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VOL. 30, NO. 5

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 29, 2022

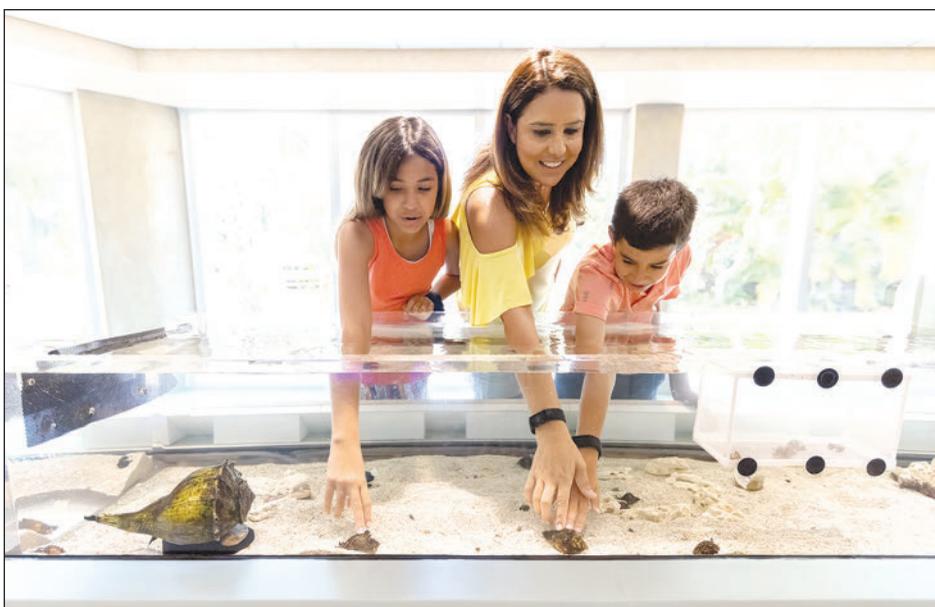
JULY/AUGUST SUNRISE/SUNSET: 29 6:52 • 8:18 30 6:52 • 8:17 31 6:53 • 8:17 1 6:53 • 8:16 2 6:54 • 8:15 3 6:54 • 8:15 4 6:55 • 8:14

Discounts For Locals Continue At Shell Museum

Bailey-Matthews National Shell Museum established two new programs in 2022 aimed at giving more Lee County residents a chance to experience the museum and its renowned shell collection, aquariums, touch pools and marine life.

The first initiative, Lee County Sunday Afternoons, grants half-price admission to the museum on Sundays from noon to 5 p.m. for Lee County residents who demonstrate proof of residence such as a driver's license or utility bill.

The second initiative, Community Access Program, is a free access program whereby the museum partners with service and support agencies throughout Lee County to distribute free admission passes to low-income Lee County residents and other populations that are underserved or disadvantaged. Passes are valid for free single-day admission to the museum



A family exploring the touch pool at the museum

photo provided

without expiration date. Participating organizations so far include FISH of SanCap, The Heights Center, Child Care of Southwest Florida, Boys & Girls Club

and Quality Life Center of Southwest Florida.

"Our hope is that by lowering economic barriers for neighbors to enjoy

the museum, we will increase access and educational opportunity, and the museum's role as a local and regional community resource," said Sam Ankersen, shell museum executive director. "We hope many locals will take advantage of these new opportunities to visit the museum and its new aquariums for the first time."

Funding for these initiatives is made possible thanks to an anonymous donor.

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the United States with a primary focus on shells and mollusks. Permanent exhibitions on view include the Great Hall of Shells, which displays highlights of the museum's collection of some 550,000 shells, as well as the Beyond Shells living gallery of aquariums and over 50 species of marine life.

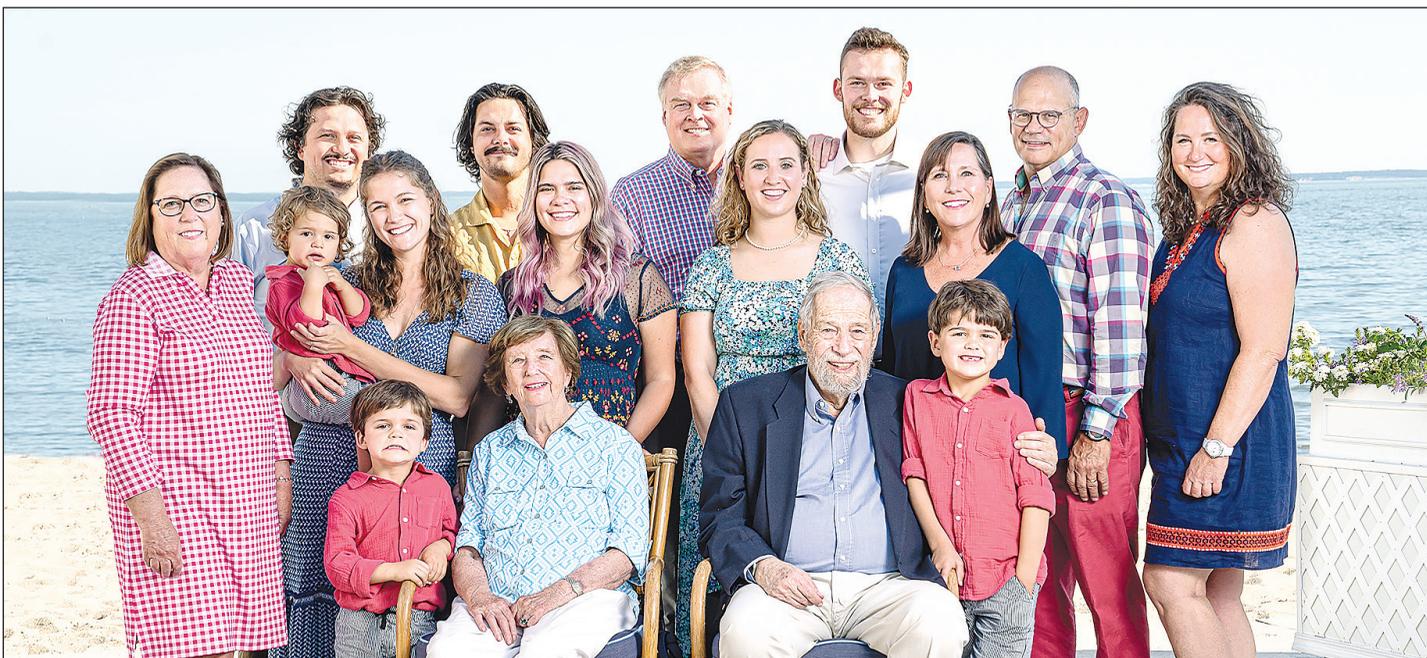
Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open from 10 a.m. to 5 p.m. daily. For more information or tickets, call 395-0900 or visit www.shellmuseum.org.

Family Creates Fund To Support Future Naturalists

Stephen B. Oresman grew up in New York City, haunting Central Park and the American Museum of Natural History. By age 15, he was elected a member of the Linnaean Ornithological Society of New York City. He was well on his way down a lifetime conservation path that culminated this year when, for his 90th birthday, Oresman's family gifted him with a named fund at JN "Ding" Darling National Wildlife Refuge on Sanibel, an internship fund that will inspire future generations of naturalists such as himself.

The permanently endowed Stephen B. Oresman Intern Project Fund will support the refuge's internship program through its nonprofit arm, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). Oresman himself, as a high school student, served in a role similar to an internship for the U.S. Fish & Wildlife Service, which oversees the refuge system.

"I worked in an unpaid position at Patuxent Research Refuge in Maryland and later at Sacramento National Wildlife Refuge in California," Oresman said. "I was a research associate - what they



The family gathered recently to celebrate Stephen Oresman's 90th birthday

photo provided

would call an intern these days."

His lifelong interest in birds and nature led his family to honor Oresman with the refuge internship endowment fund. He and his wife, Enid, first discovered "Ding" Darling at Christmastime 1954 on vacation from the Air Force base in Mobile, Alabama. At the time, only the

Bailey Tract section of the refuge complex was open to the public for wildlife viewing. He remembers two enormous alligators and thousands of white ibis and egrets flocking in to roost for the night.

On subsequent birding trips to the refuge, Oresman was able to tour Wildlife Drive and started bringing his children and

grandchildren along. By 1974, he and his wife had purchased a home on Captiva, and their regular shopping trips to Bailey's General Store during their stays frequently included a drive through the refuge. He stayed involved with "Ding" Darling, donating funds to help build the visitor and

continued on page 34

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Sign Ordinance Becomes Law

by Wendy McMullen

The new sign ordinance described by Councilman Mike Miller as a “mind numbing project” was finally approved at last Tuesday’s Sanibel City Council meeting.

The changes in regulations concerning the sign ordinance were forced by a U.S. Supreme Court decision that signs must be “content neutral” and that municipalities cannot discriminate based on what the sign says.

Now, the city cannot legislate on content but only on type of sign. As a result, all temporary signs fall under the same rules. Nor can the city discriminate between the content of commercial speech and non-commercial speech.

The new ordinance allows any message providing it isn’t harmful to minors, is not a duplicate of a sign already on the property and, unless it’s associated with a one-time event, is not advertising.

Although it can no longer discriminate on content, the city can still legislate on the placement, number and size of signs, and justified doing so in order “to preserve Sanibel as a desirable community and a pleasing, visually attractive environment.”

Council determined that only two

directional signs could be placed and that temporary signs, such as real estate signs, can only remain in place for 180 days. The city manager may, at his discretion, extend that period. Permit signs may only be erected after the building permit has been issued and must be removed before a certificate of occupancy is granted.

In other changes, the size of temporary signs can now be up to three square feet, and real estate signs can be oriented perpendicular to the roadway frontage rather than parallel.*

Recreation Director Retires

by Wendy McMullen

Councilmembers recognized Sanibel Recreation Director Patricia “Trish” Phillips on her retirement from the City of Sanibel after more than 10 years of service at the July meeting.

Phillips was appointed as director of recreation in March 2019 after having served as recreation program coordinator and senior program manager at the city’s Center 4 Life.

Prior to joining the city, Phillips was the intramural volleyball coach and Sanibel-Captiva Little League coach for girls softball at The Sanibel School.

Phillips will continue to organize the Sanibel-Captiva Independence Day parade, which was established in

honor of her father, realtor Don Bissell. Phillips’ husband, Jamie, was on the Sanibel Police force for 37 years.

Former director of recreation, Andrea Miller, who served with the city from 2007 to 2018 and who has roots on Sanibel dating back to the 1950s, will take over for Phillips.*

City Appoints Planning Director

by Wendy McMullen

Interim Planning Director Paula McMichaels was appointed as the city’s full-time planning director, it was announced at the July Sanibel City Council meeting.

McMichaels was previously vice president of planning for the Southwest Florida firm of Hole Montes where she led a variety of public and private planning projects including a workforce housing study for the City of Bonita Springs, a master plan revision for the Immokalee Community Redevelopment Agency and rezoning for the Naples-Fort Myers Greyhound Track redevelopment.

McMichael received a bachelor of arts degree in English from Smith College and master of urban and regional planning degree from Florida Atlantic University, where she graduated with honors and was named an environmental growth management fellow. She is a member of the

American Planning Association, Florida Planning & Zoning Association and Lee County Land Development Code Advisory Committee.*

Proposed Millage Rate Up

by Wendy McMullen

City council approved a tentative millage rate of 1.975 at the July meeting. This is up .0828 from last year’s final millage rate. This is the initial rate proposed, and it is expected to decrease in future meetings. The rate can be decreased, but not increased, from the first proposed rate.

The vote was 4 to 1 with Mayor Holly Smith opposed. Smith had proposed a tentative millage rate of 1.8922, the same as last year.

Resident Jude Sincoskie questioned whether there was a need for any increase given the surge in the appraised value of Sanibel real estate. Finance Director Steven Chaipel told council that the total value of all property on Sanibel hit an all-time record of \$6.35 billion last year and that the average property is now valued by the Lee County tax appraiser at \$748,000. Appraised values are generally based on closed sales and lower than the actual market value.

Councilmembers John Henshaw, Dr. Scott Crater, Mike Miller and Vice

continued on 10



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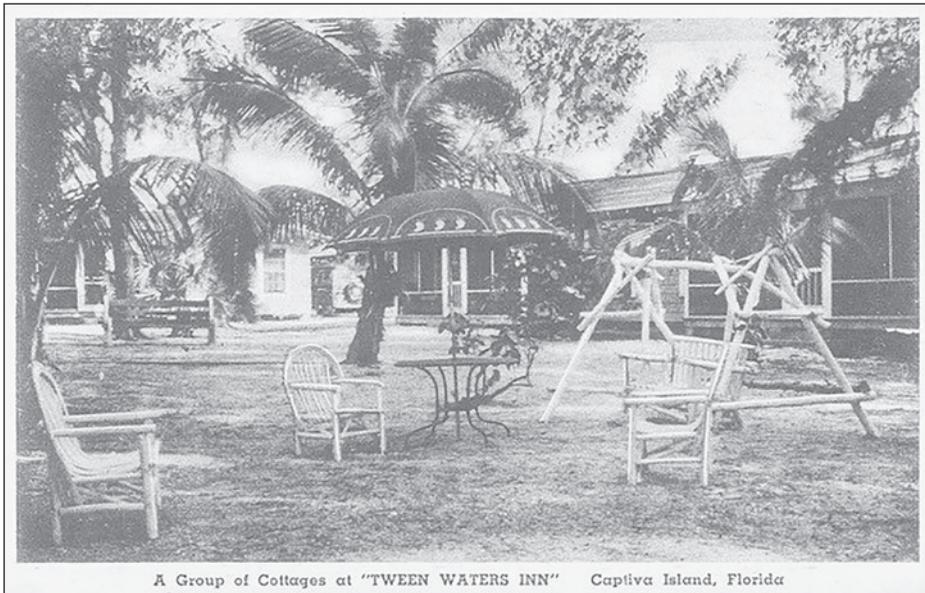
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A Group of Cottages at "TWEEN WATERS INN" Captiva Island, Florida

'Tween Waters Inn
Captiva Island Historical Society
Landmark:
'Tween Waters

This postcard, date unknown, is from the Tom Libonate collection and features a group of cottages at 'Tween Waters Inn. The grounds were outfitted with a table and umbrella, chairs and a bench swing.

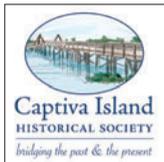


photo courtesy Captiva Island Historical Society Archives

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. The gallery is closed temporarily for repairs. Call 533-4890 for more information.

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



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Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Summer services, now through August, are held on the second Friday of the month at 7:30 p.m., led by congregants. Services are held at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Email batyamsanibel@gmail.com for links to services and information, 2050 Periwinkle Way.

CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Worship services every Sunday at 11 a.m., November 13, 2021 through April 30, 2023. Sunday services posted on the chapel's website, www.captivachapel.com and 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 service at 10 a.m. July 10 though

September in the Sanctuary. View the Sunday services via livestream at 10 a.m. through the summer or later online at www.sanibelchurch.com. The 9 and 11 a.m. services resume in October. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

Interim Pastor: Rev. Dr. Randall Niehoff. Traditional Worship Service at 10 a.m. 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. www.saintisabel.org, 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, May through October. Saturday at 5 p.m., Sunday service at 9:30 a.m. and is also livestreamed. Messy Church every second Sunday of the month 4 to 6 p.m., includes activities for all ages, celebration and free meals. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. one Sunday each month from January through April on Zoom or at Sanibel Congregational United Church of Christ. ruthiyengar42@gmail.com, 2050 Periwinkle Way, 847-309-3926.

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

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Community House Calendar

Elevated Wine and Spirits will host an educational wine tasting featuring Oui Oui French wines on Friday, July 29 from 6 to 8 p.m. Food will be prepared by Chef John Wolff. Cost is \$50 for members, \$55 for guests. Call 472-2155 for reservations.

A Dog Days Delight community social will be held on Tuesday, August 16. Chef John Wolff will prepare fresh summer dishes. Meal pickup will be available from 5 to 6 p.m. and dine in starts at 6 p.m. Cost is \$25 for members or \$30 for guests; \$5 additional for dessert. Email office@sanibelcommunityhouse.net for the menu and call 472-2155 to register.

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; supplies start at \$5. Young children must be accompanied by an adult.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 9:30 to 10:30 a.m. Bring your own weights (optional). Cost is \$5 for members and \$10 for guests.

Chair Stretching with Mahnaz Bassiri is offered on Thursdays from 1 to 2 p.m. Cost is \$10 for members and \$15 for guests.

The Sanibel Hearts Club meets on Fridays from 1 to 3 p.m. to play the card game Hearts. Cost is \$5.



The Community House file photo

Beginners to experts are welcome.

Mangos are needed for youth cooking classes and for making chutneys and salsas, which are sold to raise funds for the Culinary Education Center of Sanibel scholarships. If you have a mango tree and are willing to share its bounty (even if you are not in town), call 472-2155 or email office@sanibelcommunityhouse.net. Volunteers are needed to collect the fruit.

Sanibel-Captiva Art League member Ann Reardon and guest artist Marianne Ravenna are exhibiting their work this month. The exhibit can be viewed Monday through Friday from 9 a.m. to 1 p.m.

Shell critter kits are available for purchase or to ship. Choose from 13 critters to assemble. Cost is \$5 per kit; shipping is \$10 additional.

Shell necklace kits are available for purchase or to ship. Cost is \$20 per kit; shipping is \$10 additional. All materials and instructions included.

Art kits 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 \$10 additional.

Proceeds from art and craft kits support operations at The Community

House. Available from 9 a.m. to 1 p.m. Monday through Friday.

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

Historical Village Closing Until Fall



Aerial view of the historic buildings at the village

photo provided

The Sanibel Historical Village will close for the off-season on Sunday, July 31 and reopen on Tuesday, October 18. Fall hours will be Tuesday through Saturday from 10 a.m. to 4 p.m. with guided tours at 10:30 a.m. and 1:30 p.m., based on docent availability. Admission is \$15 for adults

over age 18; no charge for members and children.

Sanibel Historical Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access. For more information, visit www.sanibelmuseum.org or call 472-4648 during business hours.✧



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OBITUARY

MARGARET M. RAPP

Devoted wife, mother, grandmother and great grandmother Margaret MacNary Rapp's legacy is known and revered throughout the state of Indiana. Always called Peggy by her friends and family, she was



born a Hoosier in Hammond, Indiana in 1934. She graduated from Hammond High School where she was very active in music programs and athletics, especially tennis. She attended and earned a bachelor's degree in education at Indiana University (IU) in Bloomington, where she was active in Kappa Alpha Theta and intramural athletic programs. It was there that she met her future husband, George Rapp. They married in March 1956, the year Peggy celebrated her graduation from IU. She then entered the teaching profession and taught at Eagledale School in Indianapolis for three years while her husband attended medical school.

Home and family were central in Peggy's life. The years yielded the blessings of two sons, grandchildren and great-grandchildren. Through 66 years of marriage and the myriad activities of family life, Peggy found time to pursue

her varied interests and always supported and participated with George in all their many endeavors.

She became an avid supporter of a host of Indiana-based organizations, including the Indiana Historical Society, Indianapolis Museum of Art (Newfields) where she was named a life trustee and contributed to the restoration of the Rapp Ravine Garden on the museum grounds. Other organizations that benefited from Peggy's participation and support were the Children's Museum of Indianapolis, Indianapolis Symphony Orchestra, where she served for many years on the board of directors, Heartland Truly Moving Pictures and Heartland Film Festival. She was a participating member of the Second Presbyterian Church, Sanibel Community Church, and was active in many Bible study groups.

Peggy loved flowers and gardening. She was instrumental in forming the New Harmony Gardening Club, was a member of Trailing Arbutus Garden Club in Indianapolis and worked diligently on the grounds and gardens for Sanibel Seaview Condo Association. She designed beautiful gardens in Indianapolis, New Harmony and Lake Wawasee.

Peggy was the ultimate hostess. She started a "Hat Luncheon" in New Harmony, hosted many groups to their home, many Christmas events and too many others to mention.

Peggy also supported many IU schools and academic departments: Lilly Family School of Philanthropy, Herron School of Art & Design, IU Orthopedic Surgery

and Medicine departments, as well as the school's athletic programs. For her generosity to the university, she was presented the Presidents Circle Laurel Pin in 2013.

With her husband, Dr. George Rapp, Peggy was active in the life and preservation of historic New Harmony, Indiana, where she actively participated in the life of the village and lent generous support to its robust art community. For more than 20 years, she organized the volunteers for New Harmony's nationally known, annual First Brush of Spring plein air event. As a lifelong, stalwart arts patron and benefactor, Peggy earned an honorary degree from University of Southern Indiana in 2011 and was honored as a "Living Legend" by the Indiana Historical Society in 2013.

Peggy is survived by her husband Dr. George Rapp and two sons, Dr. John Rapp (Leslie) and James Rapp (Patty), 13 grandchildren and 14 great-grandchildren.

Services in celebration of Margaret MacNary Rapp's life and contributions to her beloved Hoosier state will be held at Second Presbyterian Church at 4 p.m. on Wednesday, August 17, 2022 with a gathering to follow, also at the church. In lieu of flowers, the family requests that any remembrances be shared with the Children's Museum of Indianapolis, Hoosier Salon, Rapp Ravine Garden at Newfields, and Second Presbyterian Church in Indianapolis.

You are invited to visit the website at www.leppertmortuary.com to share a personal memory of Peggy. ✨

Sewer Expansion Project Begins

The City of Sanibel's Phase 4B Sewer Expansion Project began on July 25. The project consists of installation of central sewer service in the following areas: Sanibel Gardens (Area B), Tamarind Road (Areas C), Winterbotham (Area D), Ferry Road (Area F), and Middle Gulf Drive (Area G). Construction will occur in the different areas as the project progresses.

Following is the current order of construction and expected start month. This schedule is dependent on weather and the availability of materials, so it may change as the project progresses.

Sanibel Gardens (Area B) – July
Tamarind Rd. (Area C) – October
Middle Gulf Drive: (Area G) – November

Winterbotham (Area D) – December
Ferry Road (Area F) – February

Access to properties will be maintained throughout the project, although there may be small periods of time when short disruptions will occur. Proper communication with affected residents will be maintained during these times and ample time for preparation and coordination will be provided.

The public is reminded to drive slowly and cautiously through work areas. The contractor will have signage and flaggers present to direct traffic as needed. If you have any questions, call 472-6397 or email at sanpw@mysanibel.com. ✨

DO YOU KNOW YOUR BIRTHSHELL?

August: The Nutmeg Shell, Peridot

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Little Support For Low-Speed Vehicle Ban

by Wendy McMullen

A bid to ban low-speed vehicles on Sanibel-Captiva Road received little support at the July Sanibel City Council meeting.

The proposal to ban low-speed vehicles such as golf carts or neighborhood electric vehicles from this main artery was championed by City Councilman Dr. Scott Crater.

Sanibel-Captiva Road runs from Tarpon Bay Road to Blind Pass and is the main artery for commuters to Captiva. It has a speed limit of 35 mph, five miles higher than other roads on Sanibel.

Dr. Crater said that the increase in the number of companies renting low-speed vehicles on Sanibel has resulted in a potentially dangerous situation on the seven-mile stretch of Sanibel-Captiva Road and that families renting them are not fully aware of the dangers.

"They've never been to Sanibel before. They may think this is the same as Figure Eight Island in North Carolina or Harbour Island in the Bahamas where things are very compact and close together, and the roads are slow and there's a lot of density," Dr. Crater said, asserting that low-speed vehicles on Sanibel-Captiva Road present a danger to both the passengers in these vehicles and to other cars.

"Many of the users of this road are coming from Cape Coral and driving to their job at South Seas (Island Resort) in the middle of an hour and a half commute," he said, alluding to the risks impatient drivers may take after following low-speed golf carts or neighborhood electrical vehicles for miles.

He was supported by resident Arlene Dillon, who said that anyone living west of Rabbit Road and driving into central Sanibel several times a day is severely inconvenienced by these low-speed golf carts.

"I see long lines of cars behind golf

carts, so I understand the frustration. It's a jungle out there," Dillon commented.

But Sanibel Carts co-owner Laura DeBruce said that the real problem is not the carts, but the drivers who go too fast, endangering not only people but also wildlife.

"Recent data from the city shows a shocking number of animals killed on the roadways and Sanibel in just the last six months. There should not be a victory for those who routinely break the law by speeding," she said, suggesting that the city should look into lowering the speed limit rather than banning vehicles.

"If you slow down from 35 miles an hour to 25 miles an hour on a seven-mile stretch, you're only losing four minutes," she informed the council, citing scientific research.

A further argument for banning the low-speed vehicles was the issue of safety. Dr. Crater said that the federal government legislated low-speed vehicles into existence in the 1990s by allowing them to bypass laws about airbags, antilock brakes and crashworthiness. City Attorney John Agnew, however, informed city council that there are Florida statutes that govern the operation of low-speed vehicles in regard to seatbelt laws and texting while driving, among other things.

Chelsea Sweiss, owner of San-Cap Moke, told city council that her company and five other low-speed rental companies recently formed a group to set standards for best practices designed to create "a consistent, safe and pleasant experience" for all customers. She told the council that the group had pledged to verify that drivers be over age 21, have an active drivers license, use child restraint seats and encourage drivers not to place children in rear-facing seats.

A chart from the Sanibel Police Department indicated seven crashes involving low-speed vehicles on Sanibel-Captiva Road over the last six years. Police Chief Bill Dalton reported 700 stops for speeding on Sanibel-Captiva Road in just the last year.

"Folks should calm down. We're on an island," said Dalton, but added that the majority of drivers on Sanibel-Captiva Road are private employees and are speeding because they didn't get up

five minutes earlier. "These folk aren't going to slow down, so we're going to continue to enforce things," he said.

Councilman John Henshaw suggested that city staff investigate measures including reducing the speed to 30 mph, doubling efforts to stop unauthorized vehicles using the road, enforcing seat belt rules, and other traffic rules, and widening the shoulder of Sanibel-Captiva Road. The latter, he agreed, would be controversial.

No measures were suggested to ban low speed vehicles from Sanibel-Captiva Road.

Lisa Newmeyer Cochran, a 40-year resident of Sanibel, seemed to sum up the prevailing feeling in council chambers when she pointed to all the other low-speed vehicles using Sanibel-Captiva Road including pedal bikes, mopeds and motorcycles and asked, "Aren't we supposed to be on island time?"*

Commission Approves Permit For Retail Shop

by Wendy McMullen

The planning commission on Tuesday unanimously approved a conditional use permit for Sanibel Flip Flops, an 875-square-foot retail store close to Pinocchio's Original Italian Ice Cream in Periwinkle Place shopping center. The conditional use permit was necessary because the Sanibel Land Development Code limits the development of formula retail stores on Sanibel.

Sanibel Flip Flops is an existing retail shoe store, but the owner now wants to incorporate the name of a national brand, Flip Flop Shops into the store, triggering the need for a conditional use permit. Flip Flop Shops has numerous stores nationwide and at least 19 stores in Florida.

The owner does not propose to change the exterior or expand the existing commercial floor area but does intend to display indoor signage reflecting the Flip Flop Shops trademark

and logo.

Planning department staff recommended approval of the conditional use permit on the basis that it is consistent with the Sanibel Plan, does not affect traffic or parking and that Periwinkle Place has an already approved landscape buffer plan worked out when Pinocchio's was added last year.

Commissioners found that despite the interior signage and logo representing Flip Flop Shops inside the store, the name, decor and displays were all distinctively individual and reflective of Sanibel, and nothing about the addition of the limited interior signage with the logo and trademark will make it intrusive or inconsistent with the existing architecture, ambiance or visual character of this area.

Some of the concerns expressed by the commissioners were that it should not look like a formula store and that it should not drive other independently owned stores out of business. They were satisfied that would not be the case since each store would have its own display and that there was only one other specialty shoe store, Sanibel Sole, on the island.

According to the Sanibel Planning Department, the city's most recent commercial land use inventory shows that there is still less than 60,000 square feet of formula retail square footage on Sanibel. Other formula retail stores include two 7-Elevens, Eileen Fisher, Emoceans Beachwear, Everything But Water, Island Pursuit, J. McLaughlin, Mango Bay Beach Company, Naples Soap Company, Norris Home Furnishings, Qwik Pack & Ship, Synergy Sportswear of Florida, Tiki Jim's, Wilford and Lee, Winds, Rebel and CVS, bringing the total formula retail square footage to 49,900.

Formula retail stores do not include establishments providing professional services, real estate offices, medical or dental offices or other health practitioners, banks, grocery stores, hardware stores and gas stations. Also, retail stores like Chico's, that have more than one location, but had their original location in the city, are not defined as formula retail stores.*

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Resort Group Sponsors Race



From left: Roger Timm, race committee; Tony Lapi, Laurent Bosc, Kristina Weddington and Doug Babcock of Sanibel Captiva Beach Resorts; and Nicole McHale, race committee chair photo provided

Sanibel Captiva Beach Resorts (SCBR) is a platinum sponsor of the 10K Race 4 FISH, an annual fundraiser to benefit FISH of SanCap.

"We are proud to 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. It's an honor 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 Nicole McHale, chair of the 10K race

committee. "We can't thank them enough for always sponsoring the FISH 10K event and for being an advocate and community partner of the FISH organization."

The 14th annual 10K Race 4 FISH, scheduled as an in-person and virtual event on Saturday, October 22, is held in conjunction with the Fort Myers Track Club. Registration is open using the RunSignup platform at <https://runsignup.com/Race/FL/Sanibel/Sanibelland10KRace4FISH>.

For information on sponsoring the race, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at Dianerc10@gmail.com.*

Spiny Lobster Season To Begin

Spiny lobster season opened with the two-day recreational mini-season on July 27 and 28. The regular commercial and recreational lobster season opens on Saturday, August 6 and runs through Friday, March 31.

"Spiny lobster season is an exciting time for anglers of all ages to be on the water," said Florida Fish and Wildlife Conservation Commission (FWC) Commissioner Robert Spottswood. "It's also a great time to practice safe boating and take care around Florida's coral reefs."

Get your license and spiny lobster permit at www.gooutdoorsflorida.com. Learn more about bag limits, size limits, where to harvest and other regulations at www.myfwc.com/marine. If you plan to lobster in the Keys, visit the Monroe County Tourist Development Council website at www.keyslobstersseason.com.

To keep up to date on saltwater fishing regulations, download the Fish Rules app at www.fishrulesapp.com or follow Fish Rules at [Instagram.com/FishRulesApp](https://www.instagram.com/FishRulesApp) or Facebook.com/FishRulesApp.

If bully netting, avoid shining lights at houses or people along the shoreline, and keep sound levels low when near shoreline residences. Use care around

corals and other marine life. FWC launched the Florida Coral Crew to engage sportsmen and women in the effort to combat Stony Coral Tissue Loss Disease. Sign up to join the crew at www.flcoralcrew.com.

Divers should stay within 300 feet of a properly displayed divers-down flag or device and within 100 feet of a properly displayed divers-down flag or device if near an inlet or navigation channel. Boat operators traveling within 300 feet of a divers-down flag or device in open water or within 100 feet of one on an inlet or navigational channel must slow to idle speed. For more information, visit www.myfwc.com/boating/regulations.*

Upgrade To City Website

The City of Sanibel upgraded its website, www.mysanibel.com, on July 21. The new website has a cleaner, more contemporary design and is more compliant with the Web Content Accessibility Guidelines (WCAG) as required by the Americans with Disabilities Act (ADA). The new website will also allow the city to provide additional online services in the future.

If you encounter any problems with the website, contact the information technology department at 472-3700.*

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These native gentian noddingcaps sprouted in lava-rock mulch photo by Gerri Reaves

Gentian Noddingcaps

by Gerri Reaves

If you notice what looks like asparagus spears sprouting in your yard, it just might be gentian noddingcaps (*Triphora gentianoides*).

In the wild, this terrestrial orchid is found in sandy pinelands and sometimes

in live-oak hammocks. It's also found in lawns and mulched areas in full sun or shade.

Also called least flowered triphora, it is native to Florida – the only U.S. state – as well as tropical America.

The Institute for Regional Conservation in South Florida lists its status as “imperiled.”

General characteristics include unbranched “asparagus stalks” and white flowers that never fully open.

The green stalks are typically three to

10 inches high, sometimes with brown or purple tinges.

Three to 10 alternate ovate leaves of about a half-inch long partially sheath the stem.

Inflorescences of pale green flowers form corymbs, meaning that they appear in one horizontal plane.

The “nodding” flowers bloom in the summer and are about a half-inch long, sometimes tinged reddish brown.

The small secretive flowers actually have an elaborate structure with a three-lobed greenish white lip.

They are thought to be self-fertilizing.

Swollen underground storage organs, or tubers, allow this species to endure daunting conditions.

It produces a minute seed capsule.

Sources: *Everglades Wildflowers* by Roger L. Hammer, <http://floranorthamerica.org>,

<https://goorchids.com>, northamericanorchidcenter.org, and <https://regionalconservation.org>.

Plant Smart explores the diverse flora of South Florida.✳

New Rules For Reporting Captive Wildlife

The Florida Fish and Wildlife Conservation Commission (FWC) has approved rule language related to captive wildlife reporting requirements for injuries and escapes. The new rule improves public safety and provides information necessary for the management of captive wildlife. Staff received feedback from stakeholders on the proposed rule language and incorporated changes to address concerns raised during public meetings and online comments.

Rule changes related to reporting criteria for injuries and escapes will create consistency across all captive wildlife classes for permittees and assist the captive wildlife section with gathering data for effective management. The final rule language includes:

Requiring all captive wildlife permittees to report to the FWC any injuries to anyone other than the permittee or an authorized employee that are caused by captive wildlife and that require treatment beyond basic first aid. Injuries to permittees and qualified employees must be reported if the injuries result in serious bodily injury or death;

Requiring permittees to report all

escapes of Class I, II, III and Venomous Reptiles of Concern (VRC);

Adjusting the threshold at which an injury becomes a violation of the rule;

Prohibiting the unauthorized breaching of a public safety barrier;

Providing FWC staff the flexibility to require a digging barrier for animals that have exhibited digging behavior; and

Clarifying rule language regarding open-top enclosures.

“Public safety is a priority for the FWC’s Division of Law Enforcement, and this new rule will help ensure that proper notifications are provided to law enforcement personnel and the public when a captive wildlife injury or escape occurs. As always, our Captive Wildlife Section will continue to work closely with the industry to promote responsible ownership of captive wildlife,” said Col. Roger Young, director of the FWC Division of Law Enforcement.

View the commission meeting agenda and documents at www.myfwc.com/commission by clicking on “Commission Meetings” and the agenda under “July 13-14, 2022.”✳

From page 3

Millage Rate

Mayor Richard Johnson pointed out that the higher rate would allow the council flexibility. The final millage rate is provided to the tax appraiser in September.✳

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Environmental Scholarships Awarded

This summer, “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) awarded \$33,700 in conservation education scholarships to 14 students from the surrounding five-county area. During its 16-year history, the DDWS Environmental Scholarship Program has provided a total of \$233,200 to deserving students.

“The society is committed to educating today’s youth to become future conservation stewards,” said DDWS Education Committee Chair Wendy Kindig. “We partner with businesses, families and individuals to provide annual scholarships to award to outstanding students pursuing degrees related to conservation, wildlife biology, environmental engineering, policy and science. A big thank you to our scholarship sponsors for their support.”

Eleven donors sponsored the 14 scholarships this year. In lieu of the traditional physical awards ceremony, DDWS invited scholarship recipients to share a video with donors, highlighting their school and career plans.

The Richard Bailey Scholarship, named in memory of a longtime refuge volunteer and donated by his family, went to Erik Courtney, a recent graduate of Charlotte High School in Punta Gorda, who is headed to Florida Gulf Coast



Four-time recipient Mallory Poff working on her research project to design a solar-powered mobile cooling unit that meets agricultural standards for use on small farms photo provided

University (FGCU) in Fort Myers to study environmental engineering

The Mike & Terry Baldwin Scholarship, named for DDWS’ immediate past president and his wife, an emeritus board member, went to Mark Leone, a Canterbury High (Fort Myers) and Estero High alumnus who studies mechanical engineering and biology at Stanford University in California.

Ellen Marz Hiatt, a recent graduate from North Fort Myers High who is

headed to University of South Florida (USF) in Tampa to study environmental science and sustainability, received the Dr. Andrew and Laura Dahlem Scholarship. The Dahlems live part-time on Sanibel; their family honors them with a named scholarship.

Dara Craig, a Cypress Lake High alumnus earning her doctorate in ecology and anthropology at University of Oregon, received the Dr. H. Randall Deming Endowed Scholarship for Conservation & Environmental Studies. Deming’s family established the scholarship in 2016 as a permanently endowed scholarship in his memory.

Cody Weber, a Sickles High (Tampa) alumnus attending Florida SouthWestern State College in Fort Myers in the field of biology, was awarded the “Ding” Darling Conservation Scholarship, made possible by an anonymous donor.

Two Leslie & Hans Fleischner Scholarships went to Courtney Dingerson, an Ida S. Baker High (Cape Coral) graduate who intends to study biology at University of Florida (UF) in Gainesville; and Fort Myers High graduate Alexandra Polk, who attends USF to study environmental science and marine biology. The Fleischners were part-time Sanibel residents whose love of the island environment has inspired them to sponsor the scholarships for several years. Since Hans passed away this year, Leslie still spends part of the year on the island.

Mallory Poff, an alumnus of Barron Collier High (Naples) who majors in

environmental engineering at Elon University in North Carolina, received the Mary Elaine Jacobson Memorial Scholarship, made possible by the Sanibel-Captiva Audubon Society.

In honor of the late, longtime DDWS board and education committee member and her husband, and in partnership with DDWS, the Win and Marilyn Kloosterman Memorial Scholarship went to FGCU student Nina Nguyen, an alumnus of North Fort Myers High who is majoring in environmental studies.

Blade Kalikow, a Community High School of Naples alumnus who studies environmental engineering at Northeastern University in Boston, Massachusetts, received the Barry & Francine Litofsky Scholarship, in memory of two former refuge volunteers.

The Tarpon Bay Explorers Scholarship went to North Fort Myers High alumnus Robert Marlin Smith, who studies marine and environmental science at FGCU. Tarpon Bay Explorers, “Ding” Darling’s recreation concession, started the original DDWS scholarship program in 2006.

Three Jane Werner Endowed Environmental Scholarships, established in 2011 as DDWS’ first permanently endowed scholarship fund, went to Grace McCoy, a Palm Ridge High (Naples) alumnus who pursues environmental studies at FGCU; Jax Mendelsohn, a Lemon Bay High (Englewood) graduate heading to UF to major in environmental studies; and Jaylynn Santacross, another Lemon Bay High graduate who will study

continued on page 14

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Kids On Summer Break



by Capt. Matt Mitchell

The majority of my charters this time of year tend to be families taking advantage of summer vacation. There is always something special about taking

out kids for their first ever saltwater adventure. I say adventure because often these trips evolve into much more than just fishing.

The main thing I've found when introducing kids to fishing and boating is keeping them interested and busy. Plan on targeting species that will be high activity. Depending on the age and experience level of the kids, they may want to fish the entire trip or they may want to take a break to check out dolphins, manatees or even go for a quick swim.

The diversity of life we have in our local waters is hard to match anywhere on the planet. The simple things we take for granted like blowfish and pelicans are a whole new experience for many kids. Being able to touch a live fish is something that can be very scary at first. It takes time to warm up to the idea of it, yet by the end of a charter, children often want to touch every fish they



The fish doesn't have to be big to create a huge smile

photo provided

bent rods makes this type of fishing hard to beat. Many of these trips introduce kids to seeing where there food comes from. Taking home a fresh fish dinner is often a requirement, and when the kids have caught the fish they are much more apt to want to eat something new. I like to get them involved in the measuring of the fish and explain the conservation aspect of why we catch and release the

many of these trips introduce kids to seeing where there food comes from. Taking home a fresh fish dinner is often a requirement, and when the kids have caught the fish they are much more apt to want to eat something new. I like to get them involved in the measuring of the fish and explain the conservation aspect of why we catch and release the

smaller fish. Seeing what our waters offer through the eyes of a child has to be experienced to be appreciated. So, often, we take for granted the little things we see every day. Showing it to someone for the first time is refreshing. Being able to share what I love with young anglers is one of the many pluses of my job.

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.✳

Pilot Program Hikes Launch Fees

by Wendy McMullen

Sanibel City Council approved a pilot program to raise the launch fee off the Sanibel Boat Ramp from \$20 to \$40 at the July meeting.

The measure was considered necessary because of the overuse of the boat ramp during holidays and weekends that made it impossible for residents to launch their crafts.

The boat ramp, just off Sextant Drive, runs parallel to the Sanibel Causeway and is heavily used by non-residents who can buy a B parking sticker that allows the use of the ramp.

The \$40 fee will be applicable to those using the adjacent picnic parking area whether they launch a boat or not.✳

Smoking Ban Falls Short Of Votes

by Wendy McMullen

A motion to draft an ordinance to ban smoking on Sanibel's beaches and in Sanibel parks failed to gain a majority at the July council meeting.

City council voted 3 to 2 against the ordinance with Councilmembers Mike Miller and Dr. Scott Crater voting for the ordinance and Mayor Holly Smith, Vice Mayor Richard Johnson and Councilman John Henshaw voting against.

City staff will, however, continue to look into the issue which creates litter that takes years to decompose.✳

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Black-Bellied Whistling Duck



by Bob Petcher

The black-bellied whistling duck (*Dendrocygna autumnalis*) is a sight to see with its reddish-pink bill, long neck, long pink legs and patchwork of colors that includes a

grayish head and neck with a chestnut brown mohawk and chest area, white striping in its wings and black belly. It resembles a smaller goose.

These waterfowl often feed at night and engage in their high-pitched whistling when traveling from feeding fields to roosting sites. While they generally were found in Central and South America to northern Argentina, they moved into the southern U.S. (mostly south Texas) in recent decades to winter in adopted human-altered habitats. Now, they can be found year-round in Florida.

Black-bellied whistling ducks are so named because they are known to have a whistle for their call. In fact, they are referred to as "boisterous" due to their sociable, noisy personalities. They like to feed in agricultural lands in close proximity to water, rice fields



Patient #22-3680 has been transferred to be with other similar ducks photo by Haillie Mesics

and shallow wetlands with exposed mud flats. They were formerly called tree ducks due to their ability to actually perch or nest in trees.

At CROW, a nestling black-bellied whistling duck was admitted after being found turned over, face down on the ground. Upon initial examination, veterinarians found a small scabbed wound but no other abnormalities.

"The patient had likely just sustained some sort of trauma, resulting in it being found down with a wound on its wing," said Dr. Robin Bast, CROW staff veterinarian. "Further examination revealed the tiny bones in the wing

were actually broken but remained well-aligned."

There were no findings as to how the patient wound up in its upside down condition.

"We don't know what the underlying cause of the trauma was... it could have been a fall, or a predator attack, etc.," Dr. Bast said.

The young patient rebounded quickly in the care of CROW's medical staff.

"No surgery or bandaging was needed, this patient healed very quickly as it is a growing baby," said Dr. Bast.

During its recovery, the duckling received supportive care, several feeds

a day and tub time enrichment. It will continue to be raised according to protocol.

"This duckling was eating soaked starter duck chow – specifically formulated for growing ducklings – and greens," said Dr. Bast. "The duckling spent a lot of time in the tub practicing swimming and diving skills, eating in the tub, and then cuddled up in its fake nest in its enclosure – a feather duster (was used) to simulate being huddled up with mom. It needs appropriate vitamin supplementation and nutrition, as well as regular weight checks to ensure it is growing appropriately."

Due to its young age, the patient needs more care after full recovery and will spend some time with other ducks of the same species during its upbringing.

"We raise ducklings until they're close to flying on their own, so they can easily evade predators," said Dr. Bast. "This particular duckling was transferred this weekend to our neighboring Wildlife Center of Venice to be raised with other black-bellied whistling ducks its age and size. They are best raised in small groups."

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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Emcee Lisa Spooner with SCBWA member Maureen McGauran at last year's tea photos provided

From left, Melanie Holiday, Taylor Osborne, Gloria Garrett, Kira Dworkin, Kelly Huguenin and Julie DeBord dressed in high tea fashion for the inaugural fundraiser in 2021

Business Women Hosting Annual Tea This Fall

The Sanibel Captiva Business Women's Association (SCBWA) will hold its primary fundraiser, the SCBWA 2nd Annual Tea on Tuesday, October 4 from 11 a.m. to 1 p.m. at Sundial Beach Resort & Spa.

The Annual Tea raises funds for SCBWA's scholarship fund and a yearly

beneficiary. This year's beneficiary and collaborative partner is Lee Health. The portion given to Lee Health will support its fund specifically for women with cancer needs. The scholarship fund benefits women in the community to further their educational endeavors and career advancement.

"We are so excited to announce our collaborative partnership with Lee Health to continue our mission of bettering the lives of local women. SCBWA continues our focus on supporting the educational

and professional advancements of the women who live and work on Sanibel and Captiva. Our special partnership with Lee Health will include a women's health fair to be held early next year to further show our commitment to the community," said Taylor Osborne, SCBWA president. "You won't want to miss this year's annual fundraiser. In addition to serving a traditional afternoon tea for our guests, we will feature an auction, raffle baskets, a live painting by a local artist to be auctioned

during the event and, this year, we have added a hat contest to the festivities"

Tickets are available for \$75 and can be purchased at <https://bit.ly/3v6cgEz>.

Limited table sponsorships are available for \$1,000. Contact Taylor Osborne for details at taylor@irisprintdesigns.com. Updates are posted at www.facebook.com/SanCapBWA.*

From page 11

Scholarships

marine biology at USF. The family of the late Jane Werner, who volunteered at the refuge for 25 years, set up the scholarship fund in her honor.

"These students become part of the greater 'Ding' Darling family," said Kindig. "We welcome them back as scholarship applicants next year and as fellow conservation stewards in years to come."

DDWS will be awarding scholarships starting at \$1,000 each at the end of the 2021-22 school year. High school seniors and college students living in Lee, Collier, Charlotte, Glades and Hendry counties and pursuing careers in biology, conservation and environmental studies are eligible.

For an application and to read full descriptions of 2022 scholarship winners and donors, visit www.dingdarlingsociety.org/articles/student-scholarships.

For information about establishing a named scholarship of \$1,000 or more for 2022-23, contact Sierra Hoisington at 472-1100 ext. 233.*

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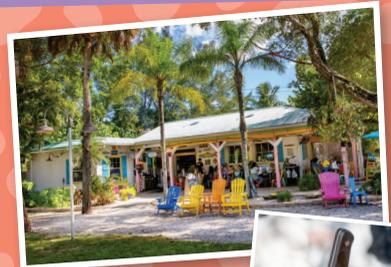


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Burmese Pythons Removed From Cypress Preserve

Florida Fish and Wildlife Conservation Commission (FWC) Officer Matthew Rubenstein and South Florida Water Management District python removal contractor Alex McDuffie recently removed a large number of invasive Burmese pythons from the sensitive habitat of Big Cypress National Preserve.

During the search, they found a female Burmese python on a nest containing 23 unhatched eggs and 18 additional python hatchlings. Nearby, they found a separate nest site but no snakes were present. All the snakes and unhatched eggs will be turned over to Big Cypress National Preserve.

McDuffie reported to Rubenstein that upon returning to the same site the following evening, he removed a second breeding female, which measured 17 feet, 6 inches long.

Under the leadership of Gov. Ron DeSantis, the FWC is partnering with the South Florida Water Management District and the Fish & Wildlife Foundation of Florida for the 2022 Florida Python Challenge. The annual 10-day competition will run from August 5 to 14. Members of the public are now able to take the required online training and register to compete to win thousands of dollars in prizes while removing invasive Burmese pythons from the wild. The



FWC Officer Matthew Rubenstein with a female python and her clutch of eggs

photo provided

competition is open to both professional and novice hunters. Active duty military personnel and veterans who register for the competition will be eligible for additional prizes.

Visit <https://flpythonchallenge.org> to register for the competition, take the online training, register for optional in-person training, learn more about Burmese pythons and the unique Everglades ecosystem, and find resources for planning your trip to south Florida to participate in the Florida Python Challenge.

Participants in the 2021 Florida

Python Challenge removed 223 invasive Burmese pythons from the Everglades, more than double the number that was removed in 2020. Over 600 people from 25 states registered to take part in the 10-day competition in 2021.

In addition to python removal efforts on public lands, pythons may be humanely killed on private lands at any time with landowner permission – no permit or hunting license required – and the FWC encourages people to remove and kill pythons from private lands

whenever possible.

Burmese pythons are not native to Florida and negatively impact native species. They are found primarily in and around the Everglades ecosystem in south Florida where they prey on birds, mammals and other reptiles. A female Burmese python can lay 50 to 100 eggs at a time. More than 16,000 Burmese pythons have been removed since 2000.

For more information on efforts to remove Burmese pythons, visit www.myfwc.com/python.*

New Guidelines For Imperiled Birds

The Florida Fish and Wildlife Conservation Commission (FWC) has approved new 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.

All four species of state-listed beach-nesting birds are included in one set of guidelines, which is now available at www.myfwc.com/speciesguidelines.

The guidelines are designed to be a tool for landowners, consultants, agency partners and other interested parties on how to conserve these species. Recommended conservation measures and survey methods are included to promote actions that benefit these four species. These guidelines also include

options for avoidance of take and options for permitting that minimize and mitigate unavoidable harm or harassment.

ShoreMapper is an online resource intended to support these guidelines and assist in determining whether project activities will take place in an area important for imperiled beach-nesting birds. The ShoreMapper tool is now available at <https://gis.myfwc.com/shoremapper>.

The approved guidelines will take effect in September 2023. In the meantime, the FWC will continue to issue permits for these species on a case-by-case basis. The intervening period will be used to recruit and train new imperiled beach-nesting bird permitted monitors, develop outreach and training products, and to raise awareness with affected stakeholders.

For an overview of how Florida conserves imperiled species, visit www.myfwc.com/imperiled.*

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ISLAND FAVORITES

Bailey-Matthews National Shell Museum
Shell Of The Week

The Dwarf Gaza



by José H. Leal, PhD, Science Director and Curator

M*icrogaza rotella* (Dall, 1881) reaches about 8 mm in length. The species has a depressed (low-profile) shell, which

is unusual for a member of the family Solariellidae. The spire is low, and the only sculptural feature present other than growth lines is a series of short raised ridge-like bumps just below the suture (the line between two whorls.) The base has strong axial raised ridges that are stronger toward the deep umbilicus. The shell has a cream color with faint salmon-orange, irregular bands. Dwarf Gazas are found in deeper water off the east coast of Florida, the Florida Keys and the Caribbean. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Bailey-Matthews National Shell Museum is a natural history museum. It is open daily from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Road. For more information, call 395-2233 or visit www.sanibelmuseum.org.



The Dwarf Gaza, *Microgaza rotella*, from off Sombrero Light, Florida Keys

photo by James F. Kelly

Food Drive At Sanibel Church

Sanibel Congregational United Church of Christ is holding a food drive on Wednesday, August 3 from 10 a.m. to 2 p.m. Drive up and drop off non-perishable items such as dry pasta, children's drinks (juice boxes), soups, pancake mixes, cooking oil,

meals in a can, canned protein such as chicken or tuna, and canned fruits and vegetables. Volunteers will do the unloading, so you won't need to leave the driver's seat.

Donations will go to FISH of SanCap and Gladiolus Food Pantry.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. For more information, call 472-0497.

American Legion Post 123

American Legion Post 123 is serving beef stroganoff from noon to 8 p.m. this Sunday, July 31. All are welcome.



Bartenders and cooks are needed, full-time or part-time. Call for details.

Tacos are served all day on Tuesdays. Cheesesteak sandwiches are served on Fridays. There are daily specials and half-pound burgers. Food is served from 11 a.m. to 8 p.m. Monday through Saturday and from noon to 8 p.m. on Sunday.

The first Thursday of the month is Open Mic Night from 6 to 9 p.m. Residents and visitors are invited to play. All are welcome to shoot 9-ball pool on Mondays now through October at 5:30 p.m. 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 for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday, 11 a.m. to 9 p.m., and Sunday, noon to 9 p.m. For more information, call 472-9979.

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Five Years Of Making Dreams Come True



by Allison Havill Todd

Many people dream of having their own business in a field of their passion, and after many years of hard work, Bridget Vandenburg Interiors is an

example of one person's lifelong dream becoming a reality.

Bridget Vandenburg had been coming to Sanibel since the 1970s when her parents owned a place on the island, but it was not until 2005 that she was able to make the move to the area on a permanent basis and call it home. Though she had operated her own design firm in Ohio for a number of years before making the move to Sanibel, Vandenburg worked with other local interior decorating businesses first before making the leap to open her own enterprise under the name of Bridget Vandenburg Interiors in 2017. She will be celebrating her five-year anniversary in business this August and has been supported every step of the way by her husband and



Erik and Bridget Vandenburg in the design studio photos by Allison Havill Todd

biggest fan, Erik Vandenburg, who she met shortly after moving here. Erik has worked on Sanibel since 1993 in a variety of hospitality related businesses and is currently a realtor with Royal Shell Real Estate.

Bridget Vandenburg Interiors began with a small design studio and resource library where the designer could meet with clients and work with them to achieve their interior decorating goals. In 2018, the couple expanded into the



Coastal inspired home furnishings at the Blue Bungalow

space next door and opened the Blue Bungalow, a boutique retail shop with a wide assortment of interior decorating products such as furnishings, lighting, rugs, accessories, pillows and artwork, where clients can purchase items off the floor. This venture then received the award of New Business of the Year in 2019 by the Sanibel & Captiva Islands Chamber of Commerce, and it continues to grow every year. The gracious and humble designer shared that, "It's like living a dream, being on Sanibel, having my own business doing what I love and forming lasting friendships with those I work with."

The full-service interior design firm offers its clients a wide array of products and services to take their project from concept to completion. Vandenburg prides herself on being an exceptional listener and is careful not to impart her own personal taste on a client but rather to guide the process and offer solutions that result in an interior environment they will love for years to come. Erik, though busy as a realtor on the island, is actively involved in the business and handles much of the work behind the scenes, which helps Bridget stay focused on working with her clients and providing

the exceptional service for which she is known. Erik, speaking with pride about Bridget's success, stated that, "She puts 110 percent into every project."

The couple shared plans for hosting an event in October to celebrate the five-year anniversary of the business and thank the many loyal clients who have made it possible. Bridget reiterated her pleasure in achieving her aspirations by saying "I dreamed it; I did it; and all the hard work has been worth it!" She hopes to inspire others to follow their dreams and persevere despite what obstacles may come along the way.

Bridget Vandenburg Interiors and The Blue Bungalow are located in Anchor Point Plaza at 1633 Periwinkle Way on Sanibel. Interested parties are invited to visit the website at www.bridgetinteriors.com or call 312-8800 to schedule a free consultation.

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](https://www.instagram.com/thedoggiemom) and [facebook.com/thedoggiemom](https://www.facebook.com/thedoggiemom). ✨

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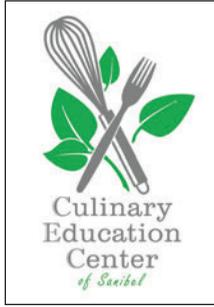
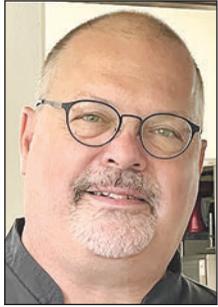
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The Community House

Florida Produce



by Chef John Wolff

Florida is famous for its citrus, and rightly so, but plenty of other fruits and vegetables grow in Florida that you might not be aware of. Our unique climate offers farmers the ability to grow many different kinds of produce due to the multiple growing seasons and sub-tropical growing regions.

You may notice three things about the following list. First, many of the seasons are the opposite of what they are in more northern states, since the summers get too hot for many crops. Second, many types of produce are grown and harvested year-round. And third, the list includes lots of delicious tropical fruits and vegetables that you might not think we even grew in Florida. The tropical climate stretches the growing season year-round and makes Florida the source of winter

produce for much of the Eastern U.S.

Depending on the location in the state and the year's growing conditions, seasons and crop availability will vary.

- Avocados: June – January
- Bananas: August – October
- Basil: March – November
- Blueberries: April – June
- Broccoli: October – May
- Broccoli raab: October – May
- Brussels sprouts: November – March
- Cabbage: November – June
- Cantaloupes: March – July
- Carrots: November – June
- Cauliflower: November – May
- Celeriac/celery root: November – June
- Celery: November – June
- Cilantro: November – May
- Chard: November – May
- Chiles: August – June
- Coconuts: harvested year-round
- Collard greens: November – May
- Corn: August – June
- Cucumbers: October – June
- Eggplant: September – June
- Dragon fruits: June – November
- Fava beans: March – June
- Fennel: September – June
- Grapefruit: September – June
- Grapes: August and September
- Green beans: harvested year-round
- Green onions: harvested year-round
- Jackfruit: May – November
- Kale: November – May
- Guava: harvested year-round
- Leeks: harvested year-round
- Lemongrass: September – May
- Lettuce: November – May

- Limes: harvested year-round
- Lychee: July and August
- Mandarins: October – June
- Mangoes: May – September
- Melons: March – July
- Mushrooms: (cultivated), year-round
- Okra: August – January
- Onions: harvested year-round
- Oranges (navel): October – May
- Oranges (Valencia): January – August
- Oregano: year-round
- Papaya: harvested year-round
- Parsley: year-round
- Passion fruit: July – March
- Pea greens: January – April
- Peanuts: May – December
- Peas and pea pods: January – May
- Peppers (sweet): October – July
- Pomelos: December – April
- Potatoes: January – July
- Pumpkins: fall
- Quinces: fall
- Radishes: October – June
- Raspberries: summer
- Scallions: harvested year-round
- Shelling beans: August – November
- Spinach: February and March
- Squash (summer): September – June
- Strawberries: October – June
- Tangerines: September – May
- Thyme: year-round
- Tomatillos: September – June
- Tomatoes: September – June
- Watermelons: April – July

Zucchini: September – June
 Since starting here at The Community House last September, I have done weekly articles on many types of produce grown in Florida. I have created recipes for a lot of the fruits and vegetables listed above. As you can see, we are very fortunate to have such a variety of wonderful produce to enjoy and most of it year-round. I will continue to submit articles to the paper and recipes for your use and enjoyment. If there are any particular questions, or if you would like to learn more about a particular food item, whether it be proteins, dairy, fruits or vegetables, don't hesitate to contact me directly at 472-2155 or on our newly designed website at www.sanibelcommunityhouse.net. Or stop by and check out the facility.

Here is another recipe for you to try using some great Florida produce: Seasoned with some of the defining flavors of Thai cuisine – heady, citrusy, lemongrass, tons of fresh ginger and fish sauce, these lemon grass chicken thighs are an easy economical dish that I will be adding to our upcoming community social dinner, themed September in Chiang Mai, on Thursday, September 29, featuring a looped slideshow of some of my culinary exploits in “The Land of Smiles,” Thailand.

Lemongrass Chicken

- Ingredients:
- 3 lbs. boneless, skinless chicken thighs
 - 2 tbsp. ginger, roughly chopped
 - 6-8 garlic cloves, peeled
 - 1 (5-inch) piece lemongrass
 - 2 tbsp. honey
 - 1/4 cup neutral oil, like vegetable oil or grapeseed oil
 - 1 tbsp. kosher salt
 - Sriracha-Brown Sugar Sauce:
 - 1/4 cup brown sugar, packed
 - 1/4 cup tamari or soy sauce
 - 2 tbsp. rice vinegar
 - 1 tsp. sriracha
 - 1/2 tsp. sesame oil
 - 1 tsp. ginger, minced
 - 1 tbsp. garlic, minced
 - Scallion Oil:
 - 1 bunch scallions, chopped
 - 2 tsp. ginger, minced
 - 2 tsp. garlic, minced
 - 1 tbsp. tamari or soy sauce
 - 1 tbsp. rice vinegar
 - 1 tbsp. fish sauce
 - 2 tbsp. neutral oil, like vegetable oil or grapeseed oil.
 - Lemongrass Paste:
 - In a small food processor, blend ingredients for the lemongrass paste: 2 tbsp. ginger; 6-8 garlic cloves; 5-inch piece of lemongrass; 2 tbsp. honey; 2 tbsp. oil; and 1 tbsp. kosher salt.
 - In a large bowl, toss the chicken thighs with the lemongrass paste

until they're well coated. Heat the remaining oil in a large skillet set on medium heat. Cook the chicken in two batches so as not to overcrowd the pan. Place half the chicken thighs in the hot skillet and leave undisturbed for 5 minutes. Then, flip the chicken pieces and cook until the chicken is cooked through, about 8 more minutes. Repeat with remaining chicken thighs. Check for doneness with an instant read thermometer, they are ready when the temperature reaches 165°F.

While the chicken is cooking, combine all of the ingredients for the sriracha-brown sugar sauce in a saucepan set over medium heat. Bring to a simmer and cook until the sauce thickens slightly (about 10 minutes) then remove it from the heat. The sauce will continue to thicken as it cools.

In a small bowl, whisk together all of the ingredients for the scallion oil.

Serve the chicken drizzled with sriracha-brown sugar sauce and scallion oil.

*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.**

Summer Reading Logs Due Soon



Children learned about birds with Ken Burgener during a recent summer program
photos provided

Sanibel Public Library Youth Services Librarian Deanna Evans is reminding families to log summer reading and activities online by Saturday, August 6. Hours are logged via Beanstack at www.sanlib.org/children.

The 2022 summer reading program offered more than 35 in-person programs, including presentations by Sanibel Sea School, Clinic for the Rehabilitation of Wildlife (CROW), Bailey-Matthews National Shell Museum and Florida Public Archaeology Network. Weekly storytimes for families, Friday afternoon movies, and Teen Nights offered “oceans of possibilities” for learning experiences. As of mid-July, 266 participants logged 76,000 hours of reading.

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children’s Fund, underwrites the annual summer reading program.

The library is circulating two Real Florida Reader state park passes. Patrons can use their library card to place a hold or check out a pass. Each pass is good for one vehicle with up to eight passengers. The program runs through September 12. The library also offers passes to Bailey-Matthews National Shell Museum, Sanibel Historical Museum and Village, and CROW Visitor Education Center.

Book Bingo is offered for adults. This is a self-directed reading challenge with opportunities for prizes. Participants fill appropriate squares on their Bingo sheet as they read. Recommended reading for the Bingo challenge can be picked up from the book display near the east service desk. Pick up your Book Bingo card at the service desks, or download it from www.sanlib.org. Turn in forms by August 31.

The library is open from 9 a.m. to 8 p.m. on Monday and Thursday, 9 a.m. to 5 p.m. on Tuesday, Wednesday and Friday and 9 a.m. to 1 p.m. on Saturday. Most devices can connect to the high-speed WiFi from outside the building, even while the facility is closed.

Sanibel Public Library is located at 770 Dunlop Road. Library cards are available to residents of Sanibel and Lee County at no charge. You must present your valid driver’s license (or similar government ID),



Finn Hussey with a popular book for young readers

showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year. Computers, printers, scanners and fax service are available as well as magazines and daily newspapers. For more information, visit www.sanlib.org or call 472-2483.*

Restaurant Earns Award

For the 16th year in a row, Keylime Bistro on Captiva has been honored for its outstanding wine program in Wine Spectator’s 2022 restaurant awards, which celebrate the world’s best restaurants for wine. The award of excellence recognizes restaurants whose wine lists feature a well-chosen assortment of quality producers along with a thematic match to the menu in both price and style.

“We are thrilled to be recognized by Wine Spectator with this prestigious award this year,” said restaurant owner Sandy Stilwell Youngquist. “Kudos to our wine director and chef for providing our guests with a top-notch wine list that aligns with the outstanding culinary offerings our chef has created.”**



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Summer exhibitions made possible by a grant from the Cornelia T. Bailey Foundation and a gift from Mark and Kathy Helge.

FREE ONLINE LECTURES

Aug. 11: Mobilizing Millions of Mollusks of the Eastern Seaboard

by Dr. Rüdiger Bieler, Curator of Invertebrates, The Field Museum; and Dr. José H. Leal, Science Director and Curator, BMNSM

Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture

by Dr. Megan Davis, Research Professor, Aquaculture and Stock Enhancement Program, Florida Atlantic University Harborbranch Oceanographic Institute

Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science

by Dr. Jann Elizabeth Vendetti, Associate Curator and Twila Bratcher Chair in Malacology, Natural History Museum of Los Angeles County

Past online lectures available to view anytime at ShellMuseum.org/lectures.

Register at ShellMuseum.org/lectures

Lectures made possible by a gift from Mark and Kathy Helge.

FALL CLASSES

Nov. 2: Fantastic Shells and Where to Find Them

Nov. 8: Mound House Field Trip (Fort Myers Beach)

Nov. 16-17: A Day in the Life of an Aquarist

Nov. 29: Shell Ambassador Certification Course

Dec. 13: Lighthouse Beach Marine Biology and Field Lab

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Shell Crafting

Cockle Shell Mouse



by Anne Joffe

This little guy is so cute and so much fun to make. With some commonly found shells from our local beaches and a few embellishments, you can make a mouse with a lot of personality. Kids of all ages love this shell craft, and it makes a great gift. Here's what you'll need:

- Materials**
- 1 large cockle shell (body)
 - 1 small pair cockle shells (ears)
 - 4 kitten's paws (feet)
 - 2 4mm wiggle eyes
 - Fishing line (whiskers)
 - Worm shell (for tail)
 - 1 black pompom
 - Glue or glue gun
- Directions**

Glue the worm shell tail to the large cockle shell with wide end of cockle shell at the back.
 Glue the kitten's paws to front of large cockle shell for feet; do the same at the back of the shell.
 Glue the small cockles to the large one for ears. Do this with the cockles pointed down and concave part facing forward.



Cockle Shell Mouse photo by Anne Joffe

Attach the eyes, spacing them evenly. Cut 4 pieces of fishing line, about 2 inches each, and criss-cross them for the whiskers. Glue center of criss-crossed whiskers to front of large cockle.

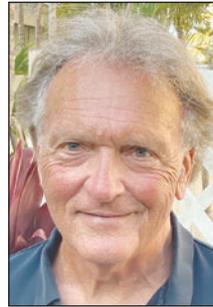
Glue black pompom over glue spot used to attach whiskers.

Anne Joffe has owned *She Sells Sea Shells on Sanibel* since 1976. She is the author of *ShellCrafting Vol. 1 and Vol. 2. Joffe judges Artistic and Scientific categories at shell shows throughout the country, leads shelling trips worldwide, and is a public speaker on shells and shellcraft.*✧

Support Group

FLAG virtual support groups, sponsored by Visuality, Inc., are offered on the third Monday of each month from 6:30 to 8 p.m. via Zoom. For more information, visit www.visualityswfl.org.✧

Poetry Corner



by Clay C. Ewell

A Winter Memory

It came upon them gently, like a lover's whisper rising slowly from The smoldering flames of an impassioned heart. It passed silently over and among them, moist and dense, flowing Across the restless sea, it's gray and green scuttering motes of foam. An augury of the rising, raging waves born of the sky and the deep, Bearing forth the commands of the gods to bow before their might.

It came in an ancient way. It came through the bones of the elders Who in quiet acceptance, smiled and pointed with crooked finger To the sea and drew about them their garments and objects of comfort And tended to the fire and the stove and other inward needs rising From the coming and the skin stinging blush of the sea as it visited Eternity upon the land and the air, held in a final embrace of wintry gloom.

And he stood silently above the waves, leaning into the rising wind As it howled upward along the jagged rampart of stone, its siren song Beckoning to him, casting about him its web of temptation and abandon Lifting him upward into the snow filled air and away from the ticking clock Of the mundane, luring him into the white world, where all is hidden under The blanket of stillness, where blindness defines the levy of invisibility.

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.✧

Children's Programs At Captiva Library

The Captiva Memorial Library is offering the following free programs for children in August:

Puppy Dog Pal – August 2 to 13. Available during normal operating hours. Celebrate the dog days of summer and make your own puppy dog pal.

See you later, Alligator – August 16 to 31. Available during normal operating hours. Make your own craft stick alligator and check out the collection of books about Florida wildlife.

The Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. Normal operating hours are: Tuesday and Thursday, 10 a.m. to 6

p.m.; Wednesday, noon to 8 p.m.; Friday and Saturday, 9 a.m. to 5 p.m. 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. Call the host library, or Telephone Reference at (239) 479-INFO (4636) for more information about a specific program.

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, 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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Calli Johnson with Johnson & Wales intern Carol Anne Perignon, who impressed the guests with a chocolate dessert demonstration photos provided



Travis Hopsen, golf professional at The Dunes Golf & Tennis Club with Dustin Dariano, owner of SanCap Pak-N-Ship



Shawn Shaffer won a bottle of wine for most holes in one, presented by Pablo Pelaez



From left, Nick and Lori Adams of Nick Adams Photography with Richard Johnson, owner of Bailey's General Store

Wine Lovers Attend Tasting On Captiva

Bailey's General Store hosted another successful wine tasting on July 21 at Captiva Civic Association. Guests sampled California wines from The Calling, paired with hors d'oeuvres created by Bailey's head chef, Karl Hamme, and Johnson & Wales intern Carol Anne Perignon. The host for the evening was Bailey's wine steward, Calli Johnson. Speakers were Brittany Sales Company South Florida Manager Pablo Pelaez and District Manager Eric Narvaez.*



From left: Melissa Rice, executive director of CHR; Laura DeBruce of Sanibel Carts; Nancy Sissen, winner of The Calling tasting kit; and Shawn Shaffer



Guests socializing and learning about the wines during the presentation



The Allison Duo: Shawn and Abbey Allison

photos provided

Summer Concert Series Continues

As part of its summer/fall concert series, Shell Point Retirement Community is presenting two August concerts in Connie Brown Hall at Tribby Arts Center.

The Baron-Navarro Piano Duo will perform on Thursday, August 11 at 7 p.m. Since 2013, the duo has performed a wide range of music for two pianos and piano four hands with electric energy and melting lyricism.

Award-winning concert pianist Michael Baron tours Europe and South America annually, and performs throughout the United States and Asia. He serves as

the Myra and Van Williams distinguished professor of music and head of keyboard studies at Florida Gulf Coast University's Bower School of Music.

Peruvian pianist Priscila Navarro is the first-prize winner of several international competitions, including the Liszt-Garrison International Competition, Imola City Awards and Heida Hermanns International Music Competition. She made her Carnegie Hall solo recital debut in 2013. After studying with Dr. Baron at FCGU, Navarro completed her doctor of musical arts degree at Frost School of Music. Recently, the duo celebrated their Carnegie Hall debut and the international release of their CD of French music for two pianos.

The Allison Duo: Saxophone and Piano concert will be held on Thursday, August



The Baron-Navarro Duo: Priscilla Navarro and Michael Baron

18 at 7 p.m. The repertoire ranges from classical transcriptions to jazz to klezmer, to the latest music for saxophone and piano.

Shawn Allison received degrees in saxophone performance and composition from St. Olaf College and Ithaca College and is currently pursuing a PhD in composition from University of Chicago. As a saxophonist, he has performed with The Tanglewood Festival of Contemporary Music, Ensemble X (Ithaca), Maverick Ensemble (Chicago), and University of Chicago New Music Ensemble. He teaches composition at Florida Gulf Coast University.

Abbey Allison holds a double degree in piano performance and string education

from Ithaca College. She has been a professional accompanist/collaborator in the Ithaca, Chicago and Southwest Florida areas, working with both student and professional instrumentalists and vocalists. She is the staff accompanist for the choral program at Florida Gulf Coast University and pianist for both the Symphonic Chorale of Southwest Florida in Fort Myers and Bat Yam Temple of the Islands on Sanibel. The Allison Duo are co-music directors of the Unitarian Universalist Congregation of Greater Naples.

Tickets are \$40. Call 415-5667 or visit www.tribbyartscenter.com. Shell Point is located at 13921 Shell Point Plaza, two miles from the Sanibel Causeway.*



Blackened Grouper Sandwiches

4 (6-ounce) grouper fillets
 2 tablespoons blackened seasoning
 (your favorite)
 4 bread rolls, toasted
 1 cup romaine, shredded
 1 large tomato, sliced
 1 lemon, juiced
 Oil for cooking
 ¼ cup Avocado Remoulade Sauce
 Preheat a large sauté pan (or cast-iron skillet) over medium-high heat. Generously season fish with blackened seasoning on both sides. Add oil to pan and sauté fillets 2-3 minutes per side or until cooked through. Squeeze the juice of the lemon over the cooked grouper fillets and remove them from the heat.

To assemble sandwich, spread an even amount of the remoulade on each side of the inside of each bun. Add an even amount of lettuce and tomato to the bottom of each bun. Add a blackened grouper fillet to each of the lettuce and tomato dressed buns. Add another dollop of remoulade sauce if desired and top with sandwich with the top of the bun. Serve sandwich warm with extra remoulade on the side.✱



Blackened Grouper Sandwiches

photo courtesy Fresh From Florida

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Shell Found



Mike Holly photo provided

Mike and Wendy Holly spent their annual three-week summer vacation on Sanibel to celebrate their wedding anniversary. The Hollys were married on the island and love spending time here.

Mike found a junonia on the last day of their vacation in the Blind Pass channel, halfway between Turner Beach and Blind Pass Beach. This is the first junonia anyone in their family has ever found.*

Fish Caught



Zachary with his catch photo provided

While visiting his grandparents on Sanibel this month, Zachary, 9, single-handedly caught a 30-inch-plus snook. His bait of choice was ladyfish that he bought that morning at Bailey's General Store.

The snook was not harmed and was gently released into the waves on the Casa Ybel beach, where he swam away.

This was Zachary's first ever beach catch and he was so excited when he saw it jump twice in the waves before he reeled him in.*

Shells Found



Owen Booza photo provided

Owen Booza of Clinton Township, Michigan found a handful of junonia fragments in a shell pile at Turner Beach on July 12. Owen was vacationing on Sanibel with his family.*

Shell Found



Rory Fickinger photo provided

Rory Fickinger, 6, found a large lightning whelk recently at Bowman's Beach on Sanibel.*

New Program For Removing At-Risk Vessels

The Florida Fish and Wildlife Conservation Commission (FWC) approved the final rule establishing a statewide vessel turn-in program (VTIP) as part of the derelict vessel prevention program. The new rule will create a voluntary program to remove at-risk vessels before they become derelict, which helps Florida's environment and public safety.

The Division of Law Enforcement Boating and Waterways Section is spearheading a multi-year effort to dramatically reduce the backlog of derelict vessels currently on Florida's waters. These vessels cause the destruction of valuable seagrass resources and endanger marine life. They also threaten human life, safety and property as they drift on or beneath the surface of the water or block navigable waterways, posing a navigational hazard to the boating public.

Recent legislation enables the FWC to create a derelict vessel prevention program, and the VTIP is one component of the FWC's approach to derelict vessel prevention.

"Commissioners receive numerous contacts from the public about derelict vessels, and I know the establishment

of this new program will really make a difference," said FWC Chairman Rodney Barreto. "Thanks to the efforts of Sen. Ben Albritton, Rep. Josie Tomkow, Rep. Jay Trumbull and Sen. Kelli Stargel, we've received the resources and the legislative support to make this program a reality."

Derelict vessels are more costly and complicated to remove than at-risk vessels. A VTIP will prevent vessels from becoming derelict by removing them from the state's waters when they are at risk of becoming derelict, which will result in cost savings for taxpayers and ultimately fewer derelict vessels appearing on Florida waters. The VTIP is designed to allow owners of vessels at risk of becoming derelict the ability to voluntarily turn the at-risk vessel over to the state for removal and destruction.

"Derelict vessels are a priority for the FWC. Establishing the vessel turn-in program provides a voluntary pathway for owners to remove at-risk vessels from the water before becoming derelict, thereby reducing future costs of removal. Removing at-risk vessels from Florida's waterways before they become derelict is not only a win for the environment but also for public safety, taxpayers and the vessel owners," said Col. Roger Young, director of the FWC Division of Law Enforcement.

View the agenda and documents at www.myfwc.com/commission by clicking on "Commission Meetings" and the agenda under "July 13-14, 2022."*

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Book Review

What Happened To The Bennetts



by Di Saggau

What Happened to the Bennetts delivers a flawless plot with twists that make it hard to put it down. Jason Bennett is a court reporter driving his family home when

his new Mercedes is carjacked and the bad guys shoot his teenage daughter Allison who dies while undergoing surgery. Jason, his wife Lucinda and son Ethan hardly have time to mourn her because the FBI quickly shows up telling them the carjackers are members of a notorious crime family and are placing them in witness protection. It all happens before they can tell anyone what has happened.

Being in WITSEC is more than they can handle. They can't even attend Allison's funeral or deal with the false rumors that have been circulating. One rumor involves his wife. Jason feels guilty and blames himself for not protecting his daughter. He decides to take things into his own hands and confront the criminal gang himself.

When he figures out Lucinda's

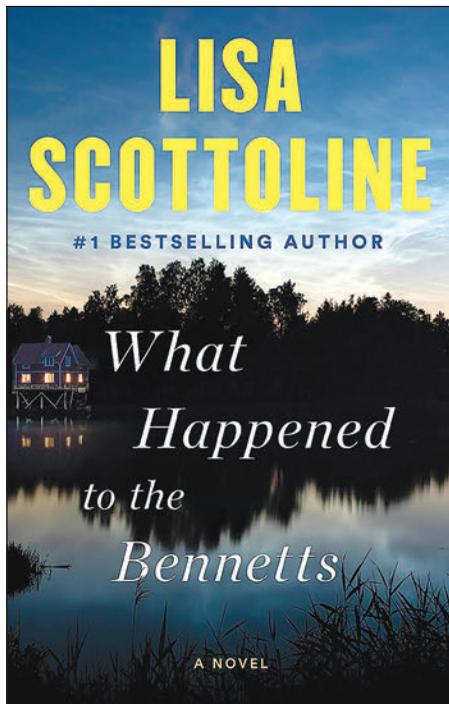


image provided

relationship with the law team for the criminal consortium, Jason starts to think that nothing has been accidental in what happened. He takes it upon himself to investigate further. He isn't prepared for this kind of mission but he proceeds with newfound courage and some new allies.

Social media plays a role, and every time Jason thinks he's close to figuring things out, the author tosses

in something new to complicate the situation. Several reviewers say you may not want to put this book down, so it's best to make time to read it from start to finish in one fell swoop. Author Robert Dugoni says, *What Happened*

to the Bennetts is an emotion-packed thriller that stabs at the core of family, betrayal and justice. Scottoline drives the plot at breakneck speed and keeps readers turning the pages. A must-read." ✨

School Smart



by Shelley M. Greggs, NCSPP

Dear Shelley, Many of you have asked what can I do this summer to help my child prepare for kindergarten.

Going to kindergarten is a rite of passage for children, and it's both thrilling and challenging. And as exciting as this time may be for some, many kindergarteners struggle initially with the long days, challenging curriculum and time spent away from loved ones. Here are some great ideas from Dr. Ann Bettencourt, professor at The Johns Hopkins University, that will help your child become ready to learn.

Establishing strong routines at home is a great way to help children prepare for school. Routines help children learn, make them feel safe and in control of their world, and increase their self-confidence and sense of belonging within the family. Some very important routines to develop are around bedtime, reading and mealtime.

Bedtime routines ensure kids get a good night's sleep and will be ready for the next day. A bedtime routine should include a consistent bedtime and a predictable order of activities like bathing, putting on pajamas, brushing teeth, reading a favorite story or singing a favorite song, and getting a goodnight hug or kiss.

Read with your child. Reading with your child for at least 20 minutes a day will build language and literacy skills. Plus, it will also give you some one-on-one time with your child that will help increase your emotional bond. This reading routine can be part of the bedtime routine or at another time convenient for you and your child. Just

find a time that works and stick with it.

Having a family mealtime routine is not only an opportunity to teach your children about healthy eating habits but is also a chance to spend quality time talking with your children, which builds their language and strengthens their relationship with you. You can also build in routines around mealtime that will be useful to your children in school, such as washing your hands before dinner or teaching them how to clear dishes from the table.

Tell your child what to expect at school. Talk to your child about what kindergarten will be like to help them start preparing for this big transition. Children often have lots of questions about kindergarten, particularly if they are starting at a new school. Spend time talking with your child about what kindergarten will be like, who will be the teacher and what will the daily home and school routines look like.

You can also talk about what going to kindergarten was like for you as a way to model how your child can share feelings about kindergarten.

Take your child shopping for their school supplies. It's exciting for them to be involved in picking out their school materials like their backpack and school clothes.

Finally, stay current with all vaccinations. Take your child to the pediatrician for a checkup, and make sure all immunizations needed for kindergarten are up to date. It's so important for them to stay healthy and attend school every day, even in kindergarten.

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. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com. ✨

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PROVIDING INDIVIDUALIZED PLANS TO HELP IN EACH UNIQUE SITUATION

“Meghan” is a young grandmother recently awarded temporary custody of her three grandchildren due to their mother’s critical illness. Meghan has come to rely on FISH for invaluable support.

All three grandchildren are under 5 years old and attend extended daycare so that Meghan can continue to work full time on Sanibel. Due to the increasing cost of gas, Meghan cannot afford the round-trip expense six days a week and relies on others to carpool for transportation.

“Every single month it’s a struggle just to stay afloat with feeding the kids and paying all the bills,” says Meghan. She learned she did not qualify for SNAP (food stamp program). “Then I found out about the FISH Food Pantry. The food assistance has been a life saver!”

Often a visit to the Food Pantry is a first step in addressing larger underlying problems where FISH can help. By offering tailored assessments and comprehensive social services, FISH can get people back on their feet quickly. FISH Social Services Director Nitza Lopez met with Meghan and learned of additional ways to assist her family. *“When working with people, every situation is unique; we view everyone individually to create a plan that best fits their specific needs,”* says Lopez.

Meghan was behind in rent and utility payments and just barely getting by, living paycheck to paycheck with three additional mouths to feed. Working together to create a plan for Meghan’s family, FISH provided **Emergency Financial Assistance** for rent and utilities, as well as a gas card so she could continue working on Sanibel. Additionally, her family was enrolled in the **Holiday Assistance Program** and the children’s **Food Backpack Program**.

“Sometimes it gets so stressful it’s like I forget to breathe, and it feels like I’m in quicksand,” notes Meghan. *“But I am so thankful that FISH is here to help me.”*



“The FISH food assistance has been a life saver!”

—“Meghan”
a thankful FISH client



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Center 4 Life Activities At The Rec Center

Island Seniors, Inc. hosts its Center 4 Life activities at the Sanibel Recreation Center. Visit www.center4life.org for more details.

Coffee Social – Tuesday, Wednesday and Thursday, 9:30 to 11 a.m.

Hot Dog Lunch Bunch – Wednesdays, 11 a.m. to noon. Cost is \$3 per person; chips and drink included.

Balance-Core and Strength Aerobics – Wednesdays, 9:30 to 11 a.m. Slower paced class ideal for older, active adults looking to improve their mobility. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available. Space is limited.

Gentle Yoga – Tuesdays and Thursdays, 9:30 to 10:30 a.m. Island

Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

Chair Yoga – Tuesdays and Thursdays from 11 a.m. to noon. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

Kayaking – Tuesdays, August 16 and September 20, 8:15 to 11 a.m., weather permitting. Sign up in person at the Sanibel Recreation Center. Cost is \$5 for members and \$20 for non-members. Basic skill level required for most trips but some trips require more experienced levels. This is an active paddle and you must be able to independently enter and exit the kayak, and keep up with the leaders. Restrictions apply. Call Jessica or Dave at 472-0345.

Leisure Lunchers – Thursday, August 16, 11:30 a.m., The Dunes Golf & Tennis Club on Sanibel. Sign up required. Contact Deborah Butler at 314-4554, deborahbutler@comcast.net or call

Jessica or Dave at 472-0345.

Page Turners Book Club – In person and Zoom, Osprey Room. Tuesday, August 9, 2:30 p.m., discussion on *Coming Home* by Rosamunde Pilcher. Popcorn snack is back. For more information, contact Louise Fitzgerald at sanibelbum22@gmail.com.

Broadway Palm Dinner Theatre – Matinee, *Wizard of Oz*, Saturday, August 13. Cost is \$55 for Island Seniors members and \$65 for non-members. Van transportation available on first come basis. Sign up with Jessica at 472-0345.

Moonlight Kayak Paddle – Friday, September 9, 6:45 p.m., launch location TBA. Cost is \$5 for Island Seniors members and \$20 for non-members. Preregister and pay in person by Wednesday, Tuesday, August 2. Space is limited. Basic kayak skill level is required. Trip subject to cancellation due to inclement weather or minimum requirement. For more information, call Jessica or Dave at 472-0345.

Pie Social – Friday, August 12, 2

p.m., Osprey Room. Homemade or pre-made. Taste test for bulletin board bragging rights and pie swap for all who submit a pie. Recipe sharing optional. Coffee, sweet tea and other refreshments available. Sign up with Jessica or Dave at 472-0345.

Upcoming Trips – Limited seating, call ahead for reservations, 472-0345 or visit www.center4life.org for details.

IKEA Shopping Day, Plantation, Florida – Wednesday, September 7. Cost is \$5 for Island Seniors members and \$10 for non-members. Sign up by Friday, September 2.

East Coast Thrifting with Trendy Tours – Thursday, September 22. Cost is \$89 per person. Sign up by Friday, September 9.

Tennessee Trip: Pigeon Forge, Gatlinburg and Dollywood – Saturday to Thursday, October 1 to 6. Cost is \$1,699 per person if sharing a double room or \$2,189 for a one-person single room. Sign up by Friday, September 16.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.*

Get Out The Vote For Florida Primary Election

The League of Women Voters of Sanibel reminds residents that Tuesday, August 23 is the date of Florida's primary election. Many important races will be decided that day and the league encourages all registered voters to cast their votes. Ballots can be submitted by mail (if enrolled in the vote by mail program) or by voting in person at your designated precinct on Sanibel, which will be at either The Community House or Sanibel Community Church. In-person voting for Captiva voters will take place at The Community House. In-person early voting runs from August 13 to 20 but Sanibel and Captiva voters must go off island if they wish to cast an

early in-person vote. Check your voter registration at www.lee.vote to ensure your voting information is correct and to determine your voting precinct as it may have changed.

Florida is a Closed Primary State. Partisan races such as the gubernatorial, senatorial and congressional seats require voters to vote according to their registered political party. Only the partisan candidates who are the same as your party of choice will appear on your ballot. If you are registered as an NPA (no party affiliate) or if your party has no candidate on the ballot, you may not vote for a candidate from another party and they will not appear on your ballot.

Nonpartisan primary races, such as those candidates running for Lee County School Board, are open to all voters, whether registered as a Democrat, Republican, Independent, NPA or any other party. All of the nonpartisan

candidates will appear on your ballot without regard to your political party affiliation.

The school board primary (a nonpartisan race) is especially important as a candidate can be elected to office in the primary election if the candidate receives 50 percent plus one additional vote. Voters who do not participate in the primary may not have a voice in the vote for school board (as the seat may have already been decided before the general election on November 8).

Sanibel and Captiva registered voters have the opportunity to cast their votes for both a District 1 school board candidate and also a District 6 candidate (the at-large seat). The school board is the entity responsible for appointing a vetted, professional superintendent who sets policy and educational priorities. The Florida State Board of Education sets mandates in many areas, but the local

boards of education maintain the power to oversee, represent and advocate for local needs and interests. The Lee County School District has 119 schools (one on Sanibel), over 99,000 students, 12,000 employees and operates with a \$2 billion budget.

You can review the primary candidate websites at www.lee.vote. Local newspapers have published candidate interviews that provide more information on the candidates' philosophies and education positions.

Democracy is not a spectator sport. Make sure your voice is heard on August 23 by voting in the primary election.

The League of Women Voters of Sanibel is a nonpartisan organization that encourages informed and active participation in government. It works to increase understanding of policy issues, and influences public policy through citizen education and advocacy.*

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3

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4



5

6. STUNNING LAKE & GOLF COURSE VIEWS IN THE DUNES - SANIBEL

- 3 BR/2 BA + den exquisite home with 2 story coral accent wall, vaulted ceilings, wood floors, and gorgeous views of the golf course and lakes beyond
- Open kitchen, glass sunroom, large screen enclosed pool and close to the multiple amenities offered by The Dunes community.

• **\$1,795,000 EURO 1,763,694**

7. KELLY GREENS CONDO - FORT MYERS

- 2 BR/ 2BA + den second floor, end unit with vaulted ceilings and wonderful views of the golf course
- Kelly Greens community offers several amenities, close to restaurants, shops, & is just minutes to the island and beaches

• **\$429,000 EURO 421,251**

8. ISLAND COTTAGE STYLE CANAL HOME - SANIBEL

- 3 BR/3.1 BA home on Sanibel's west end offering easy access to Blind Pass Beach, Santiva, the Bay and open water
- Remodeled with Mexican Saltillo floors, open kitchen, private pool, new roof, private boat dock & lift, & more

• **\$1,365,000 EURO 1,356,117**

9. TWO DWELLING RESIDENCE IN HISTORIC DISTRICT - FORT MYERS

- Main residence consists of 3 BR/ 2BA and is undergoing an extensive remodel which is nearly completed.
- Second additional dwelling is new construction with it's own access, 2 BR/ 1BA, full kitchen and living area.

• **\$1,199,000 EURO 1,195,962**

10. OVER HALF AN ACRE IN SEASPRAY - SANIBEL

- 3 BR/ 3 BA + den tucked amidst mango trees and banana palms on over a half an acre of tropical grounds
- Soaring ceilings, fireplace, elevator, large open kitchen, all just steps to the beach access

• **\$1,795,000 EURO 1,706,411**



6



7



8



9



10

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Director To Provide Update On Causeway

Jesse Lavender, director of Lee County Parks & Recreation, will be the guest speaker at the Wednesday, August 10 Sanibel & Captiva Islands Chamber of Commerce business luncheon. The meeting will begin at 11:30 a.m.



Jesse Lavender

at Captiva Island Yacht Club. Sanibel-Captiva Conservation Foundation is sponsoring the luncheon.

Lavender will update chamber members on the ongoing beautification, erosion-control and enhancement projects that began on the Sanibel Causeway in July 2021. The project is scheduled to continue through June 2024.

"We have been watching the progress

on this project for a year, already seeing its significant impact on island businesses," said John Lai, chamber president and chief executive officer. "At the time of Lavender's last couple of reports to the chamber, some details were still up in the air. We're all keen to learn where plans currently lead."

Lavender, a Fort Myers native, has served with Lee County Parks & Recreation for the past 17 years at almost every level. He graduated from University of North Carolina at Greensboro with a bachelor's degree in travel, tourism and commercial recreation; and worked as a fishing guide in Pine Island Sound and Everglades National Park.

The chamber business lunch is a monthly networking opportunity held at various member locations. Chamber members receive invitations by email. Cost for the luncheon is \$30 for chamber members only. Advance registration is required; walk-ins are not accepted. Register by 5 p.m. on Friday, August 5 at www.sanibel-captiva.org or by calling 472-8255. Payment is due at time of registration.*

Superior Interiors

Tricks To Make Rooms Look And Feel Bigger

by Marcia Feeney



If you've ever lived in a small space, you know that every inch counts. Small rooms can be cozy and comfortable when done right or they can look cluttered and tight. Plan to measure, organize

and really think about each and every item that you bring into the space.

However, a small room doesn't mean that you must love a minimalist style. No matter what style you love, there are a few tricks that can fool your eyes and mind into thinking your space is bigger, brighter and roomier.

Have you ever tried on a horizontal striped shirt and realized that it made you look wider? Well, horizontal stripes in our home have the same effect. Literal stripes tend to have a cleaner and more modern look to them, but if that's not your style, you can still achieve the same effect. Try using a long console with a row of pictures above to create horizontal lines that draw the eye along. Even a horizontal plank wall of trim can provide a similar effect.

There's nothing that makes a small space feel more cramped than having too much stuff. Work out ways to get collections out of view, organized behind doors, table skirts, or on shelves. With things neatly arranged and out of sight, the space will feel orderly and open.

When furniture and accessories block the view into a room, it will look cramped. By moving furniture out and

away from walkways, you'll open the space and make it feel larger. You can also choose short pieces of furniture like an ottoman, an armless open chair, or a low table, and place large, tall pieces along a wall rather than out in the open space. If you can see the floor, the room will look larger.

Whereas dark, warm colors make space feel cozy and intimate, light, cool colors make space feel open and airy. Choose colors that are in the same family and use tone-on-tone woven upholstery fabrics, textured wall finishes and tonal drapery fabrics. Cool colors (or even delicate warm colors) on most surfaces give a small room a more open look.

Contrasting colors tend to break up a space, making it appear even smaller than it is. Pieces of furniture that match the wall color are less jarring and tend to blend with the space, giving the illusion of a bigger room.

Any room will look larger if it's well-lit, either by natural light or artificial lighting. Remove heavy draperies and open the windows to let the light of the outdoors into the space. Add more lamps or install track or recessed lighting.

Use a large, framed mirror on a wall, or stand an oversized framed mirror against a wall. You'll get the same room-enlarging effect as a mirrored wall, but with more style. The room and light will be reflected, resulting in a more open feeling. Top a coffee table or side table with a piece of beveled mirror or purchase a mirrored chest of drawers for a similar effect.

Include a few large, simple pieces of furniture or accessories in place of several smaller pieces, which makes a small space look cluttered. With open space and large blocks of color, the room will appear to be calmer, more comfortable and give the impression of more square footage.

Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindeciden.com.*

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Rotary Happenings



John Silvia

submitted by
Cindy Carter

The state of the economy is on many people's minds. Our speaker last week addressed many topics relating to the health of our economy. John Silvia, retired chief economist for Wells Fargo, spoke to us on the topic: The U.S. Economy – Where Do We Go From Here?

Silvia shared his view that leading economic indicators signal a slowdown in the U.S. economy and hints of a recession. He stated that there are two major challenges for the economy. First, real household income has declined over the past year and that, along with a sharp drop in consumer sentiment, signals weaker consumer spending going forward. Second, the housing investment decline along with the drop in building starts and rising mortgage rates suggest a hit to the very cyclical behavior of the housing sector. Silvia advised: watch to what extent the Fed pursues its inflation goal – a sustained

pursuit points to weaker economic growth. Silvia launched a consulting firm following his retirement as managing director and chief economist for Wells Fargo, which was a position he held since 2002, prior to the acquisition of Wachovia by Wells Fargo. Silvia was awarded a National Association of Business Economics (NABE) Fellow Certificate of Recognition in 2011 for outstanding contributions to the business economics profession and leadership among business economists of the nation. In 2010, he was recognized for Best Inflation Forecast, Best Overall Forecast and Best Personal Consumption Expenditures Forecast by The Federal Reserve Bank of Chicago. He was named one of the top 10 forecasters for the last four years by Bloomberg News in 2009 and the No. 2 forecaster by USA Today for 2008.

Prior to Wachovia/Wells Fargo, Silvia worked on Capitol Hill as a senior economist for the U.S. Senate Joint Economic Committee and as a chief economist of the Senate Banking, Housing and Urban Affairs Committee. He also served on economic advisory committees to the Federal Reserve Bank of Cleveland, Federal Reserve Bank of Chicago, and Public Securities Association.

Silvia holds a bachelor's degree and PhD in economics from Northeastern University in Boston and has a master's degree in economics from Brown University. His first book, *Dynamic Economic Decision Making*, was published by Wiley in August 2011.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in

person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 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.

Youth Basketball Begins In August

Registration has begun for the youth fall basketball league at Sanibel Recreation Center. The league is open to children in kindergarten through eighth grade. There will also be a Tiny Tots division for 3- and 4-year-olds.

Volunteer coaches, team parents, scorekeepers and referees are needed.

The season starts on Friday, August 12 at 5 p.m. and concludes on Friday, September 23. All grades will meet in the gymnasium on the first night.

The Tiny Tots league will play on Saturdays at 9:30 a.m. beginning August 13. Games for kindergarten through eighth grade will be played on Fridays between 4:30 and 7:30 p.m. in the gymnasium.

Practice will be on Tuesdays at 4:45 p.m. for kindergarten through third grade. Practice for fourth through eighth grade will be on Thursdays at 4:45 p.m.

The fee is \$46 per child for center members or \$60 per child for non-members. Financial assistance is available based upon individual need. For more information or to register, call 472-0345.

ISLAND SUN BUSINESS NEWSMAKERS

John R. Wood Properties



LeAne Suarez Group



Kimberly Powers



Babs Maughan

The top producers for June at John R. Wood Properties were: LeAne Suarez Group, top closed sales team; Kimberly Powers, top single agent; and Babs Maughan, productivity award.

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SEASPRAY

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- \$995,000**

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 - Panoramic Views of the Gulf of Mexico
 - Fully Equipped Guest Cabana House
- \$13,875,000**

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UNDER CONTRACT



SANIBEL ISLAND

- Updated Near Beach Duplex
 - Each Unit - 2 BR, 1 BA, Laundry
 - Separate Private Outdoor Space
 - Impact Windows, Rental Opportunity
- \$995,000**

15819 CAPTIVA DRIVE



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 - Unique Property, 125' Water Frontage
 - Blueprints by John Cooney Available
 - Deep Water Access, Covered Boat House
- \$15,500,000**

1501 MIDDLE GULF DRIVE #F403



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Will Power

Reality TV



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

What do Christmas, Thanksgiving, birthdays, anniversaries, family reunions and Valentine's Day all have in common? Some of you are fortunate enough to look forward to and enjoy these lifetime events.

For the rest of us, however, who feel a pang of dread or nervousness, what do you suppose is at the root of your emotion? If you ask this question of any psychologist, they'll probably tell you that holidays, events and family gatherings are all kindle that could ignite combustible situations into full-on emotional fires.

Our own memories recall crushed hopes for some; lifelong slights bubble to the surface in others.

There's a certain expectation that comes with holidays and special events, isn't there? We envision a Norman Rockwell painting but sometimes end up with Ozzie and Sharon Osbourne-like catastrophes worthy of the strangest and most embarrassing reality television show episodes.

The unrealistic expectation is what does us in. We envision an unlikely picture rather than approach holidays and gatherings with a realistic expectation of what is likely to be. We fail to prepare ourselves to remember to take deep breaths and not overreact when the inevitable disappointment arises.

Hence the pain.

Expectations surrounding family finances and estate plans are no different. I can't tell you the number of times that, prior to a catastrophic event such as a heart attack, stroke, or even death, Mom and Dad haven't discussed their finances with their adult children beneficiaries, who often anticipate unrealistic inheritances.

Along those same lines, parents don't want to be a "burden" to their children, but fail to discuss financial situations prior to needing nursing or assisted living care. If only everyone discussed the need prior to the crisis, appropriate legal and financial planning could have saved the family tens of thousands of dollars.

In our culture, discussing finances is taboo. Parents aren't open to the discussion, usually for any number of reasons including pride, embarrassment, a desire to not be a financial burden, or to avoid entitled relatives from seeking handouts.

Not only do families avoid lifetime finance discussions, rarely will Mom and Dad

reveal the contents of their estate plan ahead of time.

Perhaps, they don't want to have difficult conversations resulting from their decisions, such as naming a gatekeeper trustee on a spendthrift son's inheritance or giving him less than his siblings because he enjoyed so much more in the form of lifetime gifts. Other times, clients don't wish to reveal their true net worth to their children. Yet in other situations, Mom and Dad, with good reason, delay their adult children's inheritance for a surviving spouse in a second marriage who is not the biological parent of the children.

Expectations also surround the roles that Mom and Dad assign. "I thought I was the logical choice to be the trustee to administer Mom's affairs," eldest son points out when he learns youngest sister has been named to fill that role.

Certainly, Mom and Dad have the absolute right to bequeath their hard-earned assets and money in ways and amounts that they see fit. Whenever a client directs me to draft a plan with what I perceive to be unusual provisions, I'll ask for his thought process to document the file.

Most of the time, the explanation justifies the direction.

When the bomb drops, however, especially when it's only days after Mom died, which is itself an emotional time, I brace for the emotional fallout.

What's the answer? One answer is to develop a lasting relationship with a qualified estate planning attorney who's been through these types of situations dozens, if not hundreds, of times. Practice does count here.

Rather than view your estate plan as a once-a-couple-decade transaction, instead, develop a sense of its fluidity and continuity with your family, ever-changing finances and tax laws. Ask the emotional questions during the planning process. Determine how to best frame your plan amongst your loved ones to minimize unrealistic expectations.

A well thought-out estate plan is as much of an art as it is a science.

And enjoy that upcoming wedding, holiday or family reunion. Be mindful of your reactions and do your best to relish the presence of your loved ones. It's rarely all Norman Rockwell, but it won't be too bad if you have an *America's Funniest Home Video* moment either.

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How's The Market? Ask Ann Remembering A Good Friend

One of the "side" benefits of being a Sanibel Realtor is that you get the opportunity to form long-lasting friendships with some of your competitors. Sadly, for many of us, John Naumann, an iconic Realtor and Real Estate developer, passed away suddenly in early July. We will miss his courageous spirit, his smile, his sense of humor and exemplary personality. John, we miss you and thank you for being our friend. Our thoughts and prayers go out to his wife, Debbie, and their family.

Real Estate on Sanibel... Total inventory is currently 68 home and condo units, slightly down from last week. Several homes priced between \$1,500,000 and \$2,000,000 went pending last week, reflecting a continued demand for single family homes on Sanibel.

If you are actively looking for a Sanibel home or condo, we are very familiar with the current inventory. Call me if you would benefit from my local knowledge and experience. Selling? Call me for a confidential discussion on the current market value of your property. No obligation on your part. My husband John and I are very acquainted with recently sold Sanibel properties, allowing us to provide you with a realistic price on your property. Thank you for reading my column.



Ann Gee
Broker/Owner

5 Closed Sales Going Back One Week: 1 Home, 3 Condos & 1 Vacant Lot

2840 West Gulf Dr. #9 Seashells **\$650,000** 820 East Gulf Dr. A110 Seawind **\$900,000**
1827 Middle Gulf Dr. **\$917,000** 1226 Isabel Dr. Vacant Land **\$1,850,000**
2445 West Gulf Dr. C26 Pointe Santo **\$950,000**

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

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From page 1

Future Naturalists

education center in 1999.

Back up north in Connecticut, Oresman balanced his business consulting work with conservation pursuits, serving as president of the Connecticut Ornithological Society, chairman of the Connecticut Audubon Society (an organization separate from the National Audubon Society), and a director of the Hawk Mountain Sanctuary in Pennsylvania.

In later years, Oresman was taking his great-grandchildren through the refuge. His daughter Pam and husband Keith Browning now own his home on Captiva. It was her idea to establish an endowed fund in her father's name to keep alive his legacy and passion for birds, their habitat and conservation.

"Years ago, Hawk Mountain Sanctuary started an international intern program that was very successful, and I've known a number of interns from Hawk Mountain who have gone on to do very good things for raptor conservation in Africa and Asia and

South America, so I understand the value of internships," said Oresman. "You need to know where the next generation of conservationists is coming from. You have to continue to create more generations, and the only way you can do that is to create opportunity, create actual field work that exposes them to the complicated world of conservation."

"With their gift, the Oresman family honors their father's commitment to the environment while supporting the refuge in a crucial way," said DDWS Executive Director Birgie Miller. "Our interns fill in gaps created by federal budgeting shortfalls. They become those stewards of conservation, and many have moved on to impressive roles with private and government conservation organizations."

For more information on contributing to the existing Oresman Fund or, with a gift of \$10,000 or more, establishing a new permanently endowed fund, contact DDWS Associate Executive Director Sierra Hoisington at 472-1100 ext. 233. For more information, visit dingdarlingsociety.org. ✨

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Dr. Marcia Chatelain Liz Moore

Dr. Michele Harper Liz Wiseman

Sanibel Library Author Series Lineup For August

Sanibel Public Library is hosting a series of virtual talks this summer with bestselling authors and thought leaders. The series is supported by Sanibel Public Library Foundation.

Dr. Marcia Chatelain will speak on Wednesday, August 3 at 2 p.m. She is the author of *Franchise: The Golden Arches in Black America*, winner of the 2021 Pulitzer Prize for history.

Dr. Chatelain, a professor and scholar of African American life and culture, is a frequent public speaker with expertise in food justice, race and ethnicity, and urban policy. In *Franchise*, the author sets out to discover the interplay between fast-food restaurants and their saturation within black neighborhoods. McDonald's has often been blamed for the rising rates

of obesity and diabetes among black Americans. Dr. Chatelain uncovers an underappreciated intersection of capitalism and racism in a surprising history of cooperation among fast-food companies, black capitalists and civil rights leaders, who – in the troubled years after Dr. King's assassination – believed they found an economic answer to the problem of racial inequality.

The New York Times bestselling author Liz Moore will discuss her international bestseller, *Long Bright River*, and her other works on Tuesday, August 9 at 9 p.m. *Long Bright River* traces the story of two estranged sisters. Mickey is a cop, and Kacey lives on the Philadelphia streets in the vice of addiction. When Kacey disappears, Mickey panics over her sister's safety – obsessed with finding the culprit and her sister before it's too late. Drawing on deeply personal volunteer work, Moore's novel puts a human face on the effect that addiction

can have on generations of families and communities.

On Monday, August 22 at 9 p.m., Dr. Michele Harper, author of *The Beauty in Breaking*. Her memoir is the poignant story of an emergency room physician's journey in a life of service to others, that taught her how to heal herself.

Liz Wiseman, author of *Impact Players: Take the Lead, Play Bigger, Multiply Your Impact*, will speak on Thursday, August 25 at noon. In *Impact Players*, Wiseman asks the question, why do some people break through and make an impact while

others get stuck going through the motions? Drawing on insights from leaders at top companies, Wiseman explains what the most influential players are doing differently, how small and seemingly insignificant differences in how we think and act can make an enormous impact.

To register for the webinars, visit www.sanlib.org. After you register, you will receive an emailed link to log in to the virtual event. If you need to borrow a mobile WiFi hotspot to participate, or if you need help setting up or logging in, email nices@sanlib.org or call 472-2483.*

Business Women August Luncheon

Sanibel Captiva Business Women's Association will hold its monthly luncheon on Tuesday, August 16 at noon at 400 Rabbits, located at 975 Rabbit Road on Sanibel.

The speaker will be Sanibel resident Rachel Pierce of Rachel Pierce Art Gallery. Pierce will speak about her career path and experiences over the years,



Rachel Pierce

from journalism to full-time artist, to what led her to open her gallery on Sanibel. Pierce said she hopes, "women will be able to takeaway how life is a journey, and it's never too late to make changes."

Register on Eventbrite at <https://sancapbwa.eventbrite.com/>. For more information, contact taylor@irisprintdesigns.com. Updates are posted at www.facebook.com/SanCapBWA.

Sanibel Captiva Business Women's Association is dedicated to empowering and supporting the women who work and live on the islands through networking, mentorship, continuing education and career advancement. Members meet on the third Tuesday of the month at various businesses and restaurants at noon.*



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Frankly Speaking

by Howard Prager



The National Baseball Hall of Fame induction ceremony occurred last week with seven inductees, thanks to the new Era Committees (contemporary and classic). A

number of facts, stats and quotes come from MLB.com. David Ortiz became the first career designated hitter to be selected on his first ballot. Ortiz is the fourth Dominican-born player to enter the Hall joining Pedro Martinez, Vladimir Guerrero Sr. and Juan Marichal. During his 20-season MLB career, Ortiz hit 541 homers over 20 years and was in the top five of AL MVP balloting five straight seasons. His best season was in 2016, hitting 38 homers, 127 RBIs and he led in doubles, slugging percentage and OPS.

Two Minnesota Twins joined Ortiz: Jim Kaat and Tony Oliva. Kaat won 283 games during his career and is remembered as the best fielding pitcher of his time, racking up 16 Gold Gloves at the position. The only player with more is pitcher Greg Maddux with 18. Kaat won his only World Series late in his career, getting a ring with the 1982 St. Louis Cardinals, and is one of only three other players whose Major League career

spanned parts of four decades – Willie McCovey, Minnie Miñoso (who was also inducted Sunday) and Tim Lincecum – who did the same in the 1950s, '60s, '70s and '80s.

Tony O won three batting titles, led the AL in hits five times and hit .304 over a 15-year career for the Twins. Oliva congratulated Ortiz during his speech, alluding to Papi's early career start in Minnesota with a bit of wistfulness suggesting that moving on to the Red Sox was the best thing in Papi's career. Oliva, who was born in Cuba, also paid homage to the late Minnie Miñoso, who was the first black Latino player in the major leagues and opened the doors for generations of Latino players who followed him.

Miñoso became the first black Cuban to play for the White Sox and homered on the first pitch from the Yankees' Vic Raschi in his first career at-bat on May 1, 1951. Over parts of 20 seasons, ending with two at-bats in 1980 that made him the first and only five-decades player, Miñoso had a slash line of .299/.387/.461 with 195 home runs, 216 stolen bases, 1,089 RBIs and 1,227 runs scored. He was a seven-time All-Star and a three-time Gold Glove winner, while topping .300 in eight seasons. He was as famous for his connection with fans as for his outstanding career, a quality he shared the late Buck O'Neil, who was inducted on Sunday.

Before the ceremony, the Hall warmed up the gathering by replaying a video of O'Neil leading the crowd in saying, "The

greatest thing in all of my life is loving you." The memorable moment was from the ceremony in 2006, two months before O'Neil's death, as he spoke on behalf of 17 inductees selected for their contributions to Negro Leagues baseball, a group that many at the time felt should have included O'Neil. O'Neil, as he did throughout his life, chose to celebrate those who made it in rather than bemoan the fact that he had not. "Uncle John would also probably weave into his words to you this afternoon the notion of priming," said O'Neil's niece, Dr. Angela Terry. "That is, the positivity with which he viewed a majority of the occurrences in his life."

Brooklyn Dodgers great Gil Hodges was also selected. A beloved member of "The Boys of Summer" teams in the 1950s, Hodges went on to perhaps his greatest fame as the manager of the "Amazin' Mets," the 1969 World Series-winning edition of the New York club that before that campaign had never won more than 73 games in a season. Hodges died of a heart attack at age 47, late in spring training before the start of the 1972 season. Long a popular choice for those pointing out Hall omissions, Hodges hit 370 homers during his career, mostly for the Dodgers during their time in Brooklyn. Hodges made the move with the Dodgers when they shifted to Los Angeles for the 1958 season. "He was a very humble man, but he would be so proud to be here with the best of the best in baseball," said Hodges' daughter, Irene, who delivered a moving address on her father's behalf.

Jackie Robinson wasn't the first to integrate the major leagues. Before him in the 19th-century was Bud Fowler, considered to be the first black player in professional baseball. During a long career that stretched into the 20th century, Fowler played for more than 50 teams despite being lauded as a top performer wherever he went. Often, he was forced to switch teams because a teammate or an opponent refused to take the field with him. Fowler died in 1913. Speaking on his behalf, Hall of Famer Dave Winfield said, "Some fans loved him, but many of his own teammates and opposing teammates didn't. They didn't want to

play with a black man."

What do we do about the All-Star games? The ratings for this year's baseball all-star game were one of the lowest. But that still is higher than any other sports' all-star game – football, basketball and hockey. I must admit the baseball game was boring as one great flame-throwing pitcher after another took to the mound. Liberal use of the shift also took away hits that has driven down baseball's hitting average this year to .243. Perhaps don't play a game, just do contests fans enjoy. In baseball it's the home run derby; in basketball slam dunk contest, etc. How about a baseball All-Star weekend displaying the strengths that the players bring, e.g. batting average, base running, defensive gems, acrobatic catches and double plays, and deadly accurate throws. Would that be more fun to watch?

The good news story of the week comes from the Good News Network about Nora Langdon, a 78-year old world champion powerlifter with 19 world records and personal records of 413 pounds in the squat, 381.4 pounds in the deadlift and a 203.9 pound bench press. Langdon started when she was already 65 and too out of shape to walk up the stairs in the houses she was selling as part of a 35-year career in real estate. Celebrating a birthday party, a friend introduced her to Art Little, a personal trainer at Royal Oak Gym, in Michigan. She came to watch a powerlifting meet, and asked Little if she could do the same eventually. Little was hesitant, but started her off with the basics. Says Langdon, "I feel strength when I powerlift because it means I can beat the world. I want to inspire other women to take care of themselves." The most decorated powerlifter in her weight class, Langdon competes in powerlifting three times a year: the state championships, the nationals and the worlds. She has set up a GoFundMe to finance her career beyond her very meager sponsorship money. This is the second column I've noted older women powerlifters. Incredible.

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.✪



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SPORTS QUIZ

1. What Ball State Cardinals basketball standout was selected 11th overall by the Detroit Pistons in the 1998 NBA Draft, but had his rights traded to the Portland Trail Blazers?
2. Name the boxing referee who served two terms as a Nevada district court judge and had a courtroom TV show in syndication from 1998 to 2001.
3. In 2021, competitive eating legend Joey Chestnut broke his own record at the Nathan's Hot Dog Eating Contest by consuming how many hot dogs and buns (HDBs) in 10 minutes?
4. What international multisport event, first held in 1930, was conceived as a competition among territories of the British Empire?
5. What golf ball, developed by MacGregor Golf in the 1980s for use on small island courses, weighed half as much and flew half as far as a standard golf ball?
6. Ohio State Buckeyes defensive tackle Dan "Big Daddy" Wilkinson was chosen first overall in the 1994 NFL Draft by what team?
7. What product was originally patented and sold under the name ChemGrass in 1965?

ANSWERS

1. Bonzi Wells. 2. Mills Lane. 3. 76. 4. The Commonwealth Games. 5. The Cayman ball. 6. The Cincinnati Bengals. 7. AstroTurf.

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Get Paid While You Wait



by Logan Webb,
CFA, CFP, Senior
Portfolio Manager

Ever since the Federal Reserve and governments around the globe simultaneously went to full-blown accommodation mode, all market corrections have been swiftly followed by a sharp “V-shaped” recovery, sending stocks to new all-time highs. “Buy any and all dips” became the mantra of retail and institutional investors alike, and equities – like clockwork – responded. Fast forward to 2022: Accommodation has turned restrictive; the Fed is unwinding its balance sheet and is beginning to hike interest rates in the face of a looming recession to combat the very inflation that surprised them. Inflation is a direct result of money supply growth, and American history has never witnessed money supply growth like this.

A V-shaped recovery is no longer a sure thing in a restrictive, slower growth environment. To where can investors turn for returns in the meantime? The answer: Get paid while you wait. Consider high-quality dividend-paying equities that

will pay a consistent income stream as this bottoming process plays out. The U.S. economy will recover, and income-generating securities can help bridge the gap until it does. This strategy has several benefits that ultimately lead to something this father of young children is unfamiliar with: sleeping well at night.

High-quality dividend-paying equities are historically less volatile and provide more downside protection than their growth counterparts. For example, the Russell 1000 Value Index of dividend payers has fallen about 10 percent year-to-date versus the Russell 1000 Growth Index, which has fallen about 24 percent as of July 25. Dividends appear to be insignificant on the surface but, compounded over time, they play a meaningful role in wealth accumulation. Dividends have contributed 32 percent of the total return for the S&P 500 going back to 1926. During the 10-year period ending June 2021, the S&P 500 price return was +113 percent, but +191 percent when you reinvested dividends – nearly double the return in just a decade! There are pitfalls to avoid, however, when chasing income-generating securities:

1. There is no free lunch with high yields. Avoid that temptation to chase yields of seven percent or more. It is very difficult for a company to grow if it pays out all its profits to shareholders. A high yield further signals that investors fear a future dividend cut. Yields between two and four percent have been a sweet spot.

2. Don't overplay the style box. While we're highlighting income here, long-term

investors should own growth as well. The pendulum swings back and forth between growth and value, and it's good to have something working in the portfolio all the time. Don't chase past performance of growth or dividend stocks either. Remain diversified and simply own both.

3. Don't give up on dividend stocks to chase excitement. Slow and steady can still win the race in investing.

Equity valuations have recently reset to dramatically lower, and more-attractive, multiples, but not all companies have deserved the reset: Select companies continue to produce consistent growth in cash flows and earnings, and continue to increase their dividends. It is more important than ever to be selective and to emphasize quality companies that trade at reasonable fundamental valuations relative to their growth. This methodology aligns perfectly with our philosophy here at the trust company.

Lastly, on the topic of income, don't ignore the now-unpopular bond market. High-quality short-term bonds look more attractive today than they have in several years. Premiums have come down substantially thanks to the recent spike in interest rates, and that in turn has boosted the yield to maturity. For the first time in more than a decade, select fixed-income securities are showing positive attributes as a part of a broadly diversified portfolio. Equities will continue to be the primary driver of long-term growth, but bonds are no longer as undesirable as advertised.

This information is not intended to be and should not be treated as legal

*advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.**

New Marketing Coordinator

Denise Blough is the new marketing coordinator for Sanibel-Captiva Conservation Foundation (SCCF).

Blough relocated from Columbus, Ohio, where she was working in communications at Ohio State University (OSU).

An experienced writer and science enthusiast, she has a bachelor's degree in journalism and a master of environment and natural resources, both from OSU. She is also skilled in photography, video production, event planning and brand management.

“All combined, Denise is a great fit for our marketing and communications needs and we couldn't be happier about hiring her,” said SCCF Communications Director Barbara Linstrom.*



Denise Blough



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Inflammaging



by Julie Rosenberg, MD

Human aging is a complex process. Many changes occur with aging. Among the most important are changes in immune reactivity and the phenomenon of

inflammaging. Inflammation may be a strong contributor to the development and progression of many age-related chronic diseases. Studies have shown that in the United States, about 80 percent of adults over age 65 have at least one chronic disease and 68 percent have two or more. With age, there is an increased risk of developing chronic disease such as cardiovascular disease, type 2 diabetes and cancer.

Inflammaging is a chronic, low-grade inflammation that develops with advanced age. Inflammaging is thought to be caused by a loss of the body's control over systemic inflammation, resulting in chronic overstimulation of the immune system. Not all inflammation has negative effects on the body. Our bodies must launch an acute inflammatory response to heal after an injury or to fight off infection. This beneficial acute inflammatory response is typically strongest in youth and decreases with age. To mount an appropriate immune response, individuals must maintain a necessary balance of pro-inflammatory and anti-inflammatory factors. As we age, the number of pro-inflammatory factors begins to exceed the number of anti-inflammatory factors. This can lead to chronic, excessive inflammation (aka, inflammaging).

The harmful effects of inflammation, including the progression of many chronic diseases, can be slowed, or even reversed, through healthy lifestyle changes. In this article, I discuss the benefits of exercise, diet and stress management to mitigate the effects of inflammaging. Studies have shown that exercise can delay or reduce the onset of age-associated chronic inflammation. When older adults maintain a regular exercise regimen throughout the course of their lives, they have a better likelihood of preventing or delaying inflammaging. Therefore, exercise may serve as a natural anti-inflammatory agent that can help to protect against age-associated inflammation. This is one major reason to stay physically active throughout life.

The Centers for Disease Control and Prevention recommends that older adults strive to get at least 2.5 hours of moderate-intensity exercise per week, plus muscle-strengthening activities at least two days per week. But remember, any exercise is better than no exercise! Do the best that you can. Engage in daily activities that you

enjoy, such as a brisk walk, a bike ride, a session of yoga or a game of tennis.

Eat an anti-inflammatory diet. Many common foods in the American diet are known to cause inflammation. They include:

- High fat dairy products such as whole milk and ice cream;
- Refined carbohydrates, like white bread and pastries;
- Fried foods;
- Red and processed meats;
- Soda and other sugar-sweetened beverages;
- Margarine, shortening and lard.

Instead, eat foods that are rich in antioxidants and polyphenols to manage inflammaging.

Examples of anti-inflammatory foods include:

- Fruits (blueberries, cherries, oranges and strawberries);
- Fatty fish (salmon, tuna, mackerel and sardines);
- Leafy greens (kale, spinach and collard greens);
- Nuts, like almonds and walnuts;
- Olive oil;
- Whole grains;
- Tomatoes.

And for coffee drinkers (myself included), coffee contains polyphenols and other anti-inflammatory compounds, so it may also help to protect against inflammation.

Limiting stress can help to limit inflammation. When we perceive an acute threat, our bodies go into the "fight or flight" response, which prepares us for

fighting or fleeing.

The fight or flight response itself is meant to be short-term and adaptive.

Chronic stress can trigger a more prolonged fight or flight response, leading to the chronic release of stress hormones and pro-inflammatory cytokines that can cause inflammation throughout the body.

There are many effective ways to manage stress. They all require patience but can be very beneficial in the long term. My favorite stress management techniques include:

- Walking in nature;
- Deep breathing;
- Pilates;
- Reading or listening to a book on tape;
- Having a massage.

In conclusion, chronic inflammation is a component of chronic diseases. To reduce the effects of chronic inflammation as you age (inflammaging), embrace a healthy lifestyle, beginning today.

*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.**

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—L.M. from The Sanibel School

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dearPharmacist

How Olive Oil Improves Pain And Neuropathy



by Suzy Cohen, RPh

Dear Readers:

As I was sautéing the pupusas in olive oil for lunch today, my mind wandered to the medicinal benefits of this incredible oil. The focus of

today's article is on how olive oil could help small fiber neuropathy, or peripheral neuropathy. It's a mild, but still very useful benefit of "oleuropein" that is derived from olives.

Here are some fun facts about olive trees and olive oil. Did you know one olive tree can live for approximately 500 years? Olive oil is actually a "fruit juice" and it's squeezed out of the olive fruit. Did you know that "cold pressed" means the olive oil was never heated and this is desirable? Heating the oil will destroy the health benefits. Beauty junkies will be amused that the first eyeshadow was made using ground-up charcoal and olive oil.

People in Greece live a long time. Everyone knows the Mediterranean diet is one of the healthiest in the entire world. I wonder if it's because people who reside in Greece tend to consume about five gallons of olive oil per year from their diet. They are some of the longest-living human beings on planet Earth. Compare that with U.S. citizens who on average consume only six cups annually. But back to neuropathy, since that is the point of my article.

Sadly, we're seeing neuropathic pain and small fiber neuropathy increasing at a faster pace due to the use of certain vaccinations, and the viral infection itself. People are aging, which is another risk factor, and then we have an epidemic of diabetes. So any information about relieving the pain of neuropathy is important. Even if it's as simple as olive oil.

It reduces pro-inflammatory (pain-causing) cytokines. This collectively means that the fruit juice we call "olive oil" can

help reduce neuro-inflammation. It's hard to study neuropathy in animals, but scientists figured out a way. Researchers literally poisoned rabbits with a chemical called alloxan (the same constituent associated with refined white flour) and then the rabbits got high blood sugar (hyperglycemia), which then leads to neuropathy. That was the point of the alloxan, to induce diabetes so they could study the impact of giving them oleuropein, which is found in olive oil. They did exactly that over 16 weeks and found significant benefits by reducing oxidative stress.

Here are a few cautions: Supplementing with excessive amounts of oleuropein can reduce blood pressure and blood sugar, and if you're taking medications for those conditions, then the effect can be exacerbated. Olives are related to mangoes, cherries, peaches, almonds and pistachios in case you have allergies to any of those.

I bet you want to cook with olive oil now. Cooking with olive oil is fine as long as the temperature is low, or medium. It has a low smoke point which means you can't cook with it on high. I think this is a very important point and one that is frequently overlooked. Supplements of olive leaf extract are widely available too.

For a more detailed version of my article visit www.suzycohen.com

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

Hospitals Receive National Awards

The emergency departments at both Golisano Children's Hospital of Southwest Florida and Gulf Coast Medical Center were recognized nationally for their exceptional and innovative performance in emergency care.

The Emergency Nurses Association awarded both emergency departments with the Lantern Award. Only 29 hospitals in the United States earned the recognition this year.

The Lantern Award recognizes emergency departments that go above and beyond in their efforts of

leadership, practice, education, advocacy and research. It rewards emergency departments that use evidence-based practices and continually provide high quality care in a safe environment.

Golisano Children's Hospital's emergency department is a two-time recipient of the Lantern Award. This is Gulf Coast Medical Center's first time earning the award.

"I am so proud of the hard work our

teams put in every day to provide high quality emergency care to the patients we serve. This award really recognizes the efforts our team members put in each and every day," said Dr. Larry Antonucci, president and chief executive officer of Lee Health.

Recipients of the award will be acknowledged during the 2022 Emergency Nursing Conference in Denver, Colorado from September 30 to October 3. ✨

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have a situation that I am having trouble with finding a solution. Do you have any examples of how to better focus on solutions to problems?

A: There is a saying that every problem has a solution. I do believe this to be true. The following tips are adapted from Solutions Focus Technique:

1. Think of a situation you have complained about. Rate how you feel about it on a scale of one to 10, where one is "I'm least satisfied about this situation and 10 "I'm the most satisfied."

Write it down.

2. Then write down what you are doing (as many things as you can think of) that cause you to rate your level of satisfaction at the number you scored and not lower.

3. What would be the first tiniest signs that your satisfaction has increased by one point? Think carefully and write down as many things as you can. See how you are forming

Solutions?

4. In light of what you've written above, what are the first small steps you could take in the next day to increase your satisfaction with this solution?

5. Begin to take some of the actions you've listed in No. 4. Start to notice times when you are a little more satisfied, and build on whatever you're doing that helps you.

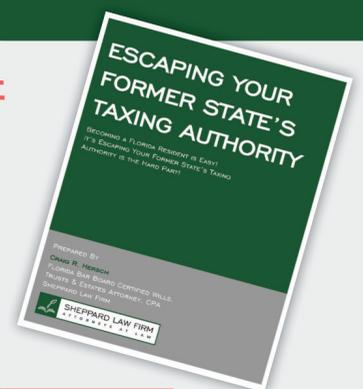
Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email Constance at drconstanceclancy@gmail.com or visit www.drconstanceclancy.com. ✨

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Doctor and Dietician

Simple Tips On Managing Stress



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

Stress is the body's natural defense against change or circumstances that might cause physical, emotional, or psychological strain on your body. Stress automatically initiates the fight-or-flight response; hence it is our autonomic nervous systems that control our responses to stress. The body's nervous system regulates both voluntary and involuntary actions, in addition to memory, communication and thinking. The autonomic nervous system controls everything that happens automatically such as breathing, digestion and heart rate to keep us alive.

Let us take a little deeper look. The autonomic nervous system is made

up of two parts: the parasympathetic and sympathetic systems. The parasympathetic system controls things like digestion and the ability to rest. It works to conserve energy and help us sleep, breaking down food, absorbing it and sending its nutrients to restore the body. The sympathetic system, on the other hand, is responsible for action. This is where we get the fight-or-flight response – quick energy to move away from danger or stressful situations.

So, when dealing with a chronic ailment or long-term difficult situations, the body stays in that fight-or-flight mode (sympathetic dominance) for much longer than the body should. The parasympathetic system cannot function well and thus the person may experience digestive difficulties and/or sleep disturbances, among other things.

Another interesting aspect of why a person stays in sympathetic dominance is related to their neck curve. If instability exists in the cervical spine, vertebrae can move too much and encroach on important vessels such as the internal jugular veins and the vagus nerves (the nervous system superhighway that runs along each side of the neck.)

At our Caring Medical office, we are seeing dramatic increases in the number of patients that come in with feelings of stress, anxiety, inability to cope, depression, sadness and loss. Why? Since we are experts in the neck, many of these patients have issues related to cervical instability.

However, compounding that are the stresses of life. So, we encourage you, first and foremost, if you are having these feelings, consider that it might be related to your neck.

Everyone experiences stress in their lifetime, some more than others. What is stressful for one person, might not be stressful for another. Stress is a part of life, but it must be managed effectively to maximize success, health and happiness. Therefore, the way we respond to our stress plays a huge role in our overall wellness. Here are tips that can help you look at your stress in a new way.

Take a breather – If you find that something is stressing you out, step away from the situation and, if able, go outside for a few minutes. Research shows that spending time outside and in nature can help reduce stress levels by lowering your heart rate (and improving digestion.) We love taking a 10-minute walk around our office complex at lunchtime to “reset” and get ready for the afternoon at work. It really does help.

Separate worries from concerns – We know this may be easier said than done, but try being mindful of what you are getting stressed out about. If a situation is a concern, ask God for help and release that anxiety to Him. If you cannot do anything about it, then there

is no sense in worrying, right? What does that really accomplish? Nothing. Focus your time on things you can change.

Turn it around – While listening to a recent Podcast, we heard this: “turn the let-downs into lessons and the disappointments into determination.” Wow, does that change your mindset. Just because something is challenging does not mean you have to stress yourself out – challenging times are an opportunity for growth.

We cannot stop things from happening in our lives, but we can control how we respond to them. Matthew 6:34 states: “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” If you are stressing about what may happen tomorrow and it does not even happen, then you worried for no reason. If it does happen, then you have just worried twice. Right?

Worry less and live more.

*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:

Fill Your Cup

by Kay Casperson



Ilove a great cup of coffee in the morning, and I have a specific way I want mine to be, with just the right amount of coffee, a dash of cream and a sprinkle of cinnamon.

These past couple of weeks, I have been thinking about what having a full cup means to our everyday lives. I started to realize that your cup is only as full as you keep it and that you can't really rely on anyone else to fill it for you.

So, how does that relate to our lives? It is significant because if your cup is not full, there will be nothing left to pour out to others. In other words, if you don't continue to fill up your cup first, you will run out of inspiration and motivation. You will also have less drive and ambition to inspire others to be all they can be.

Many rely on others to fill their cup, including spouses, significant others, children, friends or family members. Others rely on their jobs, businesses, sports activities or academics. But, in reality, a combination of things will actually make it happen.

So, how do you continue to keep your cup full? Here are some suggestions:

First, know that you are worthy of a full cup every day.

Let go of limiting thoughts and bring on your dreams and desires.

Focus on being present and in the moment instead of the past or the future.

Embrace the healthiest way of living that fits your lifestyle.

Surround yourself with people you love and those that love you back.

Have gratitude for all your blessings, big and small.

Ask for help when you need it, don't try to be a superhero all the time.

And finally, pour it out for others and know it will be full again.

There are many more ways to keep your cup full every day, but the most important thing to remember is that you need to refill it frequently. Don't wait until the cup runs dry and you have nothing left; it is better to keep your cup half full than to start over empty.

Keep a close eye on your energy level, motivation, patience and willingness to serve others. If this desire is starting to disappear, it might be time for you to look into filling your own cup again. My wish for you is that you keep it so full that it runneth over with blessings.

My affirmation for you this week is: “I will continue to fill my cup to be the best version of me and a blessing to others.”

*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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- On Call Captiva Deputy 477-1000
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- 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
- BIG ARTS 395-0900
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- Fort Myers Symphonic Mastersingers 288-2535
- Gulf Coast Symphony 277-1700
- Herb Strauss Schoolhouse Theater 472-6862
- Lee County Alliance for the Arts 939-2787
- Naples Philharmonic 597-1111
- Sanibel Music Festival 336-7999
- Sanibel-Captiva Art League sancapart.org
- Southwest Florida Symphony 418-0996
- Symphonic Chorale of Southwest Florida 560-5695
- CLUBS & ORGANIZATIONS**
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- Audubon of SWFL <https://www.audubonswfl.org/>
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- Bailey-Matthews National Shell Museum 395-2233
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- CROW, Clinic For The Rehabilitation of Wildlife 472-3644
- FISH OF SANCAP Neighbors Helping Neighbors 472-4775
- FISH OF SANCAP 24-hr service 472-0404
- JN "Ding" Darling National Wildlife Refuge 472-1100
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- Master Gardeners of the Islands 472-6940
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- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club 472-0836
- PAWS, Protection of Animal Welfare Society 239-699-6310
- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
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- Sanibel Beautification Inc. 470-2866
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- Sanibel-Captiva Orchid Society 472-6940
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- Sanibel-Captiva Republican Caucus 395-0819
- Sanibel-Captiva Shell Club 267-7291
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- Sanibel Island Fishing Club 472-8994
- Sanibel Youth Soccer 395-2040
- SCCF Sanibel-Captiva Conservation Foundation 472-2329
- SCCF Sea Turtle Hotline 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 433-2000
- Zonta Club 728-1971

To be listed in calling card email your information to:
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PUZZLES

Answers on page 47



"Can I offer you something while you wait for my daughter — a _____, perhaps?"

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!

Smirk

PRIMES

Crafty

STATUE

Process

ATONIC

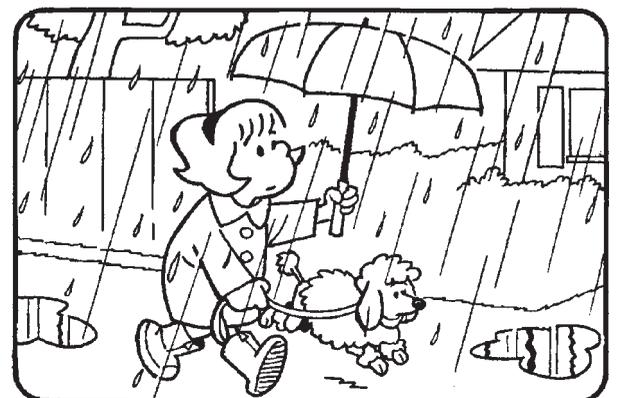
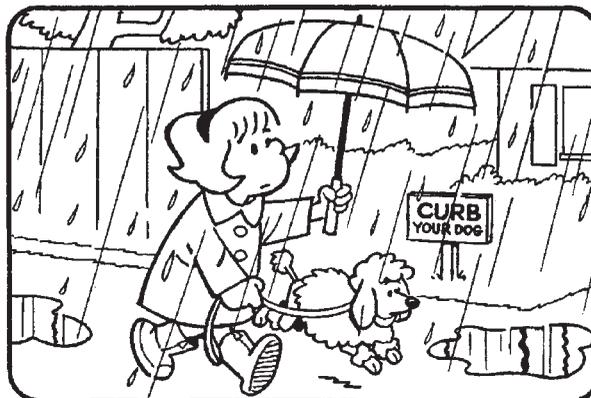
Route

AWPATHY

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Fence is shorter. 2. Raincoat is different. 3. Puddle is smaller. 4. Stripe is missing. 5. Sign is missing. 6. Umbrella is shorter.

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

To Play Sudoku:

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

PUZZLES

Answers on page 47

Super Crossword

ALMOST
INDIVISIBLE

- ACROSS**
- 1 Compositions of a classical tradition
 - 9 Financial: Abbr.
 - 13 Toddler girl, to Scots
 - 20 16th-century Spanish explorer
 - 21 Wind quintet instrument
 - 22 Ancient French region
 - 23 Low-value red card
 - 25 Dangerous current
 - 26 20-ounce Starbucks drink
 - 27 Body design, for short
 - 28 Transmission repair chain
 - 30 Adult fellows
 - 31 Witches in "Macbeth"
 - 37 Apple choice
 - 41 Sculling item
 - 42 Suffix with Midwest
 - 43 Rose petal oil
 - 44 1992 Tony nominee for Best Musical
 - 48 Seniors' org.
 - 52 Tricky pitch
 - 53 Big fad
 - 54 Pet allergy source
 - 56 From days of yore
 - 57 Luggage screeners' org.
 - 59 Univ. dorm overseers
 - 62 Listerine competitor
 - 63 Oedipus-themed Aeschylus play
 - 69 A-E linkup
 - 72 Docs' gp.
 - 73 Herr's "one"
 - 74 Hanks of "Big"
 - 75 Raised trains
 - 76 Instrument played in a Christmas song
 - 83 Log house
 - 84 Bullring shout
 - 85 Some RNs work in them
 - 86 Make ecstatic
 - 90 Figure skater Yamaguchi
 - 92 "Jack Sprat could — fat"
 - 96 Aquarium bed material
 - 97 Fabled snow beast
 - 98 Virginia and Georgia were part of them
 - 103 Pried (around)
 - 105 Meal crumb
 - 106 Raw metal
 - 107 Title for Judi Dench
 - 108 Hearst bimonthly with beauty and dating tips
 - 114 Former U.K. record co.
 - 115 Fake of the ring
 - 116 Muhammad
 - 117 Feudal lord
 - 122 Be averse to
 - 124 What the starts of the longest answers in this puzzle are?
 - 129 One making modifications
 - 130 Helper
 - 131 Homer with nobody on
 - 132 Straightens up
 - 133 Red-ink entry
 - 134 Upper layers of fertile earth
 - DOWN**
 - 1 Shakespeare play ending
 - 2 T. — Price
 - 3 Disney sci-fi film of 1982
 - 4 Not worth debating
 - 5 Not qualified
 - 6 Feeling blue
 - 7 Cruel Amin
 - 8 People painting, e.g.
 - 9 Shoes and boots
 - 10 Arabic for "son of"
 - 11 Lay turf on
 - 12 Romero of "Batman"
 - 13 Grows fond of
 - 14 Drew forth
 - 15 Wife, to Juan
 - 16 Back muscle, for short
 - 17 "One Day at —" (sitcom)
 - 18 Supply- — (certain economist)
 - 19 Camille Saint- —
 - 24 Alluring West
 - 29 Eve's partner
 - 32 60 minutes
 - 33 Solar beam
 - 34 Witty Bombeck
 - 35 Don Juan's mother
 - 36 Seance state
 - 37 "In case that's true ..."
 - 38 Place for grist
 - 39 Rah-rah
 - 40 Surrenders
 - 45 Heredity unit
 - 46 University sports org.
 - 47 Actress Laura
 - 49 Casa brick
 - 50 Drive away
 - 51 The "P" of AP
 - 55 Hearth refuse
 - 57 Score speed
 - 58 Escargot
 - 60 Moving
 - 61 Doesn't go on
 - 64 Moving truck
 - 65 Grand opening?
 - 66 Inspired stuff
 - 67 Electees, e.g.
 - 68 "Eww, no more!" in a text message
 - 69 Mark Twain's Thatcher
 - 70 Writer — Boothe Luce
 - 71 Red-ink entry
 - 77 Brand for sore eyes
 - 78 Doc using an otoscope
 - 79 Look intently
 - 80 Menial worker
 - 81 Detective Wolfe
 - 82 Thyroid, e.g.
 - 87 Sports shoe brand
 - 88 Overbrim
 - 89 Otherwise
 - 91 "Someone's already claimed that seat"
 - 93 Proton holder
 - 94 Prefix with byte
 - 95 Tennis, volleyball and badminton
 - 96 Narrow valley
 - 99 Dogs closely following their owners
 - 100 15th of the month, maybe
 - 101 Most snug
 - 102 "... — quit!" (threat ender)
 - 104 Blazing
 - 108 Roomy auto
 - 109 Novelist Zola
 - 110 Lookout view
 - 111 Kathmandu's nation
 - 112 Headly drink
 - 113 "Tickle Me" dolls
 - 118 — facto pizza
 - 119 K thru 12
 - 120 Earth science subj.
 - 121 Guesses on costs: Abbr.
 - 123 Allow to
 - 125 Grande opening?
 - 126 Age-verifying docs.
 - 127 Failing tic-tac-toe row
 - 128 Lofty peak

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
20								21				22							
23							24					25							
26							27				28	29					30		
				31	32	33				34	35					36			
37	38	39	40		41			42			43								
44				45				46			47			48	49	50	51		
52								53					54	55					
56							57	58				59	60	61		62			
				63		64				65	66	67			68				
69	70	71			72					73			74				75		
76				77	78					79			80			81	82		
83						84					85				86		87	88	89
90					91			92	93	94	95			96					
97					98	99	100					101	102						
				103	104					105			106			107			
108	109	110						111				112			113				
114				115						116					117	118	119	120	121
122				123						124	125	126			127	128			
129										130					131				
132										133					134				

King Crossword

ACROSS

- 1 Baseball's Ripken
- 4 Glacial
- 7 Mrs. Flintstone
- 12 Baton Rouge sch.
- 13 Extinct New Zealand bird
- 14 Figure of speech
- 15 "— show-time!"
- 16 Parthenon locale
- 18 "The A-Team" actor
- 19 Le — (French news-paper)
- 20 Pear type
- 22 Sugary suffix
- 23 Actress Tyne
- 27 Director Howard
- 29 Cut up, as a pizza
- 31 Metric measure
- 34 Desert haven
- 35 Tam topper
- 37 "Ray Donovan" actor Voight
- 38 Money maven Orman
- 39 Vichy water
- 41 Latin love
- 45 Shadow
- 47 Mimic
- 48 Maryland's
- capital
- Composer Rorem
- Got wind of claim
- Big D.C. lobby
- Authority
- ACLU issues
- Small batteries
- leader
- 5 Butterfly pro-tector
- 6 Tales
- 7 Use a sponge
- 8 Altar promise
- 9 Dogpatch adjective
- 10 Miss Piggy's pronoun
- 11 Early hrs.
- 17 Rhyming tributes
- 21 Thin pancake
- 23 Hunting goddess
- 24 Rm. coolers
- 25 Island gar-land
- 26 QB's gains
- 28 Spanish gold
- 30 Privy
- 31 Vinyl records
- 32 Debtor's letters
- 33 Celeb gossip site
- 36 Office note
- 37 Legal expert
- 40 More skilled
- 42 Food from heaven
- 43 Verdi work
- 44 — a beet
- 45 High hairstyle
- 46 Nile vipers
- 48 Spa sounds
- 49 PBS funder
- 50 Opposing vote
- 51 MGM motto start

DOWN

- 1 Scale
- 2 Houston player
- 3 Has an intense craving
- 4 Mosque

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

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

- Bandanna
- Cravat
- Muffler
- Boa
- Dog collar
- Neckerchief
- Scarf
- Bolo
- Dog tag
- Necklace
- Shawl
- Cowbell
- Garland
- Necktie

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 FRIDAY Sunny High: 95 Low: 84	 SATURDAY Mostly Sunny High: 91 Low: 82	 SUNDAY Mostly Cloudy High: 90 Low: 80	 MONDAY Cloudy High: 93 Low: 84	 TUESDAY Partly Cloudy High: 94 Low: 83	 WEDNESDAY Mostly Cloudy High: 89 Low: 80	 THURSDAY Mostly Cloudy High: 91 Low: 79
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:09 am	6:42 am	1:40 pm	9:11 pm
Sat	4:15 am	7:30 am	2:19 pm	9:38 pm
Sun	4:26 am	8:21 am	3:00 pm	10:05 pm
Mon	4:41 am	9:15 am	3:46 pm	10:32 pm
Tue	5:03 am	10:14 am	4:37 pm	11:01 pm
Wed	5:30 am	11:19 am	5:38 pm	11:31 pm
Thu	6:01 am	12:32 pm	6:55 pm	None

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:14 am	6:44 am	12:45 pm	9:13 pm
Sat	3:20 am	7:32 am	1:24 pm	9:40 pm
Sun	3:31 am	8:23 am	2:05 pm	10:07 pm
Mon	3:46 am	9:17 am	2:51 pm	10:34 pm
Tue	4:08 am	10:16 am	3:42 pm	11:03 pm
Wed	4:35 am	11:21 am	4:43 pm	11:33 pm
Thu	5:06 am	12:34 pm	6:00 pm	None

Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:39 am	8:25 am	2:08 pm	9:41 pm
Sat	4:22 am	9:12 am	2:55 pm	10:13 pm
Sun	4:44 am	9:54 am	3:47 pm	10:41 pm
Mon	5:08 am	10:31 am	4:35 pm	11:07 pm
Tue	5:30 am	11:07 am	5:20 pm	11:31 pm
Wed	5:48 am	11:45 am	6:05 pm	11:54 pm
Thu	6:00 am	12:30 pm	6:53 pm	None

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:19 am	9:58 am	3:50 pm	None
Sat	6:25 am	12:27 am	4:29 pm	10:46 am
Sun	6:36 am	12:54 am	5:10 pm	11:37 am
Mon	6:51 am	1:21 am	5:56 pm	12:31 pm
Tue	7:13 am	1:48 am	6:47 pm	1:30 pm
Wed	7:40 am	2:17 am	7:48 pm	2:35 pm
Thu	8:11 am	2:47 am	9:05 pm	3:48 pm

My Stars ★★★★★

FOR WEEK OF JULY 25, 2022

Aries (March 21 to April 19) You face the possibility of raising your relationship to another level. However, your partner might demand that you make promises you're not sure you're ready for.

Taurus (April 20 to May 20) As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open new career prospects.

Gemini (May 21 to June 20) Confront the person who caused your hurt feelings and demand a full explanation for their actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.

Cancer (June 21 to July 22) That personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

Leo (July 23 to August 22) You don't accept disapproval easily. But

instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for future use.

Virgo (August 23 to September 22) That former friend you thought you'd cut out of your life is still affecting other relationships. Counter their lies with the truth. Your friends are ready to listen.

Libra (September 23 to October 22) What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel something is out of balance, correct it.

Scorpio (October 23 to November 21) A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.

Sagittarius (November 22 to December 21) A coworker shares some startling news, but before you can use it to your advantage, make sure it's true. The weekend favors family matters.

Capricorn (December 22 to January 19) Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be

pleasantly surprised.

Aquarius (January 20 to February 18) Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help could make all the difference.

Pisces (February 19 to March 20) Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.

Born This Week: You have a keen, insightful intellect and enjoy debating your views with others who disagree with you. You also love to solve puzzles – the more challenging, the better.

MOMENTS IN TIME

• On Aug. 4, 1753, George Washington, a young Virginia planter, becomes a Master Mason, the highest basic rank in Freemasonry. The ceremony was held at the Masonic Lodge No. 4 in Fredericksburg, Virginia. Washington was 21 years old and would soon command his first military operation. Freemasons trace

the origins of masonry back to the erecting of King Solomon's Temple in biblical times.

• On Aug. 6, 1911, Lucille Desiree Ball, one of America's most famous redheads and beloved comic actresses, is born near Jamestown, New York. Ball starred with husband Ricky Ricardo on television's *I Love Lucy* from 1951 to 1957.

• On Aug. 2, 1939, Wes Craven, the man responsible for terrorizing millions of moviegoers with his *Nightmare on Elm Street* series, is born. Craven began his directing career with 1972's *The Last House on the Left*, a violent teen horror film.

• On Aug. 1, 1943, a Japanese destroyer rams an American PT (patrol torpedo) boat, No. 109, slicing it in two. The destruction is so massive, other American PT boats in the area assume the crew is dead. Two crewmen were, in fact, killed, but 11 survived, including Lt. John F. Kennedy, who would later become president.

• On Aug. 7, 1964, the United States Congress approves the Gulf

continued on page 46

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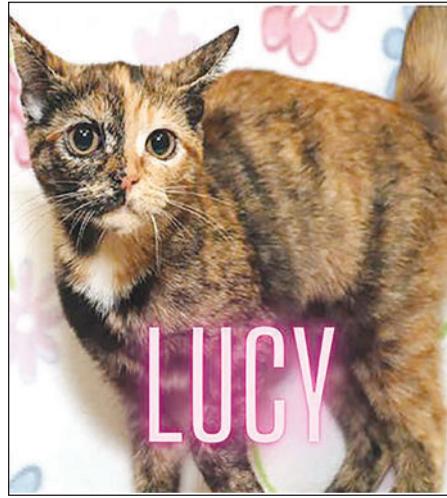


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PETS OF THE WEEK



Boomer ID# A930535 photos provided
Lee County Domestic Animal Services

Lucy ID# A671536

Boomer And Lucy

Hello, my name is Boomer. I am a black 10-year-old male pit bull mix. It was a fun Saturday for me as I got to go on a field trip to Coconut Point with volunteer Ed and his family. I am a perfect gentleman and am superb on leash. This 'Super Senior' is friendly to everyone I meet, and I seem to be in great shape for a 10-year-old. Ed says that "you could not ask for a more well behaved dog."

My adoption fee is waived.

Hi, I'm Lucy. I am a calico 6-year-old female domestic shorthair. This petite beauty ended up with the staff and volunteers at Lee County Domestic

Animal Services when I was left behind by my former owners. One look at my sweet face and you would be just as confused as the LCDAS staff is that anyone would leave such a lovely cat. I am still a trusting and affectionate feline despite the cards I have been dealt. I have lots of love to give my new family when they are lucky enough to come for me.

My 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.✪

Sea Turtle Nests Thriving

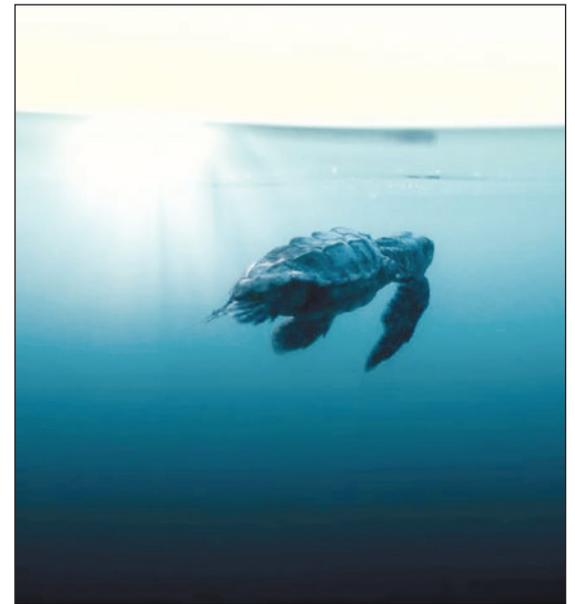
A lot of excitement has been happening on the beaches of Sanibel and Captiva over the last few weeks, with new sea turtle nests being laid and existing nests hatching every night. Currently, Sanibel-Captiva Conservation Foundation (SCCF) is monitoring 757 nests and has conducted inventories on 112 already hatched nests. The hatching season is off to a great start with around 7,600 hatchlings successfully hatching and emerging from their respective nests. The nest counts are slightly lower than the 2021 nest count of 845, as of July 20.

Loggerhead nesting season will begin to wind down in a few weeks, and the nighttime research team is also nearing the end of its surveys, with an official last day of July 31. So far this season, the night crew has had 204 sea turtle encounters, including 119 unique individuals.

SCCF has seen a loggerhead named Humphrey Wentletrap nesting frequently since 2016, which was also the organization's first year conducting nighttime sea turtle surveys. She was documented on three separate occasions by the night crew that year and has been seen nesting every other year since. In 2018, monitors encountered her twice – one crawl was a nest, and the other was a false crawl (when no eggs are laid). In 2020, she was encountered five times with three documented nests.

This year, Humphrey Wentletrap was observed five times, and all five occasions were documented as nests.

"Since loggerheads lay about three to five nests per season, it's possible that we saw her for every nest she laid in 2022," said SCCF Coastal Wildlife Director and Sea Turtle Program Coordinator Kelly Sloan, adding that the team measured Humphrey Wentletrap's carapace (shell) at 3.4 feet long. "None of her nests from this season have hatched yet, but the four nests she laid in 2018 and 2020 produced 553 hatchlings. She has never been reported on a beach other than Sanibel, suggesting strong site fidelity to our island, so we look forward to seeing her again during her next visit, likely in 2024, based on her historical inter-nesting interval."✪



A sea turtle hatchling making its journey through the Gulf of Mexico photo provided

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From page 44

Moments In Time

of Tonkin Resolution, giving President Lyndon B. Johnson nearly unlimited powers to oppose “communist aggression” in Southeast Asia. The Johnson administration began heavy bombing of North Vietnam in early 1965 and sent U.S. combat troops in March 1965.

- On Aug. 3, 1977, *The Spy Who Loved Me*, starring Roger Moore as James Bond, is released in theaters. The film features one of the most memorable Bond vehicles of all time – a sleek, powerful Lotus Esprit sports car that does double duty as a submarine.

- On Aug. 5, 2002, the rusty iron gun turret of the ironclad warship USS Monitor is raised from the floor of the Atlantic, where it had rested since it went down in a storm off North Carolina during the Civil War. She sank in December 1862, while being towed from Cape Hatteras.

NOW HERE'S A TIP

- “I finally got a new car, and there’s no cassette player in it. I have a pretty large library of music on tapes, so I was a little bummed. My wife got me a little

device that looks like an old Walkman, and it hooks up to the computer. I can convert my cassettes to digital songs, which I can burn onto CDs. It would cost hundreds of dollars to re-buy all that music, and there are some tapes that I couldn’t replace even if I had the money, so this is great.” – CC in Ohio

- “I love old books, and there are always a few I am looking for that are out of print. It seems like when I get inside a used-book store, I forget everything. So I made a card that I keep in my wallet and on it I list all the authors or titles I am after. This way, I have it handy all the time.” – CD in Florida

- Apricots are a relative of the peach, and they can be ripened just like a peach can – in a paper bag on the counter. They should be refrigerated when ripe.

- “I went to a tag sale and purchased a set of really cute flowerpots for barely anything. I like them so much that I am using them inside my house. They are holding utensils in the kitchen, and remotes and other odds and ends in the living room. They are great.” – SI in Texas

- Laundry baskets can be your best friends when decluttering the house. Go from room to room collecting the clutter in a laundry basket, then bring it to a central location to sort and redistribute

items that belong in each room.

STRANGE BUT TRUE

- “Americana” is a word used by Nigerians to refer to folks who visit the U.S. and then put on American airs when they return.

- The Supreme Court has its own private basketball court.

- You thought it was hard to get into Harvard University? Try getting hired by Walmart! The former institution’s admittance rate of 4.5 percent still beats that of the store chain, which has an employee acceptance rate of just 2.6 percent.

- Lake Superior State University in Michigan offers a unicorn hunting license.

- An art collector once paid \$10,000 for a “non-visible” sculpture created by actor James Franco. What did she get for her moolah? Well, since the artwork was billed as an “endless tank of oxygen,” we’d say ... air, which most of us can find a lot cheaper.

- And speaking of frugality – a man wore 60 shirts and nine pairs of jeans on an 11.5-hour flight from China to Africa because he didn’t want to pay the extra baggage fee.

- Cows moo with regional accents.

- The town of Dorset, Minnesota, elects a new mayor every two years by drawing names from a hat, and in 2015, that honor went to three-year-old Robert Tufts. His laudable motto: “Being nice and no poop talk.”

- According to a 2014 study published by the Los Angeles Times, one in nine Americans, or 11 percent of the population, thinks HTML is actually a disease.

- Britain’s Secret Intelligence Service once hacked an al-Qaida website and replaced bomb instructions with a cupcake recipe.

THOUGHT FOR THE DAY

“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts.”

– Rachel Carson

TRIVIA TEST

1. **Television:** Which *Star Wars* character did Tina Fey dress as in the sitcom *30 Rock* to avoid jury duty?
2. **Geography:** What is the largest desert in Africa?
3. **History:** Who was the first American to win a Nobel Prize?

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7/15 * TFN

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4/20 * TFN

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Royal Shell is seeking a Director of First Impressions for our busy real estate office in Sanibel Island. In this role, you will direct incoming calls, assist the Office Manager and agents with administrative duties. Administrative experience in a real estate office and with MLS is preferred. You must be professional in appearance and demeanor, and have excellent computer and communication skills. A Florida Real Estate license and Notary Public are a plus. Pay is based on experience. Email resume to resumes@royalshell.com

7/15 * TFN

CAREGIVER

We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake.

Also assist with physical transit.

Contact Lisa 239-395-0153.

1/21 * TFN

To advertise in the Island Sun and The River Weekly News Call 395-1213

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FULL/PART-TIME SALES ASSOCIATE

Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required.

Please email a resume to sanibelsole@gmail.com.

4/22 * TFN

ISLAND PRESCHOOL TEACHERS

The Children’s Education Center of the Islands (CECI) is looking for part-time or substitute preschool teachers for its nature themed education program. Potential for full-time growth possible. Flexible hours.

Competitive salary. Tolls paid. Please call Nita at 239-472-4538.

10/22 * TFN

PSA

AL-ATEEN HELP LINE

Are you concerned with a friend or family member’s drinking?

Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.

4/24 * 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.

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1/26 * TFN

4. **Anatomy:** Where in the body is blood produced?
5. **Movies:** Which movie features a theme song titled *Dueling Banjos*?
6. **U.S. States:** Which state was the first to make same-sex marriage legal?
7. **Science:** Where did the first manned spacecraft land on the moon?
8. **Literature:** Which 20th-century Southern novel features a character named Frankie Addams?
9. **Music:** What is the first movie that featured the singer Elvis?
10. **Ad Slogans:** Which company's slogan once was "At the corner of happy and healthy"?

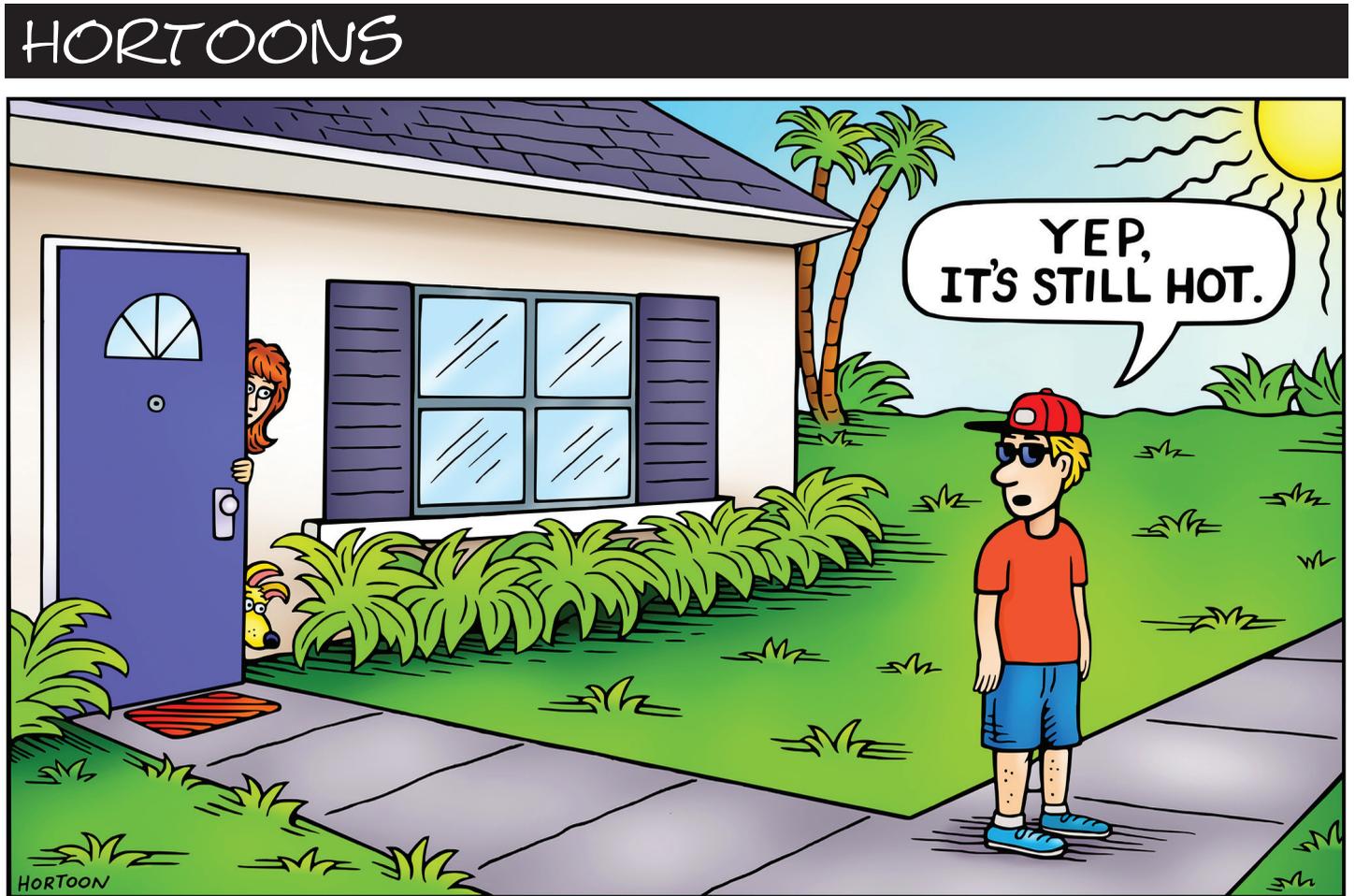
TRIVIA ANSWERS

1. Princess Leia 2. The Sahara 3. President Theodore Roosevelt, Peace Prize 4. Bone Marrow 5. *Deliverance* 6. Massachusetts 7. *Sea of Tranquility* 8. *The Member of the Wedding* 9. *Love Me Tender*, 1956 10. Walgreens

SCRAMBLERS ANSWER

1. Simper 2. Astute
3. Action; 4. Pathway

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PUZZLE ANSWERS

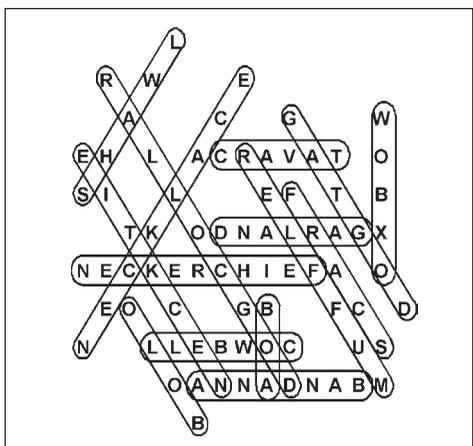
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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3	1	4	6	2	8	7	9	5
5	7	8	1	9	3	6	4	2
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Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Cases	Fort Myers Beach	1972	4,112	\$4,995,000	\$4,800,000	9
Valencia Bonita	Bonita Springs	2017	3,091	\$1,599,900	\$1,726,000	13
Fort Myers	Fort Myers	1972	4,320	\$1,745,000	\$1,720,000	3
Valencia Bonita	Bonita Springs	2017	2,615	\$1,375,900	\$1,501,777	13
Valencia Bonita	Bonita Springs	2017	2,883	\$1,299,900	\$1,430,000	15
Cape Coral	Cape Coral	2006	3,453	\$1,375,000	\$1,325,000	9
Palmetto Point	Fort Myers	1976	2,407	\$1,380,000	\$1,250,000	35
Little Hickory Shores	Bonita Springs	2001	1,699	\$1,385,000	\$1,235,000	28
Cape Coral	Cape Coral	2004	2,150	\$990,000	\$965,000	9
Cape Coral	Cape Coral	1997	1,962	\$997,700	\$962,500	12

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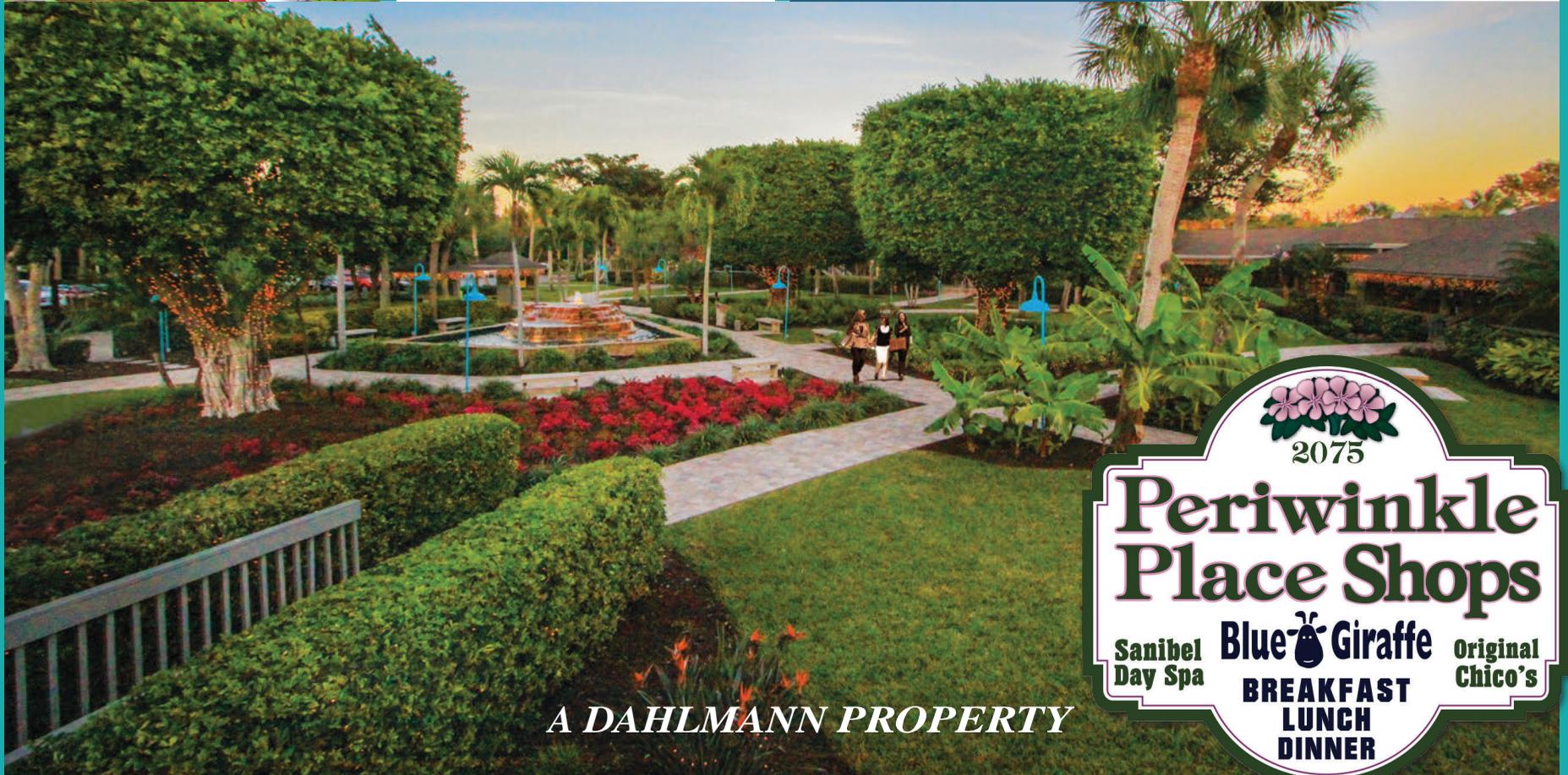
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