningful activities after school, so that kids can get outside and explore nature," said Sanibel Sea School Director Nicole Finnicum.

"They will learn a little marine science, have fun with friends, and enjoy time disconnected from technology." For more information, call 472-8585 or email info@sanibelseaschool.org. Scholarships are available.✪

Bobcat Sighting On Sanibel



Wendy Oginski photographed the bobcat from inside her car photos provided

Wendy Oginski photographed this bobcat on the morning of August 15 on Sanibel-Captiva Road between Bowman's Beach and

Blind Pass. She had to stop to let the bobcat cross the street as it began its way along the bike path and then into the shrubs.✪

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U.S. Army Corps of Engineers Col. Andrew Kelly addresses members of the Sanibel-Captiva chamber and FLRA photo provided

Pressure On River At Forefront For Army Corps

Emphasizing that the current, third iteration of the controversial Lake Okeechobee System Operating Manual (LOSOM) is still in flux, Col. Andrew Kelly, commander and district engineer of the Jacksonville district of the U.S. Army Corps of Engineers, talked to members of the Sanibel & Captiva Islands Chamber of Commerce about the importance of algae blooms and the Caloosahatchee as manual evolution goes forward. He spoke to a group of 140 people at the August 11 luncheon business meeting held at Pink Shell Beach Resort on Fort Myers Beach, in partnership with the Florida Restaurant & Lodging Association (FRLA).

“What you’ve seen so far isn’t really what it’s (LOSOM) going to look like in the end,” said Capt. Daniel Andrews, Captains For Clean Water, which co-sponsored the luncheon with Rapid

Response Team LLC, in introducing Col. Kelly. He called LOSOM the legacy of Col. Kelly, who announced earlier that day his impending 2022 retirement while introducing Col. James Booth as his successor.

Andrews commended attending chamber leaders John Lai (Sanibel-Captiva), Jacki Liszak (Fort Myers Beach), and Colleen DePasquale (Greater Fort Myers) for their strong roles in encouraging advocacy about water quality issues, resulting in more than 9,000 letters landing on Col. Kelly’s desk.

Col. Kelly admitted he welcomed and read all the letters. “We wanted this to be a process where everybody participates, where everything is openly discussed,” he said. “We ask for your input. We ask for your criticism. We’ve learned a ton from it. Our stakeholders teach us a lot.”

Whereas most water control manuals require 18 months for completion, the corps planned a timeframe from 2018 through 2022 for LOSOM. He walked attendees through the years to this point in layman’s terms, asserting that

“Mother Nature is absolutely in charge. What the corps has to do is to seize opportunities that Mother Nature gives us to do good.”

Col. Kelly promised that future iterations of LOSOM would strive to alleviate the problem of too much stress on the Caloosahatchee and to send more water south. In the end, the manual will provide overarching guidelines, instead of arbitrary constraints, he said. The goal has more flexibility to make decisions based on natural conditions, especially the presence of algae bloom and favorable algal conditions.

“How we’re going to get the most bang for our buck when we talk about algae is how we make the day-to-day decisions...” he said. “We’ve got to operationalize that.”

Col. Kelly assured the audience that the corps is paying attention to the needs of Southwest Florida. “It’s a personal thing that this team is working tremendously hard on.... Thanks to opportunities like this, the plan continues to get better.”

Comments from the audience included thanks to Col. Kelly, especially for his intervention with the 2018 algae crisis that killed tons of marine life and devastated tourism in the area.

Byron Donalds, U.S. representative for Florida’s 19th District, spoke briefly to also commend Col. Kelly’s work and encourage optimism and continued advocacy among his constituents. “Repeat with me: This process is not over,” he insisted three times until responses strengthened.

“All in all, the meeting brought more hope than controversy to the forefront,” said Lai, Sanibel-Captiva chamber president and chief executive officer. “We thank the colonel’s team, FRLA, and our sponsors for such a productive meeting and for helping make possible the beautiful beach view – free of any negative algae impact – we were able to enjoy that afternoon.”

The next luncheon will be held on Wednesday, September 8 at The Community House at 11:30 a.m. Sam Ankersen, recently appointed executive director of the Bailey-Matthews National Shell Museum, will be the speaker. The chamber is seeking sponsors for that

meeting. For more information, contact Landen Drake, communications and marketing director, at landen@sanibel-captiva.org or 472-8255; or Mitch Orr, director of operations, at support@sanibel-captiva.org or 472-8759. ✨

From page 1

Nests

The team has moved 79 nests to appropriate habitat on Sanibel, which required nightwork during peak season. Those nests contained 7,351 eggs.

SCCF will continue to move every nest laid leading up to and during the 50-day project. “The timing isn’t ideal for the sea turtles; however, we are using it to our advantage as we undertake research on the effects of sand quality on incubation and hatchling success,” said SCCF CEO Ryan Orgera. “Thanks to CEPD’s funding of this critical research, we can learn from the experience in hopes of informing global best management practices.”

CEPD passed resolutions authorizing a \$45,000 research grant to SCCF as well as a state-mandated contract for nest relocation and sea turtle/shorebird monitoring.

The CEPD is a special taxing district that is authorized through legislation to conduct beach renourishment at any time. Beginning the \$18.3 million project during sea turtle and shorebird nesting season realized a project cost savings of \$3 million and minimized potential adverse impacts during high tourist season.

The last island-wide beach project included northern Sanibel and began after the last sea turtle nest hatched. It cost \$19.4 million and began on October 7, 2013.

SCCF acquired additional permits from Florida Fish & Wildlife Conservation Commission to relocate nests for this project. New sea turtle team members also underwent required training to minimize any negative impacts associated with egg relocation. When eggs are moved without rotation and within 12 hours of deposition, there is typically a high success rate.

“Our staff have been working night and day to ensure the best results for our turtles,” said SCCF Coastal Wildlife Director Kelly Sloan. ✨

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Constance Clancy, EdD	Kealy McNeal
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FISH Of SanCap Offers Virtual Cooking Class

The next Cooking With Leslie Zoom class offered by FISH of SanCap will be held on Thursday, August 26 from 2 to 3:30 p.m.

Recipes will be presented in a cooking class style as participants cook together, virtually. Ingredients can be provided, compliments of FISH, and home delivered to those living on Sanibel or Captiva the day of the class, or participants can purchase them on their own with a list provided by FISH. Recipes are geared toward smaller portion sizes. This month's recipes are Chicken Cordon Bleu, Heavenly Smashed Potatoes, Baby Carrots and Green Beans, and Key Lime Tarts. Leslie Adams, chef and owner of Sanibel Captiva Catering, LLC/Catering by Leslie Adams, will lead the class.

Adams is the former owner of award-winning Rosie's Deli on Sanibel. After six years of ownership, Adams sold the deli to devote her time to catering and private chef services. She was trained at the California Culinary Academy in San Francisco and expanded her knowledge by attending classes at Le Cordon Bleu in Paris. She has been a caterer and private chef on Sanibel and Captiva for 14 years.

"Everyone that has participated in our previous lessons has raved about the



Leslie Adams photo provided

menu choices and the ease in which they are prepared. We are excited to work with Leslie again to offer this cooking experience," said Maria Espinoza, assistant executive director for FISH. "We hope our neighbors will join us for this fun, interactive Zoom event where everyone can learn new recipes and beneficial cooking techniques while satisfying their palates."

Registration is required by August 24 and you can sign up by calling FISH at 472-4775. Once registered, FISH will provide a link and meeting ID number for access to the Zoom webinar.*

COTI Supports Ban On Leaf Blowers

The Sanibel City Council will soon decide whether the noise and air pollution generated by gasoline-powered leaf blowers will come to an end on Sanibel. Ordinance 21-004, which will have its second reading on August 24, would ban the use of gas-powered leaf blowers as of December 31, 2022.

Committee of the Islands (COTI) supports the ban and urges enactment of Ordinance 21-004. The concern is not just about noise, though that clearly is an issue. Barbara Joy Cooley, COTI environment committee chairperson, in a recent commentary pointed out that "the emissions from gas-powered leaf blowers include high levels of benzene, butadiene, formaldehyde and fine particles – all of which are health risks." With advances in battery power technology, there are alternatives that should be encouraged so that the noise and air pollution generated by gas-powered leaf blowers are phased out. We are grateful to the city council for addressing the issue.

In a message to council members, COTI President Larry Schopp said, "Sanibel has always prided itself in being a leader in environmental innovation and protection. It can and should reinforce that leadership by taking decisive action in respect to gasoline-powered leaf

blowers." COTI encourages members of the public who agree that this is an important issue to let the city council know where they stand by speaking at the August 24 council meeting or submitting written comments to sancouncil@mysanibel.com.

Founded in 1975, Committee of the Islands (COTI) is a Florida not-for-profit corporation dedicated to the continuity of good local government, protection of the environment and preservation of the small town character of the barrier island community.*

Toll Facility Maintenance Begins Monday

The City of Sanibel received notice from Lee County of scheduled preventive maintenance work at the Sanibel toll facility. Work will begin on Monday, August 23. Crews will pressure wash, seal and hand paint the toll-lane structures and the building. The maintenance work will be done between 7:30 a.m. and 5 p.m. Monday through Saturday and is expected to continue until September 3.

No work will be done during Labor Day weekend. The county urges motorists to use caution. Intermittent lane closures will be necessary in the work areas. At least two lanes will remain open at all times.*

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Red knots in front of sand placement equipment during the 2017 Blind Pass dredging project photos provided

Shorebirds Being Monitored On Captiva Beaches

The Sanibel-Captiva Conservation Foundation (SCCF) Coastal Wildlife department is conducting shorebird surveys for the Captiva Erosion Prevention District (CEPD) beach renourishment project, which began this week. State and federal permits require the contractors to meet

certain shorebird requirements. Because it is still nesting season, daily surveys of the work area must be conducted to confirm there are no nesting birds. Staff conducting these surveys are approved by the Florida Fish and Wildlife Conservation Commission, so only experienced monitors will be tasked for this project. Daily surveys begin 10 days prior to the start of construction and continue through the end of nesting season on August 31.

In addition to these nesting surveys, staff must conduct twice-monthly



A banded red knot at South Seas Island Resort

surveys of the whole island for threatened species, including red knots pictured here and piping plovers. The U.S. Fish and Wildlife Service Biological Opinion for this project requires surveys for one full migration period (July 15 to May 15) for both species prior to the project, and for two years following each sand replacement event. For these surveys, staff must record a lot of data, including date, location, weather, tide and disturbances, such as the number of vehicles on the beach. All shorebird species on the beach are

counted, and for each observation of the target species, additional information is recorded including number of individuals, band combinations, behavior and habitat features.

Construction for this project begins as fall shorebird migration starts to pick up and nesting season comes to an end.

Captiva Island is an important migratory stopover and wintering habitat for many species of shorebirds and seabirds, so SCCF will closely monitor the impacts of this project on all resident and migratory coastal birds.*

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FISH STORY:

A Bright Future for Kaci

"I'm proud to say FISH has helped me."

"Kaci, I'm amazed at how far you've come!"

Her friend's comment caused Kaci to pause and reflect on the struggles and triumphs of her journey the last ten years. When she came to Sanibel, Kaci was running a small business and caring for her young son who suffered from chronic health issues. Kaci's brother, who struggled with substance abuse, was living nearby caring for his three toddlers with a new girlfriend. Recognizing the struggles of her brother and his family, Kaci was eager to help for the children's sake.

Soon, however, an unthinkable situation unfolded—the girlfriend viciously attacked one of the small boys, nearly killing him. The girlfriend went to prison and Kaci's brother lost custody of the kids.

Kaci stepped in. So did FISH.

Kaci was determined, despite the struggles, to take in her brother's three children with her own. Raising four children alone is no easy feat, but Kaci was driven. Hoping to find resources to help, Kaci connected with FISH. FISH first provided basic needs such as diapers, food, and assistance finding stable housing, but it became so much more. FISH volunteers jumped in to bring Kaci groceries, help with laundry, and offer emotional support.

After four years helping to stabilize her nephews' lives, Kaci needed to focus on assisting her son who was struggling at school due to his ongoing health battle. With the three children healthy and happy, they began to live with another family member so that Kaci could be there for her, now teenage, son.

Kaci knew just where to go for help with her son's academics—FISH had always been a place she could lean on when she needed a helping hand. FISH provides ongoing one-on-one tutoring support along with assistance with technology to help in his studies.

"For the first time, he had straight A's for a whole year," says Kaci. "That boosted him immensely." Kaci's son now aspires to become a marine biologist.

Though Kaci experienced several years of setbacks, she rose to the challenge through her own perseverance and a little help from her neighbors at FISH. She and her young son are thriving—Kaci in her career and her son at school, as well as her brother's three children in their home.

"I guess I have come a long way, haven't I?" Kaci replied to her friend.

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Native swamp flatsedge grows in a wide range of habitats, in this case, amid ornamental grass in a residential lawn photos by Gerri Reaves

Plant Smart

Swamp Flatsedge

by Gerri Reaves

Native swamp flatsedge (*Cyperus ligularis*) is found in a wide range of habitats, from brackish marshes, mangrove swamps and riverbanks to pine rocklands, disturbed areas and even lawns.

Considered weedy, this perennial is one of the most common sedges in the state. It also grows in the West Indies, Mexico, Central America and South America.

At a height of about three feet with a leafy base, it's difficult to overlook.

The strap-like leaves are coarse and serrated with an angle at the mid-rib that creates a V-shape.

Inflorescences at the top of the slender stems are surrounded by slender bracts, or leaf-like structures.

The bracts spray out fountain-like around the crowded inflorescences of 20 to 80 chestnut brown cylindrical spikes.

Sedges, like grasses, lack sepals and petals, and their stamens (male) and pistils (female) reside in spikelets, which make up the seedheads.

Each of this species' scaly spikelets



Swamp flatsedge volunteers just about anywhere

contains one or more florets.

Fruiting occurs throughout the year.

Sources: Guide to Florida Grasses by Walter Kinsley Taylor, <http://floranorthamerica.org>, www.floridagrasses.org, <https://plants.ifas.ufl.edu> and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✪

Tips For Drying Flowers

by Melinda Myers

Enjoy and share the beauty of your flower garden all year long. Pick and dry a few flowers to use in flower arrangements, craft projects or as gifts for friends and family.

Pick the flowers when they are at peak bloom and blossoms are dry. Cut flowers for drying mid-day when they contain less moisture to reduce the dry time.

Use a bypass pruner or garden scissors to cut the stems above a set of healthy leaves. Remove the foliage and gather them into small bundles. Secure the stems with rubber bands that contract as the stems shrink and continue holding them tight. Use a spring-loaded clothespin to hang the bundles from a hanger, clothesline or nail. Allow the flowers to dry in a warm, dark, dust-free location.

Flat-faced flowers like daisies tend to close a bit when dried upside down. Try laying them face down on a flat surface. Simply cut off the stem and place the flowers face down on newspaper in a warm, dry location. Once dried, you can glue them in place or use florist wire to create stems for arranging.

And don't forget to pick a few seedpods from perennials and ornamental grasses. These have dried, for the most part, on the plants and make great additions to your dried flower arrangements and projects.

Consider taking a trip to your local florist or craft store for more ideas and materials for drying delicate flowers. Silica sand works well for delicate blossoms like iris, as well as roses and mums. Simply fill the bottom inch of a container with silica sand. Remove all but an inch of the flower stem. Place the flower, stem side up or on its side, on the surface of the silica sand. Gently pour silica sand over the flowers until completely covered. Follow label directions. Most flowers dried this way maintain their beauty when dried in silica sand. Just use a small paint brush to gently



Lavender dries relatively quickly and retains the best color when dried in a low humidity, dark location

photo courtesy Melinda Myers, LLC

remove any remaining sand.

Test flowers for dryness before putting them in an arrangement or storing for future use. Carefully rub a piece of the flower between your fingers. If it feels dry, it is ready to use. If it still feels moist, continue letting them dry.

Store extra dried flowers in a location with low humidity and away from direct sunlight. Consider loosely wrapping with newspaper or kraft paper to prevent crushing and place in a box until needed.

Whichever drying method you choose, the result is the same – year-round enjoyment of your garden's beauty.

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. Her website is www.MelindaMyers.com.✪

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Gopher tortoise

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SCCF Habitat Restoration Moves Upland

Habitat management and restoration of Sanibel-Captiva Conservation Foundation (SCCF) lands is a year-long effort that must be timed with the wet season, controlled-burn schedules and the nesting behavior of various wildlife species. Many techniques are utilized to complete these goals. During the wet season, most of these efforts shift to the higher ground where SCCF crews still have access.

During the rainy season, restoration work in wetlands and transitional wetlands halts as rainwater builds up. That's when the focus moves to the uplands and requires a slightly different style of effort. Wetlands and uplands restoration approaches are similar, such as the removal of excess woody vegetation and invasive exotic plants.

However, physical removals require a precise approach dictated by the use of heavy machinery. A skid-steer cannot maneuver through areas where certain

trees will be left in place, so targeted trees are removed by hand and dragged out with machinery.

The primary purpose of thinning out shrubs and trees in the uplands is to enhance the ground forage plants (grasses) for gopher tortoises, a keystone species because of their burrows, which create habitats for many other wildlife species. In the absence of frequent fire, these open, grassy habitats fill with saplings and shrubs that eventually shade the area and limit the variety and density of grasses. Wax myrtle, salt bush, gumbo limbo and wild olive are typically the first to become established in these restored areas and quickly sprout, becoming dominant and overshadowing grass growth within three years.

During this time of the year, mowing and widening of the fire lines occurs due to the quick growth of vegetation. Frannie's Preserve and the CR Johnston Tract contain some of the highest uplands on the island, hosting a sizable gopher tortoise population. These areas are maintained for habitat management access to the property, for controlling wildfires, and for controlled burns.*

Bay Scallop Season Opens

Recreational bay scallop season for Gulf County (including all of St. Joseph Bay) opened on August 16 and will remain open through September 24. This region includes all state waters from the Mexico Beach Canal in Bay County to the westernmost point of St. Vincent Island in Franklin County.

Scalloping, possession of scallops, anchoring or tampering with restoration activities is prohibited in the Bay Scallop Restoration Area marked with Florida Fish and Wildlife Conservation Commission (FWC) buoys south of Black's Island.

The daily bag limits are two gallons of whole bay scallops in the shell or one pint of shucked bay scallop meat per person, with a maximum of 10 gallons of whole bay scallops in the shell or half

a gallon (four pints) shucked bay scallop meat per vessel. Throughout the season and region-wide, vessel limits do not allow an individual to exceed their personal bag limit.

Scallops may be collected by hand or with a landing or dip net. There is no commercial harvest of bay scallops allowed in Florida.

Direct and continuous transit of legally harvested bay scallops is allowed through closed areas. Boaters may not stop their vessels in waters that are closed to harvest and must proceed to the dock or ramp to land scallops in a closed area.

For more information on bay scallop regulations, visit www.myfwc.com/marine and click on Recreational Regulations and Bay Scallops under the Crabs, Lobster and other Shellfish tab or download the Fish Rules App. Learn more at www.fishrulesapp.com.

To learn more about how FWC scientists monitor Florida's scallops, visit www.myfwc.com/research.*

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Big Fish, Little Bait



by Capt. Matt Mitchell

Tropical storms, along with torrential daily rains, have made our water browner by the day. This is our typical summer pattern. This tannin runoff from mangroves

the passes and beaches to the middle sound and creek mouths, and it proved to be the right move. Chumming live shiners quickly had these snook fired up. Though most of these fish are on the smaller side, pitching a bait to a surface-feeding snook makes this some fast-paced, fun action. This week, clients had a few "real ones" including a 36- and 38-incher. These bigger fish are feeding on the same smaller baits that are so plentiful and everywhere. Using the smaller gear, 2500 reels spooled with 10-pound braid, makes it possible to cast these smaller baits. This light gear makes for some crazy snook battles along with a little heartbreak when they make it back to the structure and say goodbye.

Mangrove snapper remained one of my main targets on most trips this week. These fish are just prolific throughout the entire sound. When fishing these snapper, I have been cleaning out the dead threadfins in the live well and pitching them by the handful around docks and mangroves. With a five per-person limit, we switched it up to snook and redfish after catching enough snapper meat for a meal.

Having lots of bait has made my life easy. The more bait in the tank, the more options I have for the day's fishing. Being able to live chum at every stop quickly fires up any fish in the area. Once you have the fish fired up, it's been just a matter of casting a hooked bait into the frenzy. For the past few weeks, I've been catching all my bait in the southern sound including the Tarpon Bay flat, St. James hump and Sister Keys. Once loaded up with this mix of shiners, threadfins and

makes for some of the best redfish fishing of the year. Snook have begun to make that move back toward mangrove creek mouths and docks in the sound. Flats fishing for trout in the southern sound and river mouth is also another productive option. When fishing for any of the above species, one thing has remained consistent, you will catch mangrove snapper.

Redfish fishing in areas around the mouth of the river from St. James City to Merwin Key during the higher tides has lit up with all of this fresh water. Tail-hooked pinfish and cut baits have both been catching these reds. While starting at Picnic Island and fishing the shorelines and islands west toward York Island, I've been picking out the mangrove points with moving current. If you don't catch a red within five to 10 minutes after making accurate casts, keep moving. Once you find these redfish, it can be nonstop. Average size of these fish is from 24 to 30 inches.

I have switched up snook fishing from



Dr. Larry with a big snook he caught while fishing with Capt. Matt Mitchell this week photo provided

pinfish, options are endless.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James

City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Snowy Egret

by Bob Petcher



The snowy egret (*Egretta thula*) is basically known as a small white heron. These graceful birds have beautiful plumage to go with long, thin legs colored black and yellow feet.

Their filmy, snow white plumes once sold for astronomical prices in the fashion industry. In fact, the word “egret” comes from “aigrette,” which refers to the head plumes of the egret used to adorn a headdress in the late 19th and early 20th centuries. Thankfully, a conservation movement and reforms put an end to plume-hunting and the killing of these birds, and thus what could have been the species’ demise.

Much like herons and other egrets, snowy egrets wade in shallow water to catch prey. They spear fish and other small aquatic animals with their sharply pointed beaks. They are also known for extending their wings over open water to create shade, which aids in visibility and sometimes attracts fish seeking shelter from the sun.

At CROW, an adult snowy egret was admitted after being found entrapped in fishing tackle on Sanibel. During initial examination, only fishing line was seen



CROW medical staff examining a hook lodged in patient #21-4287 photo by Haillie Mesics

protruding from the mouth. Radiographs confirmed that a hook was present in its gastrointestinal tract, and the patient was immediately rushed into surgery to remove the hook.

“This particular patient was taken to surgery the same day based on its clinical presentation. In particular, when the line was gently manipulated, there was significant concern that the hook was lodged in tissue,” said Dr. Robin Bast, CROW staff veterinarian. “Given this and the large size of the hook, we elected to take the bird to same day surgery. Depending on the bird and the size of the

hook, they can sometimes pass on their own or pass with other kinds of treatments that do not involve surgery.

“Unfortunately, for this snowy egret, the hook fully penetrated the proventriculus – glandular stomach – meaning that had we not gone to surgery, this patient would have passed away as the hook would have allowed stomach contents to spill into the coelom causing sepsis, or bacteria in the blood stream.

“Unfortunately, given the size of the hook in this bird, an endoscope procedure was not an option and required a surgical incision into the coelom and

proventriculus.”

Even though the hook did some damage, the surgery was reported to be successful and the patient showed improvement daily.

“In this particular case, the snowy egret was started on really strong antibiotics in its veins to counteract sepsis, or bacteria, in the blood stream,” said Dr. Bast. “This patient was standing after surgery and, after liquid feedings for a few days to prevent dilation of the stomach, it started to eat on its own.”

After nine days at the clinic, the snowy egret was released at Blind Pass on August 14. Anglers must heed conservation to protect wildlife from injuries or death due to the negative impacts of monofilament line, hooks and other fishing gear.

“While this snowy egret was lucky to have concerned citizens notice the fishing line out of his mouth, not every bird is so lucky. It is essential as an angler to always pay careful attention to your line and hooks to prevent pollution and entrapment of wildlife,” said Dr. Bast.

“Please see www.mindyourline.org for more information on how you can help prevent line injuries in our wildlife.”

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

The Red-Ribbed Scallop



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

Aequipecten glyptus (AE. Verrill, 1882) measures up to 75 mm (about 3 inches) in height. The Red-ribbed Scallop

is found along the Eastern Seaboard of the U.S., from Cape Cod to Texas. It is a moderately deep-water species, usually living in depths from 130 to 860 meters (about 430 to 2,820 feet). The thin, flattened shell bears typical, red-colored, relatively broad ribs. The internal surface of valves shows narrow ribs that may serve to reinforce the shell. (A large reproduction of this illustration is displayed in the In Focus exhibition at the National Shell Museum.) Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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

Your gift helps ensure that our staff and animals remain healthy. To make a secure



Red-ribbed Scallop, *Aequipecten glyptus*, from off Palm Beach donation, visit www.shellmuseum.org. The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✧

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, August 22. All are welcome.



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

The first Thursday of the month is Open Mic Night from 6 to 9 p.m. Locals and visitors are welcome to join in.

The 8-Ball Pool League plays at 5 p.m. on Monday nights. Two tables are in play. Come out and watch the action.

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

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

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

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SCCF Sea Turtle Technician Jack Brzoza with Cookies and Cream

photo by Shane Antalick

Loggerhead Spotted Again On Captiva

This nesting season provided Sanibel-Captiva Conservation Foundation (SCCF) sea turtle monitors with a unique opportunity to survey Captiva at night while relocat-

ing nests from Captiva to Sanibel for the Captiva Erosion Prevention District (CEPD) beach renourishment project. A side perk of this project was that SCCF monitors were able to identify previously tagged turtles that would not have otherwise been seen.

The loggerhead sea turtle named Cookies and Cream, first tagged in 2017, was located on Captiva, the 11th sighting. She nested four times in 2019

and three times in 2017. Of the four nests Cookies and Cream was observed laying this year, two hatched and were inventoried by volunteers and staff.

One of her nests hatched with 78 percent hatch success. Another of her

hatched nests is a true example of resilience in these animals, as this nest had partially washed out during Tropical Storm Elsa, and only 55 eggs remained. This nest continued to incubate, and 53 eggs hatched.*

Meet The Sea Turtle Technician

Megan Reed, who graduated with a bachelor's degree in biology in 2019 from Wright State University in Ohio, is doing her second sea turtle season stint at Sanibel-Captiva Conservation Foundation (SCCF). When it's completed in early November, she plans to pursue her graduate degree in sea turtle conservation.

Reed also has worked at Bald Head Island in North Carolina, Volcanoes National Park in Hawaii, and Mote Marine Laboratory and Aquarium in Sarasota. In 2020, she was an SCCF sea turtle research assistant, helping with sea turtle nesting and stranding efforts.

"I returned to the team as a sea turtle technician and have learned an immense amount about sea turtles and their environment this year," Reed said. "I have been deploying data loggers into sea turtle nests to observe how hatch success is impacted by the nest environment. Fifty-five nests have been monitored for this study."

Since arriving on May 2, Reed said



Megan Reed photo by Shane Antalick

she has "learned so much about conducting research in this field and will learn even more as these research nests hatch and are inventoried. My position with SCCF has given me invaluable experience in sea turtle research and conservation that I can use moving forward in my career."*

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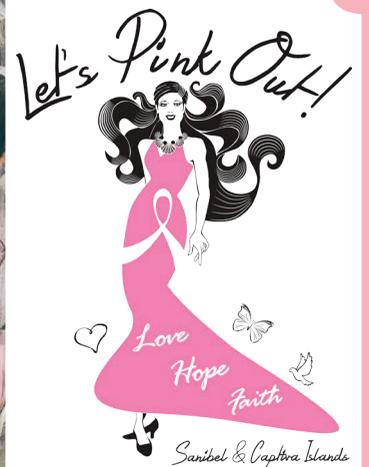
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CROW Calendar Of Events

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

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

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

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

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

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

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



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

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

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

Daily Presentation Schedule

Friday, August 20, 11 a.m.,

Baby Care at CROW - Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found "abandoned" might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the wildlife hospital and are provided supportive care around the clock until they are old enough to care for themselves.

Monday, August 23, 11 a.m.,

Patient Profiles: Virginia Opossums - Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, August 24, 11 a.m.,

Patient Profiles: Gopher Tortoises - The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a keystone species. CROW's presenter explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Wednesday, August 25, 11 a.m.,

Why Animals Come to CROW - Do you wonder how and why animals become patients at CROW? Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Thursday, August 26, 11 a.m.,

Patient Profiles: Owls of Southwest Florida - Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons

make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.*

Fort Myers Beach Pier To Close For Resurfacing

The Fort Myers Beach Fishing Pier at Lynn Hall Memorial Park within Times Square will be closed for about three weeks beginning Monday, August 16 so that a contractor can resurface the entire concrete deck. The pier is expected to reopen in time for Labor Day weekend.

Except for the pier, all amenities at Lee County's Lynn Hall Park - including shelters with grills, restrooms with changing facilities and accessible beach access - will remain open with regular hours. Parking is \$2 per hour.

The concrete deck is resurfaced about every 10 to 15 years. The work is funded through the Tourist Development Tax, which is assessed on short-term lodging.

For information about Lee County Parks & Recreation locations, amenities and special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com.*

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Aerial view of Lighthouse Beach Park

photo provided

New SCCF Webpage Tracks Water Quality

Water quality in Southwest Florida is greatly influenced by freshwater delivered to the Gulf of Mexico from the Caloosahatchee. Regardless of whether it is runoff from the Caloosahatchee watershed or discharges from Lake Okeechobee, the quality and clarity of the water received directly impacts the ecology of the estuary and coastal waters, property values and tourism-based economy. Last week, Sanibel-Captiva Conservation Foundation (SCCF) launched a new Aerial Water Quality Webpage to visually track water quality conditions around Sanibel Island.

Through a grant provided by the Coastal and Heartland National Estuary

Partnership (CHNEP), the SCCF policy team purchased a drone to capture weekly aerial images from Lighthouse Beach Park on Sanibel. These images are assembled to create a 360-degree panoramic image that allows viewers to take a virtual tour of the coastal waters around Sanibel.

Through the virtual tour of Lighthouse Beach Park, you can see how the water quality at this location is influenced by freshwater flows from the estuary over time. The images are taken from 300 feet up in the air, allowing viewers to see the current water quality conditions. These images also allow SCCF scientists to track the Caloosahatchee plume frontal zone and evaluate its position at various flow levels. This provides important information for water managers on how best to manage discharges from Lake Okeechobee to minimize impacts to seagrass beds and other ecological resources.

The images are available on SCCF's

new website at www.sccf.org and are also published in the weekly *Caloosahatchee and Estuary Conditions Report*, which is sent to the U.S. Army Corps of Engineers,

South Florida Water Management District, and Florida Department of Environmental Protection, as well as hundreds of engaged citizens.✪✪

Marine Lab Hosts Researchers For Algae Study

Patrick Saldana, a PhD candidate at University of Florida (UF), is studying macroalgae decomposition and the effects on dissolved oxygen and nitrogen cycling in shallow environments with a focus on Matlacha Pass in partnership with the Sanibel-Captiva Conservation Foundation (SCCF) Marine Lab.

Macroalgae, commonly referred to as seaweeds, are a natural and common component of seagrass ecosystems, but recent algal blooms have smothered seagrass beds in Charlotte Harbor. In addition to having negative consequences for seagrasses, an important habitat-forming species within these systems, the decomposition of macroalgae can also initiate hypoxic events when combined with local tidal circulation patterns.

Saldana's advisor is Andrew Altieri, PhD, who has studied hypoxia and its effects on marine life in New England and Panama. Together, they will be deploying oxygen sensors to monitor and quantify how dissolved oxygen levels are affected by recent macroalgae blooms.



Patrick Saldana

photo provided

Saldana's research addresses macroalgae in Matlacha Pass.

He has set up several manipulative experiments with several common macroalgal species to examine differences in algae decay rates, uptake and release of nitrogen, and will be working with UF biogeochemist Ashley Smyth, PhD, to collect core samples to study microbial

continued on page 24

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How To Be A House Guest That Gets Invited Back



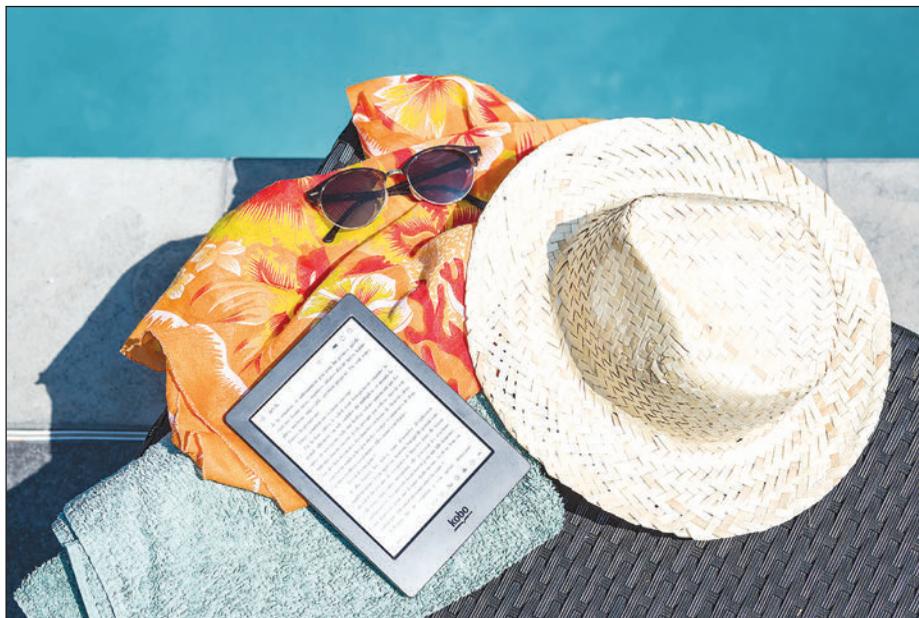
by Allison Havill Todd

When you live in a desirable vacation destination, it is likely you will have your share of visitors. We learned quickly after living on Sanibel for a year and hosting multiple

sets of guests, that we needed to establish some guidelines so that we could enjoy spending time with friends without feeling exhausted during and after their visits. Here are some tips for being a welcome house guest who gets invited back:

Be clear about the duration of your stay in advance and don't show up with anyone who was not expected, such as a boyfriend or a pet. A general rule of thumb is three days. It is better to leave before everyone gets tired of each other. If you prefer an extended visit in the area, consider staying a few extra nights at a local inn or with another friend so as not to overstay your welcome.

Plan to bring a thoughtful gift when you arrive, such as a bottle of wine, an interesting treat or an item that is personal to your host. Be sure to thank your hosts



Common sense etiquette goes a long way when visiting friends

photo provided

before, during and after your stay. A simple hand written note or card sharing what you enjoyed most during your visit or thanking them for something in particular would be appropriate.

Ask about house rules and adhere to some common sense etiquette such as removing wet, sandy shoes before entering, keeping the thermostat set at a level that is acceptable to the hosts and adjusting the air conditioning when you will be gone during the day. Discuss in advance what items are up for grabs as far as snacks, beverages, bikes and beach

equipment, and be willing to replace or clean up what you use.

Be clean and keep things tidy in your bedroom, bathroom and shared spaces. Nobody wants your personal belongings and gear strewn about on the kitchen counter, dining table or other common areas of their house. Your host will appreciate you storing your items in your bedroom or other designated area; this is their home, not a hotel room.

Look for ways to be useful by offering to help prepare and serve meals, set the table and assist with cleaning up. It is

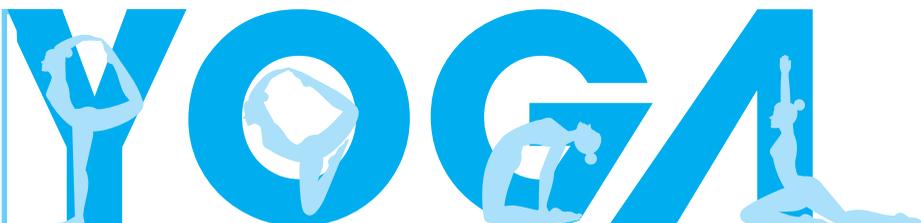
always a good idea to either hand wash your plates and glasses or place them in the dishwasher instead of leaving them in the sink or on the counter for the magic elves to put away. You may also offer to pick up extra groceries, beverages or snacks when you are out.

It is difficult for a host to offer menu items that please everyone so be willing to adapt and eat what is served whenever possible. Unless you have a food allergy or specific dietary constraints that you have made your host aware of in advance, be prepared to be flexible and don't complain. If you have a lot of restrictions, consider getting takeout from one of our many restaurants or shopping at a local grocery store for items that fit your needs.

Expect to be somewhat self-sufficient and plan an outing or two on your own. This may be a vacation for you, but your hosts have everyday life activities or may even be working during your visit. It is easy to get around the islands on your own by bicycle or you can enlist the services of a taxi company for longer explorations. Either way, it's great to give each other a bit of time to refresh and allow your hosts some time to attend to matters in their own life.

Finally, leave things cleaner than you found them. Wipe down your bathroom sink and counters; return any items you may have used to their original locations; strip your bed and ask your host where to put your used sheets and towels. By following some simple guidelines, you can be assured of an invitation to return as a

continued on page 26



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Shell Found



Isaac Mayfield photo provided

Isaac Mayfield, 10, of Morgantown, West Virginia found a junonia at Bowman's Beach on August 7, his first day on the island. Isaac and his family were staying at Blind Pass Condominiums.✪

Shell Found



Catie Wong photo provided

Catie Wong of Maplewood, New Jersey found a 3.5-inch junonia about 10 feet off the shore on August 12. She was staying at Sundial Beach Resort with her family.✪

Fish Caught



Eric Smith photo provided

Eric Smith caught a baby blacktip shark, a bonnethead shark and a scalloped hammerhead shark near the sandbar on Tradewinds private beach at the end of Jamaica Road. All of the sharks were safely released.✪

Service Requests For Lee County Mosquito Control

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. Mosquito season typically runs from May through October and mosquito activity increases with rain, particularly after heavy rains that produce large areas of standing water. Due to the abundance of mangroves, wetlands and salt marshes, Sanibel is a prime breeding ground for mosquitoes.

If you are experiencing a high number of mosquitoes at your residence, make a service request by contacting LCMCD directly at 694-2174. If LCMCD receives complaints from a specific area or neighborhood, the district will dispatch personnel to conduct a mosquito count and, if warranted, will fog or spray the area.

For more information regarding mosquito control on Sanibel, visit www.lcmcd.com.✪

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 Preheat oven broiler on medium high. Place all 4 of the lobsters on a cookie sheet and make sure they are opened up down the middle. Evenly spread the softened butter over each of the lobster tails' meat. Lightly season each lobster tail with salt and pepper. Place lobsters in the oven on the middle rack under the broiler. Let lobster cook under the broiler for about 7 minutes or until just barely cooked throughout. Remove lobsters from oven and let cool slightly. Serve lobster tails warm with fresh lemon.*



Butter Broiled Spiny Lobster Tails

photo courtesy Fresh From Florida

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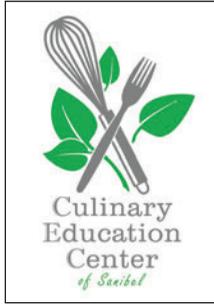
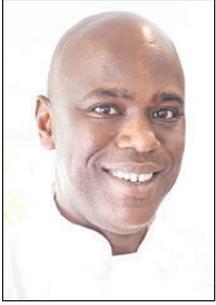
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The Community House

The Artichoke



by Chef Jarred Harris

Arartichokes are the large unopened flower buds of the artichoke plant, which is a member of the thistle family and related to the sunflower. Artichokes are covered with thick coarse leaves called scales and at the center of the artichoke is tender core called the heart. These are the only edible parts of the plant.

Originating in Tunisia, artichokes are one of the world's oldest cultivated vegetables and they have been around since 40 AD. The ancient Greeks, Romans and Egyptians believed artichokes were an aphrodisiac and men were only allowed to eat them. As a matter of fact, women were prohibited from eating artichokes in many countries until the 16th century because many believed artichokes have aphrodisiac properties.

The Dutch introduced artichokes to England during the early 1500s and by the late 1800s, French and Spanish immigrants brought artichokes to the United States. Artichokes became so popular by the early 1900s, they were being grown commercially in California.

Artichokes have been used for many years in practical and medicinal applications. This delicious vegetable and its extracts (made from the leaves) are used in everything from flavoring digestive liqueurs, the treatment of liver problems, preventing the development of coronary disorders and the reduction of digestive issues.

The artichoke contains high amounts of vitamins B4, B6, C and K, as well as copper, magnesium, phosphorus and manganese. Artichokes are ranked number one over all other vegetables when it comes to antioxidant levels, including anti-inflammatory antioxidants.

Here is a simple recipe to try using artichokes:

Spicy Artichoke and Eggplant Beignets

Ingredients
 2 tablespoons extra virgin olive oil
 1 large onion (coarsely chopped)
 3 cloves garlic (minced)
 2 serrano peppers (seeded and fine diced)
 1 16oz. can of artichoke hearts (drained, patted dry and quartered)
 1 eggplant (peeled and cut into 1/2 inch pieces)
 1 small red pepper (seeded and diced)

3 sprigs thyme (leaves removed)
 3 eggs (beaten)
 1 1/2 cup whole milk
 2 tsp. baking powder
 3 1/4 cup all-purpose flour
 Oil for frying
Method
 Heat oil in a heavy bottom pan. Add onions, garlic, peppers, artichokes, eggplant and thyme; cook over medium heat for 5 to 10 minutes or until the onions are translucent.
 Remove from heat and set aside.
 In a large mixing bowl, sift flour and baking powder together.
 Make a well in center of the flour and add milk and eggs.
 Stir until combined, then add to eggplant mixture.
 Mix thoroughly and scoop into hot oil.
 Fry until golden brown.
 Serve hot.

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

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Poetry Corner

by Jim Weyant

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 proudly predicting
 It'll hit around noon.

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

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Questions? Contact April Boehnen at
aprilb@dingdarlingsociety.org or 239-472-1100 ext 256





Flame Lily

photo provided

Loggerhead Nests Approach Record Level

Sanibel-Captiva Conservation Foundation (SCCF) reported that this year's sea turtle nesting season started slower than 2020 – a record-breaking season – but current nest numbers are steadily climbing towards that record. SCCF's current loggerhead sea turtle nest count for Sanibel and Captiva is 896, while last year's was 917. At the start of the nesting season,

this year's numbers closely resembled the 2019 nesting season. In both 2021 and 2019, only one loggerhead nest was laid in the month of April, compared to 15 last April. This May's nesting activity counted 199 nests compared to 203 nests in May 2019. In July – when nesting really starts to pick up on the islands – 283 nests were laid. That total is higher than July 2020 (186 nests) and July 2019 (218 nests). The end of sea turtle nesting season is nearing but since the start of August, 12 new nests have been documented.

Pictured here is a loggerhead named Flame Lily, who was first seen and tagged

on the islands earlier this nesting season. Thanks goes out to the Senkar family for calling the hotline on August 10 when they spotted her nesting in the dune. Each season, the SCCF sea turtle team

chooses a theme to guide the naming of nesting females. This year, the theme is flowers.

If you see a nesting turtle or hatchlings, call 728-3663.*

New Coastal Manager Named

Sanibel-Captiva Conservation Foundation (SCCF) has hired Carrie Schuman, PhD, for the newly created position of coastal resilience manager thanks to a two-year grant agreement with the Captiva Erosion Prevention District (CEPD).



Carrie Schuman

Schuman will perform sea level research, coordinate adaption and resiliency strategies for the bayside of Captiva and the region, and lead efforts toward long-term climate solutions, public education and outreach. Schuman arrived at SCCF on August 16.

With broad interdisciplinary science expertise, including marine, climate and social sciences, Schuman earned her bachelor's degree in marine and freshwater biology from the University of New Hampshire, where she graduated magna cum laude. She

earned her master's in marine science and technology from the University of Massachusetts in Boston, and PhD in interdisciplinary ecology with a focus on fisheries and aquatic sciences from the University of Florida.

Her professional career has included academic instruction and research on climate change, journalism training, laboratory study and environmental restoration.*

From page 19

Algae Study

transformations of biogeochemical processes in subtidal sediments as a result of algae decomposition.

Although macroalgae can smother seagrasses and cause immediate changes in habitat quality, their effects on sediment characteristics such as sulfide levels, oxygen flux and grain size may have long-lasting implications for seagrass recovery in Charlotte Harbor.

Saldana hopes that his research will contribute to a broader understanding of seaweed ecology from a trait-based perspective and provide insight for the management and restoration of Charlotte Harbor's subtidal ecosystems following algal blooms.*

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Pink Flamingo High Tea Filled With Surprises

Sanibel's Best Homemade Ice Cream, Bailey's General Store, the Colleen Zurcher Family Fund and RS Walsh Landscaping have joined Sundial Beach Resort & Spa and the Sanibel Captiva Business Women's Association in supporting the Pink Flamingo High Tea. The high tea, scheduled for Tuesday, October 5, benefits Let's Pink Out initiatives during Breast Cancer Awareness Month.

"We'll unveil a mouthwatering Pink Flamingo sorbet for the event," said Laurie Verme, owner of Sanibel's Best Homemade Ice Cream and Let's Pink Out board member. "This is a great cause. Proceeds from every contribution go to support breast cancer needs and continuing education in our community."

"Bailey's is a long-time supporter of Let's Pink Out," said Calli Johnson, management team member and wine steward of Bailey's General Store, Bailey's Marketplace at Sundial Resort, and The Island Store on Captiva. "A Pink Flamingo High Tea sounds like fun and we're delighted that our sparkling wines can be a part of it," she said.

"The ingenuity of local business sponsors is inspiring," said Colleen Zurcher-McGauran, Sanibel Captiva Business Women's Association board



Businesswomen working on the Pink Flamingo High Tea, from left, Monique Meche, Kerri Maw, Colleen Zurcher-McGauran, Maureen McGauran, Kelly Huguenin, Mary Bondurant, Melanie Holliday, Taylor Osborne and Kelley Laird photo provided

member. "We've been able to add twists and surprises to the agenda."

"There will be live violin music and some memorable experiences," said Maureen McGauran of Beachwalker Marketing and Communications, agency of record for the event.

"The Pink Flamingo High Tea is anchored by a \$10,000 matching donation from the Colleen Zurcher Family Fund," said Gloria Garrett, Sanibel Captiva Business Women's Association founding board member.

"Local businesses are generously considering auction and raffle prizes, table sponsorships, and creative surprises. We are enormously grateful for the support of the community."

"The tea room will be beautiful,

showcasing floral centerpieces designed by Lisa Walsh and the team from the RS Walsh Garden Center," said Mary Bondurant, Let's Pink Out founder. "We're excited that centerpieces will be auctioned during the event."

"This is the launch event for Let's Pink Out Sanibel and Captiva Breast Cancer Month," said Bondurant. "Besides our signature mobile mammogram program for uninsured individuals, watch for news on the Dink for Pink pickleball tournament October 8 to 9, the Pink-a-Ball dinner dance October 9, and the popular Pink Out picnic at the firehouse October 28. Anyone interested in joining the team can email us at pinkoutsanibel@gmail.com."

"The Sanibel Captiva Business Women's Association is proud to be a co-sponsor and a co-beneficiary with Let's Pink Out," said Taylor Osborne Clarey, Sanibel Captiva Business Women's Association president. "Our organization works to support women in business through a variety of activities, including our local sponsorship initiative. But we also care deeply for women's health and support increasing cancer awareness."

There are multiple ways to participate in the Pink Flamingo High Tea. Tickets are still available at www.sancapbwa.eventbrite.com. Contact Gloria Garrett at 404-226-3842 to learn about table sponsorships, prize donations and other opportunities.✧

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Book Review

Float Plan

by Di Saggau



During a visit to MacIntosh Books a while back, owner Rebecca Binkowski gave me an advance copy of *Float Plan* by local author Trish Doller. The book has been a bestseller in our

area and having finally read the book, I now understand why. This is Doller's adult fiction debut, and hopefully it won't be her last.

Float Plan is about a young woman, Anna, who is heartbroken by the loss of her fiancé Ben, and she doesn't quite know what to do with her life. Remembering that they were supposed to sail away on a trip together, Anna impulsively goes to sea in their sailboat, attempting to complete the voyage alone.

Anna finally realizes she needs help. During her travels, she meets up with a likeable Irishman named Keane. They become friends, she trusts him and hires him on to assist with her voyage. Like Anna, Keane is also struggling with his future. Eventually, they both let go of the past and find a second chance at love. They go on many adventures together as they hop from one island to another. I enjoyed the colorful characters they



image provided

meet along the way, and they have many memorable events. Swimming with pigs was something Anna's fiancé had wanted to do, so she and Keane grab a five-pound bag of potatoes and set off to swim and feed the pigs. It was fun to read about this adventure, but it is something that will never be on my bucket list.

Float Plan takes the reader on many different journeys. It's a sparkling travelogue with sharp dialogue and authentic characters. We get to know

Anna's best friend, Carla, and her almost mother-in-law Rachel, who is not happy that Anna took her son's boat, even though he left it to her. Anna is grieving, and Doller gives a sensitive accounting of this grief. She also has great compassion for her characters, and there are so many

interesting ones. At one stage, Anna fears she might be able to live without Ben and that terrifies her. The book is funny and romantic, about starting over and finding yourself. Doller writes with humor, love and skill. Put *Float Plan* on your list to read.*

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, Now that we are back to school in person, I would like to get my kids into some routines for school. They are in first and second grades. Do

you have any suggestions?

Ashley C, Fort Myers Beach

Ashley,

You are wise to implement routines for your children. Since they are young and haven't been in school for a while, it will be important to implement consistent daily routines which provide security for children. When they know what to expect, anxiety and stress are reduced.

There are many areas where routines are important to develop but here are some that relate to school success: healthy eating, exercise, sleep, television/computer/screen time usage and homework.

Healthy Eating – Provide well-balanced meals and limit caffeine and junk foods.

Always make time for your child to have a good breakfast so he or she will be alert and able to pay attention and learn.

Exercise – Involve your child in physical activity for 30 minutes every day (i.e. walking, bicycling, playing sports, etc.).

Sleep – Maintain consistent bedtime and morning routines, including weekends.

Young children need approximately eight to 10 hours of sleep per night.

Television and Computer/Internet Usage – Limit the amount of time your child watches television and uses the computer each day.

Monitor the types of programs that your child watches and the websites he or she visits.

Turn off scary or violent television (for example, programs with vicious animals, monsters, natural disasters, stories involving death of a parent, etc.) Young children have a difficult time telling what is fantasy and what is real.

Homework – Set up a specific time and location in the house where you children will complete their homework daily. Even if they don't have homework, this could be their reading time. Make sure this location has the tools necessary to complete their work so they don't waste time hunting for such things as paper, pencils and scissors every day.

Allot a specific amount of time for them to do their work or reading. Schools typically suggest how much time by grade level they think is appropriate for homework. You will want to be close by to the homework area in case they need

some help and for encouragement, but don't do their homework for them.

With these simple routines implemented regularly, your children will be prepared to learn and ready to enjoy school every day.

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

Financial Aid Tips For Military

Veterans and members of the U.S. Armed forces and National Guard may be able to take advantage of numerous student aid programs to help pay for college or technical training, according to Kentucky Higher Education Assistance Authority (KHEAA).

The federal government also offers programs for the dependents of veterans and service members.

Federal programs include:

GI Bill benefits, first passed for veterans of World War II – The federal government offers several versions, with benefits that vary according to when you entered service, when you left the service and other criteria. More changes are coming as the result of the Forever GI Bill, passed in 2017. Visit www.benefits.va.gov/gibill for more information about your options.

Federal Tuition Assistance, for active duty members of all branches of the armed forces, including the Coast Guard, National Guard and Reserves – For more information, contact the college financial aid office or unit education officer.

Iraq and Afghanistan Service Grants, for students who had a parent or guardian die as a result of military service in Iraq or Afghanistan after September 10, 2001 – For more information, look under Types of Aid at www.studentaid.ed.gov/sa.*

From page 20

House Guest

guest to our island oasis. For the hosts, it might not hurt to leave a copy of this issue on a coffee table or in your guest bedroom.

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

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SEPTEMBER 16 · 5 PM
WHY AM I GROWING GIANT CLAMS IN THE MIDDLE OF THE ARIZONA DESERT?
By **Dan Killam, Ph.D.**
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Ava DePagnier with her summer reading certificate photos provided



Finn Hussey with his reading certificate

Summer Readers Earn Books For Hospital Patients

During the Sanibel Public Library's Annual Summer Reading Program, children read for others. Participants received books based on the hours they read and from completing challenges. They earned not only books for their personal collection, but also books for patients at Golisano Children's Hospital of Southwest Florida.

"I am, as always, proud of all of our readers, but am especially thrilled for those who find a love of books because of summer reading," said Youth Services Librarian Deanna Evans. Summer of 2021 had the largest number of participants than any previous year. This summer's theme, Tails and Tales, featured online storytimes with "Miss Deanna," and virtual programming from Page Turner Adventures.

In 2021, 328 readers earned books (for activities and certain time markers) for themselves and 1,149 books for the hospital. This summer they logged 133,288 minutes of reading, which equals 2,221.46 hours. Educators at Golisano Children's Hospital of Southwest Florida use the donated books to supplement lessons for young patients at the hospital. Since its inception in 2012, readers have helped to contribute more than 12,000 books to the hospital. New books are needed every year because books are given to patients to take home, and can't be shared because of the possibility of spreading illness.

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the annual summer reading program. The children's fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory. Margaret Mohundro, library executive director said, "The summer reading program has grown to become more popular every year. We are especially appreciative to the library foundation and the Joan Hunt Cory Children's Fund. I think the program highlights the generous spirit of the islands."

The Sanibel Public Library Foundation

provides, supports and supplements library services of Sanibel and assists in the promotion of reading and literacy. Since 2006, the foundation has provided more than \$1 million in grant funding to support the library author series, the annual summer reading program, a TeenSpace room, technology initiatives including cutting-edge computer hardware and software, early literacy computers, eBooks and mobile apps.

From now through the end of September, stop by the library to see 25 original works of art in the Sanibel-Captiva Art League's exhibit, titled Home Sweet Home.

Jane Werner's collection of dolls from around the world is on display from now through the end of August. Look for the dolls in the display case near the glass elevator.

The library will be closed on Monday, September 6 for Labor Day.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers. Contact-free curbside pickup is available. Materials can be placed on hold and picked up outside the building on weekdays from noon to 3 p.m.

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

Top 10 Books On The Island

1. *The Book of Lost Names* by Kristin Harmel
 2. *The Exiles* by Christina Baker Kline
 3. *The Book of Lost Friends* by Lisa Wingate
 4. *Anxious People* by Fredrik Backman
 5. *Float Plan* by Trish Doller
 6. *The Silent Patient* by Alex Michaelides
 7. *A Perilous Proposal* by Jennifer Schiff
 8. *The Lost Apothecary* by Sarah Penner
 9. *The Cellist* by Daniel Silva
 10. *Summer Island* by Kristin Hannah
- Courtesy MacIntosh Books and Paper.✧



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Story Of Ralph

submitted by Ken Burgener

Hi, my name is Ralph and I am the shell pictured here. A gentleman named Ken was nice enough to pick me up as he walked along the beach this morning. There are millions of shells here on the beach where we come to die and why he chose me, even with my broken top, is amazing. Even more amazing, we began to converse. Several minutes into our conversation, Ken said he would like to tell my story to the people of Sanibel. So, here goes.

I have only been on shore for about a week, having been pushed ashore during the recent storm. We shell families all talk about our "after life" and we all dream of being taken to a better place. But reality is that we all know that within a few weeks of "beaching," we will either be ground to sand by people stepping on us and then ending up in people's houses only to be swept away, or we will be rescued (and I say that loosely) by someone shelling along the shore. Birds and dogs running along the beach can be hazards too as they like to play with us, pushing us around and tossing us in the air.

I guess the best thing would be for us to be rescued by a "sheller" but that too has its hazards. Several of our citizens have gotten word back to us telling us unbelievable stories of where they ended up. Because I am broken, no one even glances at me. A few days ago, I was



Ralph, the Van Hyning's cockle photo provided

excited as some woman bent over to grab me, or so I thought. No, she just pushed me aside as she was looking for a "special" shell. Knowing that I am an outcast, the best I can hope for is to be collected and then used in a driveway or sidewalk. Oh no, turns out those companies only use old shells for that.

Now we hear the junonia shells, "Miss Perfects," get their pictures in the newspapers. We down here dislike them because of their popularity and we always try to mess with them, making them imperfect, but no, humans will still pick them up, damaged or not. Life is

not fair...

Me, myself, I am a Van Hyning's cockle and can grow up to five inches or more. We are all over the beach and only the perfect ones get to go home with a human. We heard from some of our shells that the humans stuff us into boxes, after putting us in acid to make us clean! That must really hurt! Then we hear that some humans will glue us on a board and hang us on a wall. I do not believe this but many of my shell friends do. There is even talk about a place that puts hundreds of us on display and charges money for people to look at our dead bodies. How sick can those people be? A shell museum it is called. How come I have to be dead to get there? Oh! Ken just told me that some my friends are alive, in the big building but still being prisoner for life? What did we do?

Some of the names the humans have given us makes us mad or makes us laugh. A horse conch? We do not even know what a horse is. I make sure to stay out of the way of this guy, as he is known to eat some of us. Lion's paw, turkey wing, channeled duck clam? Nope, we do not know what you are talking about. Oh, maybe a shark eye, but I would not be brave enough to tell Mr. Shark that a shell was named after his eye. And who is the Van Hyning that I am named for? I have so many questions for Mr. Ken.

Note from Ken: Today, I put Ralph back on the beach so he can become sand. He said his last wish was that

someone would take "Miss Perfect Junonias" and put them in a box with his kind to live forever in a dark closet in South Bend, Indiana.

This is a true story. If you do not believe it, go ask Ralph.✪

Power Off And Save Electricity

One easy way to conserve electricity while saving on your electric bill is to power down your computer when you are not using it. If you are one to jump on and off your personal computer, Lee County Electric Cooperative (LCEC) energy experts recommend that you put your computer in sleep mode whenever possible.

Following is the cost difference for keeping your desktop computer with an LCD screen on 24/7 for an entire year:

Fully powered – approximately \$89

Sleep mode – approximately \$20

Other tips to keep in mind when it comes to your computer:

Power off monitor if you will be away from your computer for more than 20 minutes.

Power off your computer and monitor if you will be away from your computer for more than two hours.

Ditch your desktop for a laptop, which uses substantially less electricity.

Look for the Energy Star logo when purchasing electronics.

Visit the Energy Efficiency tab at www.lcec.net for more ways to save.✪

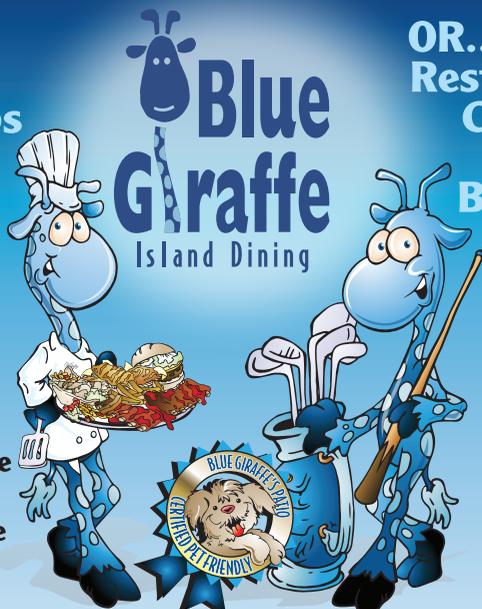
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The Sanibel Captiva Trust Company

Financial Vulnerability Of Seniors



by Steven V. Greenstein, JD, CTFA, Wealth Services

Sadly, one in five older Americans becomes the victim of financial exploitation each year. Annual losses run about

\$3 billion, with an average loss totaling more than \$120,000. According to the AARP Public Policy Institute, older adults are targeted not only because they have accumulated more than \$18 trillion in assets (about 67 percent of all U.S. wealth) but also because they are more likely to be suffering from problems with memory and judgment, making them quite vulnerable to fraud.

The reality is that as we grow older, we become more dependent on others for day-to-day care and assistance with financial affairs. Unfortunately, family members become the most frequent financial abusers, followed by others in positions of trust, including caregivers and friends. When family members are involved in the financial exploitation, they often have substance abuse, gambling or financial issues of their own that influence their deceitful actions.

So, for family and friends who do have the best interests of loved ones at heart and want to protect them, it is important to keep an eye out for warning signs of financial abuse. Red flags can include: large or unexplained withdrawals from bank accounts; new "friends" accompanying loved ones to the bank; notices of insufficient funds or unpaid bills; checks written as gifts or loans; bank statements being sent to a third party; a caretaker or friend conducting financial transactions without proper documentation; changes in ATM withdrawal patterns; and closing CDs or bank accounts without regard to penalties. If possible, it is always a good idea to establish a relationship

with a local banker to enlist their help in stopping any criminal activity and to prevent its occurrence.

For seniors who want to protect themselves and their assets, some tips include: locking up your checkbook, account statements and other sensitive information when others will be in your home; shred store receipts, financial documents and credit card offers before throwing them away; never give personal information – including social security numbers and passwords – to anyone over the phone or on the Internet unless you initiated the conversation and you trust the other party; and trust your instincts since abusers are often very skilled, charming and forceful in convincing you to give up control of your assets.

As a result of the dramatic increase in financial abuse among seniors, there are more resources available from local law enforcement agencies and state and federal regulators. In Florida, both the Adult Protective Services Division of the Department of Children and Families and the Florida Office of Financial Regulation have added telephone hotlines and online access for filing complaints and reporting senior fraud crimes. Federal financial regulators, including the Consumer Financial Protection Bureau, have done the same and are devoting additional personnel for prevention and investigation to help seniors stay safe, secure and protected. Over the coming months, the trust company will host online and in-person presentations by experts who can further educate all of us on the latest pitfalls and how to avoid them. We hope you will attend, and we always look forward to hearing from you if we can be of help.

If you think you or a family member has been the victim of financial exploitation, please reach out to your client advocate for information on how to contact the appropriate agency to help you find the answers you need.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.**

ISLAND SUN BUSINESS NEWSMAKERS



Amy Wainwright



Teresa Baker

VIP Realty Group

The top producers for June at VIP Realty Group were: Amy Wainwright, top sales; Teresa Baker, top listings; and Karen Bell and the Bell Team, top producers.*



Karen Bell and the Bell Team, from left, Sherrill Sims, Holly Peeples, Karen Bell and John Bates

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Superior Interiors

Four Patterns To Pay Attention To This Year

by Trinetta Nelson



Neutral themes have always been in style. They offer comfort and offer flexibility. In general, it's ideal to have a neutral foundation so you have more room to play around with decor and

accents and switch things up over time. Incorporating trending patterns becomes effortless when you have a clean slate.

If you're in the process of rethinking a current design scheme in your home, why not ditch your current theme and try adding a stylish pattern? Here are a few trending ones to keep in mind while adding new accents to your living space:

Chintz – Who doesn't love vintage style and decor? Chintz is a take on floral decor, but with a classic twist. It's an iconic pattern you've likely seen on the sofas in the thrift store, but it can make a lovely statement and bold move to place it in your own home today. Perhaps a reupholstered chair or sofa of your own in this print can make an appearance in the family room or guest room. You

can also incorporate the pattern in a more subtle way using throw pillows in the living room. You may even consider taking a chance with a bold headboard in a chintz print to create the throwback bedroom of your dreams.

Banana palm – Summer is here and with it may come the desire to add banana palm print throughout your home. This pattern adds a hint of glam to any living space, making it a great choice for the master bedroom or closet, depending on where you get ready in the morning.

Modern floral – Floral is a trending pattern that is never going to go out of style. Floral is popular across the board, but it is becoming more apparent that people are interested in implementing this pattern on the walls of their homes. Clients are gravitating toward fresh, modern interpretations of floral patterns. Floral also makes a great option for a bedroom but can make a serious statement in a bathroom, offering a refreshing take on washroom decor.

Geometric – Another timeless pattern that is ever popular: geometric shapes. Whether you're hanging wallpaper to create an accent wall in the home office or you're lining your entryway with geometric decor, there are so many simple, subtle ways to incorporate this trending pattern in your home and bring the vibrancy to life.

Adding bold patterns to any room in your home can be intimidating, especially if you have been playing it safe with solid neutral tones and colors

for years. If you're ready to express yourself and incorporate one of these trending patterns, but you're simply not sure how to get started, consult a design professional. The designer will evaluate the living space you want to revamp, provide advice on pattern choices and discuss your personal preferences so you

can find the best trending pattern to fit your style wants and needs, turning your room into a stylish, trendy masterpiece.

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

Rotary Happenings

submitted by Cindy Carter

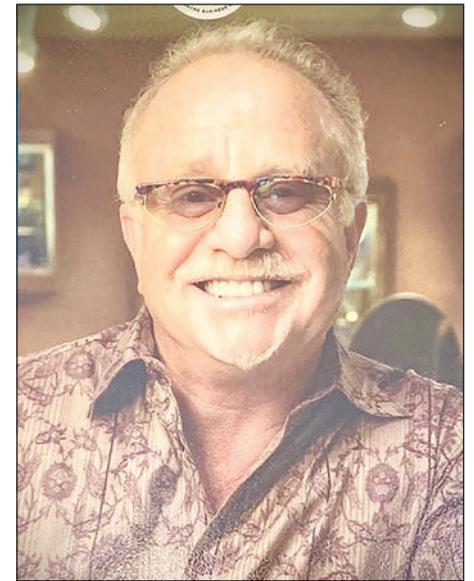
Diamonds are a girl's best friend, or so the saying goes. So what will be said about the newest trend of lab grown diamonds? How will these fit into today's society?



Mark Loren of Mark Loren Designs spoke about lab grown diamonds within the jewelry industry. He shared the different processes of creating diamonds within the laboratory and the ability to create various sizes and colors. He also explained how difficult it is to differentiate between natural and lab created diamonds, stating that they must be sent to a lab to determine the difference. However, the cost difference between the two is quite impressive. Lab grown diamonds are being sold at an unexpected rate for a variety of reasons, ranging from 50 percent lower cost to ethical reasons.

Born and raised in Chicago, Illinois, Loren attended Gem City College in Quincy, Illinois for advanced jewelry design, watchmaking and jewelry repair. After a brief stint repairing watches for the Bulova Watch Co., Loren began a jewelry apprenticeship with Frederick Prete Custom Goldsmiths in Highland Park, Illinois. He opened his retail design gallery, Mark Loren Designs, in Fort Myers in 1985 and won his first of seven International Spectrum Design Awards in 1991, with his most recent award being in 2017. Loren is a regular guest speaker at industry trade and local media events. He is also involved with many community organizations.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House,



Mark Loren photo provided
2173 Periwinkle Way. Doors open at 7 a.m. and the meeting begins at 7:30 a.m. Email william.harkey@gmail.com by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit www.sanibelrotary.org.

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company

The top producer for July at John Gee & Company was Bobbie McGlynn.



Bobbie McGlynn

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Chamber Celebrates Book Store Relocation

In April, MacIntosh Books and Paper moved from its location at Palm Ridge Place to a new storefront at 2340 Periwinkle Way in The Village Shops on Sanibel. The Sanibel & Captiva Islands Chamber of Commerce helped celebrate the occasion with a ribbon cutting at the new store on August 5.

A Sanibel Island tradition since 1960, MacIntosh Books first opened on Periwinkle Way near the causeway and served as a center of information and reading materials for visitors arriving to the islands. The original owner, William "Mac" MacIntosh, an avid birder, later moved the store farther west on Periwinkle. Through a series of owners and other locations, it retained its reputation for local authors and books, great beach reads and bestsellers.

In 2017, Rebecca Binkowski purchased the store after working as manager for six years for then owner Susie Holly.

"We have a legacy of great customer service, great recommendations and, really, being a sacred, communal space for people," said Binkowski. "What worked in 1960 still works today, and our customers appreciate our knowledge and care. I always say it takes a village and now we're in The Village Shops, which is such a lovely mix of small, hands-on



Chamber representatives look on as MacIntosh Books owner Rebecca Binkowski, center, cuts the ribbon

photo provided

business owners, who, like me, want to offer their customers the best of the best and an experience they won't soon forget."

Besides selling books of a local nature and wider scope, plus distinctive stationery products and gifts, MacIntosh hosts monthly book clubs and author appearances.

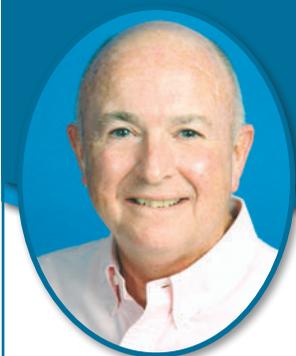
"We congratulate Rebecca and her team on their progression to a

beautiful, welcoming spot that furthers the islands' cultural and retail acumen," said John Lai, chamber president and chief executive officer. "MacIntosh is a locally owned island institution that we are happy to see thrive in this climate of big-box and online bookstores."

"I'm so happy to be part of the chamber and appreciate all that they do to support the island community," said Binkowski. "Sanibel is such a special

place, as you already know, and the good folks at the chamber are so helpful in supporting our specific concerns and causes to Sanibelians and beyond. I'm really looking forward to getting more involved in the coming years."

For more information about the chamber, visit www.sanibel-captiva.org or contact Landen Drake, communications and marketing manager, at 472-8255 or landen@sanibel-captiva.org.



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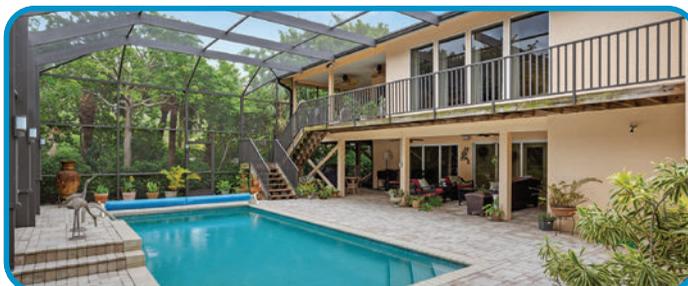
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PENDING

Relaxing view of the Gulf of Mexico and pool from this spacious 2BR/2BA unit. This nicely furnished condo with an open floor plan is move in ready. The sliding glass doors run the width of the living space providing beautiful views. There's enough room in the large master suite for a sitting area. Unit includes interior laundry room, plenty of storage and below building parking for one car. **\$1,595,000**



Promotion At Lee Health

With extensive expertise in government and civic relations, legislation and public policy, Michael Nachev has been tapped to serve Lee Health in a new role. Nachev has been named vice president of government relations. Before being appointed to his new position, Nachev served as Lee Health's system director of government relations.



Michael Nachev

strong working relationships with elected officials and staff benefit healthcare delivery for Lee Health and all of Southwest Florida.

Nachev has been with Lee Health since 2016 when he joined the organization as director of government relations. Prior to his role at Lee Health, Nachev spent more than six years working for the State of Florida. He served as a legislative assistant with the Florida Senate, where he helped to craft legislation and move it through the legislative process.

"Michael has been instrumental in our government and civic relations, and has helped to elevate Lee Health on the local, regional and national level," said Dr. Larry Antonucci, president and chief executive officer of Lee Health. "I look forward to all that he'll accomplish in his new role."

Nachev earned a bachelor of arts in political science from Florida Gulf Coast University. He is a graduate of College Leadership Florida and an active member of the Leadership Florida organization.

Nachev currently serves as chair of the Florida Gulf Coast University Alumni Board of Directors and as a member of the Sanibel & Captiva Islands Chamber

of Commerce Board of Directors. He is also a corporate board member, governance committee chair and chair-elect for the Big Brothers Big Sisters of the Sun Coast.

In 2019, Nachev was appointed by the governor to serve on the Florida Greenways and Trails Council.*

Lee Health Sets Visitation Restrictions

In an effort to protect the safety of patients and team members from the recent surge of COVID-19 cases in the community, Lee Health has reinstated its visitation restrictions.

Effective August 12, visitation at Lee Health's adult acute care hospital campuses will be limited to one person at a time per patient, except in cases of compassionate care. Patients do not need to specify or limit who visits; the new guideline is that they can only have one visitor at a time in their room.

At Golisano Children's Hospital, patients will be allowed two designated visitors (over age 12) noted upon admission who can be with the patient, in their room, at all times.

Recently, due to the current COVID-19 surge, Lee Health implemented other visitation restrictions, which are still in place. They include:

Visitation in the emergency departments is restricted. Visitors are only granted access in the emergency departments at the adult acute care hospitals for compassionate care or if they are needed to gather information related to providing care (and thus allowed in the emergency department at the discretion of staff). At the Golisano emergency department, visitation is limited to two people.

At Lee Convenient Care, visitors are only granted access to the clinics if they are needed to gather information related to providing care, or in the event of a special circumstance, which would be at the discretion of the clinic staff.

For adult ambulatory surgical patients, one visitor is allowed to accompany the patient for any appointment registration process. This one visitor may stay with the patient during pre-op and is allowed

to wait in the facility waiting area during the procedure. For pediatric patients, one parent or guardian may stay with their child, plus one guest over age 12.

Contact the skilled nursing units at Gulf Coast Medical Center, Lee Memorial Hospital and HealthPark Care and Rehabilitation Hospital for visitation policies at the facilities.

All visitors must be over age 12 and should practice social distancing. Visitors will be required to complete a screening process and sanitize their hands with alcohol-based gel before visitation. All visitors are required to provide their own mask and wear it at all times. Visitors who violate this policy may be asked to leave the facility. Ventilated masks are not allowed as they let expelled breath into the air. Visitors are required to wear masks in patient rooms, and should put their mask back on if someone else enters the room while they are eating and/or drinking. Visitors are not allowed to eat in the cafeteria.

During the COVID-19 pandemic, Lee Health continues to collaborate with and follow the guidance of local, state and government officials. Visitation plans are developed in consideration of patient, staff and public safety but also to meet the emotional and care needs of patients.

General hospital visitation hours are 8 a.m. to 8 p.m.

For more information and a complete list of visitation restrictions, visit www.leehealth.org.*

Continental Women To Meet

The Continental Women's Club will hold a luncheon meeting at The Hideaway Country Club on Thursday, September 2 at 11:30 a.m. Angela Katz, director of development and communications for the Lee Association Remarkable Citizens (LARC), will be the guest speaker.

Cost to attend the luncheon is \$24. Established in 1954, LARC is a training center for success for individuals with intellectual and developmental disabilities.

The Hideaway Country Club is located at 5670 Trailwinds Drive in Fort Myers. For more information or to make a reservation, call Liz Paul at 691-7561.*



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Mackenzie Hummer shaves Armando Llechu at a 2020 Clips for Cancer event

photo provided

Sponsors Sought For Cancer Awareness Event

Sponsors are needed for Clips for Cancer, a month-long event in September that raises the funds necessary to ensure that programs and services are available for the increasing number of local children diagnosed with cancer at Golisano Children's Hospital. During childhood cancer awareness month, local community leaders will shave their heads to empower cancer patients.

To raise awareness about the challenges of childhood cancer and treatment side effects, Barbara's Friends established Clips for Cancer in 2018. In 2020, 35 adult leaders stepped up to have their heads shaved and raise money. It has grown from a one-day event with a few participants to a month-long celebration of childhood cancer patients

and survivors by the community. Clips for Cancer has raised close to \$300,000 in the past three years to assist families during their child's cancer journey.

Each Friday in September, shaves will be hosted on Facebook Live from Great Clips salons. Other events planned include: a 9/11 heroes shave featuring representatives from multiple fire departments and law enforcement agencies; and a Haircuts Helping Heroes Block Party on September 19.

Clips for Cancer sponsorship opportunities include: \$25,000 presenting sponsor, \$10,000 best friend sponsor and \$5,000 clips sponsor. Members of the community are invited to show their support by volunteering to be a shavee and raising \$2,500 or more to support children with cancer and the pediatric hematology and oncology program.

For information on becoming a sponsor, a shavee or supporter, visit www.barbarasfriends.org/clipsforcancer or email amy.frith@leehealth.org.

Youth Basketball League Moves Outdoors

A new outdoor location has been designated for the Youth Fall Basketball League, hosted by the Sanibel Recreation Center and Captiva Cruises. Youth basketball will be held at the pavilion, next to the Sanibel ballfields. Masks will be optional during this outdoor activity.

This league is for boys and girls from kindergarten through eighth grade with an additional Tiny Tots division for 3- and 4-year-olds. This league gives children the opportunity to learn the fundamentals while experiencing game play.

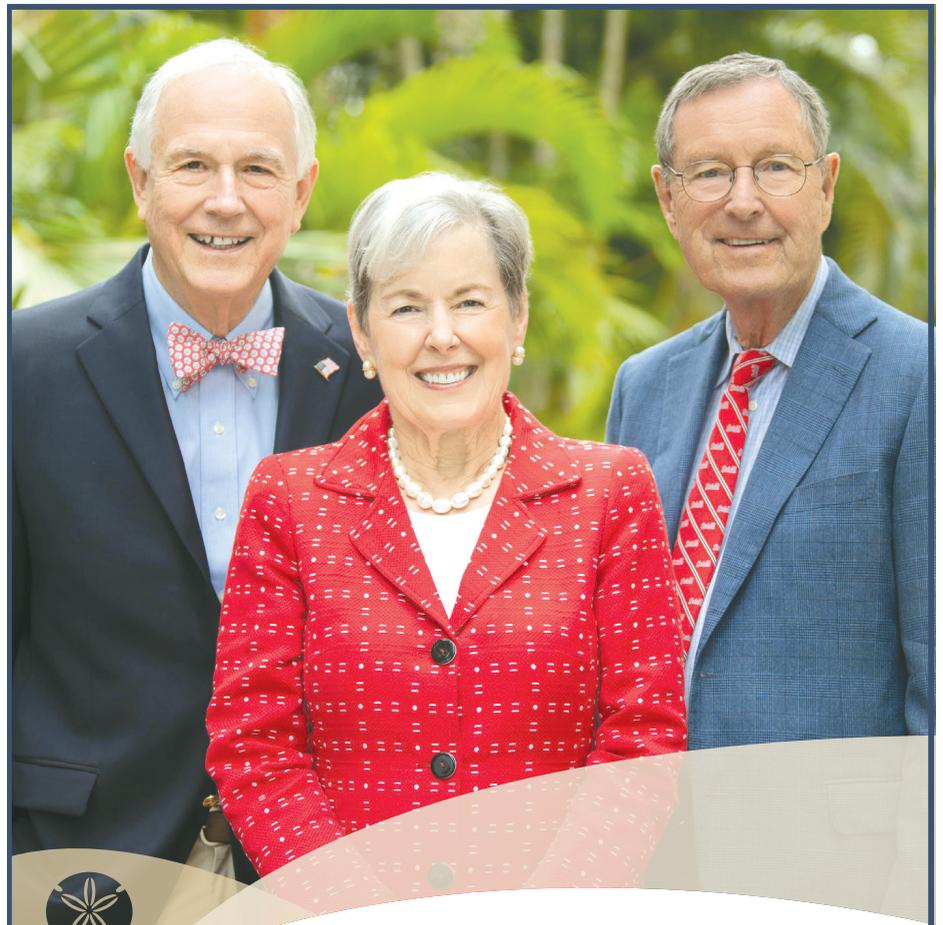
The season began on August 13. Games for kindergarten through eighth grade are held on Fridays between 5:30 and 8:30 p.m. Tiny Tot games are held on Saturdays at 9:30 a.m. Grades four through eight practice on Thursdays and grades kindergarten through third practice on Tuesdays at 4:45 p.m. Spectators

are encouraged to bring their own chair and safely social distance for games and practices.

The fee is \$46 per child for Sanibel Recreation Center members or \$60 per child for non-members. Registration is open. Volunteer coaches, team parents, scorekeepers and referees are needed. Contact Connor Russell, athletics and fitness contracts coordinator, at connor.russell@mysanibel.com for more information. Financial assistance is also available to qualifying families.

During this outdoor activity, in the event of inclement weather or poor court conditions, activities will move inside the Sanibel Recreation Center gymnasium. While indoors, masks will be required of both participants and spectators. If the gymnasium is unavailable due to scheduled programming, this activity will be canceled.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information call 472-0345 or visit www.mysanibel.com.



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Are We Bound By A Covenant To Redistribute Wealth?



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

Recently, I've studied government political structures and the balance between individual freedom and collective responsibility. As messy as American politics is, we take for granted the design of our system, and the dangers when it strays from its foundation. Ours is a "word covenantal" system, one that exists because the collective agrees to be bound by laws passed in a legislative system, as opposed to laws handed down from a ruler or governing elite.

Covenants between individuals, clans and nations were a familiar feature of the ancient Near East. Archeological discoveries brought to light covenants between neighboring powers in Mesopotamia dating from the third millennium BCE. These could be parity treaties between nations of equal size, or a suzerainty treaty, a covenant between a strong power and a weaker one.

Most political structures develop either organically, through a long process of history, or the result of a conquest. In both cases, a hierarchical society emerges, with a ruler, an elite, or both. These are politics of power, or politics of the elite. They made and enforced laws subject to their will. As Thucydides' said, "The strong do what they wish and the weak suffer what they must."

According to Rabbi Jonathan Sacks in his book *Covenant & Conversation - Deuteronomy*, the Hebrew Bible introduced a new covenant, a politics of the word. Oxford philosopher John L. Austin gave it the name "performance utterance." As opposed to normal language that describes or expresses an action or a thought, a performance utterance creates. When I say, "I promise to," I do not merely describe a promise, I make one.

This political structure binds its citizens to a collective responsibility, rooted in the principled equality of dignity of all citizens. Sacks notes that the American Constitutional phrase, "We the People," was inspired by the writings of Hobbes, Locke and Rousseau, who were in turn influenced by the word covenant found in Deuteronomy.

Several things had to happen for today's western political structure to occur. First was the invention of printing by Johannes Gutenberg in 1439. Books became less expensive and more accessible. Literacy spread. Then in 1517 came the Reformation with its emphasis on "sola Scriptura," the authority of "Scripture alone." Then came the

translation of the Bible into the vernacular.

Sacks points out that the Hebrew Bible is a subversive work. It does not preach submission. It speaks of prophets unafraid to challenge kings, of Saul losing his throne for disobeying the word of God. Ruling authorities had good reason for preventing the Bible from being available in language ordinary people could read and understand. As such, translating the Bible into the vernacular was forbidden until late in the 16th century. In the 1530s English scholar William Tyndale violated this law and paid for it with his life, as he was burned at the stake.

The cat was out of the bag, however. By 1560 English Bibles, including the Geneva translation, continued to be printed and sold in massive numbers, influencing Shakespeare, Cromwell, Milton and John Donne, as well as Calvinists and the Puritans, the early English settlers of America. The Tyndale and Geneva Bibles led to a group known as the Christian Hebraists, who according to Harvard political philosopher Eric Nelson, in his book, *The Hebrew Republic, Jewish Sources and the Transformation of European Political Thought*, influenced American politics in three ways.

First, Nelson argued, the Christian Hebraists were republican rather than royalist. They took the view that the appointment of biblical kings was a tolerated sin rather than a fulfillment of divine law. Second, they placed at the heart of their politics the idea that one of the tasks of government is to redistribute wealth from the rich to the poor, an idea alien to Roman law. Third, they used the Hebrew Bible - especially its separation of powers between the king and the high priest - to argue for the principle of religious toleration.

Applying these concepts to today's discussion on raising taxes for three trillion-dollar budgets - in our covenantal society, how big of a problem is wealth concentration in the hands of a proportionately few?

I close with Sacks' warnings about what can go wrong with a biblical-based word covenant political structure. First, he says, it can lead to overconfidence, "God is on our side." Second, it can lead to moral self-righteousness. Third, it can easily slip into nationalism: the worship not of God but of the nation, the people, or the land. Fourth, politicians and their supporters can forget the fundamental truth of covenantal politics, as expressed by Abraham Lincoln:

"We are a nation formed by a covenant, by dedication to a set of principles and by an exchange of promises to uphold and advance certain commitments among ourselves and throughout the world. Those principles and commitments are the core of American identity, the soul of the body politic. They make the American nation unique, and uniquely valuable, among and to other nations. But the other side of the conception contains a warning very like the warnings spoken by prophets to Israel: if we fail in our promises to each other, and lose the principles of the covenant, then we lose everything, for they are we."

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Our Inventory of Homes, Condos and Lots for sale on Sanibel continues to "shrink". 26 Homes 15 Condos and 17 Lots. The low end of our market has disappeared. For example, the median price of a home for sale is \$2,174,500. Listings priced to current market conditions sell within a week.

Time to sell? Who knows? If you own a property that historically would have some resale issues, such as location or condition, now may be a good time to sell.

Buying? Be prepared to act quickly and pay 25-30% over a price of a year ago.

I would like to thank Shasta DeGraw of MVP Realty for selling our listing at 1206 Par View Drive for \$1,260,000. Any questions, call me at 239-850-0979. I will get back with you promptly.



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12 Closed Sales Going Back One Week 8 Homes, 3 Condos & 1 Lot

- | | |
|--|--|
| 5116 Sea Bell Rd. Vacant Land - \$210,000 | 540 East Rocks Dr. - \$975,000 |
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| 2265 West Gulf Dr. 310A Island Beach Club - \$789,500 | 1450 Sand Castle Rd. - \$1,180,000 |
| 1371 Tahiti Dr. - \$800,000 | 1206 Par View Dr. - \$1,260,000 |
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Have a good week and call me with any comments or questions.

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Workshop On Financial Health

FISH of SanCap is hosting a free workshop - Take Control of Your Financial Health - which offers tips on budgeting, saving money and boosting your credit score while eliminating debt. Ruben Perales, financial wellness manager at Fifth Third Bank, will lead the workshop on Tuesday, August 24 from 5:30 to



Ruben Perales

6:30 p.m. at the FISH Walk-in Center located at 2430-B Periwinkle Way on Sanibel. Registration is required by calling 472-4775.

Budgeting is the foundation to financial success. Learning to budget will provide financial freedom and a healthier and more productive life. FISH invites participants to BYOB (Bring Your Own Budget) and start fresh with an improved financial outlook as you begin a journey on the road to financial freedom.

This small group discussion is designed to help participants learn the steps needed to achieve financial success while presenting a variety of tools to help manage bills, set and track daily spending, and help set financial goals.

Due to the pandemic, all attendees must wear a mask.✧



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Frankly Speaking

by Howard Prager



The Field of Dreams game last week was an instant classic. The right teams with the first place White Sox and never-say-die Yankees in a historic setting, great camera work, Hollywood stars and

a Hollywood ending. From Kevin Costner coming out through the corn followed by Sox and Yankees players in old style uniforms to the hand-operated scoreboard, perfect weather and great baseball action, it was a hit. Fox Sports said this was the most viewed regular season game on their network since a 2005 end-of-season Red Sox-Yankees matchup. When the Yankees tied the game and pulled ahead in the top half of the 9th, it seemed like that was it. Then the Sox come back with a two-run walk-off homer by their team and emotional leader, Tim Anderson. Cut. Now splice it to the original Field of Dreams movie and you have a double feature worth viewing over again. And MLB has already “booked” next year’s Field of Dreams game featuring the Cubs and Reds. Let’s hope they rise to the challenge of keeping it as much fun and entertaining as this year’s game.

Let’s turn to Associated Press news for the full story on the record-tying

eighth no-hitter this season by an aspiring electrician. Tyler Gilbert, the Diamondbacks rookie left-hander, delivered a shocker for the history books Saturday night. Gilbert became the fourth pitcher – and first in 68 years – to throw a no-hitter in his initial big league start, leading Arizona over the San Diego Padres 7-0. Gilbert was the 15th different Diamondbacks starting pitcher this season, which extends a club record. The previous high was 12, which has happened four times.

Gilbert didn’t play baseball in 2020 after the minor league season was wiped out by the pandemic. He spent the summer learning how to be an electrician from his dad, making some extra money while occasionally crawling around attics and in between walls. “I’d rather be doing this than pulling wires,” Gilbert said with a grin. “No offense, dad.” It was a stunning performance for the Diamondbacks, who have the worst record in the big leagues this season. It’s the third no-hitter in franchise history and first since Edwin Jackson on June 25, 2010.

Gilbert (1-1) struck out five and walked two. The sixth-round pick out of Southern California in 2015 had spent his entire career in the minor leagues until being called up a few weeks ago. He was making his fourth appearance and first start. “It was weird, I wasn’t nervous at all,” Gilbert said. “I felt like I should have been. I don’t know why. I just kept going out there and doing my thing. I was really nervous before the game, leading up to the game. But after the three-pitch eighth

inning, I was like, ‘This is possibly going to happen.’”

The last to accomplish the feat in his first start was Bobo Holloman of the St. Louis Browns on May 6, 1953. Bumpus Jones also did it in his major league debut with the Cincinnati Reds on October 15, 1892, and Theodore Breitenstein threw one in his first start for the Browns on October 4, 1891. The eight no-hitters matched the mark set in 1884, the first year overhand pitching was allowed. After the seventh no-hitter was the combined one by the Cubs back in June, we’ve gone nearly two months without one. Will we break the record with nine no hitters in the remaining six weeks?

The good news stories of the week will continue to come from lesser known stories from the Tokyo Olympics from Sportco. The Philippines have been part of the Olympics since 1924. Prior to this Olympics, it had won three silvers and seven bronze medals. However, it is after 96 years that the Philippines claimed its first-ever gold with the help of weight-lifter Hidilyn Diaz winning the 55-kg women’s event. The Filipino weight-lifter showed great character and, even before she let the weights down, the 30-year-old was seen breaking to tears as the intensity of her achievement was immense. In the 2016 Rio Olympics, she ended the 20-year medal-less run of Philippines, so now she has again come through for her country. For the first time ever at an Olympics, Filipinos got to hear their anthem played after an event was completed.

Diaz’ journey was not simple to any extent of the imagination. She found it difficult to keep her training going throughout the pandemic period. Speaking to reporters, the 30-year-old Diaz said she was stuck in Malaysia for five

months last year due to a COVID-caused travel ban, which forced her to build a gym and train with water bottles, a true definition of commitment. Her excellence does not confine to the weights. She is also a serving officer for the Philippines Air Force and was awarded the Military Merit Medal and Presidential Citation unit badge.

The same can be said for Bermudian triathlete Flora Duffy, who, like Diaz, won the first-ever gold medal at the Olympics for her country, the smallest country to win a gold medal. Duffy won the triathlon in a time of 1:55.36, backing up two world championships by winning a gold medal for Bermuda, which, like the Philippines, got to hear the country’s anthem play following an event at the Olympics for the first time.

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.

Hurricane Guide Available Online

Lee County Electric Cooperative (LCEC) encourages residents to review its annual hurricane guide to ensure they are prepared this storm season.

The guide includes information about the storm restoration process, preparing your home and business, life support, evacuation protocol, disaster supply kits, portable generator safety, debris and vegetation, and important phone numbers and links.

To download a copy of the guide, visit www.lcec.net.

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ON ISLAND FOR ISLAND

SPORTS QUIZ

1. Nicknamed “Lady Magic,” what Basketball Hall of Famer played for the WNBA’s Phoenix Mercury in 1997 at the age of 39?
2. What is the nickname of Xavier University’s athletic teams?
3. The Rowdies Cup is the trophy awarded in the annual college soccer derby between which two Florida teams?
4. Point guard Sam Cassell won three NBA championships as a member of which two teams?
5. Lawyer and superfan Laurence Leavy became famous for attending major sports events and conspicuously donning the bright orange apparel of what team?
6. What did Italian-born bodybuilder Angelo Siciliano legally change his name to in 1922?
7. Who was head coach of the USC Trojans baseball team that won 11 College World Series titles from 1948-78?

ANSWERS

1. Nancy Lieberman. 2. The Musketeers. 3. The South Florida Bulls and Tampa Spartans. 4. The Houston Rockets (1994-95) and Boston Celtics (2008). 5. The Miami Marlins. 6. Charles Atlas. 7. Rod Dedeaux.

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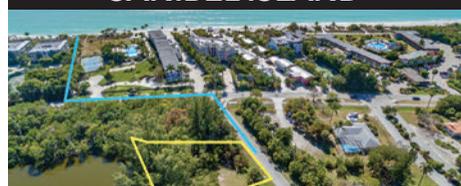
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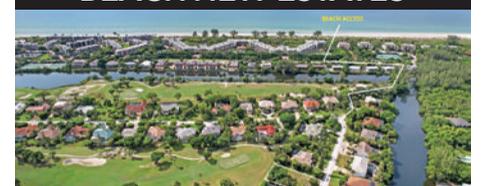
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Health First

What You Need To Know About Cataract



by Julie Rosenberg, MD

A cataract is a clouding of the normally clear lens of your eye.

Normal vision requires light to pass through a clear lens. The lens of your eye focuses light,

producing sharp images on the retina – the light-sensitive membrane in the eye. The retina then converts light rays to neural signals and transmits them along the optic nerve to the brain for visual recognition.

During the aging process, the lenses in your eyes become less flexible, less transparent, and thicker. The tissues within the lens break down and clump together, clouding areas within the lens. These detrimental effects are thought to be the result of chronic oxidative stress and subsequent oxidative damage to the lens.

When a cataract clouds over the lens, it scatters and blocks the light as it passes through the lens, preventing a sharply defined image from reaching your retina. As a result, your vision becomes blurred. As a cataract gets larger, you may have more noticeable visual disturbance.

Who gets cataract?

Cataract is a leading cause of visual impairment and blindness worldwide.

It has been estimated that more than 68 percent of people over 79 years of age have some form of cataract.

Typically, adults start developing cataract around age 40, although they often do not experience symptoms until after age 60. Cataracts may develop in both eyes, but generally not at the same pace or with the same severity.

In addition to aging, risk factors for development of cataract include smoking, obesity, cardiovascular disease, diabetes of 10-plus years, past eye surgery, environmental exposure to UVB radiation, and alcohol overuse. Females are more likely than males to develop cataract. Long-term use of corticosteroid medications can lead to the development of cataract.

Signs and symptoms of cataract include:

- Sensitivity to light and glare
 - Clouded, blurred or dim vision
 - Difficulty with vision at night
 - Need for brighter light when reading
 - Seeing “halos” around lights
 - Rapid changes in eyeglass prescription
 - Fading or yellowing of colors
- Treatment:

In early stages, vision loss caused by a cataract may be helped by use of different eyeglasses, a magnifying glass or stronger lighting.

Individuals with significant visual impairment from cataract typically require cataract extraction with implantation of a synthetic intraocular lens. Surgery is the only definitive treatment for cataract. With advancement in surgical technology and techniques, cataract surgery is usually associated with rapid visual recovery and good visual outcomes. However, cataract remains a consistent public health problem worldwide due to a shortage of surgical facilities, especially in developing countries.

While there are no known treatments for cataract prevention, maintaining a health-conscious lifestyle appears to be the most effective strategy to prevent the onset of age-related cataract. Here are four tips:

- 1) Don't smoke. Smoking is associated with increased risk for cataract.
- 2) Eat a healthy diet. A good diet is central to vision-related health. While data are mixed, in general, it appears that diets high in fruit and vegetables containing vitamins C, E and A may be protective against cataract. Taking a daily multivitamin-mineral supplement may offer additional protection.
- 3) Limit alcohol intake. Excessive alcohol use can increase the risk of

cataract.

4) Wear sunglasses outdoors. Ultraviolet light from the sun may contribute to the development of cataract. Wear sunglasses that block ultraviolet B (UVB) rays when you're outdoors.

In conclusion, we are an aging population and many of us will experience cataract in our lifetimes. Embracing a healthy lifestyle may help to prevent the onset of age-related cataract. If you experience any changes in vision or visual loss, see your doctor promptly for an appropriate diagnosis and treatment plan.

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 inquiries to info@drjulierosenberg.com.

Virtual Town Hall On COVID-19

Lee Health is hosting a virtual town hall meeting for community members to ask any questions they may have on the current state of COVID-19 in Southwest Florida.

COVID-19 Update: What You Need to Know will be held on Lee Health's Facebook page on Tuesday, August 24 at 2 p.m. You can watch it live at www.facebook.com/leehealth or on Lee Health's website at www.leehealth.org.

The Facebook Live event will be interactive and will give community members an opportunity to ask questions through Facebook and have them answered by medical experts at Lee Health.

Those watching will be able to ask questions by commenting on Facebook Live or sending direct messages through the Messenger option.

The panel will include:

Larry Antonucci, MD, MBA, president and CEO, Lee Health

Stephanie Stovall, MD, pediatric infectious diseases specialist, interim chief of quality and patient safety

Moderator: Lindsey Morton, creative services manager, Lee Health

Lee Health is currently offering the COVID-19 vaccine to anyone 12 years old and older at its Community Vaccination Clinic at Gulf Coast Medical Center. You can walk in or schedule an appointment by visiting www.leehealth.org. A parent or authorized guardian must accompany a minor.*

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, August 27 from 9 a.m. to 2 p.m.

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

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

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required. To schedule a screening, call 343-6838.

The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers.*



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dearRPharmacist

Medications Can Cause Memory Problems



by Suzy Cohen, RPh

Dear Readers: Several

dozen people have died while on vacation at different Caribbean islands including the Dominican Republic. While not

totally conclusive for everyone, post-mortem examination suggests organophosphate (insecticide or pesticide) poisoning may have been implicated. The toxic and fatal effects occur due to an imbalance in the cholinergic pathways of the human body. When I say "cholinergic," I am referring to acetylcholine production and utilization.

To be clear, the neurotransmitter acetylcholine is a beneficial, memory-enhancing and life-giving compound in the body. It is a natural compound that your nerve cells use to communicate with one another. You can't think or live without it. But like all good things, poisoning the body with substances that spike acetylcholine levels can be fatal.

Let's talk about acetylcholine some more, because it is the neurotransmitter that many good medications target in the opposite way. By that, I mean some drugs lower levels of acetylcholine as part of their side effect profile. They may do something helpful like ease depression, but in doing so, they have the side effect of reducing acetylcholine a little bit. Reducing acetylcholine function causes memory problems due to the anticholinergic side effect.

It is that side effect that may cause you to get diagnosed with a memory disorder you don't really have. For people with new onset memory issues, the first thing I have them do is look in their medicine cabinet. What are you taking that could be causing this?

If a drug raises acetylcholine, it is termed a "cholinergic" drug. Medications that slightly increase levels are good for the brain and memory system. Drugs that

seek to do this usually work by blocking an enzyme that would otherwise degrade the acetylcholine, so it hangs around longer. Pills that seek to do this are useful, and include donepezil, rivastigmine and galantamine all used for Alzheimer's, Parkinson's or dementia.

How does the brain respond when you take an anticholinergic drug? You know these medications as drugs that lower acetylcholine as part of their side effect profile. In fact, they are blockbusters, big name drugs like diphenhydramine and chlorpheniramine for allergies, scopolamine patches for dizziness, oxybutynin or tolteridine for bladder problems, many older antidepressants, ipratropium inhalers for breathing, dicyclomine for irritable bowel syndrome and others.

Just as you would imagine, anticholinergic drugs can harm memory pathways. There was a JAMA study published in 2015, entitled Cumulative Use of Strong Anticholinergics and Incident Dementia. They evaluated data from hundreds of participants over 10 years and, essentially, they found that long term use of anticholinergic drugs is bad for the brain.

If you wish you had more brain power, take a look at the medications you're currently taking and see if you're taking an anticholinergic drug. If you're worried about brain function, I have a free ebook on the topic available at my website, www.suzycohen.com, as well as a longer version of this informative article.

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.

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Beautifulife: Fruits



by Kay Casperson

Fruits mean the world to me, not only because I love them as a part of my daily meals, but because they also set an example for the world to see who you are.

So today, I want to discuss the most important fruits that we live by every day. These are the fruits of our spirit. There are nine of them. According to Galatians 5:22-33, they are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. All of these contribute to how we handle our day-to-day situations. If we put our best foot forward in these areas, we will continue to enjoy our best and most beautiful life.

There is a time to ripen, weed out the bad, and continue to water to grow physical fruit. So it is with the fruits of our spirit, and below is an example of how you can.

Love – Keep your arms and mind open to love everyone, not just those you know.

Joy – Regardless of what is happening around you, continue to smile and shine.

Peace – Take a deep breath and

always remember to rest in, knowing that all will be well.

Patience – Step back in every moment to understand and appreciate the outcome.

Kindness – Extend a helping and encouraging hand to others, and you will have a whole heart.

Goodness – The quality of your character and conduct will light a path for others to follow.

Faithfulness – Be committed to what you believe in and live by it every single day.

Gentleness – There is a way to deliver a good message. Being humble makes it even better.

Self-Control – Master the art of what you say, when you say it and how you handle things. You and the world will be a better place because of it.

If we put the importance of these words at the forefront of our lives every day, we would see not only our lives continue to be better, but the lives of others as well.

My affirmation for you this week is: "I am making the fruits of my spirit a priority in all that I do, say and am today."

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

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How To Get Rid Of Shin Splints



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

Are you a runner, athlete, pickleball or tennis player who requires stamina and the ability to run up and down the road, field or court quickly, yet, you have an on-again, off-again problem with pain in the shin area? Your initial research online got pretty much the same tips about resting, taking anti-inflammatories, ice, compression sleeves, exercises and stretching from the websites you visited. You also likely discovered that a lot of runners/athletes have the same problem.

Finally, you visit a healthcare provider with your complaints, and he/she reports that you have “shin splints” (periostitis), an inflammation of the soft

tissue that surrounds the tibia (the main shin bone), or you have medial tibial stress syndrome. For the most part, they all mean shin splints.

Now you have a diagnosis and perhaps a prescription for a strong anti-inflammatory medication. Typically patients are advised to rest more often, continue with icing if that was helping, and come back in a few weeks if the problem did not resolve. A few weeks later, the pain continues when you attempt to go running again.

Sometimes shoe inserts may be explored to distribute the impact of walking or running to different parts of your foot, ankle and shin. Sometimes the problem is related to either ill-fitting or old athletic shoes. Shoes that have worn down will often lead to not only shin pain but knee pain, and eventual hip pain. Thus, we always recommend that you rotate your shoes every three to six months if you are a very active athlete who wears your workout shoes regularly.

Interestingly enough, shin splints are a problem for new military inductees as they go through basic training. Long runs and carrying heavy backpacks is a setup for shin splints. Army doctors teamed up with Indiana State University researchers and published a paper in the *Journal of Athletic Training* regarding what factors put physically active people at risk for the development of medial tibial stress syndrome (also known as chronic shin splints). Those factors are the following: increased body mass

index (BMI), navicular bone drop (arch of the middle foot drops out of place), ankle instability, quadriceps angle (angle between quad muscles and patellar or knee tendon), and/or hip instability. Other studies show that the main risk factors relate to the way the body moves, including a higher pelvic tilt in the frontal plane, peak internal rotation of the hip, navicular drop and foot pronation.

What should you do about your shin splints? If replacing your athletic shoes did not do the trick, then most likely you either need to change your biomechanics or treat the injured/unstable area(s) described above. Marion suffered from shin splints during high school track, and also into her adulthood running days. She tried all the recommended options including taping the arches, heel cups in the athletic shoes, topical creams and rest. None of these options repaired the injured areas. She did not want to use cortisone, as typically it only provides short-term relief. She, and many other patients, have turned to regenerative medicine treatments called prolotherapy to treat

the injuries to the muscle attachments onto the medial tibia, including the soleus, posterior tibialis and others. In a study in the *British Journal of Sports Medicine* titled “The effectiveness of prolotherapy in the management of recalcitrant medial tibial stress syndrome: A pilot study,” researchers examined seven patients who received dextrose prolotherapy to the painful areas of the tibia. All subjects reported a marked improvement in their symptoms after 18 weeks post-injections.

So, if your shins are chronically aching, assess your gait, get new athletic shoes fit by a professional, try massage and ice and, if those things do not resolve the issue, then consider strengthening the weakened area(s) with prolotherapy.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: My mind never seems to shut off. I know it is why I have trouble sleeping through the night. What suggestions do you have to calm my mind?

A: Most of us were never trained to calm ourselves. As a society, we have learned well to reach out externally for something to make us feel better inside, however, it is only temporary. If you are one of those people who looks for something to soothe you from the outside, having that awareness is the first step. Now, what you will want to do is shift that behavior to setting an intention to make a positive shift from the inside. This really needs to be a part of your daily mindset. I like to think of this as practicing extreme self-care.

I would like you to begin by waking up daily to mindful breathing exercises. Breathe in from your belly with long deep breaths and gently exhale. When the thoughts come in, return to the breath.

Be mindful in doing this throughout the day. It's very calming. We often fail to connect the choices we make through our diet and exercise, or in our relationships with how we feel everyday.

Are you eating junk food versus eating healthy? Sugar, caffeine and alcohol can certainly affect our brain function. Ask yourself what your average day consists of in terms of your mood, diet and exercise, feelings about work, relationships, and your overall balance and wholeness in life.

If you can awaken each day with a

short meditation, gratitude and feelings of loving kindness and compassion, you will be filled with a calmness that will carry you into more peace and self-love.

Consider what fills you well and gives you energy versus what depletes it. Start your day with a list of energy producing activities that balance you and give your sustenance.

Work on incorporating the following into your daily routine:

Tense and relax your body – Do this from the crown of your head all the way down your body. You will shift the stress and enter into relaxation.

Try some yoga stretches – It's an extension of meditation; a great way to calm your mind and increase relaxation.

Journaling – This is a cathartic exercise to get out your feelings. There is a lot of power between the pen and the paper. It will feel good.

Meditate, meditate, meditate – I cannot emphasize this enough. Stick with it, and you will see a difference in remaining calm.

Be in nature – Whether in the mountains or at the beach or a place that resonates with you, nature will calm you and get you centered.

Listen to music – Certain types of music soothes the soul and has a real calming effect on the nervous system. Find what soothes your soul.

Try some art – It may be painting, sculpting, or sketching, but whatever it is, art is very therapeutic and calming.

The above are a few calming techniques that came to mind that I feel can help calm your mind. Try something that resonates with you, then add one at a time to your list and soon you will feel calm and you will also sleep better.

*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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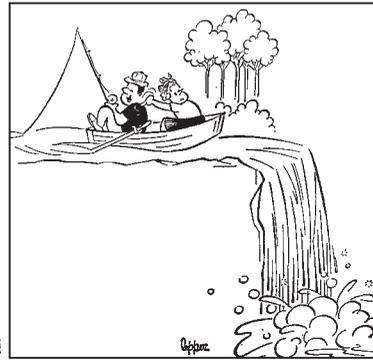


- Emergency 911
- Sanibel Police,..... 472-3111
- Lee County Sheriff's Office 477-1200
- On Call Captiva Deputy..... 477-1000
- Fire Department, Sanibel 472-5525
- Fire Department, Captiva 472-9494
- Florida Marine Patrol..... 332-6966
- Florida Highway Patrol 278-7100
- Poison Control..... 1-800-282-3171
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- Library, Captiva 239-533-4890
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- Post Office, Sanibel (toll free) 800-275-8777
- Post Office, Captiva..... 472-1674
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- Art League Of Fort Myers..... 275-3970
- BIG ARTS..... 395-0900
- Broadway Palm Dinner Theatre 278-4422
- Fort Myers Symphonic Mastersingers 288-2535
- Gulf Coast Symphony..... 277-1700
- Herb Strauss Schoolhouse Theater..... 472-6862
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- Audubon Society 472-3744
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- Sanibel Bike Club sanibelbicycleclub.org
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- Sanibel-Captiva Republican Caucus..... 395-0819
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- United Way of Lee County - 24 hour helpline 211 433-2000
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PUZZLES

Answers on page 46 and 47



"A what? Who you kidding, dear?"
Rivers don't have _____."

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!

Stew

SHAH

Concede

IDELY

Berate

CLODS

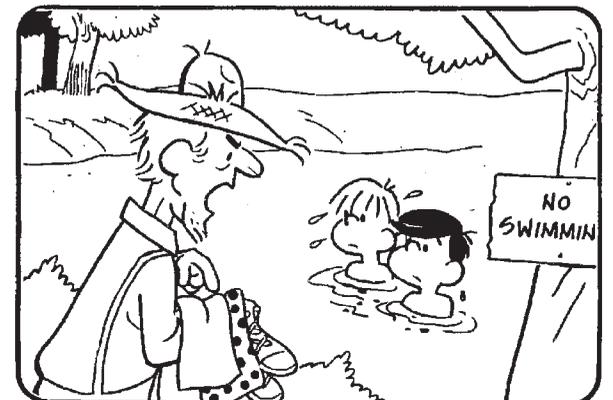
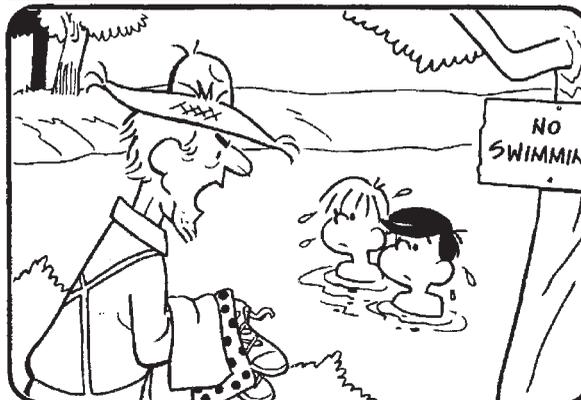
Remove

TEELED

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Suspenders are different. 2. Shoelace is missing. 3. Sign is lower. 4. Drop of water is missing. 5. Hand is showing. 6. Leaves are added.

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

To Play Sudoku:

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

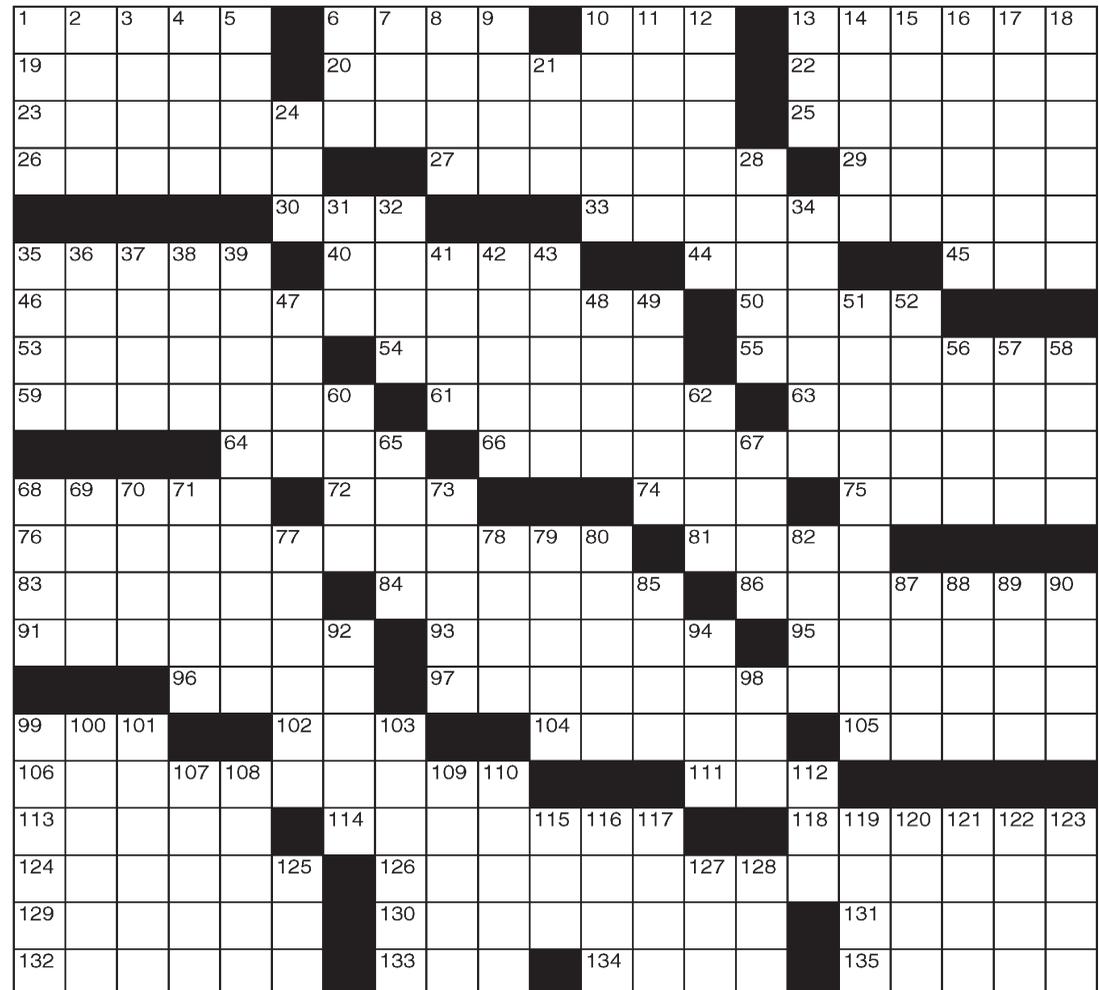
PUZZLES

Answers on page 47

Super Crossword

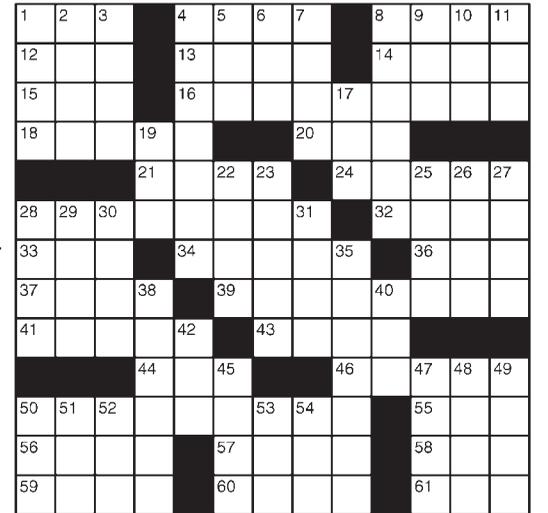
E-Z DOES IT

- ACROSS**
- 1 Not dozing
 - 6 Rock band boosters
 - 10 Make of the XK-E, in brief
 - 13 Leading nun
 - 19 Adage
 - 20 Irrational suspicion
 - 22 Dark-haired man
 - 23 Cracker consumed to become a fraternity member?
 - 25 Against: Prefix
 - 26 Dry stretch
 - 27 Sessions with mediums
 - 29 Vidalia, e.g.
 - 30 Cochlea site
 - 33 Comment when pointing out your aunt's child?
 - 35 Ducky insurance company?
 - 40 Bloody — (cocktails)
 - 44 Wee child
 - 45 Spanish pronoun
 - 46 German poet who founded a ketchup company?
 - 50 — Minor (Little Bear)
 - 53 Keyless, in music
 - 54 Marilyn of old movies
 - 55 Was a snitch
 - 59 Kindly
 - 61 Shoplifts or embezzles
 - 63 Three-horse wagon
 - 64 Lead-in to byte
 - 66 Cap required to be worn to gain entry?
 - 68 Author Nin
 - 72 Be liable to
 - 74 Big antelope
 - 75 Teal relatives
 - 76 Impudent actress who played Cleo?
 - 81 — bad example
 - 83 Furtive observation
 - 84 Having some replacement parts?
 - 86 Hybrid citrus
 - 91 Perilous stuff to skate on
 - 93 Lethargy
 - 95 Nomadic sort
 - 96 Iraqi, say
 - 97 Walk just beyond a northern Austrian city's border?
 - 99 Pick, with "for"
 - 102 Stir-fry tidbit
 - 104 Dumbbells
 - 105 Many-time golf champ
 - 106 Small squirt of a zero-calorie drink?
 - 111 With 37-Down, fin-footed mammal
 - 113 "Tiny Dancer" singer John
 - 114 Road show groups
 - 118 Uncrowded
 - 124 Sadness
 - 126 Classic figure-skating painting?
 - 129 Sculpted torso, maybe
 - 130 White rat's condition
 - 131 Chavez of labor
 - 132 "Plus" qualities
 - 133 Vote "for"
 - 134 The whole nine yards
 - 135 Additional
 - DOWN**
 - 1 In amongst
 - 2 Lose power
 - 3 Allies' foe
 - 4 Eagle cousin
 - 5 Persian Gulf ruler
 - 6 Fitting
 - 7 — tai
 - 8 Whizzes
 - 9 Of right mind
 - 10 Wrist or hip
 - 11 Letter after G, spelled out
 - 12 Eye steadily
 - 13 It airs "The Conners"
 - 14 Witch's "vehicle"
 - 15 Bugs is one
 - 16 Lure
 - 17 Watery, as a membrane
 - 18 Unit of lyrics
 - 21 Gp. backing guns
 - 24 Had a bite
 - 28 Heavily built
 - 31 "Better Call Saul" ailer
 - 32 Chicago mayor — Emanuel
 - 34 Some low clouds
 - 35 Melville captain
 - 36 Grand party
 - 37 See 111-Across
 - 38 Oscar winner Hathaway
 - 39 Event for artisans selling wares
 - 41 They follow pis
 - 42 Gossip spreader
 - 43 Fathered, as a foal
 - 47 Nastase near a tennis net
 - 48 Chomsky of linguistics
 - 49 1983 Woody Allen role
 - 51 Beef dish in a sour cream sauce
 - 52 Make right
 - 56 Spirit
 - 57 Wrings (out)
 - 58 Astonish
 - 60 Gator cousin
 - 62 IRS form info
 - 65 Spin — (emulate Spider-Man)
 - 67 Raw beef fat
 - 68 Assist in evil
 - 69 Have a bite
 - 70 High peaks, in Italian
 - 71 Menzel who voiced Elsa in "Frozen"
 - 73 Fixes text
 - 77 He drew Li'l Abner
 - 78 Rioter's haul
 - 79 How a loss may be marked
 - 80 Nada
 - 82 Root for poi
 - 85 "Far out!"
 - 87 Grand party
 - 88 Old film actor Jannings
 - 89 Give for a bit
 - 90 Tiny pasta
 - 92 Roger of film review
 - 94 Dull routines
 - 98 Mao — -tung
 - 99 City in west Texas
 - 100 Aviators
 - 101 Aquarium favorites
 - 103 Windpipe
 - 107 Rich dessert
 - 108 Animal nose
 - 109 Actor Peter O'—
 - 110 Fitness program with Latin music
 - 112 Hearth waste
 - 115 — gow (casino game)
 - 116 City of central Sicily
 - 117 Actress Loretta
 - 119 Tempo
 - 120 TV's Trebek
 - 121 Corrode
 - 122 Sky twinkler
 - 123 Biblical prophet
 - 125 Craven of horror films
 - 127 Prefix like "equi-"
 - 128 Celebrity gossip site



King Crossword

- ACROSS**
- 1 Scepter
 - 4 Israeli airline
 - 8 Staffer
 - 12 Brit. record label
 - 13 The Big Easy acronym
 - 14 Not worth debating
 - 15 Picnic crasher
 - 16 Bird with yellow plumage
 - 18 Popular take-out entree
 - 20 Use a shovel
 - 21 Golden Fleece ship
 - 24 Atkinson of "Mr. Bean"
 - 28 Wood pigeon
 - 32 Long tale
 - 33 Mil. morale booster
 - 34 Gladden
 - 36 Decay
 - 37 Lost traction
 - 39 Pink wading bird
 - 41 King of Judea
 - 43 Faux pas
 - 44 Belly
 - 46 Tribal emblem
 - 50 Coastal diving bird
 - 55 Chopper
 - 56 — mater
 - 57 Bassoon's kin
 - 58 Director
 - 11 Ordinal suffix
 - 17 Fragrant tree
 - 19 Abrupt turn
 - 22 Michelle Wie's game
 - 23 Cameo shapes
 - 25 Tip off
 - 26 Awestruck
 - 27 Peacekeeping org.
 - 28 Hurry
 - 29 Capri, for one
 - 30 Pinot —
 - 31 And others (Lat.)
 - 35 Sent forth
 - 38 Doctrines
 - 40 Wall St. debut
 - 42 Pair
 - 45 Jog
 - 47 "Toodle-oo!"
 - 48 Way out
 - 49 Viral web phenomenon
 - 50 Low isle
 - 51 Flamenco cheer
 - 52 LBJ's successor
 - 53 Copper head?
 - 54 "Smoking or —?"
- DOWN**
- 1 Harvest
 - 2 Hotel chain
 - 3 Bubblehead
 - 4 Fencer's cry
 - 5 Brit's restroom
 - 6 100 percent
 - 7 "Shane" star
 - 8 Juan's pals
 - 9 Charged bit
 - 10 Medico



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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: CUTS HAIR AS A TRADE

- | | | | |
|-----------|---------|----------|---------|
| Beauty | Dress | Printing | Tobacco |
| Butcher | Machine | Repair | Union |
| Coffee | Pastry | Tackle | Window |
| Curiosity | Pawn | Talk | |

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Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:42 am	4:24 am	11:39 am	7:22 pm
Sat	2:54 am	5:36 am	12:36 pm	8:01 pm
Sun	3:07 am	6:34 am	1:26 pm	8:33 pm
Mon	3:18 am	7:26 am	2:12 pm	9:00 pm
Tue	3:30 am	8:15 am	2:55 pm	9:25 pm
Wed	3:45 am	9:04 am	3:39 pm	9:48 pm
Thu	4:03 am	9:54 am	4:27 pm	10:11 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:47 am	4:26 am	10:44 am	7:24 pm
Sat	1:59 am	5:38 am	11:41 am	8:03 pm
Sun	2:12 am	6:36 am	12:31 pm	8:35 pm
Mon	2:23 am	7:28 am	1:17 pm	9:02 pm
Tue	2:35 am	8:17 am	2:00 pm	9:27 pm
Wed	2:50 am	9:06 am	2:44 pm	9:50 pm
Thu	3:08 am	9:56 am	3:32 pm	10:13 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	11:35 am	7:12 pm	None	None
Sat	2:38 am	6:42 am	12:54 pm	8:08 pm
Sun	2:54 am	7:49 am	1:50 pm	8:54 pm
Mon	3:21 am	8:44 am	2:42 pm	9:33 pm
Tue	3:49 am	9:31 am	3:34 pm	10:06 pm
Wed	4:16 am	10:12 am	4:20 pm	10:35 pm
Thu	4:42 am	10:49 am	5:01 pm	11:00 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	4:52 am	7:40 am	1:49 pm	10:38 pm
Sat	5:04 am	8:52 am	2:46 pm	11:17 pm
Sun	5:17 am	9:50 am	3:36 pm	11:49 pm
Mon	5:28 am	10:42 am	4:22 pm	None
Tue	5:40 am	12:16 am	5:05 pm	11:31 am
Wed	5:55 am	12:41 am	5:49 pm	12:20 pm
Thu	6:13 am	1:04 am	6:37 pm	1:10 pm

My Stars ★★★★★ FOR WEEK OF AUGUST 16, 2021

Aries (March 21 to April 19) A troubling situation takes a positive turn and moves toward a resolution that should please you and your supporters. Meanwhile, make time to deal with new domestic issues.

Taurus (April 20 to May 20) It's a good time to reassess your goals and consider shifting directions. Remember to keep an open mind and be prepared to make changes as new opportunities arise.

Gemini (May 21 to June 20) Rely on your strong Mercury aspect to help you close that communication gap before it becomes too wide to cross. A sibling or other family member has news.

Cancer (June 21 to July 22) You're about to get off that emotional roller coaster and start experiencing more stability than you've been used to. This is a good time to let someone new into your life.

Leo (July 23 to August 22) Good news: A trusted friend comes through for you. But you still need to shed that last scrap of self-doubt and once more become the

cool, confident Cat we all know and love.

Virgo (August 23 to September 22) Things should be getting back to a less hectic pace. Enjoy the more peaceful atmosphere. You earned it. But don't forget about those still-unresolved issues.

Libra (September 23 to October 22) A more positive family relationship develops as misunderstandings are explained away. A job situation appears promising, but check it out before you act on it.

Scorpio (October 23 to November 21) Congratulations. That on-the-job situation is working out as you'd hoped. Now's a good time to relax and to enjoy the

company of family and close friends.

Sagittarius (November 22 to December 21) You might feel as if you're caught in an emotional tug-of-war. But don't be rushed into a decision on either side. Wait for more facts before you act.

Capricorn (December 22 to January 19) The Goat's usually high level of self-confidence is brimming over these days. This should help you deal with a situation that you've avoided for far too long. Go for it.

Aquarius (January 20 to February 18) Relationships become more intense. But continued on page 46

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From page 44

My Stars

be careful not to be pushed into decisions you're not comfortable with. Remember: You're the one in charge of your life.

Pisces (February 19 to March 20)

You need to show more confidence in your ability to reach your goals. Make that long-delayed decision, and avoid floundering around in a sea of self-doubt.

Born This Week: Although you appear to be strongly opinionated, you can also be open to other ideas – so long as they are presented with logic and clarity.

NOW HERE'S A TIP

- Stuck zippers can be loosened with graphite powder, or simply by tracing a pencil lead over the zipper.
- “The best way to get a bloodstain out of clothing is by dousing the stain with hydrogen peroxide and washing as usual. For clay stains, you absolutely must have a Fels-Naptha bar. It looks like a bar of soap, and you wet the material and rub in the soap. It’s magical. This, coming from a softball mom whose daughter loves to slide.” – AA in Florida
- Clear bins make it easy to group like items in your pantry. You can remove the bin, get what you need and replace it, rather than digging through cans and boxes on a shelf and having to straighten it back up when you’re done.
- A better use for soda: Use it to scrub

your pots and pans. If you have grime and slime, try letting the acids in soda pop work it out for you. Pour enough soda to cover the bottom of the pots or pans and let soak for 5 to 10 minutes. Then scrub away.

- “If you have a retractable cord on your vacuum, try this trick. Clip a clothespin at the optimum length, and the cord will not retract past that point. So, no more snapping right out of the outlet, which used to happen to me.” – PL in Tennessee

- Use rubbing alcohol to clean window frames. It evaporates quickly with no residue left behind.

STRANGE BUT TRUE

- In a practice called sexual death feigning, female dragonflies play dead to avoid sex. Why? A scientist at the University of Zurich observed that, when faced with aggressive males, female moorland hawk dragonflies will freeze in mid-air, fall to the ground and lie motionless in an attempt to avoid injury and sometimes even death that can result from being coerced into mating. Four other species, including the spider and praying mantis, are known to do this as well.

- When Victor Hugo was facing a tight publication schedule for *The Hunchback of Notre Dame*, he asked his valet to confiscate his clothes so he wouldn't be able to leave the house.

- For several decades, Vincennes University in Indiana offered a degree in Bowling Management that allowed

students to gain entry-level jobs in the bowling industry by offering classes on sales, pinsetter mechanics and pro shop operations.

- President John F. Kennedy was buried without his brain. The original reason given was that it had been “lost” during his autopsy, but in 2018, newly released U.S. government documents revealed that his brother, Robert Kennedy, ordered the brain secretly destroyed to ensure that it would never be displayed in a museum.

- Eating Kentucky Fried Chicken on December 25 is such a popular tradition in Japan that the chain asks customers to place their orders at least two months in advance. The custom started in 1974 when it was introduced to Japan for visitors who were looking for a dinner that resembled a traditional holiday meal.

- Aside from being the first commercially successful 3D game, *Battlezone* also was used by the U.S. Army to train tank gunners.

THOUGHT FOR THE DAY

“Take a walk outside – it will serve you far more than pacing around in your mind.” – Rasheed Ogunlaru

TRIVIA TEST

1. **Literature:** Which book series featured a character named Samwise Gamgee?
2. **Television:** What was the name of Fred's boss on the animated TV show *The*

Flintstones?

3. **General Knowledge:** How many cards are in a modern tarot deck?
4. **Geography:** What is Canada's largest island?
5. **Movies:** Which 1990s movie features a character nicknamed “The Dude”?
6. **Food & Drink:** In which country did tequila originate?
7. **Advertising:** Which website is advertised in commercials that feature the character Captain Obvious?
8. **Science:** What kind of tree produces acorns?
9. **History:** When did the United States' first commercial radio station go on the air?
10. **U.S. States:** What is the state capital of Missouri?

TRIVIA ANSWERS

1. *The Lord of the Rings*
2. George State
3. 78
4. Baffin Island
5. *The Big Lebowski*
6. Mexico
7. Hotels.com
8. Oak trees
9. 1920
10. when KDKA went on the air in Pittsburgh.

SCRAMBLERS ANSWER

1. Hash
2. Yield;
3. Scold;
4. Delete

Today's Word
HILLS

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1/4 * TFN

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REMAX OF THE ISLANDS
6/5 * TFN

HELP WANTED

YARD WORK

Two Island households seek reliable person to do monthly and/or occasional light yard work - includes mowing.
coe1537@icloud.com

8/13 * TFN

HELP WANTED

CAREGIVER

Looking for part time caregiver for elderly woman (98 years) on Sanibel. Duties include companionship, person care and basic household chores. Please call Lisa at 239-395-0153.

8/13 * 8/20

HELP WANTED

HELP WANTED

Full-time property management position available. Please send resume to Sherry@SanCapManagement.com.

8/20 * 8/20

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4/20 * TFN

HELPER

Are you elderly, disabled or just don't have free time?

I can help!
Just give me a call...
973-919-2116

12/11 * TFN

NOW HIRING

Do you want morning, evenings & weekends off? Looking for experience while studying child development?

WE'VE GOT THE JOB FOR YOU!
City of Sanibel is hiring Recreation Aide/ Youth Counselor Staff at the Sanibel Recreation Center Youth Program!
SHIFTS: Monday - Friday, 2 p.m. to 5:30 p.m.

- Gain experience working with school-aged youth in a fun, safe, and friendly environment.
 - Be a positive role model
 - Have fun!
 - We provide CPR/AED/FIRST-AID and Lifeguard Certifications
 - Recreation Aides who obtain Lifeguard Certification receive a PAY INCREASE to \$15 PER HOUR!
 - Sanibel & Cape Coral Tolls PAID!
- REQUIREMENTS: Age 17 or older. Must be a current high school senior, high school graduate or have GED. 6-months experience as a youth counselor in recreation programming preferred but not required.

Apply online at:

www.governmentjobs.com/careers/sanibel

8/6 * 8/27

YOUTH LIBRARY CLERK (PT)

Sanibel Public Library seeks a library clerk focusing on youth services.

This part-time (20-24 hours per week) position provides Library use guidance, programming, and special events support. Previous public service experience, working with youth, basic computer skills preferred. Weekend and some evening work required. Job description is available online at www.sanlib.org/employment.
Deadline August 31, 2021

8/13 * 8/20

LIBRARY CLERK TECHNOLOGY (PT)

Sanibel Public Library seeks a library clerk with a working knowledge of personal computers. This part-time (20-24 hours per week) position assists patrons and staff on use of public computer equipment, software, Library Catalog, printing, and the Internet.

Performs other duties as required. Evening and Saturday hours required. Job description is available online at www.sanlib.org/employment.
Deadline August 31, 2021.

8/13 * 8/20

PUBLIC SERVICE

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.

4/24 * TFN

Read us online at
www.islandsunnews.com

PETS OF THE WEEK



Scrappy ID# A871413 Plum ID# A878726 photos provided

Lee County Domestic Animal Services

Scrappy And Plum

Scrappy is a 4-year-old male pit bull mix who likes to play and snuggle. His adoption fee is \$20.

Plum is a patch tabby 2-year-old female domestic shorthair who gets along well with other felines. Her adoption fee is waived.

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

HORTOONS



HORTOON

PUZZLE ANSWERS

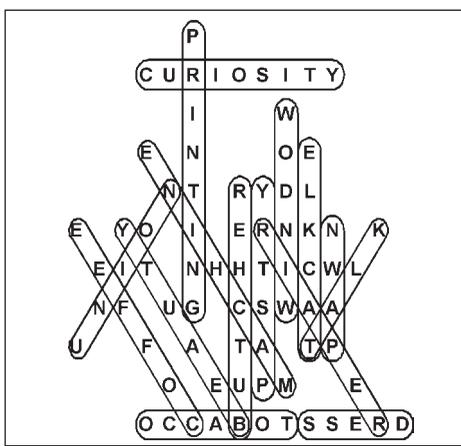
SUPER CROSSWORD

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I	N	I	T	I	A	T	I	O	N	R	I	T	Z	C	O	N	T	R	A
D	E	S	E	R	T	S	E	A	R	N	C	E	S	O	N	I	O	N	
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A	N	A	I	S	O	W	E	A	D	M	I	S	S	I	O	N	F	E	Z
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T	H	I	N	I	C	E	T	O	R	P	O	R	O	A	M	E	R		
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Seaspray Subdivision	Sanibel	2020	4,790	\$6,995,000	\$6,695,875	447
Barefoot Beach	Bonita Springs	2000	7,041	\$6,895,000	\$6,630,000	13
Carolands	Bonita Springs	2017	4,485	\$4,800,000	\$4,150,000	20
Fort Myers	Fort Myers	2005	5,224	\$2,500,000	\$2,600,000	2
Esplanade Lake Club	Fort Myers	2022	3,554	\$2,450,000	\$2,450,000	0
Stuart Subdivision	Fort Myers	1988	5,740	\$1,950,000	\$1,950,000	219
Acreage	Fort Myers Beach	1953	2,576	\$1,695,000	\$1,700,000	121
Vista Wildblue	Fort Myers	2020	2,801	\$1,400,000	\$1,425,000	4
Palmetto Point	Fort Myers	1984	2,813	\$1,295,000	\$1,381,000	1
Valencia Terrace	Fort Myers	1925	4,798	\$1,350,000	\$1,330,000	5

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