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VOL. 29, NO. 13

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 24, 2021

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City Manager Position To Be Decided Soon

by Wendy McMullen

City council whittled down candidates for city manager to five at a special meeting last week. Judie Zimomra, who has served as Sanibel city manager for the last 20 years, retires on September 30.

Ninety-six candidates applied for the position. The search firm hired to handle the applications, Colin Baenziger & Associates, selected nine candidates to present to Sanibel City Council on September 15.

Applicants shortlisted included managers from cities as diverse as Lake Worth, Texas to Poland, Maine. City council narrowed the nine candidates down to five. The five are: Stacey Almond, city manager of Lake Worth, Texas; Yvonne Kimball, city manager of Jackson, California; Jeffrey Durbin, interim city manager of Frisco, California;



Judie Zimomra photo provided

Dana Souza, interim city manager of the City of Naples; and Sanibel's current director of community services, Keith Williams.

Most discussion centered around what the majority of council members said was the different treatment of Williams from the other candidates.

Councilmember Mike Miller pointed out that despite the council's direction that Williams be treated no differently from

continued on page 8

Race To Benefit FISH Of SanCap Goes Virtual

The 13th annual 10K Race 4 FISH, originally scheduled as a hybrid virtual and in-person race on Saturday, October 23 will now be virtual only. The change was made due to the ongoing rise in COVID-19 cases.

"We are disappointed that the race cannot take place in person again this year," said Diane Cortese, race committee chair. "Despite the current situation, we're hoping to see more runner participation for the virtual version since the race can take place anywhere and at any time where all can be safe."

Registration is open through the Fort Myers Track Club at www.ftmyerstrackclub.com. Runners that have previously signed up will have four options: 1) to go virtual; 2) to roll over fees to the 2022 race; 3) to donate fees; and 4) to request a refund. Those requesting a refund may do so through



Logo by Dave Horton image provided

September 30.

Runners who participate virtually will log their results online through a race link. Times will be accepted at any point from when they register through October 31. Participating runners will receive a commemorative shirt with the Hortoon 10K logo on the front, as well as 10K medals, which will be mailed to directly to them based on signup date.

"While we will miss seeing the smiling
continued on page 16



Explore Wildlife Drive for free

photo provided

Free Activities At Refuge Saturday

Celebrate National Public Lands Day at the JN "Ding" Darling National Wildlife Refuge on Saturday, September 25. Whether you're wanting to explore the trails, get out on the water or take a trip down Wildlife Drive, there are so many ways to enjoy the day. Plus,

there is no admission charge for Wildlife Drive that day from 7 a.m. to 7 p.m.

The refuge staff will also be awarding a free one-day entry pass for any national wildlife refuge, national park and other federal lands to visitors who collect a bag of trash at the refuge. The pass is good for one year.

Tour the WoW (Wildlife on Wheels) mobile interactive experience and play
continued on page 18

Talk On Seashells In Fashion And Jewelry Design

In celebration of its 25-year anniversary, the Bailey-Matthews National Shell Museum continues its free Celebrating 25 Years virtual lecture series with a new talk, Shell Dressed: Seashells in Fashion and Jewelry, at 5 p.m. on Tuesday, September 28. The program will be led by Jean M. Burks, curator emerita, Shelburne Museum, and Kory Rogers, Francie and John Downing senior curator of American Art, Shelburne Museum.

Following their successful June lecture about shells in art, Burks and Rogers return with a new presentation to explore how mollusks are incorporated and interpreted in items of personal adornment throughout history. From Cleopatra to Alexander McQueen, classic cameos to contemporary creations, shells have been adored by celebrities, commoners and cultures around the world. Whether used as a dye for ancient royal garments or embroidered to a contemporary evening gown, threaded on string or set in precious metals, seashells have played an important role in the design and production of fashion and fashion accessories for thousands of years.



A cameo pin with a gold shell design

photo provided

Rogers oversees more than 100,000 works of art and design at the Shelburne Museum in Vermont, ranging from the 18th century to present day. His professional interests include the American circus, wildfowl decoys, English ceramics, 19th-century horse-drawn vehicles, 20th-century and contemporary furniture design, and, of course, seashells. Rogers earned his master of arts degree in the history of American decorative arts from the joint program between Smithsonian Associates, Parson School of Design and

continued on page 22



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Community House Events

The Community House thanks Trudy and Tommy Williams for sponsoring Aerobics with Mahnaz Bassiri for the month of September in the amount of \$1,500. Your support of this programming is appreciated.

The Arts and Crafts Fair will take place on Sunday, October 3 from 9 a.m. to 2 p.m. There are still booth spaces available for vendors to sell original handmade goods. Contact Allison at office@sanibelcommunityhouse.net for more information.

Kid's First Mondays cooking classes will begin on October 4 from 2:30 to 4:30 p.m. Students will be cooking mini-meatball subs, grilled cheese and cookie dough. Classes are \$35 for members and \$40 for nonmembers. Scholarships are available.

Weekly Adult Culinary Classes with Chef John Wolff begin on Saturday, October 9 at 10 a.m. Cost per class is \$25 for members and \$30 for nonmembers. To sign up, contact Allison at office@sanibelcommunityhouse.net.

Community socials resume on Wednesday, October 13. Chef John Wolff will prepare Sundried Tomato, Fontina Crostini and End of Summer Stone Fruit Salad for starters. The main dish choices will be Herb Crusted Pork Loin or Autumn Apple Chicken with sides of Fire Roasted Baby Vegetables or Loaded Baked Potato Gratin. For dessert, it's Blackberry Cobbler. Drive-through meals to go will be available with pick up from 5 to 6 p.m. The in-person buffet will begin at 6 p.m. Cost per person is \$20 for members and \$25 for guests. Dessert is \$5 additional. Sign up online at www.sanibelcommunityhouse.net or call 472-2155.

The Community House will be hosting a Life Line Screening event on Tuesday, October 19. Call 1-888-814-0416 or visit www.lifelinescreening.com/community-partners to register for your screening and receive a \$10 discount. This screening covers five different areas of artery health and osteoporosis risk assessment.

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 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.

There are fresh batches of mango chutneys, salsas, barbeque sauces, hot jellies and jams available for purchase. All proceeds from the kitchen go toward scholarships for the Culinary Education Center.

Sanibel-Captiva Art League members Anita Force Marshall and Bob Marshall are the featured artists of the month. Their original works are on display throughout September.

The Community House is looking for sponsorships for Line Dancing classes taught by Marie DiRosa in the amount of \$200 per month and for Aerobics with Mahnaz Bassiri in the amount of \$1,500 (or a portion thereof for the weekly classes offered). Contact Allison at office@sanibelcommunityhouse.net if you are interested in sponsoring either of these programs.

The Community House is looking for volunteers to help with Fall Fest, which will take place as a drive-through on Sunday, October 31 from 4 to 6 p.m.

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 following current CDC guidelines.

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

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photo courtesy Captiva Island Historical Society Archives

Sandpiper
Captiva Island Historical Society
Looking Back:
Sandpiper

This week's image is a photo of the Drowne house on Captiva. The house, which was named Sandpiper, was built in 1956 by David Campbell, a New Hampshire architect. The History Gallery, developed by the



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

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

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS
 Friday Shabbat Services at 7:30 p.m.
 Email batyamsanibel@gmail.com for zoom link.

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 7:30 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com 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. Service schedule through October, Saturday 5 p.m. and Sunday 9:30 a.m. We follow CDC guidelines regarding masks and other covid protocols. The 9:30 a.m. Sunday service is also livestreamed at www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 239-472-2173.

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



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Halloween costumes photos provided

Local Thrift Shop Taking Donations, Reopening Soon

Noah's Ark Thrift Shop, a ministry of St. Michael and All Angels Episcopal Church has been closed since August but will reopen to customers again in October. The thrift shop is accepting donations of gently used items to help refill the shelves. There is a dock on the side of the building where you can leave your items. If you have furniture to

Fall-themed home decor

donate, call Chuck at 412-480-0779 to arrange for pick up.

October hours are Tuesday and Friday from 9:30 a.m. to 12:30 p.m. Admission numbers are given out starting at 8:30 a.m. to limit capacity to 40 people at a time in the shop.

For more information, check out the Noah's Ark Thrift Shop Sanibel Facebook page, visit www.saintmichaels-sanibel.org or call 472-3356.

St. Michael and All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel.✪

Planners Approve Variance For Boat Dock

by Wendy McMullen

Which is more important? Upholding the Sanibel Plan so that a boat dock does not extend more than 20 percent into the waterline, or protecting the mangroves, also an important element of the city's guiding plan.

That was the question at the Sanibel Planning Commission meeting of September 14 in considering an application to construct a boat dock and boat lift on a vacant residential parcel of land abutting a human-made canal at 5821 Pine Tree Drive in Castaway Estates.

A variance was needed for the dock because the Sanibel Land Use Plan does not allow docks to extend more than 20 percent into the waterway. The proposed T-dock is 25 feet beyond the mean high water line. The width of the canal at that point is 84 feet. The shoreline is heavily vegetated with mangroves and moving the dock closer would destroy them.

The proposed dock replaces an existing dock permitted in 1991 with practically the same footprint, and the proposed plans represent no more impact to mangroves than the existing dock. The city's natural resources department had no objection to the

proposed variance.

Planners decided to approve a variance for the dock but to reduce the terminal platform from four to three feet to lessen the impact.✪

Visit Website To Follow Causeway Shoreline Project

The City of Sanibel received updated communications from Lee County related to the project currently under way on Sanibel Causeway Island B.

The Sanibel Causeway Island B Shoreline Stabilization Project addresses chronic erosion of the San Carlos Bay and Pine Island Sound shorelines of the causeway. The project consists of clearing exotic vegetation along the shoreline, excavating some existing stone, which will be reused, placement of new beach sand and construction of T-groins. A T-groin is a structure built perpendicular to the shoreline and is used to capture sand, preventing it from eroding off the beach.

The contractor will work first on the Pine Island Sound side of the island, then move to the San Carlos Bay side. Areas of Island B will be restricted during construction of the shoreline stabilization project. The project is expected to be complete by spring 2022.

Sanibel residents and visitors are encouraged to track the progress of the project by visiting www.leegov.com/parks/beaches/causeway.✪

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Girls Scouts Join Effort To Help People Of Haiti

Sanibel's Girl Scout Troop 200 drew on their hard work as cookie entrepreneurs to donate to the relief effort in Haiti last week. The girls spent their troop funds and time shopping for food and medical supplies. They also collected clothing items from friends and family to help the victims of the deadly earthquake in Haiti.

"The girls did such a great job allocating their money and then shopping as a team to make their budget," said Girl Scout mom Christina Gould. "They even thought of items that we hadn't."

The girls spent over \$100 for supplies and collected bags of gently used clothing.

The girls were inspired by a class project at The Sanibel School, where their fifth grade teachers – Joseph Camputaro and Ann Franke, in conjunction with the Sanibel Middle School Interact Club – asked the entire school community to donate items that will then be sent to a central location for shipment to Haiti.

"Our teachers told us about what happened in Haiti and we all wanted to help," said Girl Scout Natalya Sampas. "We feel lucky to be on Sanibel and have good homes and a great school. We have to try to help other people who have been less fortunate."

Troop 200 has made a tradition of setting aside a portion of the funds they



Girl Scouts at The Sanibel School with bags of supplies

photo provided

raise each year to support a charity that the girls choose by majority vote. Prior years have included acknowledging healthcare workers at Lee Health and donating money toward the purchase of Wulfert Bayous by JN Ding Darling National Wildlife Refuge.

"I am delighted that this year the girls chose a cause that fits with something that their school is doing," said Girl Scout leader Anna Sampas. "I am also very proud of the thought that they put into reaching out to the Haitian people. They even bought a bag of Halloween candy in order to cheer up the kids who had lost their homes, as well as specifically thinking

about medicines for those who were hurt."

Camputaro, who will pass the collected items to an umbrella organization, said he was very pleased with the results.

"Through the generosity of the Sanibel community, Sanibel Girl Scout Troop 200 and our students, we have exceeded our expectations of collecting items to be sent to the families of Haiti that were affected by the recent earthquake," Camputaro said. "We could not be any prouder of our school community for coming together to help those in a time of need."

The Sanibel School Principal Jamie Reid said, "We are so proud of our Sanibel community and their generosity

for those in need. The combined efforts of our fifth grade students in Mr. Camputaro and Mrs. Franke's class, our middle school students in the Interact Club, and the Girl Scouts were highly successful. In fact, the amount of donations gathered far exceeded our expectations. I am so proud of our Sanibel School students and staff members who supported this effort."*

Blessing Of The Animals Next Saturday

St. Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way, will hold its annual Blessing of the Animals on Saturday, October 2 from 10 a.m. to noon. All activities will be held outdoors.

All are welcome to bring their pets on a leash or in a carrier. You can also bring a photo of your pet(s) or a stuffed animal to be blessed.

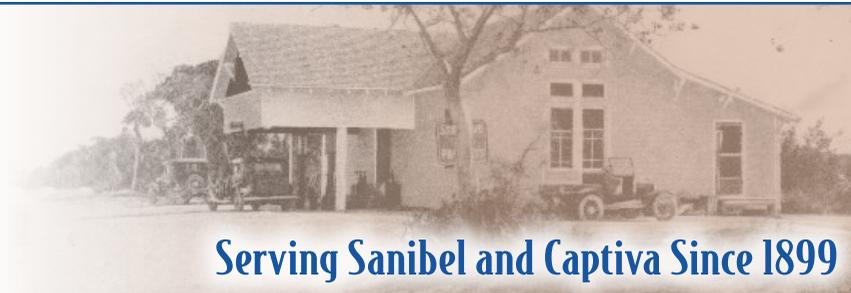
There will be a brief service at 10 a.m. with blessings from 10:20 a.m. to noon. You can drive through or walk up.

Treats will be available for owners and their pets. Representatives from Clinic for the Rehabilitation of Wildlife (CROW) will be on hand with Gigi, the Virginia opossum, one of CROW's animal ambassadors. A donation list for CROW is posted on the church website at www.saintmichaels-sanibel.org.

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Retiring City Manager Speaks To Lions Club

by Wendy McMullen

Sanibel City Manager Judie Zimomra gave what was probably her last civic presentation to the Sanibel Captiva Lions Club on September 15.

Zimomra is retiring on September 30, almost exactly 20 years after beginning her tenure in 2001. She said she had been inspired by the many examples on Sanibel of how to live a good life after retirement.

She pointed to some of the successes the city has achieved during the many years she has headed the team. The city has, for example, obtained \$72 million in grants for projects that the city would be doing anyway, and has been awarded \$3.2 million in recovery funds for COVID-19 relief.

Zimomra also mentioned the



Judie Zimomra with Lion Bob Kern
photo by Wendy McMullen

improvements to the Sanibel Causeway. Although it is owned by Lee County, the causeway brings substantial revenue to the city which gets 21 percent of toll funds.

Among the city's other substantial achievements in the past 20 years is the Donax sewer plant project, costing \$20

million. This project, the biggest ever undertaken by the city, is built to handle peak flow during Sanibel's busy tourist season.

Also mentioned is the plan for the new police building which will be designed to provide training and interview areas as well as accommodate the growing number of female police officers in the force.

Asked about challenges to the city, Zimomra mentioned the current staff shortages which has necessitated staff working 12-hour days. Some 70 city staff were furloughed at the beginning of the pandemic and many have chosen not to return.

"I've awarded everyone working in the city a crankiness variance," Zimomra joked.

Other challenges are protecting Sanibel's "brand," which is the environmental essence enshrined in its vision statement.

"Our natural environment is the highest pinnacle," Zimomra said. "We should protect it and not move over when it is challenged."✧

Input Needed On Nesting Birds

The Florida Fish and Wildlife Conservation Commission (FWC) is seeking public feedback on draft species conservation measures and permitting guidelines for four state-listed beach-nesting bird species including the American oystercatcher, snowy plover, least tern and black skimmer. Once approved, the guidelines will be part of Florida's Imperiled Species Management Plan. Guidelines are intended to provide information on rule requirements as they relate to permitting, and on the species' range, survey methodology and voluntary practices that can benefit the species.

All four species are included in one set of draft guidelines, which is available for review, and will be presented at the following webinars: Wednesday, September 29 from 6 to 7 p.m.; and Monday, October 11 from noon to 1 p.m. Visit www.myfwc.com/shorebirds.✧

From page 1

City Manager

other candidates, Baenziger himself chose which references to contact for Williams while the other candidates provided reference lists of their own. Vice Mayor Richard Johnson added to Miller's remarks, commenting that references people supplied to Baenziger & Associates were never approached.

"There were a couple that reached out to me specifically and were concerned that they weren't contacted," Johnson said. "They felt that you and your firm missed an opportunity to thoroughly vet this candidate."

Miller was also concerned that Baenziger wrote a critical assessment on Williams' ability to serve, but not on the other nine candidates.

Baenziger responded that although they try to treat the internal candidate in the same way as an external candidate, they are different.

"Internal candidates already know the city, the issues and the staff but they may not be accomplished managers," he explained. "Outside candidates typically

have a strong track record that we can evaluate."

He added that external candidates typically have good longevity and a press record, and that his company vets them via the Internet, conducts background checks and consults supervisors, external auditors, peers and executives at the chamber of commerce.

"We spoke to more people about Mr. Williams and went more deeply because frankly, he doesn't have a track record," said Baenziger.

Johnson dissented with Baenziger on this, stating that Williams did indeed have a track record that the city council was familiar with.

"I feel that our internal candidate has a body of work that we have been able to view and observe and work closely with, not just as councilmembers but also as community members," Johnson said. "My intention in going forward with this was that all candidates would be treated exactly the same. I want you and the people in the community listening to know that I'm not convinced that was the case, and it concerns me a great deal."

Williams has been with the city for 10 years, first as public works director and

city engineer. He was made community services director with supervision over the planning, building and code enforcement departments in 2018.

Baenziger's assessment of Williams mentioned excellent communications and presentation skills but pointed out that "a small but significant minority" said that there were weaknesses in communication, particularly in relation to building and code enforcement issues. No assessments were done on any of the other candidates even though several of them are serving in interim or assistant positions.

Councilmembers discussed the criteria they used in considering candidates. Councilmember John Henshaw said he looked at education, length of tenure, difficulties faced in past positions and the value of the candidate to the city.

"Only one or two mentioned the environment," he noted. "That speaks to their homework."

Councilmember Dr. Scott Crater agreed, pointing to the importance of an interest in conservation as well as the candidate's length of time in government.

The city received dozens of emails regarding the city manager position including one from Sanibel-Captiva

Conservation Foundation (SCCF) CEO Ryan Orgera, asking that council consider the city's charter which requires someone "who already has a highly developed understanding of the importance of our natural world, not someone who could learn this on the job."

"A city manager has considerable sway and power over many administrative processes involved in protecting this special place - to SCCF and to many of our island's residents, ensuring, not hoping, that the new city manager will uphold our city's nature ideals is paramount," Orgera wrote in public comment.

After discussion regarding the strengths and weaknesses of the other candidates, city council voted on the five finalists with Williams receiving five votes, Durbin four votes and Almond, Kimball and Souza three each. Miller only voted for three candidates.

The short-listed candidates will visit Sanibel on September 28 and 29 for city and island tours, and interview with individual councilmembers. A special council meeting is scheduled for Thursday, September 30 to make final rankings and selection.✧

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from residents, as well as regional and national artists. Shell Point residents enjoy designated studios for music, painting, pottery, photography, glass, quilting, crafts, and the performing and literary arts, along with an on-site arts library and lounge. A café, gift shop and outdoor sculpture garden complete this exciting hub of creative and cultural activity at Shell Point.®

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Plant Smart

Common Banana

by Gerri Reaves

If you want to put your landscape to work producing food, a banana plant is one of the easiest ways to do it.

Bananas, which are native to Southeast Asia, give the yard a definite tropical look and ornamental appeal to boot.

Bananas are related to other large-leaved ornamentals such as the traveler's tree, bird-of-paradise, heliconia and ginger.

More than 500 cultivars of banana exist today, with fruit ranging from finger-size to more than a foot long. Some are grown purely for ornamental purposes.

Several species of banana are commonly grown in South Florida, including the common banana (*Musa x paradisiaca*), pictured here, and the dwarf banana (*Musa acuminata*).

The common banana is also called French plantain, and the dwarf also called dwarf Cavendish.

There are two basic types of edible *Musa*, sweet bananas, which are eaten raw, and plantains, which are starchy and are cooked before consumption.

The plants are used for a variety of purpose in tropical and sub-tropical parts of the world. Not only is the fruit a nutritious staple, but the buds of staminate flowers are eaten as vegetables,



A stalk of bananas in a residential yard

as are the interiors of the pseudostems.

The gigantic leaves are used as wrappers, the stems for fiber, and stems and leaves for crafts.

Plant a banana and it will self-propagate via rhizomes and create your own little banana plantation without assistance.

It's a fast-grower and can reach up to 20 feet high.

The smooth oblong evergreen leaves



Purplish ornamental bracts peel back as the flowers develop down the stalk

soil, full sun and protection from strong winds, which can topple it.

It is very sensitive to cold, susceptible to several diseases and pests, and intolerant of salt water or saline soil.

Propagate it by dividing the clumps.

Sources: *Florida Gardener's Guide* by Tom MacCubbin and Georgia B. Tasker, *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan, <http://beta.floranorthamerica.org>, and www.gardeningsolutions.ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida.✱

photos by Gerri Reaves

can be several feet long and sometimes look ragged because of splits from the edges to the midribs.

The inflorescences are striking, to say the least, with numerous overlapping flowers in a bud-like mass packed into their tips.

Large purplish bracts enfold the flowers and peel away as the fruit develops down the stalk in a spiral.

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Stephanie Scheutz, left, was the leader for the bank's cleanup team photo provided

Bank Staff Pitches In To Clean Up The Beaches

The Edison National Bank/Bank of the Islands team volunteered to help Sanibel-Captiva Conservation Foundation (SCCF) complete a successful Coastal Cleanup on September 18. The banker volunteers focused their efforts along the West Gulf Drive beachfront near West Wind Inn.

The team of 13 employees and family members was part of a cleanup force of 1,200 volunteers across Lee County. There were 43 sites countywide

where citizens of all ages contributed their time to pick up trash and collect data. Organizers at SCCF and Keep Lee County Beautiful forward the collected data to Ocean Conservancy, where it will be analyzed and may have an impact on future environmental public policy.

"We are so grateful to the Edison National Bank/Bank of the Islands team," said SCCF CEO Ryan Orgera. "Whether it's their CEO Geoff Roepstorff hunting invasive pythons in the Everglades or events like the cleanup, they care deeply about environmental stewardship of the natural world that defines Southwest Florida. We also really want to thank Stephanie Scheutz for coordinating the bank's cleanup team again this year."*

Community Lends Support To Help Fight Cancer

Maureen McGauran, owner of Beachwalker Marketing & Communications, is co-sponsoring a VIP table at the Pink Flamingo High Tea, part of the Let's Pink Out fundraiser for breast cancer awareness. She said, "We're involved because the Pink Flamingo High Tea supports projects that make a difference. It's gratifying that the community has rallied with so many organizations contributing."

Following a yearlong internship in the city manager's office, McGauran launched Beachwalker Marketing & Communications. She joined the board of the Sanibel Captiva Business Women's Association (SCBWA) became a homeowner on Sanibel, and is active with church groups and music. "My goals are to continue growing a local business and to give back to the island community that has embraced me," said McGauran.

"Involvement in the Pink Flamingo High Tea honors family members and friends who have struggled with cancer," said Colleen Zurcher-McGauran, a board member and officer of the Sanibel Captiva Business Women's Association. "The CZ Family Fund is involved with a matching grant because, as a breast cancer survivor myself, I know how support for Let's Pink Out will touch



Maureen McGauran



Colleen Zurcher-McGauran

people's lives," she said.

Laura DeBruce, co-owner of Sanibel Carts and partner with DeBruce Blackman, PLLC, is also a table sponsor. "Going through the process of launching Sanibel Carts three years ago reinforced the active role this community plays in shaping all aspects of island life," said DeBruce, who was appointed to the Sanibel Planning Commission in January. "I'm passionate about preserving Sanibel as a sanctuary island and maintaining the small town charm," she said.

DeBruce has served on the board of directors of Zonta and Community Housing and Resources, and as a founding board member of SCBWA. "Community support events such as the Pink Flamingo High Tea help make our city a unique place to live and work," she said. "We're proud to be supporters."

The Pink Flamingo High Tea takes place at Sundial Beach Resort & Spa on Tuesday, October 5 at 11 a.m. Email sancapbwa@sancapbwa.org.*

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Subtle Signs Of Fall



by Capt. Matt Mitchell

Even though it doesn't quite feel like fall yet, the subtle signs of the change of season have begun. Bait fish have become really plentiful and, right along with them,

are lots of feeding fish. These huge schools of bait can be found throughout the sound and are beginning to show up out along the beaches too.

September and October offer anglers the best redfish action of the year. While scouting the Fosters Point area of North Captiva, I saw hundreds of redfish on just about every mangrove shoreline along with the open flats. With the water being so clear in the northern sound, this is the perfect sight-fishing opportunity. Trolling motors and push poling are a great way to sneak up on these fish... stealth is everything on these redfish schools.

Snook fishing has picked up on and around the many oyster bars. These places are transition areas for the snook as they gradually make their way back into the sound from the passes and the beaches. Oyster bars with lots of mullet moving around seem to bring the better fishing action. Docks in the passes



Jake got in on the redfish action

during the lower tides have also been a good call. Basically, any ambush point with moving tide will hold snook.

Mangrove snapper action has

remained strong with docks inside the bigger passes sending clients home with dinner day in, day out. Light line, small hooks and shiners have been catching

photo provided

these fish up to as large as 15 inches. Seems I'm even catching these snapper while targeting snook and redfish. The snapper action we had out on the flats has slowed some as these fish and have become more structure-oriented.

Look for tarpon fishing to fire up out along the beaches as the big bait schools show up. This fall tarpon bite can be epic when conditions set up right. Fishing out along the beaches offers lots of opportunities including tripletail, cobra and sharks. As water temperatures gradually cool, you can also expect mackerel and Bonita. Light east winds and consistent weather are key to this beach fishery. October and November can be as good as it gets out along the beaches.

Both this September and again in October, we will experience king tides. These super high tides are caused when the Earth's northern hemisphere is closest to the sun, and the sun and moon align. This extreme gravitational pull brings higher than normal tides. These tides can be a foot or more higher than normal high water. For anglers, these massive tides allow us to fish mangrove shorelines and places we can rarely access because they are generally too shallow. Add to that stronger than normal tide movement, and it's a great time to fish.

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

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:
Royal Tern

by Bob Petcher



The royal tern (*Thalasseus maximus*) is a whitish bird with gray wings. It stands out with its black shaggy crown and daggerlike orange bill. This shorebird can be seen in a colony



Patient #21-4876 had a hook removed from the back of its head photo by Haillie Mesics

along the sandy beaches or diving for small fish in shallow waters.

At CROW, an adult royal tern was admitted from the South Seas Island Resort beachfront after two Sanibel-Captiva Conservation Foundation (SCCF) interns found it entangled in fishing line. The tern was attached to a laughing gull by monofilament line, which SCCF interns Malina Barker and Aaron White removed. They were able to release the laughing gull on site, but the royal tern had a hook embedded in the back of its head.

The patient did not require sedation prior to hook removal. X-rays showed no orthopedic abnormalities, though it did show an old, healed injury from a pellet.

"We were able to remove (the hook) quickly during intake by cutting the barbed end," said Dr. Charlotte Cournoyer, CROW veterinarian intern.

The old pellet injury was not deemed

a concern.

"It is not since the site has healed and there is no active inflammation or infection," said Dr. Cournoyer. "We took x-rays to ensure it was not inside the GI (gastrointestinal) tract, which would be cause for concern, but it was not."

The tern received supportive care, daily tub time and recess with a heat lamp, along with other shorebirds.

"Recess gives our patients time to move around and build strength. The heat lamp helps with the waterproofing of their feathers. If there is compromise to their waterproofing, allowing them to get a bit wet during tub time then

giving them recess with a heat lamp and some preening helps restore the waterproofing," said Dr. Cournoyer.

"The patient is (being) fed smelt which is a small fish. Supportive care included vitamins designed for piscivorous birds on a frozen/thawed fish diet, under the skin (subcutaneous) fluids, antibiotics, pain medications and assisted feeds as needed."

The bird recovered enough in a week's time to be moved outdoors. It will remain in an outdoor enclosure at the clinic until it is fully recovered and ready to fly distances on its own.

"The patient was eating well, the

hook wound resolved, and (it was) walking normally, so the patient was moved outside," said Dr. Cournoyer. "The patient will need time to build strength for flight conditioning; this can be a few days or longer."

"The patient also has pododermatitis, so it will need time for that to improve. Pododermatitis is inflammation and infection on the bottom surface of the feet, so being outside on a more natural substrate should also help that improve."

To avoid such injuries, anglers should dispose of excess fishing line and gear in appropriate receptacles to reduce the harmful impacts on wildlife and the marine environment.

"We always encourage fishers to remove all hooks and lines from the beach and water when they leave. Any gear left behind has the potential to impose significant damage to the health of wildlife, even death," said Dr. Cournoyer. "Please visit mindyourline.org for more information about how to safely remove your gear from wildlife if they are entangled, and please always feel free to contact CROW if you think an entangled animal could need medical assistance."

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 Amber Pen Shell



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

This week marks the 400th Shell of the Week in the *Island Sun*! The Amber Pen Shell,

Pinna carnea Gmelin, 1791, inhabits the warm waters of the Caribbean, Florida Keys and the East Coast of Florida. Shells in this species may reach 30 centimeters (about 12 inches) in length. The “top” shell edges of the living pen shell are slightly flexible, but become hard and brittle after the animal dies. Pen shells typically live buried in sandy, shallow-water areas of tropical and subtropical oceans, attached to a rock or shell fragment using a bundle of fibers called the byssus, shown in two views on the central part of the illustration. (A large reproduction of this image is on display 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



The Amber Pen Shell, *Pinna carnea*, from off Indian Key, Florida photo by Patricia A. Starkey

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 donation online, 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, September 26. 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. Residents and visitors are welcome to take the stage.

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.*

Hurricane Guide Available Online

The Lee County Electric Cooperative (LCEC) hurricane guide includes information about storm preparation, life support, evacuation protocol, disaster supply kits, portable generator safety, debris and vegetation, and important phone numbers and links. To download, visit www.lcec.net.*

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Shauna Clesos was a winner of a Sanibel Public Library beach towel photo provided

Check It Out During Library Card Month

September is Library Card Sign-up Month, a time when Sanibel Public Library joins the American Library Association and libraries nationwide to encourage members of the community to connect with their library and the wealth of resources it offers. This month, patrons are selected at random to win a goody bag with a Sanibel Public Library beach towel.

Library cards are available to all residents of Sanibel and Lee County at no charge. You must present a valid driver's license (or similar government ID) showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year.

The library is open for normal hours. Contactless curbside service is offered until the end of this month. Effective October 1, patrons will pick up items on hold from the main (east) service desk.

Sanibel Public Library will participate in Banned Books Week (September 26 to October 2). Held annually during the last week of September, it spotlights current and historical attempts to censor books in libraries and schools. It brings together the book community in shared support of

the freedom to seek and to express ideas, even those some consider unorthodox or unpopular.

This year's theme is Books Unite Us. Censorship Divides Us. Stop by to borrow from the banned book display, and learn more about challenged books.

National Hispanic Heritage Month runs September 15 to October 15. Study Mango's Latin American Spanish course to learn more about the language and culture of Latin America. To login to Mango Languages, go to <https://sanlib.org/eshelf>.

Sanibel Public Library offers an extensive online collection for students of all ages and for any patron unable to visit the library in person. Thousands of eBooks, audiobooks, magazines and movies can be accessed at any time through eShelf.

Brainfuse provides cardholders of all ages access to live, online tutoring, whether attending school in person or working from home. The tutoring service is available from 2 to 11 p.m. each day of the week. In addition to a variety of homework help with live tutors in math, science, reading and social studies, Brainfuse offers PSAT/SAT, ACT, AP and state standardized test preparation. Patrons can submit essays and other forms of writing to the Brainfuse Writing Lab for constructive feedback. There is also a Foreign Language Lab and Spanish-Speaking support when logging in to Brainfuse at <https://sanlib.org/eshelf>.

Remote learners can borrow Mobile WiFi hotspots. Hotspots allow users to connect enabled devices (laptops, tablets, smartphones, etc.) to the Internet.

The library is participating in an educational exhibition this month. Titled September 11, 2001: The Day That Changed the World, the exhibit includes archival photographs and images of artifacts from the permanent collection of the 9/11 Memorial & Museum. Sanibel Public Library staff have selected material for further reading, located in a book display near the exhibit. From now through the end of September, stop by to see 25 works of art from the Sanibel-Captiva Art League's exhibit called Home Sweet Home.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers.

For more information, call 472-2483 or visit www.sanlib.org.*



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CROW Calendar Of Events

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

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

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

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

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

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

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



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

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

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

Daily Presentation Schedule
Friday, September 24, 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. One of CROW's animal ambassadors will be present.

Monday, September 27, 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, September 28, 11 a.m., Turtles, Terrapins and Tortoises – Is it a turtle, a terrapin, or a tortoise? They are all members of the Chelonian reptile family but convey distinct differences. This presentation discusses the distinctions between the three. One of CROW's animal ambassadors will be present.

Wednesday, September 29, 11 a.m., Animal Communication – Have you ever wondered how ants follow what seem to be invisible trails leading to food? What are birds saying to one another when they chirp outside your window? Animal communication can take many different forms. This presentation will cover some common types of signals including pheromones, auditory cues, visual cues and tactile cues. One of CROW's animal ambassadors will be present.

Thursday, September 30, 11 a.m., All About Birds – There are more than 9,000 species of birds around the world. From wading birds, to raptors, to songbirds, each are unique. This presentation discusses the differences between birds and what makes them an important part of the animal kingdom. One of CROW's animal ambassadors will be present.*

From page 1

Race

faces of our runners and the excitement of race day, the virtual option is an important safety measure for our community and allows us to hold this very important fundraising event,” said Cortese. Funds raised through the 10K race will benefit FISH of SanCap, the nonprofit organization that has served islanders in need for nearly 40 years.

As the islands' only social services organization, FISH is experiencing significant growth in program usage, particularly its Helping Hands emergency financial assistance, its food pantry and the Meals-by-FISH hot meal delivery program for housebound island residents. FISH provides services to those who live or work on Sanibel and Captiva, as well as visitors to the islands.

For more information on programs and services, contact Alicia Tighe Orgera, executive director, at 472-4775 or visit www.fishofsancap.org. For more information on the race, contact Diane Cortese at dianerc10@gmail.com.*

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Homeschool Programs Begin At Sea School

As summer comes to an end, Sanibel Sea School's Homeschool At Sea courses are in full swing. Homeschool groups meet once a month from September to May for field-based, customized, marine science curriculum.

Marine science educators work closely with groups to design a year's worth of topics that fit into their ongoing coursework. "It's a great challenge for our education team to take a concept that students are studying during the year and reinforce it from a local marine perspective," said Shannon Stainken, youth education director.

Educators plan topics annually based on tides, seasonality and migrations. For instance, when low tide hit in the afternoon during the week of September 13, one homeschool group studied the intertidal zone. They explored a sand flat and tide pools.

Each time the group discovered an animal, they stopped to observe its adaptations for surviving in the intertidal zone. Their favorite creatures were the



A Sanibel Sea School student with a king's crown conch photo provided

king's crown conchs which slowly recede into their shells and seal themselves in with an operculum to prevent desiccation, or drying out.

For more information on Homeschool at Sea, call 472-8585 or email sanibelseaschool@sccf.org. Scholarships are available.*

October Programs At Captiva Library

Next month's roster of activities provided by the Captiva Memorial Library offers topics for children and teens. Normal operating hours are: Tuesday to Thursday, 10 a.m. to 6 p.m.; Friday and Saturday, 9 a.m. to 5 p.m.

The following programs are free and open to the public:

Children's Programs
Coffee Filter Leaf Craft – October 1 to 9. Available during normal operating hours. Make colorful leaves out of coffee filters and check out a book from the fall book display.

Leaf People Stick Puppets – October 12 to 16. Available during normal operating hours. Make colorful leaf people stick puppets and browse the fall book display.

Make Monsters! – October 19 to 23. Available during normal operating hours. Make monsters out of paper plates and construction paper. Browse the book display and check out books featuring monsters and Halloween.

Paper Plate Candy Corn – October

26 to 30. Available during normal operating hours. Make bright candy corn decorations from yellow and orange tissue paper and paper plates. See the book display and check out Halloween books.

Teen Program

Artistic Leaf Decorations – runs from 2 p.m. Friday, October 29 to 5 p.m. Saturday, October 30. Decorate fall leaves with metallic markers and then cover them with Mod Podge. Available while supplies last.

The Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. For more information about a program or to register, call 533-4500. Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations.

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Joan LaGuardia at 533-2314, Florida Relay Service 711, or jlaguardia@leegov.com. Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days in advance.*

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Choosing The Right Pet Sitter



by Allison Havill Todd

As more and more people are resuming vacation and travel plans, the question arises about what to do with the family pet while you are away. Some people will opt to board

their pet with their veterinarian or other pet care facility but others prefer to keep their beloved animals at home where it may be less stressful for them. If you fall into the latter category, there are a couple of avenues you can take for finding a qualified person to stay in your home with your pets.

Whether you choose to hire a neighbor's son or daughter who is home from college, or prefer working with a professional pet sitter, you are placing the care of your animals and your home in this person's hands, so asking the right questions in advance is critical to ensure a positive outcome for all. A professional pet sitter, who offers their services as a business, should have the proper credentials, which include proof of liability insurance, a written contract, references and preferably certification in animal training and first aid.



Place your dog in the care of an experienced pet sitter photo provided

If you are new to Sanibel and Captiva islands, you may want to start by asking your veterinarian, groomer or dog trainer for a recommendation. You can also consider asking neighbors or posting a request on a neighborhood app specific to this area such as Next Door. There are also professional organizations that provide a search tool by location on their websites that will assist you in finding potential pet sitters in your area. Pet Sitters International

(www.petsit.com) claims to be the leading educational association for professional pet sitters and has over 7,000 members. Another resource is the National Association of Professional Pet Sitters (www.petsitters.org), which offers certification for its members in a broad spectrum of topics including pet sitting, pet care, health, nutrition, behavior, safety and a complete pet first aid course. Both organizations place a priority on safeguarding the health and welfare of pets, and promoting responsible pet care services.

Once you have discovered some reputable pet sitters in your area, you will want to set up a time to meet with them in advance in your home. This will provide you with an opportunity to see how they interact with your pet. Ask for references and call those people! It is also a good idea to inquire about their experience caring for your type of animal or breed, especially if there are special needs. Check on their level of pet specific training and familiarity with first aid, if needed. This should also be a time to discuss their fees and what to expect in the way of communication from them during your absence.

An experienced pet sitting professional will ask for specific information about your pet and its care. Be sure to provide clear, written instructions about feeding, exercise, rules, or anything else specific to your pet. Animals like structure and routine; the less your pet deviates from its normal schedule, the less stressed it

will be while you are away. Alert your sitter if they need to avoid other people, children or pets when they are walking your dog. Also, if there is more than one animal in your household, let your sitter know if there are any food aggressions or a need for separation between pets.

Finally, be sure to leave contact information for where you will be staying along with your veterinarian's number and location, along with the closest after-hours emergency care facility for animals. Hopefully, this will never be needed, but it's always best to be prepared. By taking careful steps in advance, you (and your pets) can have a safe, enjoyable and worry-free vacation!

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

From page 1

Refuge

games in the main parking lot for free that day. Visit the Welcome Table outside the Visitor & Education Center from 9 a.m. to 2:30 p.m. to start your day's adventure. You can also pick up the refuge's new 20-page Junior Ranger Activity Booklet. Junior Rangers of all ages receive a free wooden badge.*

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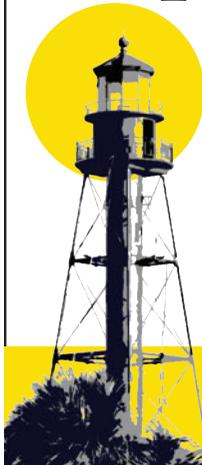
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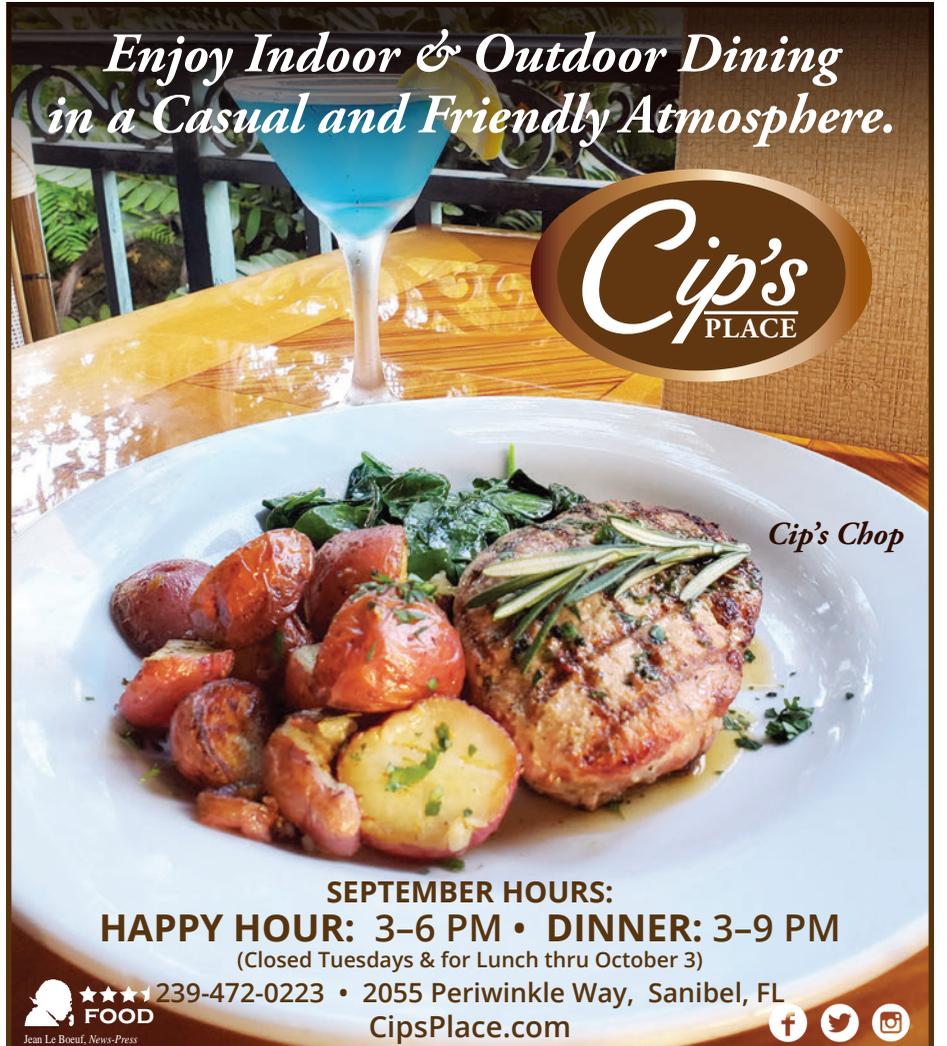
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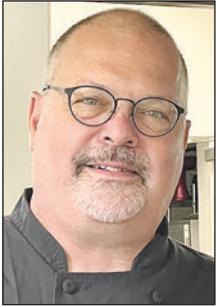
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The Community House

The Blue-Green Algae That's Good For You



by Chef John Wolff

Spirulina (*Arthrospira platensis*) is a blue-green algae, but not the bad kind. This product is touted as the world's most powerful super food. It is a plant-based super protein because it contains all nine essential amino acids, and 100 grams has 60 grams of protein.

Spirulina is a fresh water photosynthetic bacteria that has been shown to have been used by meso-American cultures as a nutritional food source for centuries. *Aphanizomenon flos-aqueae* (AFA), also known as blue spirulina, is formulated to reduce the off-putting taste and smell of regular green spirulina and comes in various forms. Essentially, blue spirulina is an extract and a more concentrated

spirulina product that, in its fresh frozen state, maintains the live organisms for maximum nutritional benefit.

Spirulina, as a nutritional supplement, has been around for a while and started showing up in health food stores in the late 1970s and early '80s. Spirulina is a potent source of nutrients. It contains a powerful plant-based protein called phycocyanin. Phycocyanin is what gives spirulina its blue-green color. Research shows that the antioxidants in spirulina may have pain relief, anti-inflammatory and brain-protective properties. The enzymes and amino acids in spirulina aid in gut health and digestive fortitude. As with many supplements, it has not been proven to specifically treat any particular ailment or part of the body but it is packed with nutrients, proteins and amino acids that are necessary for enhancing normal daily bodily function.

Spirulina, as well as blue spirulina and its product derivatives, are typically added directly to food. They can be mixed in water or taken orally but are quite bitter to the taste, hence they are usually added to smoothies or other dishes to help make them more palatable. Fresh blue spirulina extract must stay frozen until ingested, which makes it ideal for use in smoothies and other cold beverages. Blue spirulina is also often blended with other botanicals and nutritional supplements, or fresh frozen and concentrated to create a variety of products that are purported to support everything from increased brain function, clarity and focus to enzymatic products that aid in the breakdown of proteins and

carbohydrates for more efficient food absorption.

There is still a lot of research going on to try and discover what other benefits spirulina and blue-green algae products might possess, and exactly how they work in the human body. But it is clear that, as a food source, spirulina is undeniably packed with nutrition and protein.

Green spirulina is purely algae, so it tastes a bit like seaweed. If you prefer a light, neutral flavor in your spirulina smoothie, try blue spirulina. It's an extract and doesn't have the "fishy" algae flavor that some people don't like in green spirulina. Blue spirulina has the same nutrient profile as green spirulina. It's rich

Spirulina Smoothie

Frozen banana – a large fresh banana, peeled and cut into pieces the day before. Place in the bag in the freezer to freeze overnight. You can also use fresh bananas, but the smoothie won't be as thick and creamy.

Frozen mango – or frozen pineapple.

Avocado – this adds healthy fatty acids to the smoothie. Make sure you use a ripe avocado without dark spots on its flesh to avoid a bitter aftertaste.

Baby spinach or trimmed kale.

Almond milk or any dairy-free milk you love, like coconut milk or hemp milk.

Spirulina powder – you can use blue spirulina or green spirulina. Both have very similar properties.

Hemp seeds or any seeds you like, chia seeds or flaxseeds. Seeds are good sources of gluten-free, vegan protein,

in protein, vitamins and minerals without the unpleasant marine flavor.

There are many applications for using spirulina but here is a smoothie recipe idea you can try at home if you happen to pick up some spirulina from your local health and nutrition shop, or the specialty food aisle at your favorite grocer.

A spirulina smoothie is an easy vegan green drink. All you need to make this smoothie is a powerful blender and a few ingredients. It's an excellent breakfast or afternoon snack to load your body with proteins, iron and nutrients.

It's also fulfilling and refreshing after a workout to refuel your muscles with plant-based nutrients.

and they also bring lots of nutrients like magnesium and zinc.

Maple syrup – this is optional, but if you love your smoothie sweet, add a touch of maple syrup or a pinch of stevia powder to avoid the added sugar.

Vanilla extract.

Add all the ingredients into the blender, starting with no added sugar, and blend until smooth at high speed. Taste the smoothie and adjust by adding sweetener or a few ice cubes for a frothier smoothie.

*John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.**

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Pan Seared Grouper With Smoked Gouda Grits And Tomato Bacon Gravy

- 4 (5 to 7 ounce) portions grouper
- 2 large tomatoes, diced small
- 1 cup thick-cut bacon, chopped small
- 1 cup grits, coarse ground
- 2 1/2 cups vegetable stock
- 1 cup milk
- 1 tablespoon butter
- 1/2 cup smoked Gouda cheese, cubed
- 1 teaspoon olive oil
- 1/4 cup fresh parsley, chopped fine
- 1 tablespoon fresh garlic, chopped fine
- 3/4 cup heavy whipping cream
- 1/2 lemon, juiced
- 4 scallions, sliced thin for garnish
- Sea salt and fresh ground pepper, to taste
- Gouda Grits In a medium-sized



Pan Seared Grouper with Smoked Gouda Grits and Tomato Bacon Gravy

photo courtesy Fresh From Florida

saucepot, add 2 cups vegetable stock and 1 cup of milk. Bring ingredients to a simmer over medium heat. Add grits and butter and let cook according to the

directions on the package of grits. When the grits are cooked, add the smoked Gouda cheese and stir to combine. Taste grits and adjust seasoning with salt

and pepper. If the grits seem too thick, add a small amount of vegetable stock or milk until the desired consistency is reached. Turn the temperature to low until the dish is ready to be plated. Florida Grouper Preheat a large sauté pan over medium-high heat. Add 1 teaspoon of olive oil to the preheated pan. Lightly season the grouper fillets with salt, pepper and fresh parsley. Carefully place the seasoned fillets top side down in the sauté pan. Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove the cooked fillets from the pan and add the chopped bacon. Cook the bacon until crispy, and add the tomatoes and garlic. Cook the tomato mixture until the tomatoes start to wilt and release their juices. Add the heavy cream, lemon juice and 1/2 cup vegetable stock. Quickly bring ingredients to a boil and reduce heat. Taste tomato gravy and adjust seasoning with salt and pepper. Serve the grouper over a bed of grits and top with the tomato gravy. Garnish with the thin sliced scallions.*

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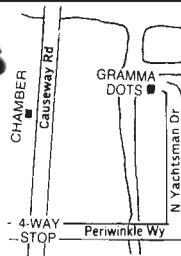
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From left, Tony Lapi, Laurent Bosc, Kristina Weddington and Michele Berger of Sanibel Captiva Beach Resorts with 10K race committee member Ed Ridlehoover photo provided

Resort Group Sponsors FISH 10K

Sanibel Captiva Beach Resorts (SCBR) has signed on as a platinum sponsor of the annual 10K Race 4 FISH to benefit programming and services offered by FISH of SanCap.

"We support FISH for all they do within our community and for their good work year-round," said Tony Lapi, SCBR president and chairman of the board. "As the United Way Sanibel house, FISH meets the needs of our community in many ways, and we are always pleased to

partner with them."

"We are thankful to Sanibel Captiva Beach Resorts and their team of dedicated professionals who serve and support our community," said Diane Cortese, chair of the 10K race committee, "We can't thank them enough for always sponsoring the FISH organization events."

Registration is open through the Fort Myers Track Club at www.ftmyerstrackclub.com. Cost is \$40 for those who register before October 17. If you are interested in sponsoring the race, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com.✪

Role Changes For Staff Members At FISH Of SanCap

FISH of SanCap is reorganizing current roles of staff members to maximize talents and better serve the island community.

Manuela Martinez, who joined the organization this spring, is now the FISH program coordinator. Martinez will oversee intakes with clients to get to know their personal circumstances and how FISH can best direct services with social and senior service staff. She will also oversee the food pantry and backpack programs. Speaking Spanish and English, Martinez offers a unique skillset to work with the diverse community living and working on Sanibel and Captiva.

Heike Gosselin, another recent hire, continues with the organization as the walk-in center manager. She will remain the front office contact for incoming clients and visitors while also overseeing the management of the building. She has become a vital part of the FISH organization.

A new title, education and outreach director, will be held by Jennifer Pagano. She will work to increase awareness in the community through employers and other organizations, and reach out to those who may be interested in volunteer opportunities or benefit from FISH services. Pagano will also communicate needs and concerns from the community.



Manuela Martinez



Heike Gosselin

"FISH is such a dynamic organization with an incredibly dynamic and driven team. We're thrilled to see these individuals and roles transform as they've all become such assets to our organization in their short time here – these roles are key to our ability

to provide continued exceptional service to our neighbors in need," said Alicia Tighe Orgera, executive director. "In addition to these changes, we are working on a few other pieces of the FISH puzzle. Most notably, we look to hire a dedicated senior services director who can not only continue our robust senior service programming, but also someone who has the training and background to really create a plan for our most vulnerable seniors as they age."✪



Jennifer Pagano



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Book Review

West With Giraffes



by Di Saggau

West With Giraffes was recommended to me by a friend, and I thank her for that. What a fun read about an incredible journey involving two giraffes that made headlines

and won the hearts of depression-era America. Hitler is threatening Europe, and world-weary Americans long for wonder. They find it in two giraffes who miraculously survive a hurricane while crossing the Atlantic.

It's 1938 and Woodrow Wilson Nickel, age 17 and newly orphaned, is leaving the Texas Panhandle and setting out for New York City. He arrives there via hitching, hobbing and a little thieving and works in a boathouse. A month later, a hurricane tries to take out the Eastern Seaboard, and that's when the giraffes show up.

Nickel overhears a plan to drive the creatures all the way to the San Diego Zoo, and he wants in on the plan. California is his dream destination. Soon, he is driving the truck, accompanied by an old man who is responsible for delivering the giraffes, and followed by a Packard

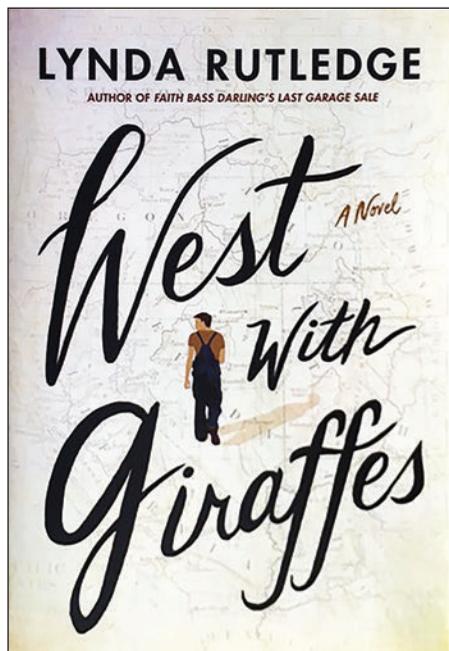


image provided

piloted by a redheaded photographer who has her own dreams.

The tale is told through Nickel's memoir as he writes it in the Veterans Affairs hospital. He's in a race against time because he's already 105 years old.

West With Giraffes is an endearing and heart-rending piece of historical fiction. It's a madcap, coming-of-age road trip, complete with stowaways, circuses, attempted giraffe-napping, biblical catastrophe, romance, shocking truths, brave sacrifices and tragedy. In other

words, it's a grand adventure.

The story is set around a truly extraordinary real life occurrence that took place in 1938 when two giraffes travelled to New York surviving a hurricane at sea. Then, they made the 3,000 mile journey to San Diego Zoo, which became their home for the next nearly 30 years. The story explores what it means to be changed by the grace of animals and the kindness of strangers. I loved this book.✱

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, What can I do about my disorganized fifth grader? She's not lazy or defiant, just disorganized and it seems to be getting worse.

Marta N, Fort Myers

Marta,

Many kids struggle with organization and all the skills that go into being organized. Here's some information about why some kids have trouble with organization, and what can help. Kids develop organization skills at different rates. Having difficulty with organization typically isn't about laziness.

Being organized is not just about being neat and keeping track of your things. It's also about organizing your thoughts, managing your time, planning and knowing how to get things done.

Kids who struggle with this skill may have trouble:

Setting goals; estimating how long things take and keeping track of time; knowing how to start and complete tasks and doing them in the right order; setting priorities and knowing what's most important; creating schedules; and making decisions.

At home, this might look like:

Taking a long time to get dressed in the morning and get ready for bed; forgetting to take important items back and forth from school, like homework; forgetting to gather the right materials for an assignment or project; not keeping things in a regular place so they're easy to find; struggling to think about, or do, more than one thing at a time; and having trouble telling a story in a logical way

Organization is part of a group of skills known as executive functions that include skills like focus, working memory and self-control. There are a few other factors that can impact focus and organization, too. These include stress, anxiety, trauma and not getting enough sleep. Getting your grade-schooler or tween on a healthy sleep schedule can help.

Here are some organization strategies that will help you help your daughter:

1. Break tasks into chunks – Help kids break school projects or household chores into smaller, more manageable steps. This will show them that each project has a beginning, middle and end, which can make projects feel less overwhelming. For example, if your child's nightly chore is to clear the table, explain: First, scrape any

food scraps into the garbage. Then load the dishes into the dishwasher. Then wipe the counters.

2. Make checklists and to-do lists – Once kids know all the steps involved with a particular task, help them add it to an overall to-do list. Include regular homework and chores on the list. Encourage kids to keep the list in a place where they'll see it often and can check off accomplishments as they go. Some kids might create their list using a smartphone app. Others may write it on a dry-erase board in a highly visible spot or print out a list to carry around to use throughout the day.

3. Teach calendar and time management skills – Encourage kids to write down important tasks on a calendar either digital or on paper. Then help them estimate how much time each task will take. After they complete a task, ask whether the time estimate was accurate or not. If needed, suggest adjustments for next time. It may also help to have kids write the due date on school assignments.

4. Establish daily routines – Creating a regular schedule can help kids learn what to expect throughout the day. Use picture schedules, clocks and other time management strategies.

Most importantly, talk to your child about their strengths. It's important to remind kids what they're good at and to give them examples of when they were organized and really got things done. Tell your child that you understand the struggles are real and that you'll work together to use strengths to help them improve.

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.✱

From page 1

Seashells

New School University in 2003.

Burks was responsible for 18th to 20th century American and European decorative arts at Shelburne Museum for 20 years. Prior to that, she held curatorial positions at Philadelphia Museum of Art, Winterthur Museum, National Museum of Play and Canterbury Shaker Village. Burks received her master of arts degree in the history of decorative arts from the Smithsonian Institution/Parsons School of Design in New York City.

Burks retired to Sanibel and spends her time shelling, and volunteering as a shell ambassador on the beaches and in the collections department at the Bailey-Matthews National Shell Museum.

Visit www.shellmuseum.org/lecture-series to register or watch recordings of previous lectures. The lecture series will conclude on Wednesday, October 20 with Spooky Mollusks and Other Evils of the Deep: A Halloween Special, led by Dr. José H. Leal, science director and curator at the Bailey-Matthews National Shell Museum.✱



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Rotary Happenings

submitted by Cindy Carter

One out of five people are living with a neurologic disease or disorder; basically, someone in your family will be directly impacted. There has been a rise in the number of people diagnosed with neurologic issues because we are living longer.



Tish Hevel photo provided

process as easy as possible.

Healthy and diseased brains are both needed. Almost all people can donate their brains and contribute to the advancement of science. There is no cost to the family and it is not disfiguring, allowing open caskets to still be an option. Approximately six months after the donation to the NeuroBioBank, the family will receive a pathology report. This may be helpful since many neurodegenerative diseases can't be definitively diagnosed until after death.

The Brain Donor Project is a unique nonprofit that exclusively supports the brain banks of the NIH, the NeuroBioBank. The Brain Donor Project

was established in late 2016 to raise awareness of the critical need for donated brain tissue to advance the science of brain disease and to simplify the process of becoming a brain donor. To date, more than 11,000 people have started the process of becoming a brain donor when the time comes. They represent more than 150 categories of brain disease, and about half have healthy (or control) brains. The Brain Donor Project was inspired by the death of Hevel's father, Gene, who died from Lewy Bodies Dementia and was a brain donor himself. Hevel is an Emmy Award-winning

broadcast journalist who worked internationally as a PR professional and served as chief communication officer for a 44-county region of the American Red Cross. *The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 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.*

This week, we heard from Tish Hevel, founder and CEO of The Brain Donor Project (www.braindonorproject.org).

This nonprofit organization is in the science of supporting science. It supports the NeuroBioBank of the National Institutes of Health (NIH) in its efforts to supply neurologic investigators with high-quality, well-characterized donated human brain tissue. The main focus is on simplifying the process for brain donation and raising awareness of the critical need for it. It serves as a conduit for the brain banks within the NeuroBioBank.

The biggest hurdle to neurological research is that most people don't know about brain donation. Organ donations are for anatomical studies, not neurological studies, and they do not include the brain. Separate arrangements for brain donation need to be made. The Brain Donor Project helps make that

Update On Causeway At Chamber Lunch

Jesse Lavender, director of Lee County Parks & Recreation, will speak at the Sanibel & Captiva Islands Chamber of Commerce virtual October Power Hour on Wednesday, October 6 at noon. He will inform chamber members about the upcoming erosion control, beautification and enhancement projects



Jesse Lavender

under way on the Sanibel Causeway. The county and state will share the cost of the estimated \$8.5 million in upgrades, which will improve the safety and recreational value of the two causeway islands.

"This project will have a significant impact on island businesses," said John Lai, chamber president and chief executive officer. "It's the biggest thing we've seen happen on the causeway since the new bridge. Lavender will bring us up to date on the many facets of the makeover."

A Fort Myers native, Lavender has served with Lee County Parks & Recreation for the past 17 years at almost every level. He graduated from the University of North Carolina at Greensboro with a bachelor's degree in travel, tourism and commercial

continued on page 28



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Superior Interiors

How To Give Your Front Porch A Modern Look

by Trinetta Nelson



While many people love to retreat to the backyard for a relaxing night, the front porch is the perfect place to start the day. Whether that involves reading a book, sipping

on coffee, or simply enjoying the great outdoors for all its worth, there are plenty of ways to soak up the joy this exterior space can bring.

You may be excited to spend your free time on the front porch, but when was the last time you showed it a little TLC? Sure, you don't have as much area to work with as you would an interior room in your home, but there are still plenty of small adjustments you can make and little details you can bring to life. A modern-style front porch is a great choice for a revamp, offering a chic refresh to your space and adding curb appeal to your home.

When it comes to home design and decor, sometimes the smallest changes have the biggest impact. This statement

holds especially true to the front door. Something as simple as painting it a new color can draw attention to your home like never before. If you're going for a bold chic look, a dark hue like black, navy or charcoal can turn heads as they walk past your home. Don't forget to match the shutters to the door for maximum impact.

Another small but meaningful change you can make is updating your house numbers. A sleeker modern font can add a mid-century vibe to the outside of your home. Silver and black are two options that can help you achieve a chic look without going overboard.

Make sure to match the additional details on your front porch with the color you choose for your house numbers. The light fixtures, as well as the doorbell and door knocker, should all coordinate for a seamless look. At this time, you can also bring in the accessories that will fill the space. Match accents with flowerpots, candles, lanterns and any other small details that will bring your front porch living space together.

If there's enough room for a porch swing or other type of seating arrangement, make sure to take advantage of the opportunity. Metallic outdoor furniture is sleek, long lasting and works so well in a modern theme – just don't forget the cushions. A neutral option will complement the black accents effortlessly here.

No front porch is complete without a welcome mat. Choose something basic

in a bold color that matches the theme or go with a traditional phrase that your guests and family members will adore.

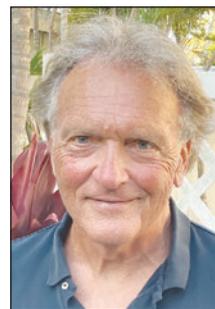
Fall will be here before you know it. Now's the perfect time to say goodbye to summer decor and upgrade to a fresh, modern approach. Before you take on the project yourself, why not consider letting an experienced professional take

the reins and help you curate the front porch of your dreams? They will develop a blueprint to your new and improved front porch so you can properly execute your vision with ease.

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

Poetry Corner

by Clay C. Ewell



PANDEMIC

All this time I've lingered by this open window, watching as they move

In currents, the light changing from rosy dawn to blue twilight And they move among one another, some silent, while others Seem so hurriedly, urgently caught up in some moment of clarity Some burst of elation, liberating, isolating among the stares, then gone.

And then I see a passerby different from the rest, vague and shadowy

Slow but resolute, face downward cast in consuming thought.

He pauses, and gathers himself and suddenly seems to loom

Above the others, alone in the river of moving bodies

And he turns and our eyes meet and become fixed, one upon the other.

His expression never changes and yet he seems familiar, appearing Out of distant memory or some sudden glimpse of eternity and He raises his hand and offers something I cannot see and I turn away As if to deny what has happened and when I look again, he is gone Swallowed by the tide and I know that my life will never be the same.

Clay C. Ewell resides on Captiva with his wife and four-legged family. Self-employed as a consultant in the construction industry for 35 years, he flirts with retirement while enjoying time with Rita and pursuing his interests in reading, writing and cycling. Your comments and contributions to this feature are welcome at press@islandsunnews.com.✪



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City Manager To Be Honored

A public gathering is being planned by the community to honor retiring Sanibel City Manager Judie Zimomra and to thank her for her many years of service. The event, entitled Thank You, Judie!, will be an open house at The Community House on Saturday, December 4 from 3 p.m. to 6 p.m. Light refreshments will be served and a formal program will be presented. All are welcome.



Judie Zimomra

The public will have an opportunity to express their appreciation to Zimomra for work on behalf of the citizens of Sanibel. Zimomra will officially retire from the City of Sanibel on September 29, with 20 years of service to the community.

The event is being organized by a committee representing island businesses, service groups, nonprofit organizations and private citizens.*

Lee Health Officer Gives COVID Update

In concluding her Q&A session with members of the Sanibel & Captiva Islands Chamber of Commerce during a September 15 virtual business meeting, Dr. Stephanie Stovall, Lee Health chief quality and patient safety officer, expressed concern that without a significant increase in coronavirus vaccines now, there will be another spike in cases in six months.



Dr. Stephanie Stovall

"Vaccination is absolutely the way we're going to get this pandemic under control and not continue to see surges," she said, adding that masking is the second most important precautionary measure. "All of us thought, even me, in June or so, man, we've come out on other side of this. I don't think we could have predicted what late July and August were going to completely look like."

Dr. Stovall shared charts showing how Florida and Lee County compare globally and nationally in terms of current cases, deaths and vaccinations. She acknowledged a slight drop-off recently in cases throughout the U.S. and that Florida no longer ranks as the state with the most cases.

"Yes, we love the drop-off," said Dr. Stovall. "We are encouraged by the drop-off. It is definitely hopeful for our community that we're seeing fewer

confirmed cases. We're just not quite out of the woods yet."

She pointed out that the high volume of ICU use and patients on ventilators offset the drop-off in number of cases for now.

After returning to in-person monthly business luncheons in June, the chamber board decided last month to postpone its scheduled September meeting at The Community House in favor of a Zoom meeting, given the recent spike in COVID-19 cases.

"I know that we didn't see ourselves coming back to these Zoom meetings this quickly, but knowing that we pride ourselves here on Sanibel and Captiva islands as being 'San-Cap Safe,' and knowing that our businesses are not going to benefit if we have to walk a lot of other things back, so here we are," said John Lai, chamber president and chief executive officer, at the opening of the meeting. "I appreciate everyone being as flexible as you've been."

"We just want a huge shout-out to our local chamber," said Richard Johnson, co-owner of Bailey's General Store, which sponsored the virtual meeting. "You guys have always been forerunners in this battle against COVID, and I think today's meeting is just another great example of what you're doing."

Lai announced that Luminary is "a go" this year on Friday and Saturday, December 3 and 4. "We are going to do it a little bit differently this year," he said. "All the participating stores and businesses will be required to mask indoors. And we will be handing out not only the glowsticks and maps but also masks."

Dr. Stovall commended the chamber for its cautious approach to returning to normalcy. "Thank you from the bottom of my heart for taking that into consideration and protecting us all."

Chamber Board President Mark Blust told members about two upcoming events. On Wednesday, October 6 at noon, Jesse Lavender, director of Lee County Parks & Recreation, will speak at the virtual Chamber Power Hour about the upcoming erosion control, beautification and enhancement projects getting started on the Sanibel Causeway.

Wednesday, October 13 marks the next monthly business meeting, to be held outdoors under a tent at The Dunes Golf & Tennis Club on Sanibel. Toni Westland, supervisory refuge ranger at JN "Ding" Darling National Wildlife Refuge, and Birgie Miller, executive director of the "Ding" Darling Wildlife Society-Friends of the Refuge, will speak. To sponsor that meeting, contact Landen Drake at landen@sanibel-captiva.org or 472-8255; or Mitch Orr at support@sanibel-captiva.org or 472-8759.*

Donate Blood

Lee Health is seeking blood donations to help replenish supply levels. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.*



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Family Standards



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

Before I begin this week's column, the new proposed tax legislation was introduced into the House Ways and Means Committee. I wrote a white-paper on it that you can download at www.floridaestateplanning.com/2021taxlaw.

There's an old Yiddish phrase "un kinder aus yachsen mit bupkes ist immer bupkis!" (a child from a distinguished heritage with nothing is still nothing). In other words, it doesn't matter how important or distinguished someone's lineage is if each generation doesn't otherwise live up to the family's standards.

I think about that phrase from time to time when I hear complaints about adult children who haven't lived up to their parents' expectations in one way or another. Perhaps they spend too much money relative to what they earn, or they bounce from job to job without advancing their career, or they fail to finish their education.

Oftentimes, the complaining parents are quite successful. They might be doctors, lawyers, engineers, business owners or community leaders. Most of the time, the patriarch and matriarch themselves arose from modest backgrounds and had to earn and scrape for everything they now enjoy.

Their children, on the other hand, don't have the same frame of reference. The parents wanted their children to have it much easier than they had, so the children's lives were easier. The children had more handed to them – they didn't have to work and earn for everything that they have.

So, is it any surprise that the children don't have the same drive and ambition that their parents had?

Which leads me to today's estate planning lesson. It's not uncommon to hear a client say that they don't want the inheritance to take their children's drive and ambition away. A trust might be built that provides supplemental income but cannot be used for sole support.

These are all good ideas. But isn't it a little too late to teach these lessons through a will or trust? The average lifespan for someone who is currently 60-something years old is 86. In other words, today's 60-year-old can expect to live another 26 years, all things being equal.

If the children are 30 years younger, then they will become trust beneficiaries in their 50s – or maybe even their 60s. Will an incentive or supplemental needs trust really

work to change habits that have been ingrained for several decades by that point?

Somehow, the lessons and values that made the parents what they are need to be ingrained at a much earlier age. Anyone with any means struggles with these issues – myself included. I grew up in a very modest setting and have worked to earn my own way from a very early age. While I didn't want my own children to have to work like I did, somewhere there's a line that one doesn't want to cross.

I think that it is certainly more difficult today than it was a generation or two ago. Smart phones, the Internet, Netflix and many other modern conveniences tend to distract us from having important family dinner discussions. Travel soccer teams take away time that would otherwise be spent learning morals and values in synagogue or at church. Two-income households mean that both mom and dad are exhausted at the end of the day and don't have the stamina to oversee homework or to attend school functions.

Somehow we all must work to change this dynamic.

This isn't to say that all children are on the wrong path and will become irresponsible spendthrifts later in life. I actually believe quite the contrary. There are a lot of good kids out there who work hard to earn good grades and are quite ambitious.

But there are also many who don't appreciate what their parents have built for them, and what their parents had to sacrifice to get the family where it currently is. And that, my friends, is not necessarily the kids' fault.

It's all of ours.

Hopefully, the pendulum will swing back as many realize what's happening. Until then, I'm afraid there will be many more estate planning discussions centering on how to protect our children from themselves when they inherit the assets that took so long and hard to earn.

©2021 Craig R. Hersch. Learn more at www.floridaestateplanning.com.*

Money Tip For Students

If students are considering borrowing money, they should do their homework on interest rates. The time students spend learning the basics about interest rates and annual percentage rates will pay off significantly, helping them save money when borrowing, according to Kentucky Higher Education Assistance Authority (KHEAA).

One interest rate is simple, or nominal, interest. It's straightforward. If you borrow \$1,000 at five percent simple interest per year, you'll pay back \$1,050. But many loans use an annual percentage rate (APR), not simple interest.

Let's say you take out a \$100,000 mortgage at five percent. However, your closing costs are \$5,000, which is added to the amount of the mortgage. That means you'll be paying interest on

\$105,000, an APR of 5.25 percent. Over the life of a mortgage, you'll pay thousands more than you would with simple interest. Lenders are required to disclose the APR on any loans you take out. For more information, visit www.kheaa.com.*

Continental Women's Club

The Continental Women's Club will hold its monthly luncheon at The Hideaway Country Club on Thursday, October 7 at 11:30 a.m.

Tamara Pigott, executive director of Lee County Visitor and Convention Bureau, will be the guest speaker. Cost to attend the luncheon is \$24.

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

How's The Market? Ask Ann Timing is everything.

Sanibel's Real Estate market activity continues to be a "Seller's" market, characterized by higher listing prices, low inventory and a small number of condo and home listings priced under \$1,000,000... just 2. Total MLS inventory consists of 16 condos, 26 homes and 18 lots.

I am very proud of my team of professional Realtors and want to introduce, on a weekly basis, each one of them to you. Let's start with Bobbie McGlynn.

Bobbie moved from Ridgefield, Connecticut to Sanibel in 1976, spending her first 10 years here living on a 30-foot sailboat! She worked for an Island Attorney (John Wilcox) followed by managing a Title Company. She joined our Company over 35 years ago. She is not only a "Top" Producer but a longtime friend, and has dozens of friends who enjoy being invited for Breakfast, Lunch and Dinner with her partner Jack Stahl, founder of "Jack's Golf Museum." Bobbie, we value your hard work and friendship.

P.S. She is a dynamite golfer and has also had 7, yes, 7 holes in one.



Ann Gee
Broker/Owner

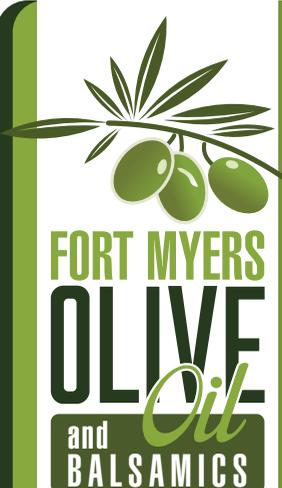
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3041 West Gulf Dr. A5 Breakers West - \$725,000	1501 Middle Gulf Dr. E 104 Sundial West - \$1,299,000
1536 Bunting Ln. - \$775,000	743 Durion Ct. - \$1,310,000
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Have a good week and call me with any comments or questions.

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Health First

Importance Of Routine Cancer Screening



by Julie Rosenberg, MD

Sen. Amy Klobuchar recently announced that she was treated for breast cancer earlier this year. A mammogram in February alerted Klobuchar to

a possible issue, and a biopsy later confirmed Stage 1A breast cancer (early disease). She completed a course of radiation and is reportedly doing well. The purpose of Klobuchar's public announcement was in large part to remind people of the value of routine health checkups, exams and follow-throughs. In fact, she had deferred her routine mammogram due to the COVID-19 pandemic.

Why is Sen. Klobuchar's reminder so important for us?

Overall, cancer mortality decreased by 25 percent from 1990 to 2015 for the United States. Greater declines in mortality rates were seen during this period for cancers for which high-quality screening programs have been

implemented. Among men, mortality rates dropped for lung cancer by 45 percent, for colorectal cancer by 47 percent and for prostate cancer by 53 percent. Among women, mortality rates dropped for lung cancer by eight percent, for colorectal cancer by 44 percent and for breast cancer by 39 percent.

The goal of cancer screening and early detection is to cure cancer by detecting the malignancy, or precancerous lesions, at an early stage prior to the onset of symptoms, when treatment of cancer is most effective. Cancer screening can contribute to decreasing cancer morbidity and mortality through two mechanisms: the detection of a precursor lesion, or the early detection of invasive cancer. The benefits of screening are greater when the detection of disease at an earlier (or precancerous) stage improves outcomes.

During the COVID-19 pandemic, there has been a significant diversion of healthcare workers and resources. Healthcare facilities decreased routine screening and nonurgent surgeries to increase capacity for patients with COVID-19. People, too, expressed concerns about visiting healthcare facilities to undertake routine cancer screenings for fear of COVID-19 exposure and subsequent infection. Additionally, the pandemic catalyzed a shift from office-based medical visits to telemedicine. Routine cancer screenings typically require office-based care.

Following the COVID-19 national

emergency declaration, mammography and colonoscopy rates declined by over 90 percent in a large cross-section of commercially insured adults throughout the country. This led to a significant decline in the number of new cancer diagnoses and an increase in cancer-related deaths. Across different scenarios, as compared with pre-pandemic figures, there was an estimated 7.9 percent to 9.5 percent increase in deaths from breast cancer, a 15.5 percent to 16.6 percent increase in deaths from colorectal cancer and a 4.8 percent to 5.3 percent increase in deaths from lung cancer. Members of the oncology community feared that these trends could continue.

The good news – in most areas of the United States, cancer screening rates have now rebounded to pre-COVID levels. Despite the ongoing pandemic, health systems have been able to recalibrate resources and protocols in a

relatively short period of time. With the current strict measures in place at all healthcare facilities, the risk of acquiring COVID-19 during a visit for routine cancer screening is very low.

In summary, cancer screening and diagnosis must continue to play an important part in standard healthcare measures. If you are delayed in getting a routine cancer screening test or tests, contact your healthcare provider today. Not only will you support your own health and wellbeing, but your efforts will support the continued progress in cancer diagnosis, treatment and survival over the next decades to come.

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.

Local Business Women Back First Annual Fundraiser

The Sanibel Captiva Business

Women's Association works to empower women in business through a variety of channels, with a focus on local sponsorships," said Taylor Osborne Clarey, organization president. "But our values are expansive," she

said, "and the Pink Flamingo High Tea is a great example. This is our first collaboration with Let's Pink Out and Sundial Beach Resort & Spa in support of broader community issues, and we hope it becomes an annual event."

Osborne Clarey is co-owner of Iris Print & Designs, which will co-sponsor a VIP table at the Pink Flamingo High Tea. She built her career in large corporations until a passion for entrepreneurship propelled her toward small business ownership. Under her direction, the firm expanded operations from Ohio to Florida four years ago. "We love Sanibel and have developed such respect for the community. We're here to stay," she said.

Barbara Beran, retired federal judge and a well-known advocate for empowering women, coordinated a high tea table sponsorship for the Zonta Club of Sanibel-Captiva. The club's mission is to empower women and girls locally and around the world with hands-on assistance, advocacy and funding. "Our purpose runs in parallel with Let's Pink Out and the business women's association," said Beran, a Zonta past president who spoke on empowerment as part of the Women in Leadership Speaker Series last March.

"Zonta supports 15 local organizations, ranging from ACT Abuse Counseling



Taylor Osborne Clarey

Treatment to SalusCare, the most comprehensive provider of behavioral healthcare services in Southwest Florida," Beran said. "We maintain a sense of humor, but we are a busy, active group of women dealing with serious issues."

"The vision for my store is an empowerment studio," said Maari Simcox, owner of Priscilla's of Sanibel at The Village Shops. "My goal is to empower women through storytelling, inspiring products, community building and supporting advocacy groups," she said. "It is a perfect fit to sponsor a table at the Pink Flamingo High Tea.

"I am an old soul energized by women of the past who fought so hard for us," Simcox said. "The legendary Sanibel realtor, Priscilla Murphy, caught my imagination and inspired Priscilla's of Sanibel."

The Simcox family moved to Sanibel a year ago for a brief stay to work remotely during the pandemic. They quickly found themselves planting roots. "It has been wonderful these first few months watching girls, women and men of all ages come in and learn about the history of the island and take away something that brings them joy," said Simcox. "Above all, I wish happiness and positivity to everyone who walks through my door."

The Pink Flamingo High Tea is open to the community and will be held at Sundial Beach Resort & Spa on Tuesday, October 5 from 11 a.m. to 1 p.m. with a full high tea served at noon. Email sancapbwa@sancapbwa.org for information about tickets, sponsorships, raffle baskets and silent auction donations.*

From page 23

Chamber

recreation. Lavender also worked as a fishing guide in Pine Island Sound and Everglades National Park.

The chamber has sent members Zoom invitations to register for the event. When members RSVP, they will receive a link to the virtual meeting. For more information, contact Landen Drake, communications and marketing manager, at 472-8255 or landen@sanibel-captiva.org.



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Frankly Speaking

by Howard Prager



Lots of news from the young to the old, and they've both got it. Let's start with the NFL. Tom Brady said last week he thinks he can play until he's age 50 (another six more years). That would

eclipse George Blanda, who played until he was 48. I wonder how Brady would feel if he wasn't a full-time starter but a part-time starter/QB bench coach? We may not find out for a while. Brady has already thrown nine TDs in the first two weeks of the season. He's not going to the bench anytime soon.

Comparatively, how are the rookie QBs doing? Just so-so. In the second week, only Mac Jones (Patriots) had a decent day, throwing a healthy 23 for 30 for 186 yards. Justin Fields (Bears) was thrust into the starting role, which he was already splitting with Andy Dalton, when Dalton went down with an injury. Fields

threw for 60 yards, ran for 31 and had one interception. The Bears defense did the job though and they won. Zach Wilson (Jets) threw four interceptions and Trevor Lawrence (Jaguars) had one TD and two interceptions. They all have some work to do.

In college ball, some surprises. Fans of Florida's big 3, Florida, Florida State and Miami saw all three teams go down on the same day for the first time in 43 years. Florida almost upset Alabama at the Swamp but couldn't pull it off, losing by just two. All the Top 10 teams won this past weekend, the first time that's happened this season.

Baseball is moving to the last two weeks of the season. The closest races remain in the NL where the Giants lead the Dodgers by one game (with the two best records in MLB), and the Braves lead the Phillies by 1.5 games as of my Monday deadline. In the AL, the big race is for the two wild card spots between the Red Sox, Blue Jays, Yankees and A's.

Speaking of the Red Sox, did you know about their bullpen wall of motivation? For regular readers of this column, I recently wrote about something similar in my new book *Make Someone's Day: Becoming a Memorable Leader in Work and Life*. I

have a story about *The Washington Post* Wall of Gratitude, where former executive editor Marty Barron posted letters and notes of thanks to the reporters and staff. It became a place journalists went to be inspired. The bullpen coach of the Red Sox has done something similar. In a story from *The Athletic*, starting Opening Day at Fenway Park, coach Kevin Walker posted a few words of inspiration on a piece of tape. The first one reads "ABC: Always Be Confident." He continued to write little notes to build confidence for the mindset relievers need. Walker said, "At first, I didn't know how it was going to go those first four or five days I put them up. Then Adam Ottavino finally said a week into this that, "I really love this and that it gives me the confidence to keep going."

Now with just six regular season home games remaining for the Sox as of Friday, that means there are now over 70 pieces of tape throughout the section. Walker continues: "You can't see it looking in, but if you sit down, it's on every rail that goes all the way across. Some days it's a really short quote, some days it's a little longer, but I try to keep them shorter so I have enough room to say it. And I'm running out of space!"

Why did he start doing this? "The bullpen can be a tough place; you're kind of removed from the game, and things happen fast down there," pitching coach Dave Bush said. "Every situation is different. There are a lot of different things written up there because not every player responds to the same thing, so it's a way to cover all the bases and make sure

everyone gets the right mindset. When you sit down there long enough, you kind of feel forgotten. It's a good way for Walk and those guys to be ready and prepared." The final word goes to Walker. "I'm a big believer in being positive and continuing to pick people up. And, if there's any time they can see something that will pick them up for that day, I think it's helpful."

Here's a good news story from a player that truly appreciating fans – from WMTV Madison. "Milwaukee Brewers' superstar Christian Yelich wants to make sure fans don't miss the team's drive toward another National League Central pennant and the playoffs. The Brewers announced the outfielder purchased 10,000 tickets for this week's four-game series against the St. Louis Cardinals and gave them away for free! Yelich explained how important fans are to creating the excitement that helps power the team and said he wanted to give something back to them. "The fans are a big part of what we have accomplished this season," he said. "We want American Family Field to be rocking for that last homestand." While the Brewers are cruising into the post-season, the division rival Redbirds are still in a dogfight for the final Wild Card spot, giving Milwaukee an opportunity to pad their lead and spoil St. Louis' playoffs hopes." May you feel inspired this week too!

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.

SPORTS QUIZ

1. A 1985 music video for a Dire Straits song featured footage of sports highlights and bloopers. What was the song?
2. The Rungrado 1st of May Stadium, site of the annual Grand Mass Gymnastics and Artistic Performance Arirang, is located in what Asian country?
3. Name the Springfield, New Jersey, golf course that hosted seven U.S. Open Championships from 1903-93 and PGA Championships in 2005 and 2016.
4. What *The Falcon and the Winter Soldier* and *Lodge 49* actor was a goaltender for such junior pro hockey teams as the Langley Hornets, Coquitlam Express, Brampton Capitals and Chicago Steel?
5. What Dallas Cowboys receiver celebrated a 45-yard touchdown catch in Super Bowl XXVII by dunking the ball over the goal post crossbar?
6. What did legendary college basketball coach Jerry Tarkanian have a habit of chewing on during games?
7. The University of Akron's athletic teams are known by what nickname?

ANSWERS

1. Walk of Life. 2. North Korea. 3. Baltusrol Golf Club. 4. Wyatt Russell. 5. Alvin Harper. 6. A towel. 7. The Zips.

THE QUESTIONS ARE SIMPLE:

Should the Island Senior club have a permanent home in the existing facility they have enjoyed since 1993 and operate independently at the discretion of their Board?

YES

Should the City of Sanibel have a new multi-million-dollar Center 4 Life building to compete with the Recreation Center and Community House?

NO

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County Approves Project For Bob Janes Preserve

The Lee Board of County Commissioners voted on Tuesday to approve a contract for the design of a project to restore the ecosystem of the Bob Janes Preserve by improving the hydrology and water quality.

The \$318,450 contract with Florida-based Royal Consulting Services Inc. includes design, project management and other services. The design is expected to take two years.

The preserve was purchased in partnership with the State of Florida

for about \$41.5 million in 2006. The Conservation 20/20 preserve totals 5,620 acres.

The Bob Janes Preserve has large areas of ditched, drained and cleared lands that previously were altered for cattle grazing and other agricultural activities. Natural surface water flow patterns have also been disrupted, so increasing on site water storage and treatment will provide water quality benefits by reducing excess nutrients to the Caloosahatchee and its estuary.

The preserve includes tributaries that flow to the Caloosahatchee and its estuary, which have a total maximum daily load for total nitrogen – a limit on the amount of nitrogen allowed in waterways – and is subject to a State of Florida Basin Management Action Plan.



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dearRPharmacist

Treatments To Manage Hypertension



by Suzy Cohen, RPh

Dear Readers: Being sedentary will raise your blood pressure. Researchers evaluated 28 older women with hypertension and made them exercise.

They compared the results to 17 other women who maintained their normal (sedentary) lifestyle and did not exercise. They had them exercising routinely for nine months and their blood pressure numbers improved. Then they had them rest without any kind of training, and their markers all went to pot. Essentially, exercise helped to reduce both systolic and diastolic pressures, as well as resting heart rate but after sitting around, there were no longer any benefits.

It's not like we had to have a study to know this, but the topic of maintaining healthy blood pressure reminded me of another story I want to share with you today. A new acquaintance of mine mentioned he was taking atenolol pills for his blood pressure (and only that), and it concerned me because prescribers today

should already know that the drug is not super useful for this purpose. There was a study a long time ago in the Lancet in 2004 which caused the drug to fall from grace. It didn't appear to work much better than a placebo so doctors started using other medications to manage hypertension.

Regardless, there are 3,788,125 people still taking the medication in the U.S. and over 18 million prescriptions were written for it in 2019. Since it's not too useful for high blood pressure, maybe you are taking it for an off-label indication such as migraine or anxiety? The drug may also be used to relieve chest pain (angina) and help with essential tremors.

Some research indicates that if atenolol is used in combination with another medication for hypertension, then it's beneficial. More modern treatments include ACE (angiotensin-converting enzyme) inhibitors like enalapril, and even better, the ARB drugs such as candesartan. There is the category of calcium channel blockers too, drugs such as amlodipine, or nifedipine. These are considered modern treatments.

Doctors sometimes use diuretics to reduce fluid volume in the body, and these work via your kidneys. There are many agents today, and your doctor selects the best drug for you based upon your specific medical problem, age, kidney/heart function and even race.

Atenolol (and also propranolol) belong to the larger category of beta blockers. These drugs may increase potassium levels and reduce CoQ10 levels. They may also reduce melatonin, your sleep hormone. If

you would like to read my longer article on this, I can email it to you if you sign up for my newsletter at www.suzycohen.com.

In the meantime, make sure you are working with a qualified professional to make appropriate changes to your diet, lifestyle and medication regimen. Blood pressure elevations do not happen overnight; they are the symptom of

another disease so please do not ignore the warning signs of headache, nose bleeds, fatigue and edema.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: People tell me that I am a perfectionist. I can't help it. I want everything just perfect. What is so wrong with that?

A: First of all, perfection doesn't exist. We are human

beings who have flaws and vulnerabilities. It is a pattern born out of not feeling good enough. Perhaps instead of striving for perfection, you can begin to shift to using the word progress over perfection. This can come in the form of baby steps and come to realize that good enough is great and you are on the road to being a recovering perfectionist.

I would like to add that you acknowledge your own vulnerabilities

and practice self-compassion. When we become more loving and compassionate with ourselves, we can acknowledge and embrace our imperfections.

Learn to cut corners, as you don't have to bake the cake from scratch nor be a Martha Stewart. Author Brene Brown adds, "Perfectionism is a self-destructive and addictive belief system that fuels the thought: If I look perfect, live perfectly and do everything perfectly, I can avoid or minimize the painful feelings of shame, judgment and blame." We want to be perceived as perfect but that can never happen because there's no way to control other people's perception of you, regardless of how much time and energy you spend trying.

Work on developing the mindset that is more committed to doing what you are here to do while progressing rather than being perfect.

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

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Doctor and Dietician

Vitamin D And Your Health



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

More and more research has been accumulating on the importance of having healthy levels of Vitamin D in the blood. Back in the late 1990s when we first started Caring Medical, we were testing patients' Vitamin D levels – and nearly everyone was deficient. Did you know that at least 50 to 60 percent (likely even more) of Americans are deficient in this essential vitamin?

Let's take a look at Vitamin D. Thankfully the primary source of vitamin D is from the sun. Another benefit of living in Southwest Florida – ample sunshine. Unfortunately, one of the causes of deficiency of vitamin D is frequent use of sunscreen, which blocks

the body's ability to make vitamin D. We typically avoid using sunscreen (most are toxic anyway) and use sun shirts, hats and sunglasses in addition to going outside primarily in the mornings and late afternoons. It is generally recommended to get at least 10 to 15 minutes of direct sunshine exposure daily without sunscreen for those with fairer skin, while those with darker skin will likely need more time in the sun to make enough vitamin D at about 40 minutes per day.

This sunshine vitamin has been well-documented to play an important role in maintaining healthy bones and overall body bone structure. But that is not all vitamin D does to keep us healthy. Maintaining optimal blood Vitamin D levels can add years to our lives and help keep us healthier as we age.

When people age, they lose the ability to synthesize the vitamin D through sun exposure, which puts older people at greater risk for deficiency and the associated diseases. Many researchers have published on the relationship of vitamin D status to slowing age-related conditions such as Alzheimer's, Parkinson's and ALS.

A 2019 research review discussed the health benefits of vitamin D to include bone health and immunity, as well as protection from heart disease, cancer, diabetes, depression, skin conditions, arthritis, fatigue, chronic pain and infections. Vitamin D provides a protective effect on cell function that reduces bad inflammation.

Vitamin D, or 25-hydroxyvitamin D, is a fat-soluble vitamin that is considered essential because we cannot make enough on our own without exposure to sun and/or intake from food. When UV-B sun rays hit the skin, vitamin D3 (cholecalciferol) is made, which is the more active form.

How to optimize your vitamin D status? Get outside. Optimizing vitamin D status is yet another reason to keep moving and get outside. Eat vitamin D-containing foods such as fish, cod liver oil, eggs, fortified dairy products including milk or nut milk and portobello mushrooms. If you find yourself inside a lot, you may need supplementation. The RDA is 600 IU (international unit) per

day of vitamin D3 up to age 70, 800 IU over 70. We and other health experts have found that higher doses may produce more beneficial and protective effects, especially when fighting potential infections, up to 5,000 IU per day or higher depending on the situation.

We hope to see you out there soaking up some sunshine in the near future. It does the body good.

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

Beautifulife: Sleep



by Kay Casperson

These last couple of years have been a real eye-opener for many in taking better care of themselves. People have learned that we can avoid severe diseases if we make some lifestyle

changes. Individuals have learned new ways to stay healthy and recover from sickness. Some include eating the right foods, staying fit, supplementing our diets and getting quality sleep.

I was such a drill sergeant when my kids were younger, in terms of taking naps. I knew the importance of napping and getting proper sleep. I understood how it would affect their overall development, health and wellbeing. I also learned how necessary it was for me to rest at the same time. I worked hard to develop an effective routine that would help me fall asleep at night and stay asleep to feel well-rested.

Sleep is not something that comes easy for everyone. Fifty to 70 million people in the U.S suffer from long- or short-term insomnia at some point, and if not addressed, it can lead to many health issues. The long-term effects of lack of sleep can affect your mind, heart, weight, immune system and overall length of your life.

Getting between seven to nine hours of sleep for adults can be a benefit in many ways, from keeping your heart healthy, reducing your stress, improving

your memory and helping you stay balanced. So, let's discuss some of the ways to help you fall asleep and stay asleep.

Tea – Try a nighttime tea with calming and relaxing ingredients like chamomile, valerian root, lavender or passion flower.

Supplements – Consult with your doctor and research natural remedies to take before bedtime like melatonin and L-theanine.

Environment – Stay off electronics in the evening and keep the temperature of your room comfortable and cool.

Essential oils – Combine lavender oil with your favorite unscented body moisturizer. Massage onto your feet and arms and breathe in the scent on your hands.

Breathing – Just before closing your eyes, take a deep breath and inhale through your nose for four counts, then hold your breath for seven counts and exhale through your mouth for a count of eight.

I also recommend investing in soft and breathable sheets and comfortable bedding. Having suitable pillows and making an effort to create a cozy space will go a long way in helping you get the rest you need.

My affirmation for you this week is: "I will make every effort to get the right amount of sleep to stay healthy and continue living my best and most beautiful life."

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

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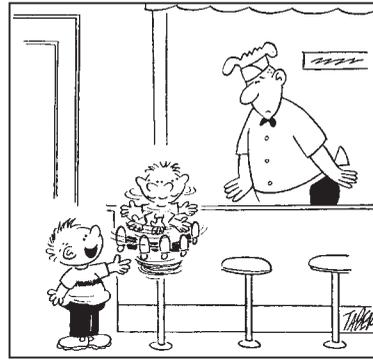


- Emergency 911
- Sanibel Police,..... 472-3111
- Lee County Sheriff's Office 477-1200
- On Call Captiva Deputy..... 477-1000
- Fire Department, Sanibel 472-5525
- Fire Department, Captiva 472-9494
- Florida Marine Patrol..... 332-6966
- Florida Highway Patrol 278-7100
- Poison Control..... 1-800-282-3171
- Chamber of Commerce..... 472-1080
- City Council 472-4135
- City Building Department..... 472-4555
- City Manager 472-3700
- City Planning & Code Enforcement Department 472-4136
- City Public Works 472-6397
- Library, Sanibel 472-2483
- Library, Captiva 239-533-4890
- Lee County Mosquito Control 239-694-2174
- Post Office, Sanibel 472-1573
- Post Office, Sanibel (toll free) 800-275-8777
- Post Office, Captiva..... 472-1674
- Sanibel Community House..... 472-2155
- Center 4 Life, Senior Center..... 472-5743
- ARTS**
- Arcade Theater..... 332-4488
- Art League Of Fort Myers..... 275-3970
- BIG ARTS..... 395-0900
- Broadway Palm Dinner Theatre 278-4422
- Fort Myers Symphonic Mastersingers 288-2535
- Gulf Coast Symphony..... 277-1700
- Herb Strauss Schoolhouse Theater..... 472-6862
- Lee County Alliance for the Arts 393-2787
- Naples Philharmonic..... 597-1111
- Sanibel Music Festival 336-7999
- Sanibel-Captiva Art League sancapart.org
- Southwest Florida Symphony 418-0996
- Symphonic Chorale of Southwest Florida 560-5695
- CLUBS & ORGANIZATIONS**
- ABWA..... <http://abwasanibelcaptiva.org>
- American Legion Post 123..... 472-9979
- Angel Flight SE 1-877-4AN-ANGEL
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- Audubon Society 472-3744
- Bailey-Matthews National Shell Museum 395-2233
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- Community Foundation of Sanibel-Captiva 274-5900
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- CROW, Clinic For The Rehabilitation of Wildlife..... 472-3644
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- FISH OF SANCAP 24-hr service..... 472-0404
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- Horticulture and Tea Society of Sanibel and Captiva . 472-8334
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- League of Women Voters sanibelLWV@gmail.com
- Lions Club, Jeff MacDonald..... 302-521-1158
- Master Gardeners of the Islands 472-6940
- Military Officers Assc. of America, Alex MacKenzie .. 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club..... 472-0836
- PAWS, Protection of Animal Welfare Society . . . 239-313-6918
- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
- Sanibel Beautification Inc. 470-2866
- Sanibel-Captiva Orchid Society..... 472-6940
- Sanibel-Captiva Power Squadron . . . www.sancapboating.club
- Sanibel-Captiva Republican Caucus..... 395-0819
- Sanibel-Captiva Shell Club..... 267-7291
- Sanibel Historical Museum & Village 472-4648
- Sanibel Island Fishing Club..... 472-8994
- Sanibel Youth Soccer..... 395-2040
- SCCF Sanibel-Captiva Conservation Foundation..... 472-2329
- SCCF Sea Turtle Hotline..... 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 . . . 433-2000
- Zonta Club 728-1971

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PUZZLES

Answers on page 38 and 39



"No thanks, we just came in for the _____!"

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!

Beyond
TEDIOUS

Blend
LEMING

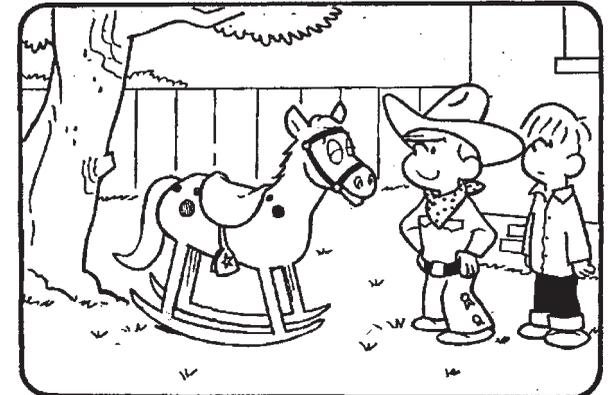
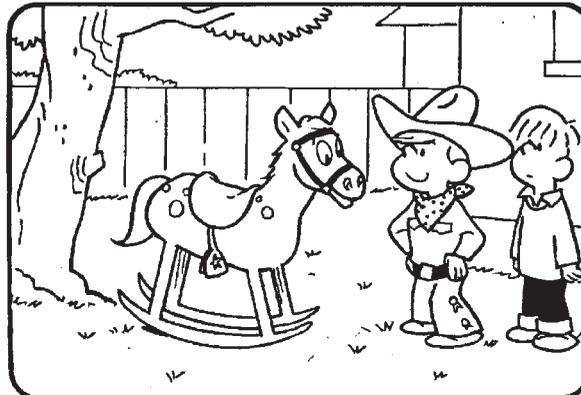
Coma
NECTAR

Pay
MITER

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Spots are different. 2. Eyes are closed. 3. Sweater is missing. 4. Tail is longer. 5. House is missing. 6. Bricks are added.

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

To Play Sudoku:

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

PUZZLES

Answers on page 39

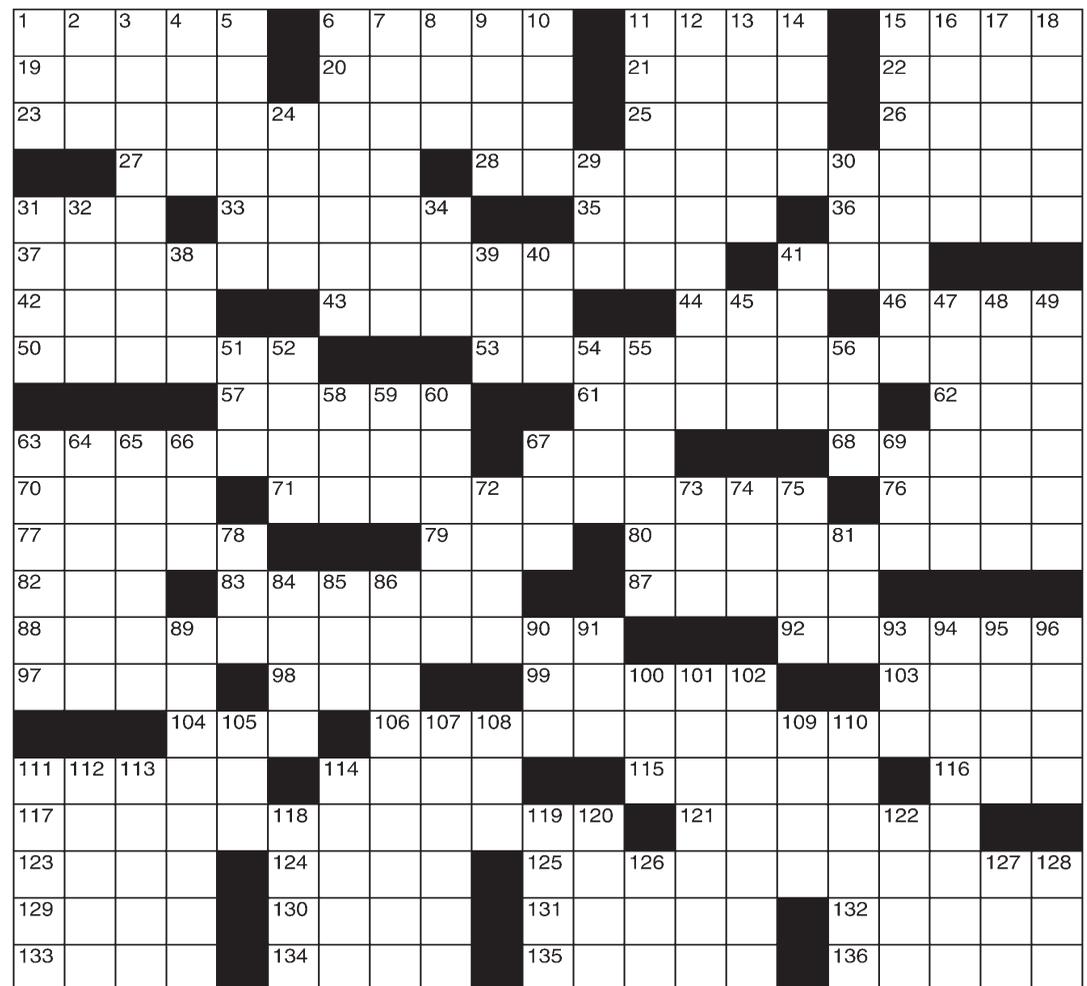
Super Crossword

ON A FIRST-NAME BASIS

- ACROSS**
- 1 Father
 - 6 Gather
 - 11 No. on a car lot sticker
 - 15 Quaint letter salutation
 - 19 Pool table fabrics
 - 20 Large town, in Italian
 - 21 Burn slightly
 - 22 Purple fruit from a palm
 - 23 Candid bow wielder? [Anne]
 - 25 Green Hornet's valet
 - 26 Lisa formerly of "The View"
 - 27 Bread eaten at Passover
 - 28 Gallic senior citizens? [Victor]
 - 31 Subside
 - 33 Earnest and solemn
 - 35 D.C. VIPs
 - 36 Four doubled
 - 37 Ebony-colored card given on February 14? [Karen]
 - 41 Stable scrap
 - 42 Writer Ayn
 - 43 Houston site
 - 44 Little bit
 - 46 A Great Lake
 - 50 Cry of worry
 - 53 Precious gem that formed just recently? [Neil]
 - 57 Port in Italy
 - 61 Boot leathers
 - 62 Chi preceder
 - 63 Hueless Focus or Fiesta? [Betty]
 - 67 Self-help writer LeShan
 - 70 Long-eared hopper
 - 71 Undersized carriage with a fold-down top? [Martin]
 - 76 Prefix with plane
 - 77 University of Maine's town
 - 79 Reply to "Are you?"
 - 80 Annoyed small songbird? [Christopher]
 - 82 PD alert
 - 83 Mutiny
 - 87 Pioneer in graph theory
 - 88 Sweetheart prone to sulk? [Ron]
 - 92 Sailor who flew on a roc
 - 97 Absorbed by
 - 98 Follower of "Co.," often
 - 99 Little bit
 - 103 The last Mrs. Chaplin
 - 104 Showery
 - 106 Robust artisan working in precious metal? [Oliver]
 - 111 Venue
 - 114 Byte lead-in
 - 115 Brand of fake fat
 - 116 Wee, in brief
 - 117 British noble who feels no affection? [Patty]
 - 121 Quartets doubled
 - 123 Oratorio solo
 - 124 "Der —" (nickname for Konrad Adenauer)
 - 125 Clear quartz fashioned to look like a suitor's flower? [Billy]
 - 129 Mets' clubs
 - 130 In tatters
 - 131 Tickle pink
 - 132 Long-term con
 - 133 Louver strip
 - 134 ERA or HRs
 - 135 Quick
 - 136 Up to now
 - DOWN**
 - 1 Very close bud
 - 2 Eternally, in poetry
 - 3 "Glitter rock" group
 - 4 Sicilian spewer
 - 5 "For shame!"
 - 6 Circus tumbler
 - 7 "Glee" actress Lea —
 - 8 Pt. of NCAA
 - 9 Pear waste
 - 10 Actress Gilbert
 - 11 Poet Rod
 - 12 Razor feature
 - 13 Hotel listing
 - 14 U. lecturer
 - 15 Slashed-price product
 - 16 Pastry bag fill
 - 17 Cowboy's workplace
 - 18 Vision
 - 24 127-Down between Russia and Ukraine
 - 29 Prefix with plane
 - 30 Stephen of the screen
 - 31 Spanish river
 - 32 Boring
 - 34 T. —
 - 38 B-F linkup
 - 39 "No" vote
 - 40 General on Chinese menus
 - 41 Stage prize
 - 45 Total up
 - 47 More stringy
 - 48 Possible follower of "Psst!"
 - 49 Menlo Park "wizard"
 - 51 Grow mellow
 - 52 Ring arbiters
 - 54 Meat stamp inits.
 - 55 Subtlety
 - 56 Horned viper
 - 58 Osaka drama
 - 59 "— y plata"
 - 60 "This is not —!" ("Red alert!")
 - 63 Self-reflective question
 - 64 Talk about ad nauseam
 - 65 1950 Asimov classic
 - 66 Five doubled
 - 67 Elegant tree
 - 69 With 109-Down, unprocessed facts
 - 72 "Mon Oncle" star Jacques
 - 73 Actress Joanne
 - 74 MSN rival
 - 75 Employ
 - 78 Suffix with audit or arm
 - 81 — Lanka
 - 84 Revise copy
 - 85 Ryder vehicle
 - 86 A maestro conducts it
 - 89 In Maine
 - 90 Doze off
 - 91 Dude
 - 93 — de plume
 - 94 Removes via very hot water, as impurities
 - 95 "No" voter
 - 96 Writer Roald
 - 100 Oxfam or Amnesty Intl.
 - 101 Huge statues
 - 102 Voted in
 - 105 Twisty fish
 - 107 Gung-ho
 - 108 Writer Santha Rama —
 - 109 See 69-Down
 - 110 Fishhook lines
 - 111 Hefty slices
 - 112 Deep pink
 - 113 Madonna musical
 - 114 Groove for a letter-shaped bolt
 - 118 Ingests
 - 119 Old Chrysler
 - 120 Bombeck of humor
 - 122 Sextet halved
 - 126 "I reckon so"
 - 127 Body of water
 - 128 Drop the ball

King Crossword

- ACROSS**
- 1 Havana's land
 - 5 For each
 - 8 — Valley, Calif.
 - 12 Miles away
 - 13 Parisian pal
 - 14 Former Yankee slugger, to fans
 - 15 Abe Lincoln's first home
 - 17 Cello's ancestor
 - 18 In the style of
 - 19 Shiny, as a photo
 - 21 Trombone part
 - 24 Swizzle
 - 25 Ireland
 - 26 Backyard structure
 - 30 Old Oldsmobile
 - 31 Move to one side
 - 32 — roll (winning)
 - 33 Theme park attraction
 - 35 Landed
 - 36 Mater lead-in
 - 37 Test score
 - 38 Spider's creation
 - 41 Spill catcher
 - 42 Location
 - 43 Cozy spot on the slopes
 - 48 Sandwich
 - shop
 - 49 Last (Abbr.)
 - 50 Jeopardize
 - 51 Pieces for one
 - 52 Evening hrs.
 - 53 Hose woe
 - tune
 - 8 Relishes
 - 9 Eye part
 - 10 Cattle calls?
 - 11 In a lazy way
 - 16 Hearty quaff
 - 20 Joyful tune
 - 21 Lowly worker
 - 22 Stead
 - 23 Press agent?
 - 24 "The March King"
 - 26 "OK" gesture
 - 27 Spanish greeting
 - 28 Oklahoma city
 - 29 See socially
 - 31 Only
 - 34 Aloha State
 - 35 Garden shelters
 - 37 Baseball's Hodges
 - 38 Scoundrels
 - 39 Sandwich treat
 - 40 Phone inventor
 - 41 Morsels
 - 44 Carrier to Amsterdam
 - 45 Cacophony
 - 46 Fed. property manager
 - 47 Heart chart (Abbr.)
- DOWN**
- 1 Nev. neighbor
 - 2 Flying saucer
 - 3 Satchel
 - 4 Video-game hub
 - 5 Sunscreen additive
 - 6 Brit. record label
 - 7 Cellphone



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

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

- Armchair
- Decider
- Lollipop
- Tantrum
- Brother
- Forsake
- Platte
- Virginia
- Coffeecake
- Hopscotch
- Stalemate
- Waterloo
- Colander
- Keypunch
- Steaming

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Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:51 am	9:33 am	4:23 pm	9:05 pm
Sat	3:14 am	10:17 am	5:18 pm	9:23 pm
Sun	3:42 am	11:09 am	6:32 pm	9:39 pm
Mon	4:16 am	12:12 pm	None	None
Tue	4:58 am	1:30 pm	None	None
Wed	5:59 am	2:51 pm	None	None
Thu	7:29 am	4:00 pm	None	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:56 am	9:35 am	3:28 pm	9:07 pm
Sat	2:19 am	10:19 am	4:23 pm	9:25 pm
Sun	2:47 am	11:11 am	5:37 pm	9:41 pm
Mon	3:21 am	12:14 pm	None	None
Tue	4:03 am	1:32 pm	None	None
Wed	5:04 am	2:53 pm	None	None
Thu	6:34 am	4:02 pm	11:29 pm	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	3:34 am	10:19 am	4:37 pm	10:18 pm
Sat	3:53 am	10:51 am	5:14 pm	10:34 pm
Sun	4:09 am	11:23 am	5:50 pm	10:44 pm
Mon	4:30 am	12:00 pm	6:27 pm	10:54 pm
Tue	5:00 am	12:49 pm	7:11 pm	11:11 pm
Wed	5:36 am	2:03 pm	8:05 pm	11:34 pm
Thu	6:20 am	3:15 pm	9:12 pm	None

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	5:01 am	12:02 am	6:33 pm	12:49 pm
Sat	5:24 am	12:21 am	7:28 pm	1:33 pm
Sun	5:52 am	12:39 am	8:42 pm	2:25 pm
Mon	6:26 am	12:55 am	None	3:28 pm
Tue	7:08 am	4:46 pm	None	None
Wed	8:09 am	6:07 pm	None	None
Thu	9:39 am	7:16 pm	None	None

My Stars ★★★★★ FOR WEEK OF SEPTEMBER 20, 2021

Aries (March 21 to April 19) Decisions involving your finances might seem to be foolproof. But they could have underlying risks you should know about. Don't act on anything until all the facts are in.

Taurus (April 20 to May 20) Keep that keen Bovine mind focused on your financial situation as it begins to undergo some changes. Consider your money moves carefully. Avoid impulsive

investments.

Gemini (May 21 to June 20) You'll need to adjust some of your financial plans now that things are changing more quickly than you expected. All the facts you need haven't yet emerged, so move cautiously.

Cancer (June 21 to July 22) Personal and professional relationships dominate this period. Try to keep things uncomplicated to avoid misunderstandings that can cause problems down the line.

Leo (July 23 to August 22) That elusive goal you'd been hoping to claim is

still just out of reach. But something else has come along that could prove just as desirable, if only you would take the time to check it out.

Virgo (August 23 to September 22) This is a good time to get away for some much-needed rest and relaxation. You'll return refreshed and ready to take on the workplace challenge that awaits you.

Libra (September 23 to October 22) Confidence grows as you work your way through some knotty situations. Watch out for distractions from well-meaning supporters that could slow things down.

Scorpio (October 23 to November 21) Consider spending more time contemplating the possibilities of an offer before opting to accept or reject it. But once you make a decision, act on it.

Sagittarius (November 22 to December 21) You're in a very strong position this week to tie up loose ends in as many areas as possible. Someone close to you has advice you might want to heed.

Capricorn (December 22 to January 19) Congratulations. This is the week you've been waiting for: After a period of continued on page 38

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

From page 36

My Stars

sudden stops and fitful starts, your plans can now move ahead with no significant disruptions.

Aquarius (January 20 to February 18) You're in an exceptionally strong position this week to make decisions on many still-unresolved matters, especially those involving close personal relationships.

Pisces (February 19 to March 20) The new moon starts this week off with some positive movement in several areas. A special person becomes a partner in at least one of the major plans you'll be working on.

Born This Week: You work hard and get things done. You also inspire others to do their best. You would do well heading up a major corporation.

MOMENTS IN TIME

- On September 27, 1854, two ships collide off the coast of Newfoundland, killing 322 people. The wooden-hull Arctic slammed into the iron-hull steamer Vesta and was severely damaged. In trying to beach the ship, the Arctic's captain ran over several lifeboats, causing more people to drown.

- On October 1, 1908, in Detroit, the first production Model T Ford is completed. Its 22 horsepower, four-cylinder engine could reach speeds up to 40 mph and run on gasoline or hemp-based fuel.

- On September 28, 1928, a lab accident led Sir Alexander Fleming, a young bacteriologist, to one of the great discoveries of modern medicine. Having left a plate of staphylococcus bacteria uncovered, Fleming noticed that a mold that had fallen on the culture had killed many of the bacteria. He identified the mold as penicillium notatum, similar to the kind found on bread.

- On October 2, 1948, the first American road race since World War II takes place in Watkins Glen in New York. The New York Central railroad agreed to suspend train service so the drivers could safely cross the tracks.

NOW HERE'S A TIP

- If you need to pick up small shards of glass, use a cotton ball that's been moistened, or a slice of white bread (insides only) wadded up.

- Glass and chrome will shine if you clean them with newspaper. You can mist the paper with water first, but not too much. Rub... and the shine comes right out, plus no streaks or lint!

- "Use purified water in your coffeemaker to lengthen its life. Water deposits build up and affect both the flavor and function of your machine. They can be cleaned, but it's much better if you use purified drinking water from a jug. It makes it very easy to fill the machine, too." – ME in Wyoming

- "Purchase colorful laundry baskets for each child in your home. In the evening, you can have the child find all his or her stray items, put them in the basket and then put them away. In our house, the kids also use their basket to hold anything they need for school the next day – backpack, coats and outerwear, even boots. We stack the baskets by the door, and nothing gets left behind." – PW in Missouri

- When you are frying up ground beef, add a tablespoon or two of water. It will help the excess grease to pull away from the meat, making it easier to drain off.

- "To speed the healing of bruises, try eating pineapple. Drink lots of water, too. I play contact sports, and this has always helped me." – RE in Missouri

STRANGE BUT TRUE

- Baritone Leonard Warren died on stage at The Met in 1960 just as he

finished singing Verdi's *Morir, Tremenda Così (To Die, a Momentous Thing)*.

- While shedding, geckos will eat their skin in order to prevent predators from finding and eating them more easily.

- A man named Ronald MacDonald robbed a Wendy's in 2005.

- In the early 2000s, when hackers were not that rampant, a survey showed that 70 percent of London commuters would reveal their computer password in exchange for a chocolate bar, while 30% of the respondents admitted they would give their password even without said candy.

- The sequel to the 1953 film titled *Gentlemen Prefer Blondes* was called *Gentlemen Marry Brunettes*.

- Per capita, the happiest countries in the world also rank highest in terms of consumers of antidepressants.

- The term "plastic surgery" was coined in 1839, 70 years before plastic was even invented. It comes from the Greek word "plastike," which means "the art of modeling" of malleable flesh.

- Journalist John Richards founded The Apostrophe Protection Society in 2001 to enforce the proper use of the apostrophe in written English. He closed the society in 2019, however, at the age of 96, with the announcement that "the ignorance and laziness present in modern times have won!"

- The World Health Organization (WHO) recommends avoiding drinking camel urine to prevent contracting Middle East respiratory syndrome. Thanks, guys, but we'll wait for the shot.

- Abibliophobia is the fear of running out of material to read.

THOUGHT FOR THE DAY

"When the path ignites a soul, there's no remaining in place. The foot touches the ground, but not for long."

– Hakim Sanai

TRIVIA TEST

1. **Television:** What was the name of Tim Taylor's friend and sidekick on the *Home Improvement* sitcom?

2. **Geography:** Which U.S. city has the nickname "Big D"?

3. **Literature:** Which novel begins with the line, "Last night I dreamt I went to Manderley again"?

4. **Medical:** What usually causes rickets in children?

5. **Music:** Which novel is referenced in The Police's song *Don't Stand So Close to Me*?

6. **Food & Drink:** Cafe du Monde is a famous restaurant in what city?

7. **Entertainers:** Which famous actor was born Maurice Micklewhite?

8. **Measurements:** What scientific unit of measurement also is the name of a mammal?

9. **General Knowledge:** What is a thalassophile?

10. **Anatomy:** What is the colored part of the eye called?

TRIVIA ANSWERS

1. Al Borland 2. Dallas 3. Rebecca Orleans 4. Lack of vitamin D 5. Lolita 6. New Orleans 7. Michael Caine 8. Mole, which is used to measure particles in a substance 9. A lover of seas and oceans 10. Iris

SCRAMBLERS ANSWER

1. Outside 2. Mingle;
3. Trance; 4. Remit

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1/4 * TFN

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6/5 * TFN

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4/20 * TFN

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9/24 * 10/8

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12/11 * TFN



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1/26 * TFN

Shore Fishing:



Don't Harm The Fish

by Capt. Matt Mitchell

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

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

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

If you want a picture with

the fish, support it as you lift it out of the water – and do it quickly.

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

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

PETS OF THE WEEK



Rhett ID# A883002 photos provided Lemon ID# A882186

Lee County Domestic Animal Services

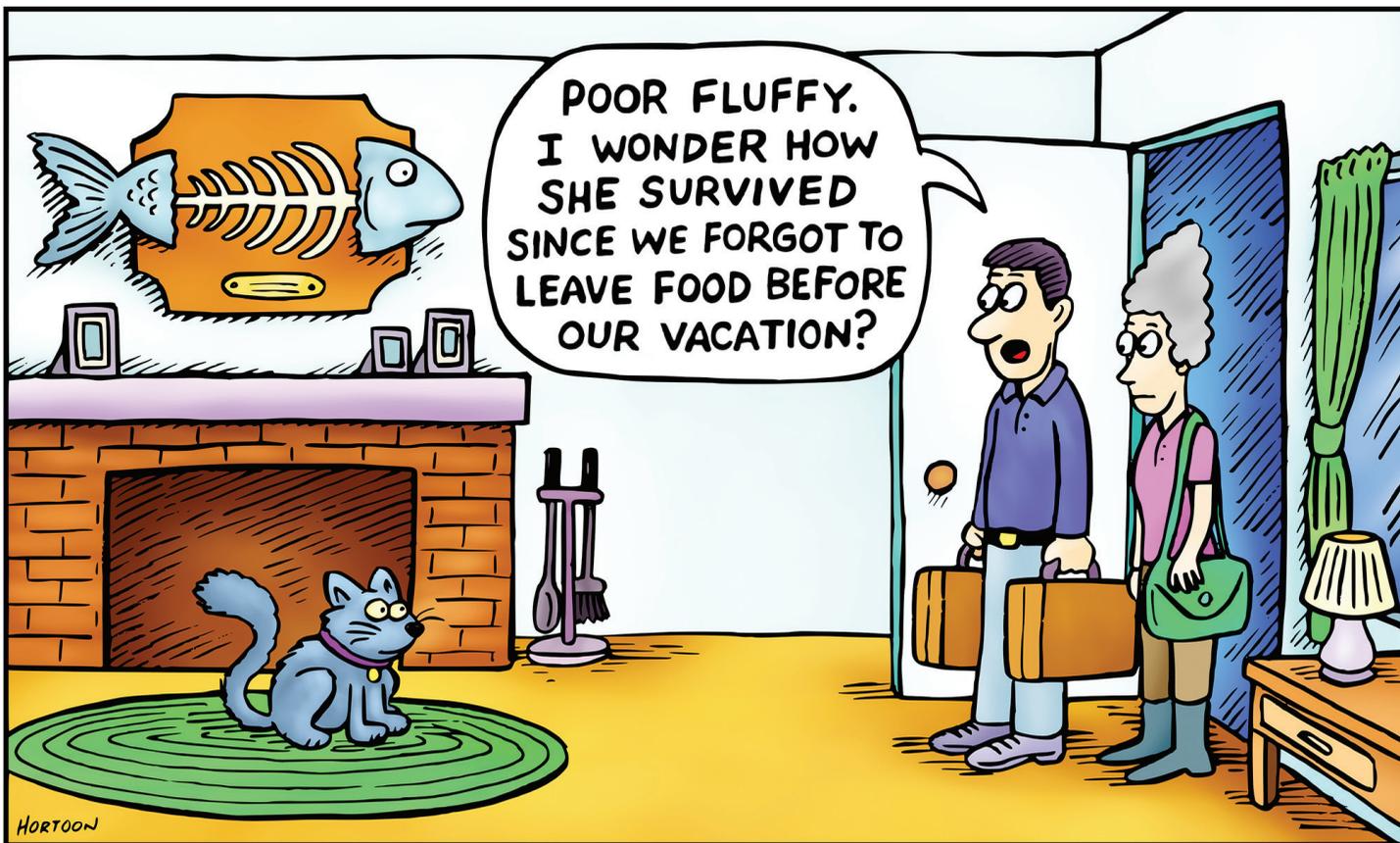
Rhett And Lemon

Rhett is a 1-year-old male pit bull. Throw a tennis ball or two and you will be his best friend for life. His adoption fee is \$75.

Lemon is a 2-year-old female domestic shorthair tabby. She has stunning green eyes and a sparkling personality. 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



HORTON

PUZZLE ANSWERS

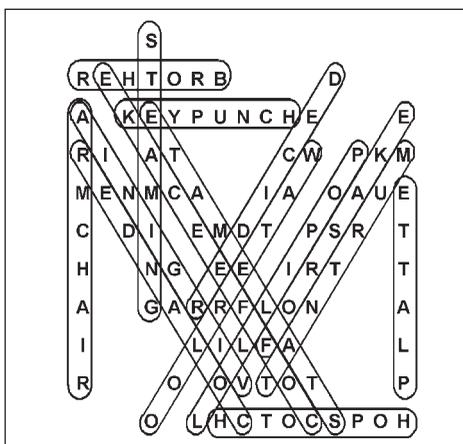
SUPER CROSSWORD

B	E	G	E	T	A	M	A	S	S	M	S	R	P	S	I	R	S	
F	E	L	T	S	C	I	T	T	A	C	H	A	R	A	C	A	I	
F	R	A	N	K	A	R	C	H	E	R	K	A	T	O	L	I	N	G
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S	C	E	N	E	T	E	R	A	O	L	E	A	N	L	I	L		
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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Barefoot Beach	Bonita Springs	1994	5,000	\$4,750,000	\$4,150,000	39
Gulf Ridge Sub	Sanibel	1986	3,961	\$4,395,000	\$4,075,000	113
Salerno	Miromar Lakes	2018	3,948	\$3,300,000	\$3,275,000	5
Esplanade Lake Club	Fort Myers	2021	3,554	\$2,811,325	\$2,811,325	522
Del Sega	Sanibel	2017	3,527	\$2,295,000	\$2,340,000	1
Wildblue	Fort Myers	2020	3,923	\$1,700,000	\$1,685,000	7
Cape Coral	Cape Coral	2018	2,504	\$1,495,000	\$1,600,000	2
Mcphie Park	Fort Myers Beach	1956	2,805	\$1,624,000	\$1,462,500	33
Dolphin Cove	Bonita Springs	2000	2,986	\$1,350,000	\$1,450,000	2
Palmetto Point	Fort Myers	1977	2,999	\$1,399,900	\$1,405,000	7

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