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VOL. 30, NO. 9

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 26, 2022

AUGUST/SEPTEMBER SUNRISE/SUNSET: 26 7:05 • 7:55 27 7:06 • 7:54 28 7:06 • 7:53 29 7:07 • 7:52 30 7:07 • 7:51 31 7:08 • 7:50 1 7:08 • 7:49

## Reserve Your Tickets Early For The Watch Party

Sanibel-Captiva Conservation Foundation (SCCF) will host The Watch Party on Friday, September 30 from 5:30 to 9 p.m. at Sanibel Sea School, located at 455 Periwinkle Way. The indoor-outdoor fundraiser supports SCCF's Coastal Watch, which carries out volunteer-driven, community-based marine conservation initiatives.

The evening will include live music by Uproot Hootenanny, a shrimp boil, craft beer, wine and non-alcoholic beverages. Guests can test their skills in a casting competition, try their luck in a 50/50 raffle and explore giving opportunities in support of Coastal Watch.

Tickets are on sale at [www.coastalwatchparty.eventbrite.com](http://www.coastalwatchparty.eventbrite.com). Admission is \$100 for adults, \$25 for ages under 21 and no charge for children 12 and under.

Sponsorships of all levels are available and include multiple recognition benefits,



**Volunteer Bob Brooks hanging vertical oyster gardens, which will eventually be taken to a restoration site** photo provided plus tickets. Contact SCCF Development Director Cheryl Giattini at 822-6121 or [cgiattini@sccf.org](mailto:cgiattini@sccf.org).

Sponsor levels are: Presenting Sponsor, \$5,000 (eight tickets); Watch Sponsor, continued on page 28

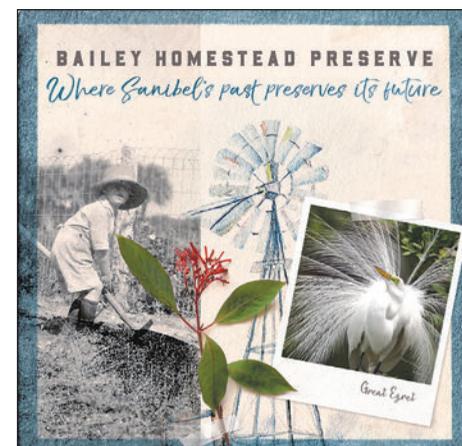
## New Campaign Promotes Bailey Homestead

Sanibel-Captiva Conservation Foundation (SCCF) has launched an ad campaign intended to educate visitors and residents about Bailey Homestead Preserve.

A digital ad went live last week in the lobby of the Sanibel & Captiva Islands Chamber of Commerce lobby where an average of more than 6,000 visitors seek information about the islands each month. Other ads will be placed in island newspapers and shared on social media to help inform residents as well.

"We often see people who have lived on the islands for years and are just discovering the Bailey Homestead. It's a wonderful, quiet preserve where people can enjoy our natural environment, take a walk, or learn about native plants, and we hope more islanders will make a visit a part of their normal routine," said Jenny Evans, adult education director.

The ad campaign, created by Pearl



**One of the images from the ad campaign** image provided

Brands of Fort Myers, showcases the Bailey Homestead Preserve's unique offering of nature with a history.

The 28-acre preserve was acquired in 2010 as part of the SCCF preserve system. It was originally zoned for 36 residential units, but was put into preservation instead through a campaign that raised the purchase price of \$5

continued on page 8



**From left, Kevin Barbot, Stephen Bledsoe, Arian Moore, Sandy Nering, Craig Shelby, Chris Jackson and Tim Barrett** photos provided

## Firefighters Bring Back School Bell

submitted by Sandy Nering, Sanibel Historical Village Volunteer Coordinator

As the saying goes, if you're lucky enough to live on Sanibel, you're lucky enough. Embracing that saying, today (August 17) was one of those heartwarming days when I truly

appreciated living and working on Sanibel. Firefighters from the Palm Ridge station combined a training exercise with community service by skillfully reattaching a weathered and frayed pull to the Sanibel Historical Museum and Village schoolhouse bell.

Earlier this year, the village bell rope ended up on the schoolhouse floor after its last ring. All 50 feet of jute coiled in a heap at our feet. Up in the belfry, a small remnant of rope blew in the breeze,



**The bell rope being attached, with Stephen Bledsoe on his back in the belfry, backed up by Arian Moore**

unreachable and unattachable. With the roofing materials being not only aged, but potentially dangerous to step upon, a ladder was ruled out as an easy fix. Next came the chore of finding crews who would not only attempt the repair, but even quote the work. As you can guess,

the prices were staggering, especially for our charming not-for-profit museum.

So, taking a stroll over to the Sanibel Fire and Rescue District, I met Deputy Fire Chief Kevin Barbot. Kevin's warm handshake and smile were followed by an continued on page 12

## Realtor Sponsors Race To Benefit FISH Of SanCap

Chuck Bergstrom, realtor with RE/MAX of the Islands, is sponsoring the 10K Race 4 FISH fundraiser that supports the FISH of SanCap mission of enriching the lives of all people on Sanibel and Captiva islands with social services, education and assistance. Bergstrom said, "When I moved to the islands over 20 years ago, I was drawn to its strong sense of community. It didn't take long to learn about FISH of SanCap, an organization that exemplifies community through their neighbors helping neighbors motto, their commitment to those that live, work and visit here, and their connectedness to the needs of the islands."

Bergstrom has been visitor to the islands since the late 1970s. He made the permanent move from Chicago to Sanibel in 2000 and became a full-time realtor. His professional career includes a background in business, accounting and finance. He was also a self-employed options trader of the Chicago exchanges.

"We can't thank Chuck enough for his ongoing support of FISH programs and events," said Nicole McHale, race chair. "Chuck has been a supporter and advocate for many years, and it's heartwarming to know that we can always count on him."

The 10K race, now in its 14th year,



Roger Timm of the race committee with Chuck Bergstrom of RE/MAX of the Islands photo provided

is scheduled as an in-person and virtual run on Saturday, October 22. Held in conjunction with Fort Myers Track Club and with the support of many sponsors, the committee anticipates a large turnout this year. For more information on the race or if you are interested in sponsoring, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com. Registration is open on the Fort Myers Track Club website at www.ftmyerstrackclub.com and the RunSignup platform at www.runsignup.com/race/fl/sanibel/sanibelisland10krace4fish.\*

## Youth Artwork Needed For Bird Nesting Signs

Sanibel-Captiva Conservation Foundation (SCCF) is seeking artwork from children in kindergarten through sixth grade to be displayed on new educational signs for protected plover nesting areas on Sanibel. The initiative is being supported by Sanibel-Captiva Audubon Society.

Snowy plovers (*Charadrius nivosus*) are tiny birds that lay their eggs and raise their chicks on the beach. Chicks can run around and eat on their own just hours after hatching. It takes about six weeks for chicks to learn how to fly, and they face a lot of challenges before they can take to the skies. Submitted artwork should help educate the public on ways to help reduce threats to the chicks.

Watch a short YouTube video at <https://tinyurl.com/snowy-plovers> to learn more about how snowy plovers are affected by human activities and how beachgoers can change their behavior to help snowy plovers survive to flight-capable age.

To enter, draw or paint an original work of a snowy plover and their eggs or chicks along with a message about protecting them. Submit artwork before 11:59 p.m. ET on Monday, September 5 by scanning your art using a printer or taking a picture of your art with a cellphone (try your best to fill the entire



Artwork should include a message about protecting snowy plovers image provided

frame with your artwork, and take the photo with good lighting). After scanning or taking a photo, ensure it is high-quality (over 2 MB preferred) and email the file to [shorebirds@sccf.org](mailto:shorebirds@sccf.org). If you are selected as a winner, you will be notified by email.

The contest is open to children in kindergarten through sixth grade anywhere in the United States; only one entry per child. The submission must be original artwork. No tracing or computer-generated artwork is allowed.

Three winners will be selected to have their artwork displayed on SCCF snowy plover nesting area signs. Each winner will receive a sign featuring their artwork, identical to the ones being displayed on the beach. Visit [westernsnowyplover.org/art](http://westernsnowyplover.org/art) to see several examples of signs created by students in other places where snowy plovers live. Learn more about snowy plovers from the Audubon Society at [www.audubon.org/field-guide/bird/snowy-plover](http://www.audubon.org/field-guide/bird/snowy-plover).\*

# DO YOU KNOW YOUR BIRTHSHELL?

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## Fitness Classes For Young Children

**D**oreen Bolhuis, island resident, will offer GymTriX sessions for children on Thursdays at 4:30 p.m. in parish hall at St. Michael and All Angels Episcopal Church. GymTriX is a program of sensory and gross motor activities combined with music. It entices children to participate in creative activities for "physical literacy." It is geared toward 3- to 7-year-olds and is family oriented, promotes group participation and emphasizes that physical activity can be done with common household items.



Doreen Bolhuis

GymTriX was founded by Bolhuis to help foster brain development and prevent children from becoming permanently sedentary. She said, "If children do not develop motor skills, kinesthetic awareness, coordination and agility at

a young age, they are disadvantaged when faced with the challenge of physical participation. Sedentary children become sedentary adults. The time to learn skills for lifelong health is infancy and childhood."

The first six-week session begins on Thursday, September 15. Registration deadline is September 8. Cost is \$30 per child for the six-week session and scholarships are available. Exercises can be replicated at home and no special equipment is needed. Children ages 3 and 4 should have an adult participate with them, ages 5 to 7 can attend on their own or have an adult with them.

Bolhuis has over 35 years of experience teaching physical education as a gymnastics coach, founder of GYMCO Sports, an educational multi-sport facility in Michigan, and creator of GymTriX. She was an adjunct professor for Aquinas College in the department of health and physical education, Junior Olympic committee member for USA Gymnastics, and has appeared on local and national TV and radio as a guest expert in physical literacy.

To register, visit [www.saintmichaels-sanibel.org/gymtrix](http://www.saintmichaels-sanibel.org/gymtrix), call 472-2173 or stop by the church office, located at 2304 Periwinkle Way on Sanibel.\*

## High Tea Fundraiser

**T**he Southwest Florida community is invited to tea on Tuesday, October 4 from 11 a.m. to 1 p.m. at Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive on Sanibel.

"We're pleased to partner with Pink Out to raise funds to assist island residents affected by cancer, said Becky Miller, Sundial Beach Resort & Spa general manager. "Last year's high tea was such a great celebration, involving the entire community. This year's event is shaping up to be equally exciting and supportive of the cause."

The Annual Pink Tea Party is the first of a series of Cancer Awareness Month activities, raising consciousness and funds for those fighting breast and other cancers.

It will be a full high tea, including tea sandwiches, petit fours and scones. Paul Rozmus, flutist from Renata Band, will provide music as attendees gather and

mingle. A raffle and auction are in the planning stage.

"We hope everyone attending has a wonderful time and gets an opportunity to simply enjoy celebrating, honoring and supporting. Sundial's location provides such beautiful views, and planning is under way to host an equally beautiful event," said San Cap Pink Project Founder Mary Bondurant.

The Annual Pink Tea Party is hosted by Sundial Beach Resort & Spa and San Cap Pink Project, Inc., also known for more than 10 years as Let's Pink Out. The tea kicks off a month of festivities designed to provide support, remembrance and fundraising for the community. Funds raised by ticket sales, raffle and auction, donations and merchandise sales benefit uninsured and underinsured members of the islands needing mammograms or help with other cancer-related needs.

Tickets are \$75 and now on sale at [www.pinkouttea.com](http://www.pinkouttea.com). To make a contribution or volunteer, email [pinkoutsanibel@gmail.com](mailto:pinkoutsanibel@gmail.com).\*

## Island Winds Coiffures

HAIR SALON FOR WOMEN & MEN

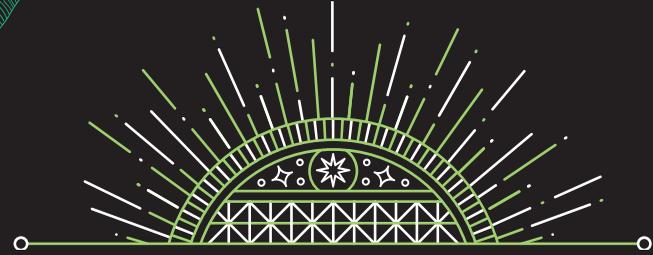
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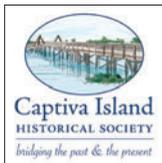
**For tickets:  
[sanibelspeakeasy.com](http://sanibelspeakeasy.com)**

Sponsorship opportunities available.

Captiva Island Historical Society

## Looking Back: Carter Dock

This photo from the early 1900s depicts workers and children on the Carter Dock. The George Washington Carter family homesteaded on the part of Captiva that includes what is now Redfish Pass. The pier was built to ship their truck crops and citrus by boat.



Working on the Carter Dock in the early 1900s photo courtesy Captiva Island Historical Society Archives

historicalsociety.org/archives/research to view many more images to bring you closer to Captiva.✱

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

Visit the website at [www.captiva-island.org](http://www.captiva-island.org)

## Coastal Cleanup

As part of Ocean Conservancy's annual International Coastal Cleanup, Sanibel-Captiva Conservation Foundation's Coastal Watch group is organizing volunteers to pick up garbage and debris on Sanibel and Captiva beaches on Saturday, September

17. To sign up, visit [www.bit.ly/scfc-cleanup-2022](http://www.bit.ly/scfc-cleanup-2022). For large groups, email [coastalwatch@scfc.org](mailto:coastalwatch@scfc.org) with beach site request and how many participants.

Download the CleanSwell app to track the amount and type of trash (data sheets will also be provided). Participants will meet at 9 a.m. at Sanibel Sea School, located at 455 Periwinkle Way.✱

## 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](mailto: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, 2022 through April 30, 2023. Sunday services posted on the chapel's website, [www.captivachapel.com](http://www.captivachapel.com) and [www.facebook.com/Captiva-Chapel-By-The-Sea](http://www.facebook.com/Captiva-Chapel-By-The-Sea). 11580 Chapin Lane, Captiva, 472-1646.

### CHAVURAT SHALOM

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

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### SANIBEL COMMUNITY CHURCH

Sunday 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](http://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](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

### ST. ISABEL CATHOLIC CHURCH

Father Ed. Martin, Pastor. Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. [www.saintisabel.org](http://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](http://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](mailto:ruthiyengar42@gmail.com), 2050 Periwinkle Way, 847-309-3926. Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✱



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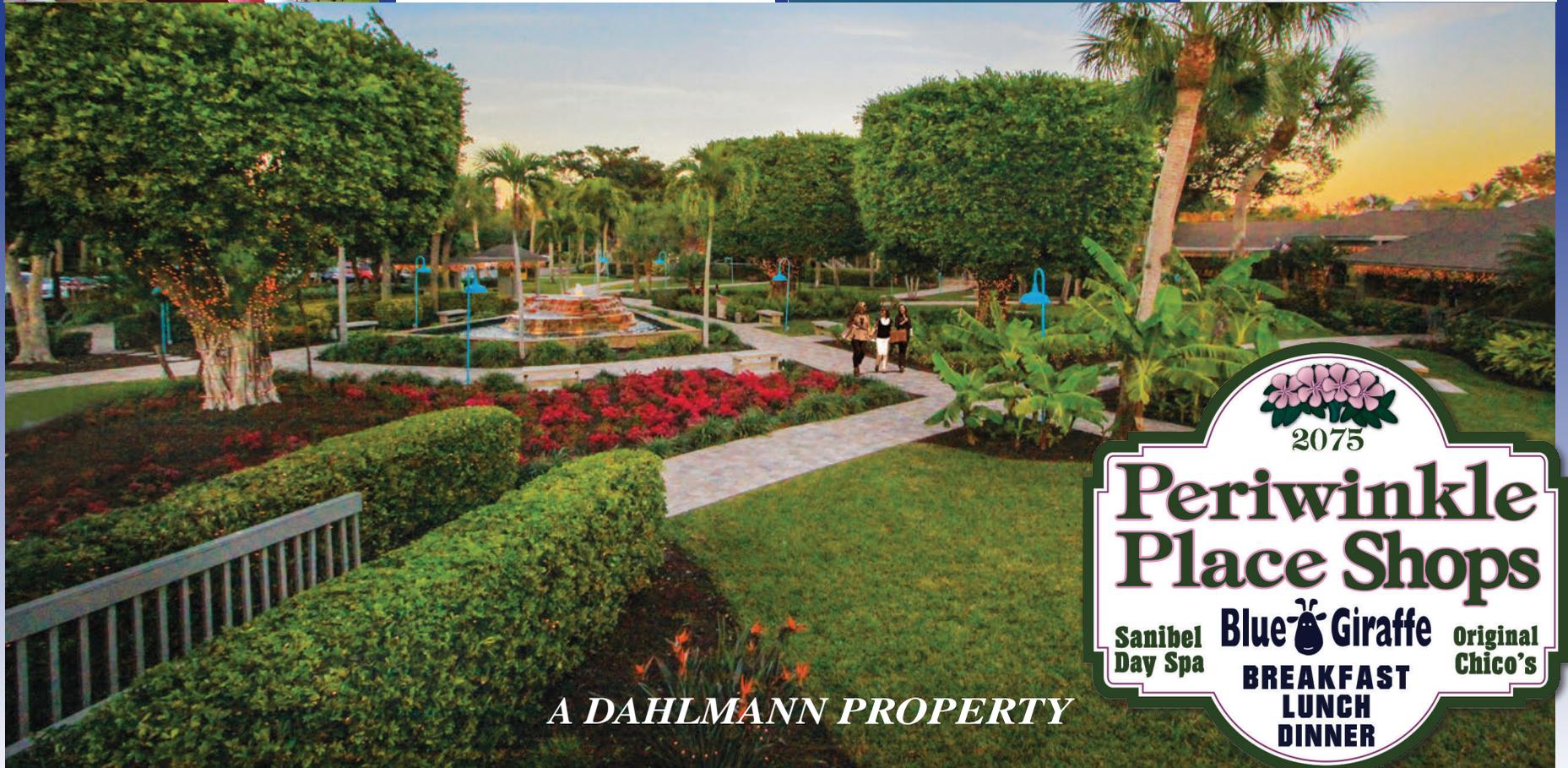
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# Comment Period Open For LOSOM Draft Statement

The U.S. Army Corps of Engineers held a virtual meeting on August 16 to take public comments on the Draft Environmental Impact Statement (DEIS) that was issued for the Lake Okeechobee Systems Operating Manual (LOSOM). The LOSOM process has been transparent and inclusive of all stakeholders, resulting in countless meetings and the evaluation of hundreds of thousands of models to land on an equitable plan.

Under the current lake regulation schedule, LORS08, the Caloosahatchee and St. Lucie Estuaries have suffered from “hold and dump” practices, resulting in polluted water from Lake Okeechobee contributing to harmful algal blooms like blue-green algae and red tide, which harms the ecology of local waters, quality of life and economies.

“The proposed LOSOM plan provides a more equitable distribution of water that fully protects water supply and reduces the need for harmful discharges to the Northern Estuaries, in turn reducing the risk of harmful algal blooms,” said SCCF Environmental Policy Director Matt DePaolis, who spoke at the meeting. “It sends more water south to the Everglades and puts a priority on meeting ecological targets to protect the health of Lake Okeechobee, the Everglades and the



An aerial view of the Franklin Lock (designated S-79), the final U.S. Army Corps of Engineers water control structure between the Caloosahatchee and its interface with the estuary. The lock helps control water released from Lake Okeechobee. photo courtesy SCCF

Northern Estuaries.”

While the plan is not perfect, SCCF feels that the current preferred alternative is an equitable compromise that protects the interests of all stakeholders, DePaolis said. SCCF will be submitting comments throughout this process to affirm the organization’s support for the preferred alternative and highlight areas that may need further consideration.

DePaolis raised the following points at the meeting:

Through ample stakeholder input, the LOSOM process has been clear and transparent;

Operational flexibility built into the plan will give water managers the ability

to react to real world conditions, while being robust enough to ensure that permitted water users will be protected;

This plan is expected to maintain the lake at a higher level compared to the current lake schedule, but the flexibility of the plan allows for the water managers to effectively keep water levels below lake recovery mode, lowering the chance of impacts to the Caloosahatchee and St. Lucie;

The metric to calculate the risk of algal blooms in the northern estuaries does not capture the very real threat of exacerbating a red tide bloom in an estuary by sending large amounts of nutrient rich water out of the lake;

Recent research has demonstrated that anthropogenic nutrients exacerbate red tide blooms. This risk needs to be acknowledged in the document; and

The draft document only provides a cursory outline of potential impacts climate change could have on Lake Okeechobee and the infrastructure associated with LOSOM. A more robust evaluation would incorporate downstream effects to the Everglades and Northern Estuaries.

For more information about the LOSOM DEIS, upcoming meetings and where to submit written comments (due September 12), visit [www.saj.usace.army.mil/LOSOM/](http://www.saj.usace.army.mil/LOSOM/).

## Kidchella This Sunday

The Sanibel School PTA and The Community House are partnering to offer Kidchella on Sunday, August 28 from 2 to 5 p.m. Register for after school activities and clubs, learn about upcoming events, reconnect with local families, swap sports or Halloween gear, plan your birthday party and celebrate the launch of a new school year. Kidchella is open to all island families and there is no admission charge. There will be games and activities, light food, beer and wine. Boho attire is encouraged.

The Community House, located at 2173 Periwinkle Way, will be closed to the public from August 30 to September 5 for maintenance.

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# New Vision Revives Senior Center Conflict

by Wendy McMullen

The report from the consultants hired to reimagine a vision for the ailing Sanibel Recreation Center brought seniors out again to plead for their own senior center.

"We had many, many wonderful services for the seniors who are languishing at this moment, waiting to get back to the senior center," lamented Yolande Welch.

"We are under the umbrella of the recreation department," commented Susan Talmage, who said they moved to the island because of services like the senior center but that it was treated like a footnote in the plan.

"Talk about world-class rec center. It is a disaster as a senior center," Talmage continued, referring to the difficulty of navigating canes and walkers in the parking lot and lack of storage.

Not all seniors were opposed to combining the rec center and the senior center, however.

"I'm a senior. I don't want to have a separate building for seniors. I want us to be all together," said Chet Sadler, suggesting that the rec center be reconfigured or enlarged to accommodate the needs of seniors.

"You have plenty of things you need to work with building a police station or maybe working on the bike trails," said Tommy Williams, longtime opponent of the proposal to remodel the former Sanibel Captiva Community Bank building on Library Way to provide a new Center 4 Life building.

Most residents attending the August 15 special city council meeting cheered the comprehensive Recreation Reimagined report, which analyzed current problems at the rec center and provided a list of possible solutions to make the center into the "world-class" recreation center that was envisioned when it was built 13 years ago.

The interim report from Berry Dunn implied that the rec center still has a long

way to go but is already getting better. The project manager, Elsa Fischer, and engagement manager, Lisa Paradis, described the culture at the center as fragile, fragmented and unorganized with an unclear chain of command but noted "amazing improvement" in the last few months.

Membership in the Sanibel Recreation Center had been decreasing and revenues were plummeting before COVID-19 disbanded the staff and closed the rec center in the spring of 2020.

"We had problems before the pandemic. We had total memberships of well over 10,000 in 2013. By 2019, our total memberships were down to 5,000 a year," said Councilman Mike Miller. "That's a pretty significant decline. So the problems were there and unless we do something different, they will continue."

Berry Dunn attributed the drop in membership to various factors including a lack of vision, poor leadership, failure to listen to staff and users, and inadequate customer service, but noted that this was changing.

Paradis said that despite improvement in rec center administration and morale over the past couple of months, there are still challenges to the effective functioning and growth of the center. Chief among them is a shortage of staff. Recreation staff were all furloughed in 2020 at the recommendation of then-Mayor Kevin Ruane, a decision that current mayor, Holly Smith, said she regrets.

"I think what we thought was the right thing to do then, I know now is not the right thing, because that was a morale loss. And that's a hard thing to gain back," Mayor Smith said.

City Manager Dana Souza commented on the current morale of rec center staff, likening it to a soda bottle that has been shaken up so that pressure builds before the cap is taken off.

"They were under the pressure to perform at a higher level once the pandemic was over. They were under pressure to perform with a reduced number of staff," Souza said. "They were also under self-imposed pressure, they wanted to do better. They have ideas and when that top comes off, you're gonna see a lot of growth, and I think that's what we're seeing in that exponential

change."

Some of the suggestions to improve staff morale including better team leadership, professional training and development, cross training staff into new areas and providing development opportunities for them. The consultants also suggested that some of the additional tasks, such as processing beach parking passes that had shifted to the rec center over the years, be removed.

Other issues covered in the report included rec center hours and programs. Lyman Welch, who attended the meeting with his 7-year-old daughter, urged the city council to consider extending the hours.

"If you work during the day nine to five, the rec center is only open for a couple of hours in the evening on Tuesday and Thursday and on Saturday morning. It's very limiting because there's not much offered in the terms of programming during that time," he said. He did, however, note improvements such as opening the leisure pool for families and kids on Saturdays and getting the children's swim team started again.

Councilmembers were left with a number of questions from the consultants before they are presented with a final report in November.

These were:

Should the department actively work to improve existing partnerships and develop new ones to deliver recreation programs and services in the most cost effective manner?

Could the community benefit from a review and possible renegotiation of the agreement with Lee County?

In what ways should the department be run like a business?

What should the Sanibel Recreation Department role be for each segment of the population? Should it be a partner, a facilitator or a provider?

Berry Dunn reached the conclusions in its report after extensive research that included meetings with city councilmembers, key stakeholders and focus groups. They met with representatives from Island Seniors, rec center volunteers, Sanibel Bicycle Club and youth sports organizers, as well as rec center and weight room users. The company also held focus groups with

families and nonprofit representatives, conducted a survey at the Sanibel Farmers Market and held a well-attended open house at the rec center.

Overall, the Dunn Berry team had 6,229 online visits from 1,567 users and 573 stakeholders, fielding 650 comments and analyzing 462 survey responses.

The August 15 report represents phase 4 of the project.✪

From page 1

## Homestead

million. After significant restoration work on the property, SCCF's Native Landscapes & Garden Center was relocated to the preserve in 2015.

Since SCCF closed its main office and nature center for renovation on Sanibel-Captiva Road in 2020, the Bailey Homestead Preserve is now SCCF's premier visitor attraction. It offers a glimpse into Sanibel's past through one of its pioneering family's 19th-century homestead, as well as the island's longstanding history of conservation and its commitment to co-existing with wildlife.

The campaign was funded through a \$15,000 Marketing Attractions grant from the Lee County Visitor & Convention Bureau's Tourist Development Council (TDC). Since 2004, the TDC has provided financial assistance to not-for-profit arts and attractions organizations to strengthen awareness of local arts and cultural venues that enhance the tourism opportunities in Lee County. The goal of the program is to enhance the visitor experience and encourage repeat visitations through advertising promotions and the creative dissemination of information regarding unique art and cultural experiences in Lee County.

SCCF thanks Sanibel Public Library for giving permission to use historical images from Bailey family photographs in its extensive digital archive. Access to the Bailey home is limited to seasonal walking tours and art exhibits.

Bailey Homestead Preserve is located at 1300 Periwinkle Way on Sanibel. Trails are open from dawn to dusk daily. The Native Landscapes & Garden Center is open Monday to Thursday from 10 a.m. to 3 p.m.✪

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# Reading Program Provides Books For Young Patients

Every summer, Sanibel Public Library hosts a reading program for families. Participants earn books for their personal collections and also for patients at Golisano Children's Hospital of Southwest Florida.

This summer, 280 participants earned books (for activities and reading time) for themselves and 1,000 books for the hospital. Children (ages baby to 18) logged 94,389 minutes of reading, or listened to caregivers read to them, for a total of 1,573 hours. Educators at the hospital use the donated books to supplement lessons for young patients. Since its inception in 2012, readers have helped contribute more than 14,000 books to the hospital. New books are needed every year because they are given to patients to take home, and can't be shared due to the possibility of spreading illness.

"It was great to see everyone in-person again this summer. The 2022 summer reading program welcomed more than 850 attendees to 41 programs, ranging from archeology to alligators," said Youth Services Librarian Deanna Evans. Summer reading programs help students avoid the 'summer slide,' the loss of reading proficiency during the break from school.

This summer's theme, Oceans of Opportunities, featured family storytimes with "Miss Deanna," Friday afternoon family-friendly films, and Thursday evening programs for 'tweens and teens. Presenters for school-aged children included staff from Sanibel Sea School Mobile Unit, Florida Public Archaeology Network, Clinic for the Rehabilitation of Wildlife (CROW) and Bailey-Matthews National Shell Museum. Families interacted with reptiles from Adam's Animal Encounters, and learned from presentations with master storyteller Windell Campell and birdwatching expert Ken Burgener.

In addition to earning books, children in grades kindergarten through sixth earned string backpacks, as well as "brag tags." Teens earned



Summer reader Skylar Petrone with her new backpack photo provided

community service hours for writing books reviews, or participating in programs. Letters for volunteer hours are available for pickup.

From now through September 30, stop by to see artwork from the Sanibel Captiva Art League's Home Sweet Home exhibit.

Beth Jarrell's collection of vintage Pyrex from 1956 to 1984 is on display through the end of August. If you have a collection to share, contact the library.

The library will be closed on Monday, September 5 for Labor Day.

Sanibel Public 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 state park pass program runs through September 12. The library also offers passes to Bailey-Matthews National Shell Museum and CROW Visitor Education Center. Call to place a hold for a pass.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor cards are available for a \$10 annual fee. For more information, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org). Sanibel Public Library is located at 770 Dunlop Road.\*



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Florida peperomia is endemic to Florida and listed as endangered photo by Gerri Reaves

**Plant Smart**  
**Florida Peperomia**

by Gerri Reaves

Florida peperomia (*Peperomia obtusifolia*) is an attractive evergreen groundcover endemic to Florida and listed as endangered in the state. That status means that it is “in imminent danger of extinction” and “is unlikely if the causes of a decline in the number of plants continue,” according to the state’s official definition.

It is also found in Mexico, the West Indies, Central America and northern

South America.

Other common names are baby rubberplant and ovalleaf or broadleaf peperomia.

In the wild, it’s found in swamps and hammocks, where it might be recumbent or climbing like a vine, terrestrial or epiphytic – an air plant.

Although it will tolerate nutrient-poor soil, it needs organic material to survive, so a it often grows in humusy areas or on rotting logs. While it loves moisture and humidity, it needs organic well-drained soil to avoid rot.

For the home landscape, it’s recommended for natural gardens, especially in shade. However, avoid planting it in areas where people or pets

walk, for the brittle stems will be broken.

It makes a pretty container plant with trailing stems or in a cascade down a wall. The dark green succulent leaves are glossy and measure two to six inches long with rounded or notched leaf tips.

Leaves alternate on creeping stems of up to two feet long. Their shape is some variation of oval or spatulate with fairly long petioles, or leaf stalks.

Very slender erect flower spikes appear at the stem end. About five inches long, they are dense with minute green or white flowers which mature to brown.

The plant blooms throughout the year, most profusely in summer. It spreads via rhizomes, forming clumps, rooting at the nodes and reaching six to nine inches tall.

This herb is long-lived and has a moderate growth rate. It has low tolerance

for salty or brackish conditions or for drought.

Gardeners are advised to seek specimens from local, not tropical American, stock. Propagate it with cuttings or by division.

It produces a tiny brown inconspicuous hooked fruit that enables it to climb on tree bark.

The plant has traditional medicinal and culinary uses. Variegated specimens also exist.

Sources: Everglades Wildflowers by Roger L. Hammer; 500 Plants of South Florida by Julia F. Morton; Florida, My Eden; A Gardener’s Guide to Florida’s native Plants by Rufino Osorio; <https://edis.ifas.ufl.edu>, <http://floranorthamerica.org>, <https://www.fnps.org>, and <https://regionalconservation.org>.

**SCCF Sea Turtle Report**

As of August 17, the Sanibel-Captiva Conservation Foundation (SCCF) sea turtle team documented 765 loggerhead sea turtle and 17 green sea turtle nests.

“While we’ve seen a steady decline in nesting loggerheads, green sea turtles will likely continue to nest through September, and we are hopeful we’ll document a few more on our beaches,” said Kelly Sloan, coastal wildlife director and sea turtle program coordinator, adding that two green sea turtle nests were recorded the week before.

In total, 432 sea turtle nests have been inventoried in 2022, and 24,164 hatchlings have emerged on the beaches.

One frequently observed turtle, named Fighting Conch, was first tagged in 2016, and staff observed her again in 2018, 2020 and 2022. Since her first sighting, she’s laid seven nests and had three false crawls (coming ashore without laying eggs).

This year, two of Fighting Conch’s nests have hatched, producing 73 hatchlings.

Although SCCF staff only sighted her twice this season, it’s likely she laid more nests, said Jack Brzoza, sea turtle biologist.

“Loggerhead sea turtles lay an average of four nests per season, which helps increase the probability that some offspring survive even if one or more nests are negatively impacted by a storm or predation,” Brzoza said.✪

**Path Repair Project Begins**

The City of Sanibel’s annual repairs to the shared use paths began on August 22. For safety, the areas under repair will be barricaded off from users. All path users are reminded to use caution while navigating around construction zones.

Every year, the city inspects all 26.06 miles of Sanibel’s paths and prioritizes the needs for repairs. This year’s repairs total \$298,756. The contractor is required to complete the project within 30 days, weather permitting.

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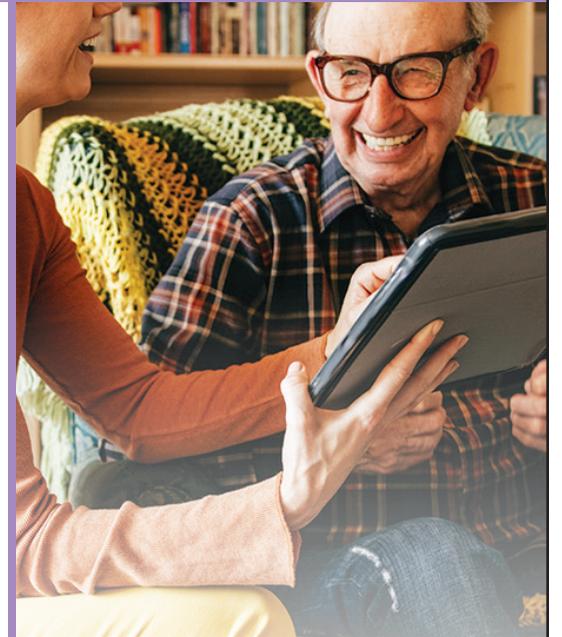
Not long ago, "Harry"—*whose name has been changed to preserve confidentiality*—didn't have much cause to smile. Elderly and alone, he struggled to maintain his house. Health issues limited his ability to socialize. Even eating proved difficult at times.

A concerned neighbor called FISH. After a home visit, the FISH team started connecting with Harry in key ways. They arranged for service groups to fix critical issues in his home and added him to the **FISH Hurricane Preparedness** list, making sure he gets help to prepare for hurricane season. **Meals-by-FISH** now provides him with regular nutritious food. **Volunteers call Harry daily and visit him once a week.** FISH also connected him to a homebound care program to help address his health needs.

Then there's the **Smile Box**. FISH delivers these boxes of gifts, projects and activities to seniors each month—from crafts to household items—aiming to lift their spirits, especially those like Harry who can't get out regularly.

Harry returns that smiling favor by taking part in FISH's **Friendly Faces Luncheons**. With the help of his home health care provider, he connects virtually with other seniors each month—always with his wit and his sparkling smile.

*"This once-isolated gentleman is thriving in his new environment and engaging in many of our programs,"* says FISH Senior Services Director, Erika Broyles. *"Harry has become like a family member to us. We feel so thankful to have been able to help him."*



*"Harry has become like a family member to us. We feel so thankful to have been able to help him."*

—Erika Broyles, BSW  
FISH Senior Services Director



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# Loving The Lack Of Boat Pressure



by Capt. Matt Mitchell

With very few anglers out on the water, it's been a joy to have what seems like almost the entire bay to yourself. This lack of boat pressure always happens this time of year once

the kids return back to school. Besides Labor Day weekend, it will be much of the same all the way until October. Pulling up into the usually congested passes or to your favorite bait spot and being the only boat there is as good as it gets.

This past week, I've started returning to the mangrove bays and creeks of the JN "Ding" Darling National Wildlife Refuge that I usually don't start fishing until fall. I have had great success catching a amazing variety of species both against the mangroves and out in the channels. Usually, these creeks don't fire off until the water begins to cool off, though as our days are getting noticeably shorter, it's apparently enough to push fish back into these places.

The best tide for me in these sheltered bays and creek systems has been during the last few hours of a strong outgoing tide. Catching your entire slam at one stop has been pretty common along with a few other surprise species. Target the deeper points that have strong tide movement to



Sean from New Jersey got this bonus goliath grouper deep in the back country while snook fishing with Capt. Matt Mitchell this week photo provided

catch snook, mangrove snapper and an occasional redfish. Expect trout, jacks and ladyfish out in the open-water channels. Chumming live shiners will fire off these fish, land the cast at the pop, and you will quickly get bit.

Although temperatures don't feel like fall is close at hand, the massive schools

of Spanish mackerel around the causeway bridges are a sure sign it's coming. As you watch these mackerel explode on the surface as they gorge on fry bait, you will see a tarpon roll in the mix once in a while. The C Span seems to be holding the most life of any of the bridges with feeding birds and breaking fish there just

about every tide phase. Soaking cut baits on the bottom or drifting a large pinfish under a float will give you a good shot at one of these tarpon.

Tripletail have also started to show up in the sound, though most of these fish are on the small side of the 18-inch minimum. Just about any crab pot, marker, no-wake buoy or weed line is a good place to look for these fish up on the surface. Whenever you're traveling from spot to spot, always keep your eyes open as you can run across one almost anywhere. Deeper water closer to the intracoastal seems to be best.

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

From page 1

## School Bell

offer to walk back to the village to take a look himself. He studied, he sighed, he mentally measured... all while that smile remained on his face. "The fire department is a community member, and we can do this safely as a community service for you and training for us. How about later this week?" he offered.

And that is exactly what the professional, resourceful and personable Sanibel firefighters accomplished. Many of us, residents and visitors alike, have missed hearing that school bell ring as a welcome to visit and share our Sanibel history. With heartfelt appreciation to the Sanibel fire department's gracious and skilled assistance... the village bell is back!

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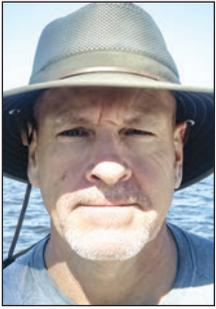


Dave Doane with his co-worker Jesse

**CROW Case Of The Week:**

# Burrowing Owl

by Bob Petcher



The burrowing owl (*Athene cunicularia*) is a small, land-loving owl that can be found in grasslands, ranges, deserts and agricultural areas in both North America and South America. These brown, well-

camouflaged birds have become rare in many areas due to loss of habitat.

At CROW, an adult burrowing owl was admitted from Cape Coral after being stuck in a glue trap. Veterinarians noted the owl's primary and secondary wing feathers were covered in glue residue, and the owl was missing some rectrices, which are tail feathers used in flight for steering.

"This burrowing owl was lucky! It is common to see large wounds or even broken bones associated with being stuck in a glue trap but, in this case, x-rays were totally normal and aside from feather damage, there were no large wounds," said Dr. Melanie Pearson, CROW veterinary medicine intern.

The glue was removed using the oils from chinchilla dust, a dish soap/water mixture, unused mascara wands and natural peanut butter.

"Our fabulous vet staff actually reached out to the glue trap manufacturers,



Natural peanut butter being applied to help remove glue from patient #22-4415

photo by Haillie Mesics

and peanut butter was one of their recommendations for glue removal. The oil in the peanut butter helps to remove the glue," said Dr. Pearson. "You can work the chinchilla dust into the feathers for a similar effect. The chinchilla dust is also great for getting the feathers off of the glue trap itself, because it coats the trap so the feathers don't get re-stuck. Finally, a Dawn (dish soap) bath is used at the end to get all the oil and dust off.

"There are many methods to help get all of the glue off, and yes, creativity is definitely key. Patience is also a big component as the de-gluing takes a while.

It is usually performed under general anesthesia to decrease patient stress."

The patient's tail wings are expected to grow back.

"We estimated the owl was missing five of 10 rectrices. They can start to regrow by three to four weeks, but they take at least two months to grow back completely."

After the glue was removed, the owl was moved to CROW's outdoor burrowing owl enclosure to continue rehabilitation and begin flight conditioning.

"The patient will be assessed for

release on a weekly basis. Burrowing owls need to be able to fly low to the ground, swoop quickly and catch fast-moving rodent prey," said Dr. Pearson. "Once we are confident the patient has this full flight capability, we will schedule a release date."

Glue traps are considered a cruel method of trapping, especially for animals or birds that wander into them.

"Glue traps are common because they do their job of catching animals very well. They are extremely effective, however, users do not often realize how the traps work," said Dr. Pearson. "At CROW, we consider them to be inhumane methods of pest control. They trap the animal in place, which causes significant emotional distress as well as destruction of delicate body parts. Feathers and fur can become torn and tattered, and these small animals can be struggling to get out and break bones or get large wounds.

"Additionally, they trap anything that comes across them, not just so-called 'pests,' so animals that are not intended frequently become trapped. There are far more humane methods of pest control that can be utilized without causing the degree of destruction that is risked with a glue trap."

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

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# CROW Calendar Of Events



The Clinic for the Rehabilitation of Wildlife (CROW) has programs available for residents and visitors. Meet the staff and learn what it takes to rescue, rehabilitate and release wildlife in Southwest Florida. General admission is \$12 for adults, \$7 for ages 4 to 12, and no charge for ages 3 and under.

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

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

**Wildlife Walk With Rehabilitators and Staff** – Cost is \$25 and includes general admission. This program is not recommended for children under the age of 13. Advance registration is required. For the schedule and to register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required with reservation.

**Daily Presentation Schedule Friday, August 26, 11 a.m.**

Baby Care at CROW – Wildlife parents are devoted to the care of their young and rarely abandon them. Juveniles found “abandoned” might actually be

in a natural stage of development. Those needing assistance are placed in a specialized wing of the hospital and provided supportive care until they are old enough to care for themselves.

**Monday, August 29, 11 a.m.**

Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial native to the United States. They are highly adaptable and a unique member of Florida's wildlife. Learn how they play an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

**Tuesday, August 30, 11 a.m.**

Patient Profiles: Owls of Southwest Florida – Raptors prey on other animals in the wild to survive. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

**Wednesday, August 31, 11 a.m.**

Species Profile: Florida Felines – There are two different species of wild cats inhabiting Florida. This presentation will cover how to identify them, the history of the two species and the challenges they face in a state where human development continues to increase exponentially.

**Thursday, September 1, 11 a.m.**

Patient Profiles: Owls of Southwest Florida – Raptors prey on other animals in the wild to survive. This presentation discusses the unique adaptations of the

native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.\*

## After School Ocean Fun

submitted by Shannon Stainken, Youth Education Director

Summer break has come to an end, and students have returned to the classroom but that doesn't mean the fun has to end at Sanibel Sea School. There's no better way to destress after a long day at school than in nature, swimming in the gulf, or combing the beach for treasures washed ashore.

Sanibel Sea School's after school sessions are held on Wednesdays from 3:30 to 5:30 p.m. Each session is \$25 per student for ages 6 to 13. Topics rotate weekly and consist of familiar favorites like surfing, seining and ocean art, and there are also several brand-new sessions to look out for.

This fall, we'll launch After School Birding on October 19. Birding, or bird watching, is the observation of birds either for fun or for scientific research. Educators and students will grab binoculars and explore Sanibel's east end, learning how to identify birds by call, plumage and flight patterns.

Another new topic is After School SEA (Science, Experiments, & Activities) Lab, to be held on November 2 in the



Dried seagrape leaves are often used in for art projects photo by Jodi LaSage

mobile science lab, which is equipped with microscopes, a smart TV, touch tank and various lab equipment. During this program, we'll pull the SEA Lab up beachside to conduct experiments in the field.

For the full course calendar and to register, visit [www.sanibelseaschool.org/afterschool](http://www.sanibelseaschool.org/afterschool). For assistance with registration, call 472-8585 or email [sanibelseaschool@sccf.org](mailto:sanibelseaschool@sccf.org)\*

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Bailey-Matthews National Shell Museum  
Shell Of The Week

# The Digitate Thorny Oyster



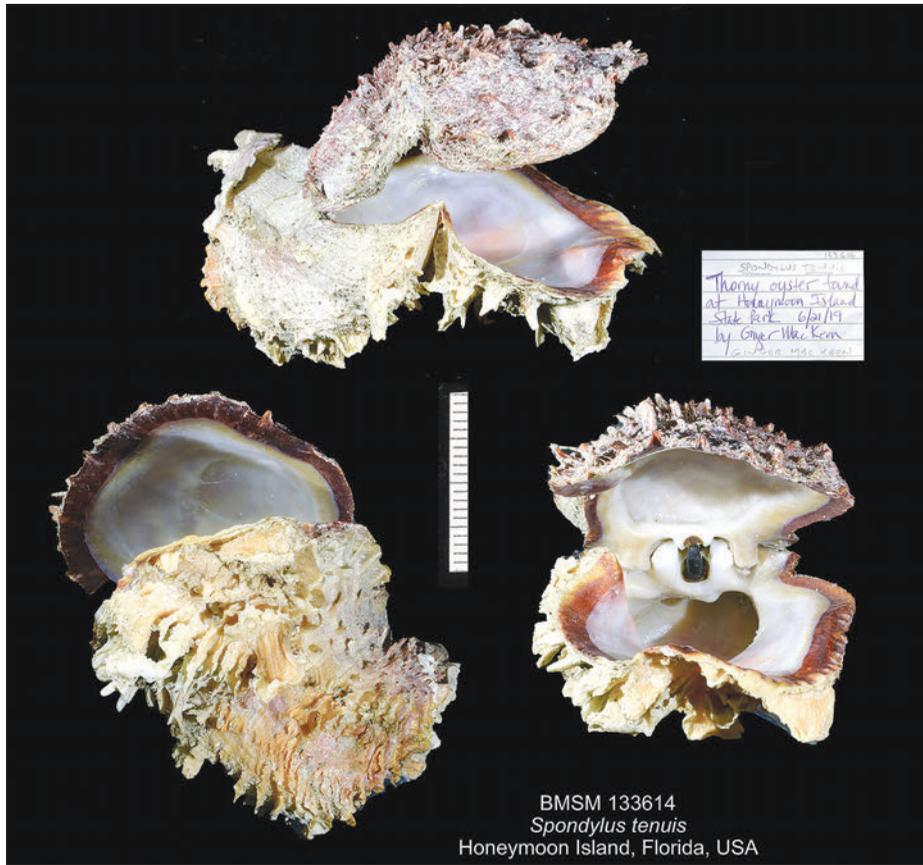
by José H. Leal,  
PhD, Science  
Director and  
Curator

Reaching about 70mm in size, *Spondylus tenuis* Schreibers, 1793, is one of the few species of thorny oysters (family Spondylidae)

found in the western Atlantic. Its shell comes in varied colors, including rusty brown, brick red, orange, cream-yellow, whitish, or variations of these hues. The sculpture consists of flat or pointy spines that are longer toward the edge of the shell.

The lower valve is almost always cemented to a hard surface, such as rocks, ship wrecks or oil platforms, but sometimes the larva may attach to a small piece of shell or coral fragment, causing that individual to live a free, unattached existence through adulthood. That is the case of this small but complete shell, collected by Ginger MacKeen on Honeymoon Island in June 2019. Notice the sturdy hinge in this species.

Read more about mollusks and their shells at <https://shellmuseum.org/>



BMSM 133614  
*Spondylus tenuis*  
Honeymoon Island, Florida, USA

The Digitate Thorny Oyster, *Spondylus tenuis*, from Honeymoon Island, Florida

photo by José H. Leal

shell-guide and <https://shellmuseum.org/blog>.

Bailey-Matthews National Shell Museum 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](http://www.sanibelmuseum.org).

# American Legion Post 123

American Legion Post 123 is serving lasagna and garlic bread from noon to 8 p.m. this Sunday, August 28. All are welcome.



Bartenders and cooks are needed. 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.

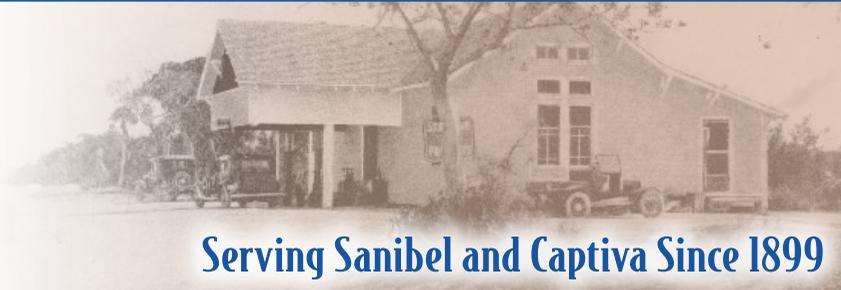
If you have a flag that needs to be retired, you can drop it off at Post 123.

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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# Business Owner Pursues Career As Jazz Singer



by Allison Havill Todd

Always enamored with the swing and jazz era of music, Amy Sbarra felt a calling to be a singer from a very young age. As early as 7 years old, Sbarra announced, "I wanna be a singer when I grow up, Mommy." But like many early childhood dreams, it took the backseat to many other things.

Originally from New York, Sbarra moved to Sanibel in 1997 and opened Spatini Teabar, a local spa that pampers its clients with massages, pedicures, body wraps and other spa services while also offering a wide variety of classic bubble teas and other cleverly crafted tea-based libations. Along with running her own business, Sbarra also got married and had two children. While she wouldn't trade any of it, her dream of becoming a jazz singer would not materialize for another 20 years.

She initially started singing by doing some swing performances on Captiva at the Captiva Cotillion for two years in a row with John Chapman and his band. She also started participating in open mic nights to hone her skills and gain experience performing in front of an audience. It wasn't until 2019 that she met a band called The Swingin' Clique and started performing with them in small clubs. The following year, their goal was to make appearances at concert and event venues, which they achieved despite the pandemic. The band's success seemed threatened though when their lead singer moved to Nashville, but a voice inside Sbarra's head nudged her on and she



Amy Sbarra

photo by Joe Angelo

decided, "I've got this! I can do this!" Sbarra easily stepped into the role.

After receiving some guidance from a music professor at Gulf Coast University to align herself with

better players, she learned about the Sarah Vaughan International Jazz Vocal Competition. This event is open to solo vocalists around the world who are not signed to a major record label. Hundreds of singers of all nationalities enter their videos, but only 25 are accepted to audition, with only five of them going on to perform in the pinnacle competition at the New Jersey Performing Arts Center in Newark, New Jersey on November 20.

When Sbarra discovered that she had been accepted as one of the initial 25 contenders, she was over the moon. Despite her feelings of doubt – thinking she was too old, maybe she wasn't good enough – she proceeded bravely and shared, "God gave me this gift, and this is what I'm going to do.... You're never too old to go for it!" The top five finalists will be announced this fall and Sbarra hopes to be one of the chosen few to compete in Newark in the search for the next greatest jazz singer. In the meantime, she is busy booking gigs and plans to start a tour throughout the state of Florida with the first stop being a performance at the Tribby Arts Center at Shell Point on October 28.

Sbarra has teamed up with a new selection of top pros and plans to continue to grow as a vocal swing/jazz performer. She exclaimed, "I have so much joy while performing. My inspiration is to make a difference and bring joy to people. Being able to touch people through singing and making them smile is a gift."

To learn more about Sbarra, The Swingin' Clique and their upcoming dates, visit [www.theswinginclique.com](http://www.theswinginclique.com).

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

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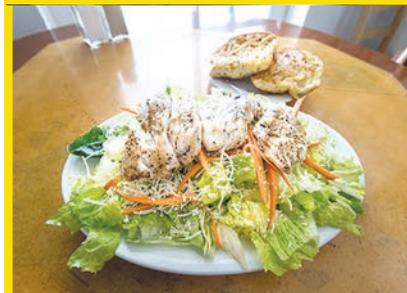
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The Community House  
**Jackfruit**



the jackfruit was probably the most underutilized fruit in the country. This fruit has become quite trendy over the past couple of years, as I've seen restaurant menus with Jackfruit Philly Cheesesteak or Vegan BBQ Sandwich as options.

Jackfruit has exceptional nutritional value. It's high in fiber, protein, potassium

by Chef John Wolff

The jackfruit tree, also known as jack tree, is a species of tree in the fig, mulberry and breadfruit family, or the Moraceae family. Jackfruit is unusual looking and due to its musky smell and enormous size, it might be slightly intimidating to the average home cook.

Jackfruit is the largest tree fruit in the world, capable of reaching over 100 pounds. It is native to Southwest India and has been cultivated there for 6,000 years. Now, jackfruit is widely grown in Southeast Asia, the Caribbean and South Florida.

The fruit can be eaten ripe or unripe. The flavor of a ripe jackfruit is similar to Juicy Fruit gum. The unripe jackfruit tastes similar to artichoke and has the texture of chicken. The unripe jackfruit has become very popular among vegans and is used as a meat substitute. Until recently,

and magnesium. The fruit also contains high levels of vitamins A, B6 and C.

Jackfruit can easily be found whole, prepared (canned) or frozen in Asian or Caribbean markets. Jackfruit can also be found fresh at the Sanibel Farmers Market from our friends at Pine Island Botanicals.

Here is a simple recipe to try:

**Jackfruit Thai Spring Roll**

20 oz. can jackfruit in water  
2 tbsp. maple syrup  
2 1/2 tbsp. gluten-free tamari (or soy sauce if not GF)

2 1/2 tbsp. rice vinegar  
2 tbsp. creamy peanut butter  
1 tsp. sriracha  
2 tsp. avocado oil

For The Rolls:

6 Rice paper wrappers  
1 cup shredded carrot  
1 cup shredded cabbage  
1 cup sliced cucumber  
1/2 cup sprouts  
1/4 cup sliced scallions  
Handful of mint leaves  
Handful of cilantro leaves

Instructions:

Open can of jackfruit and drain off the water. Use your hands to break up the large pieces of jackfruit into smaller stringy pieces that resemble pulled pork.

In a large bowl, whisk together maple syrup, tamari, rice vinegar, peanut butter and sriracha. Add in jackfruit and toss the mixture together until jackfruit is well coated. Place in refrigerator to marinate, for 30 minutes up to 10 hours (the

longer, the better).

Once the jackfruit has marinated, heat a large pan over medium-high heat. Add in avocado oil. Once the pan is hot, add in jackfruit. Sauté, stirring occasionally until jackfruit is warmed through and lightly browned, about 15-20 minutes. Remove from heat and set aside to cool.

Once you can handle the jackfruit easily with your hands, fill a large bowl with warm water. Add one rice paper wrapper to the water to soften, about 30-60 seconds. Remove the softened wrapper and place it on top of a gallon-sized zip top bag (the rice paper won't stick to the plastic, but a wet tea towel can work too).

Like you're making a burrito, add a small amount of the fillings in a line down the center of the wrapper. Fold in the two short ends and then roll tightly. Repeat with remaining rolls and serve.

*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.*

September 6 at Sanibel Recreation Center. Practices will be held on Tuesdays, Wednesdays and Thursdays from 2:30 to 4 p.m. Cost is \$33.75 for members and \$44.75 for nonmembers. Registration fees are collected monthly. Athlete registration with Florida Swimming is required in order to compete in swim meets (\$85 annually).

To register, contact Aquatic Manager Steve Vela at [steven.vela@mysanibel.com](mailto:steven.vela@mysanibel.com) or call 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, visit [www.mysanibel.com](http://www.mysanibel.com).

**Museum Hires Assistant Aquarist**

Alex Marino has been added to the animal care team as assistant aquarist at Bailey-Matthews National Shell Museum.



Alex Marino

Marino graduated with a bachelor of science degree in marine biology from University of South Florida in 2021.

She worked locally as a naturalist after completing the Florida Master Naturalist Program - Coastal Systems.

While working for Tarpon Bay Explorers on Sanibel, she gained experience caring for mollusks and other animals in the touch tank. She also taught visitors about the importance of mangrove and beach ecology during kayak and boat cruise tours.

As a Lee County native, Marino took an interest in marine life at a young age after spending countless hours boating with her parents and collecting shells along the beaches of Southwest Florida. She enjoys writing, reading, SCUBA diving, identifying shells and Florida flora, and incorporating her love of marine life and shells into art.

Marino's favorite role at the museum is feeding the animals and her favorite animal in the aquariums is the flamboyant cuttlefish.

**Registration Open For Swim Team**

Registration is open for the Sanibel Water Attack Team (SWAT), a youth swim team program coached by Curt McIntyre for ages 5 to 18. It is designed to improve stroke technique and build endurance. The purpose of this program is to develop the participant's knowledge of the sport as well as refine technique. Participants must be able to swim the length of the pool (25 yards) in order to participate. In addition to becoming members of SWAT, swimmers will get a chance to join Florida Swimming for competitions.

The swim season begins on Tuesday,



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# Bank Captures Business Award



From left, Michele Hoover, Puja Romero, Diane Patterson, Kyle DeCicco and Brian Hamman photo provided

Sanibel Captiva Community Bank was honored by the Greater Fort Myers Chamber of Commerce with its inaugural Large Business of the Year award. The chamber awards recognized members for outstanding contributions to the greater Fort Myers community.

"As a locally grown, owned and operated business, we are incredibly proud to receive this award from the chamber," said Kyle DeCicco, president of Sanibel Captiva Community Bank. "It's an affirmation that as an organization and individuals, we're delivering the services,

products and support our customers, employees and community need from us while also cultivating meaningful relationships."

The award recognized Sanibel Captiva Community Bank as a local for-profit company in business for more than three years and with 25 or more employees, which has continually shown exemplary contributions for the betterment of the Fort Myers community through leadership, sound business practices, innovation, creativity and commitment to employee support and development.\*

# Gulf Grouper Season To Close

The Florida Fish and Wildlife Conservation Commission (FWC) is closing the recreational harvest of red grouper in state waters of the Gulf of Mexico, excluding waters of Monroe County, on Tuesday, August 30 for the remainder of the 2022 fishing season. Harvest will reopen on January 1.

This closure is consistent with the

closure in federal waters of the Gulf of Mexico by the National Oceanic and Atmospheric Administration's National Marine Fisheries Service. The recreational red grouper fishery was closed in federal waters because landings information indicates that the 2022 recreational quota is projected to be met on August 29. Red grouper is primarily a Florida fishery and consistent open/closed seasons in state and federal waters off Florida are important to prevent overfishing and continue to improve stock abundance.\*

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**Open during regular Museum hours with paid admission**

*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](http://ShellMuseum.org).

**Register at [ShellMuseum.org/lectures](http://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**

**Register at [ShellMuseum.org/classes](http://ShellMuseum.org/classes)**



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Shell Crafting

# Pussy Willows

by Anne Joffe



One of spring's most popular flowers is actually a tree stalk and is easily made. Several of these look wonderful in a floral arrangement.

Materials:

Bubble shells, all sizes; takes about 11

to 13 to make a stalk

- Brown floral tape
- Very thin floral wire, not cloth covered
- Floral wire #16 or #18

Directions:

Cut the thin wire into three-inch pieces, 11 or 13 of them.

Dip the end of the wire into glue and insert into the natural hole in the end of the bubble shell.

When they are all done and dry, cut a three-inch strip of brown floral tape for each one of them.

Begin to wrap the wire with the floral tape by twisting and turning the tape. Be sure that you cover the very end of the



Pussy Willow photo by Anne Joffe

bubble shell with the tape so that it looks as if it is all one piece.

After you have wrapped all the stems, you are ready to assemble the main stalk. Begin at the top of the #16 or #18 floral wire and use a new long piece of brown floral tape, attaching the individual stems. One goes right on the top of the new wire, wrapping and adding a new stem every half inch until all is used up. The idea is to have it all look like one continuous stem.

When you are satisfied that your stalk is done, gently curve a bit so it looks real.

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. ✨

# New Education Intern At CROW

Alyssa Amundson is the latest conservation education and marketing intern for Clinic for the Rehabilitation of Wildlife (CROW). Her internship began on June 1.



Alyssa Amundson

Amundson grew up in Vancouver, Washington and received her bachelor's degree in earth and environmental sciences from Washington State University in May.

The conservation education and marketing internship is a six-month program designed for those interested in pursuing careers in environmental conservation, communication or other related fields. Amundson is learning

about CROW on an organizational level, applying the information through public speaking engagements and outreach events. She is also communicating through social media outlets and community partnerships with local newspaper and media companies.

"I am hoping to gain experience and develop different skills such as public speaking, social media and website management, general wildlife husbandry and public education," said Amundson. "I really love this internship because of what it has to offer – learning about Florida wildlife in contrast to the wildlife where I'm originally from."

Amundson's aspirations extend beyond the internship into helping wildlife through education. "I would like to do something involving conservation education. I think it is important for people to be aware of what is happening to the environment around them and I would like to make a difference in helping spread awareness," she said.

To learn more about internships and externships, visit [www.crowclinic.org/articles.student-programs](http://www.crowclinic.org/articles.student-programs). ✨

# Poetry Corner



by Clay C. Ewell

## Our Many Lives

The sky reflecting water flows peacefully to the sea, Meandering across the land and through the jagged Contours of ancient earthly chaos, thrusting upward In a pace imperceptible to the human eye, we the recent Visitors caught in the unfolding of eternity, whose stony Sentinels have witnessed the passage of the ages. And we come to this place to stand and behold the Timelessness enveloping the ephemeral doings of The world, to peer beyond what flickers in the shadows To see the hand of God perhaps, to glimpse in this Brief passage, flowing onward, our place in all this And see the other times bygone, when we came this way.

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](mailto:press@islandsunnews.com). ✨

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## Ribbon-Cutting Makes It Official

**T**utti Pazzi Italian Kitchen opened on January 21 of this year and, to celebrate the end of its first season, the Sanibel & Captiva Islands Chamber of Commerce held a ribbon-cutting on August 17.

Owners Pasquale and Leanna Russo and Jeramie and Debra Campana evolved the former Matzaluna Italian Kitchen during a six-month planning phase and seven-week renovation that included installation of a special dough mixer imported from Italy and other new equipment, reclaimed wood tables and reupholstered seating, and new lighting throughout the dining area. The restaurant also has event space for special occasions and functions.

"We specialize in bringing classic and authentic Italian dishes from the 20 regions of Italy, made from the freshest or imported ingredients flavors, to Sanibel," said Pasquale Russo. "Here, you enter as a customer, become our friend, and feel like family. In Italy, the dinner table is where magic happens. Friends and family gather to fill their bodies with good food and wine; and their souls with laughter, happiness and love."

Specialties include pizza classico baked in a wood-fired oven, pasta, seafood and house-made desserts paired with Italian-themed specialty cocktails and an extensive wine and beer list designed by the team.

The Russos are first-time restaurant



Chamber representatives joined the Tutti Pazzi team for a ribbon-cutting photo provided

owners, but their partners bring a wealth of experience with Sanibel eateries, including Paper Fig Kitchen, The Fig East, and part ownership of 400 Rabbits. General Manager Melissa Harrity and Executive Chef Kia Snyder join the team at Tutti Pazzi, which has already demonstrated its community spirit supporting nonprofits such as Community Housing and Resources, The Sanibel School and FISH of SanCap.

"We welcome such an energetic

enterprise to the island that not only satisfies our appetites for fresh Italian cuisine, but also joins in on the spirit of giving our business community is so well-known for," said John Lai, chamber president and chief executive officer.

"We are fortunate to have a chamber that is so supportive of our local island community," said Russo. "We look forward to our participation and contribution to the chamber on key issues facing our islands."\*

## Chamber Business Lunch

**J**ohn Talmage, director of Lee County Economic Development Office, will be the guest speaker at the next business meeting of the Sanibel & Captiva Islands Chamber of Commerce on Wednesday, September 14 at Sundial Beach Resort & Spa. Sponsored by *Santiva Chronicle*, the meeting starts at 11:30 a.m.

From past work for the New York City Council to currently facilitating a community real estate development program for University of South Florida's Florida Institute of Government, Talmage has vast experience working with communities to improve the business climate.

"John always brings practical, applicable knowledge and strategies to the meeting when he speaks," said John Lai, chamber president and chief executive officer. "We look forward to hearing his outlook on the current state of the regional economy."

Chamber members receive meeting invitations by email. Cost is \$30 for chamber members only. Advance registration is required; walk-ins are not accepted. Register by 5 p.m. on Friday, September 9 at [www.sanibel-captiva.org](http://www.sanibel-captiva.org) or by calling 472-8255. Payment is due at time of registration.

For information on membership, contact Landen Collins, communications and marketing manager, at 472-8255 or [landen@sanibel-captiva.org](mailto:landen@sanibel-captiva.org).



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## Book Review

# The Change

by Di Saggau



I found *The Change* by Kirsten Miller to be a rare treat. It's a suspenseful story with great pacing and memorable characters, a fierce and funny novel focused on three middle-aged

women in a New York town who develop supernatural abilities during menopause, which they use to avenge murdered teenage girls in the New York beach town of Mattuck.

When Nessa James' husband dies and her twin daughters leave for college, she's all alone in a small white house near the ocean. In her late 40s, the former nurse starts to hear voices, voices calling out to her from the dead. It's a gift she's inherited from her grandmother, but it comes with special responsibilities.

Advertising director Harriett Osborne is approaching 50 and has witnessed the demise of her lucrative career and her marriage. She has been house-bound for months and her garden appears to have gone wild, but the truth is, she's undergone a stunning and very welcome metamorphosis.

Jo Levison, a former executive, has spent 30 long years at war with her

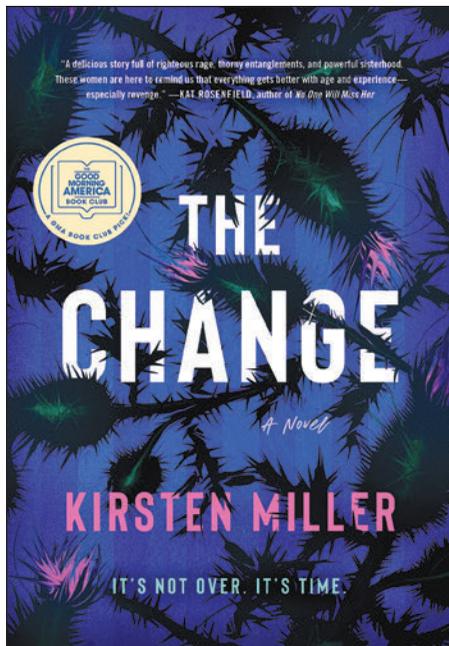


image provided

body. The hot flashes that arrive with the beginning of menopause are almost the last straw until she learns to channel them, and finally figures out her power.

The three women are guided by voices only Nessa can hear. They discover a teenage girl whose body was abandoned beside a remote beach. The police write the victim off as a drug-addicted sex worker, but the women don't buy it and lead their own investigation into the case. They discover more bodies and an exclusive group of the town's wealthiest

men, who don't go by the rules.

Miller does a brilliant job weaving the three women's lives together. They plot their revenge against the patriarchy and

come into their own when society has deemed them no longer useful. It is sweet revenge, and makes for a book you won't want to put down.\*

## School Smart



by Shelley M. Greggs, NCSF

**D**ear Shelley, Anxiety in children of all ages is a real concern. With the onset of the school year, schoolwork, homework, reduction of free

time and new routines, it's easy for children to experience increased anxiety. Anxiety is easier to spot with 'tweens and teens and they may in fact be willing to discuss their anxious feelings with you. However, with younger children, anxiety can show up as several alternate behaviors. Here are some of the most common behaviors you may see in children who are anxious.

Anger – Anxiety can occur when there is an overestimation of a perceived threat (e.g., a test or a party) and an underestimation of coping skills (e.g., "I can't handle this"). When kids are chronically and excessively worried and don't feel like they have the skills to manage the anxiety, they feel helpless. Helplessness leads to frustration, which can show up as anger.

Difficulty Sleeping – In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety. In many kids, trains of anxious thoughts keep them awake long after they should be asleep. Others have anxiety about falling asleep, thinking they will miss their alarm or be tired in the morning.

Defiance – Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless. Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.

Lack of Focus – Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them. This is especially troublesome at school where they are expected to pay attention to a

teacher for hours at a time.

Chandeliering – Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier, so to speak. Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

Overplanning – Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary. Preparing for every possibility is a way a child with anxiety takes control of an uncontrollable situation.

Anxious children need to learn how to deal with their anxiety (so do adults). There are a number of skills and strategies that they can be taught. School personnel might be able to help as could the child's physician. There are a number of home-based parent programs that are also helpful.

Stanford University has published a list of websites for parents to help with childhood anxiety. Check them out for information and assistance.

The Child Anxiety Network: [www.childanxiety.net](http://www.childanxiety.net)

WorryWise Kids: [www.worrywisekids.org](http://www.worrywisekids.org)

Temple University's Child and Adolescent Anxiety Disorders Clinic: [www.childanxiety.org](http://www.childanxiety.org)

New York University Child Study Center: [www.aboutourkids.org](http://www.aboutourkids.org)

Massachusetts General Hospital School Psychiatry Program and MADI Resource Center: [www.massgeneral.org/schoolpsychiatry/info\\_anxiety.asp](http://www.massgeneral.org/schoolpsychiatry/info_anxiety.asp)

Anxiety Disorders Association of America: [www.adaa.org](http://www.adaa.org)

The Center for Mental Health Services: [www.mentalhealth.org](http://www.mentalhealth.org)

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email [smgreggs@gmail.com](mailto:smgreggs@gmail.com) or visit [www.schoolconsultationservices.com](http://www.schoolconsultationservices.com).\*



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## Dazzling Dining Rooms



by Linda Coin

Often, I meet with clients who think their dining room is the easiest of all rooms to furnish. Once they've made their decision on table and chairs, they tend to think that's all there is to it. Not

so! While that may be one of the biggest decisions to be made, it's far from all the things you should consider.

You still need to provide for the comfort of guests as well as the convenience of the host/hostess. I find that there are often problems unique to this room that often make it a design challenge. With that in mind, it does take some considerable planning to create and design a dining room that will take center stage in your home.

Chairs alone are a far from simple choice. Massive ones take up too much space, so it's important to search for well-designed chairs that are comfortable. Don't worry about having enough dining room chair shapes and sizes to choose from. There are so many, it's bewildering, unless you have professional help.

Tables, too, come in all shapes and sizes. The size should fit both the room

and your family, and ideally be designed for easy expansion. Expandable tables with drop leaves, built-in extensions and inserts/leaves are all practical. Today's table design options can convert from a small, cozy table to one that can be instantly enlarged when company is expected.

The lighting above your table should be carefully selected to assure the right wattage and the best light direction for the diners. The height of the chandelier is another important decision.

It's also more convenient to have silverware, linens and serving pieces stored right in the room. A sideboard or chest will help to give you the storage you need and can also handle the food for a sit-down buffet. If you opt for this additional furniture piece, consider its top. It's best for these pieces to be covered in a moisture and stain resistant material such as marble or tile. Other storage options to consider are cabinets or armoires. A very attractive unit might also become the room's focal point and add a design benefit.

You'll find it helpful to think through the many uses of your dining room, because our modes of entertaining are many and ever-changing. Ultimately, this means that your dining room design plan should be one that features flexibility. Whether you're hosting a Sunday brunch for six or a midnight snack for 20, versatility and comfort should guide you toward the best furniture and design plan.

*Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at [linda@coindeciden.com](mailto:linda@coindeciden.com). ✨*

### SPORTS QUIZ

1. In 1903, what power hitter -- elected to the National Baseball Hall of Fame in 1945 -- was kicked off a train for being drunk and disorderly and was found dead at the bottom of Niagara Falls two weeks later?
2. Name the two former NBA players who teamed up as contestants on Season 30 of the CBS reality competition series *The Amazing Race*.
3. What venue was home to both the Pittsburgh Steelers and Pittsburgh Pirates from 1970 to 2000?
4. Name the Ohio State Buckeyes running back who is the only player to win the Heisman Trophy twice.
5. What LPGA Tour player from Australia has seven career major championship titles and was inducted into the World Golf Hall of Fame in 2005?
6. Name the member of the 1976-77 Detroit Pistons, nicknamed "Bad News," who responded to being benched by declaring, "News didn't come here to sit on no wood."
7. Who is the only player from the losing team to have been named Super Bowl MVP?

### ANSWERS

1. Ed Delahanty; 2. Cedric Ceballos and Shawn Marton; 3. Three Rivers Stadium; 4. Archie Griffin (1974-75); 5. Karrie Webb; 6. Marvin Barnes; 7. Dallas Cowboys linebacker Chuck Howley, Super Bowl V.

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- 2 (8 ounce) chicken breasts
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- 1 cup cabbage, sliced thin
- 2 carrots, sliced thin
- 6 mushrooms, sliced thin
- 2 cups spinach
- 2 eggs
- 3 cups cooked rice (brown or white)
- 2 green onions, sliced thin
- 2 garlic cloves, minced
- 2-3 tablespoons low sodium soy sauce or Tamari

- 1 teaspoon toasted sesame oil
- 3-4 tablespoons olive oil, for cooking
- Chili sauce or sriracha (optional)
- Sea salt and fresh ground pepper, to taste

Cook rice according to package directions and set aside. Dice the chicken breasts into 1-inch pieces and store in the refrigerator until ready to cook. Prepare and slice all the vegetables and set aside. Mix soy sauce, sesame oil and garlic and set aside. Preheat a large sauté pan over medium-high heat and add 1 tablespoon of olive oil. Beat two eggs and scramble,



**Chicken and Vegetable Fried Rice**

set aside. Next, season the diced chicken with salt and pepper and sauté for six minutes or until cooked thoroughly. Remove from pan and set aside. Add another tablespoon of olive oil to the pan and sauté the carrots for one to two minutes. Add the bell peppers and

cabbage, season with salt and pepper and cook for additional two minutes. Remove the vegetables and set aside. Using the same pan, add a small amount of olive oil and sauté the mushrooms, green onions and spinach. Add this to the rest of the cooked chicken and

vegetables. Lastly, add 1 tablespoon of olive oil to the hot pan and stir-fry the rice until it is slightly crisp, add the scrambled eggs and combine. Pour the soy sauce mixture and stir to combine. Serve chicken and vegetables over fried rice in large bowl.✧

photo courtesy Fresh From Florida

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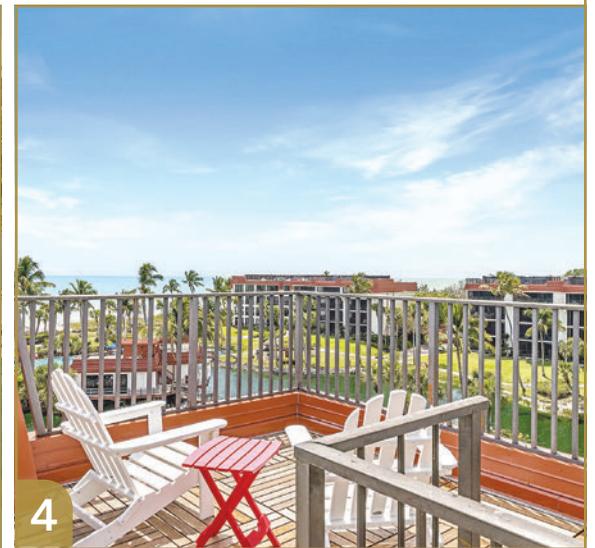
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# Meaningful Last Words



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

“Harry” complained to me recently while reading over his estate planning documents. “These seem so... cold... so... ‘legal,’ he said slowly, searching for the right words. “I understand that these documents have to use this legal language so that my estate gets the benefits of the law, but I’m having a hard time knowing that these will be my last words that I communicate to my family.”

I understood Harry completely. Who wants their last words to read, “I instruct my trustee to distribute a fraction of my estate, the numerator of which is comprised of the largest amount that would not be taxable... blah blah blah?”

I am sure that no one wants that.

Today, I’m going to propose that you consider an alternative. This alternative can be made into a very meaningful and fun exercise.

What I’m referring to is to leave a separate letter – apart from your will – for each of your most important loved ones.

This letter shouldn’t be about “who gets what” from your estate – that’s for your will and trust. Besides, you don’t want to inadvertently say anything that might contradict what’s in your legal documents that could lead to beneficiary disputes.

Instead, what I’m talking about here, is for you to create something really special. Too often we don’t share our true emotions with those closest to us. We often tell our spouses that we love them, but we don’t tell them why we love them. We might tell our children that we are proud of them, but we don’t tell them why we are proud of them. We may truly admire something about a lifelong friend, but we are often afraid to open up and tell them what we’ve admired about them, or even that we harbored admiration to begin with.

How great would it be if we shared all of those thoughts with those closest to us? So, I propose that you do just that. Write a letter and tell our loved ones how much they’ve meant to us. Then have that letter kept with your will, to be opened concurrently.

I thought that I’d suggest a few basic thoughts for those who might not be as comfortable putting words on paper:

Keep it Positive – Particularly when you are writing a letter that you don’t intend

for a loved one to receive until after you have departed this earth, it’s a good idea to keep it positive. Everyone is subject to valid criticisms for our faults and unfulfilled expectations. Don’t use this letter as a means to review those. These are your last words. Don’t you want them to leave them with a smile? But do be sincere. Don’t heap praise where praise really isn’t believable. Everyone has positive qualities. Talk about those here.

Write Separate Letters – Don’t combine everything into one letter. Write one for your spouse. Another to each child or other loved one. That way your letter can be very personal for that particular person.

Open a Spousal Letter with How You Fell in Love – You might open a letter to your spouse recalling the first time that you met, and how you knew that you were in love. Talk about the qualities that she or he possessed and how those qualities grew better over time.

Recall Your Child’s Early Years – For your children, you might open a letter about their early years – how much you cherished having them in your life. There may have been certain traits, characteristics or events that foreshadowed later successes they achieved. Talk about those and how you noticed them.

Tell Them Why – Don’t be shy telling your loved ones the “whys.” Why you are so in love. Why you are so proud. Why you smile when you think about them. With kids, it might even be fun to tell them why you wanted to have kids in the first place, and how different it was raising them as opposed to what you expected before you ever had kids.

Review Fun Family Times or Accomplishments – Every relationship has its ups and downs. Many of the ups can be chronicled as happening during a certain event; a vacation, a sporting event, a holiday gathering. While everyone might have already grown tired of hearing the same stories around the dinner table over and over, you might be able to provide a twist and relay why that story meant so much to you, and how it demonstrates your loved one’s special qualities.

Regrets – Generally speaking, it’s not a good idea to create a list of regrets. But you might have some that would have a positive spin. “I regret that I didn’t tell you this earlier, and hope that by telling you this now, you’ll know how much you meant to me,” for example. You may regret certain incidents and want to apologize for them. If this is the case, do your best to keep it concise while not trying to place blame or guilt on your loved one.

Your Hopes and Dreams – Talk about your hopes and dreams for your loved one, particularly if they are young. If they aren’t young anymore, you can talk about how proud you are of their accomplishments. Maybe they’ve raised great kids of their own. Perhaps they’ve overcome a lot of obstacles and you’ve noticed how far they’ve come.

continued on page 30

## How’s The Market? Ask Ann *The Other Side Of The Bridge*



Ann Gee  
Broker/Owner

Let’s talk about the Fort Myers real estate market. Keep in mind, going back six months, the median sale price of a single family home on Sanibel was \$1,412,500 and a condominium was \$1,080,000.

Combine this with many of our prospects who are working with a budget of \$300,000 to \$600,000. Consequentially, 20-25% of our business takes place in the Fort Myers area. For example, you can own a 2 bedroom, 2 bath condo in the South Fort Myers area in the \$325,000 to \$450,000 range in a gated community with amenities. Monthly maintenance fees run about \$500 a month.

Single family homes are available in the \$600,000 to \$700,000 range compared to a similar size home on Sanibel. We are also seeing some Sanibel owners looking to move off the island to be closer to medical services and, in some cases, use the extra equity in their Sanibel homes for personal use. As a bonus, the Lee County Tax Assessor allows a homesteaded resident to transfer a portion of their reduced tax assessment to their newly purchased property. If you are considering a purchase in the Fort Myers area, keep me in mind. I am very familiar with the market there. Last week, I showed 5 condos that were well maintained and moderately priced.

Thinking of selling? Call me for a confidential discussion addressing your thoughts and goals. We are currently offering a substantial savings to Sellers whose properties go under contract within 45 days.

Thank you for reading my column. I hope it provides you with additional market information.

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# Rotary Happenings

submitted by Cindy Carter

Rotary's motto is "Service Above Self," and we love to see others living by this motto. This past week, we awarded two district-matched grants to organizations in our community who live by the Rotary motto; Our Mother's Home and Community Housing and Resources (CHR).



From left: Chet Sadler, grant writer; Annie Campbell, president of Sanibel-Captiva Rotary; Alicia Miller, executive director of Our Mother's Home; Melissa Rice, executive director of CHR; and Rachel Tritaik, trust board member photo provided

the Our Mother's Home Mentored Living Program. The grant will be used towards diapers and the needs of the infants not covered by the foster system.

Melissa Rice, executive director of CHR, accepted the second grant. CHR is a nonprofit organization that provides affordable housing for families and individuals who work and who serve our island community. The 2020 median sale price of a home on Sanibel was just about \$1 million. These steadily increasing prices make it difficult to retain essential workers necessary to delivery quality care and services to those who live and visit

here. The grant will be used to replace aging appliances throughout the units.

Our guest speaker this week, is in fact not a guest to us anymore. Rotarian Bill Coleman, author of the book *Floatplane Odyssey*, discussed his journey with Tom Casey, the first person to fly solo around the world in a single-engine seaplane, landing only on water. He spoke of his many and quite interesting adventures along the way.

Coleman cut his teeth in aviation going Mach 2.5 as a lieutenant in the U.S. Navy. He has extensive flying and business knowledge of aviation, and used

this acumen during his 25-year tenure as an outside public relations counsel for Phillips 66. He was executive vice president for a New York-based PR firm and is a graduate of Marquette University. He has lived and traveled in Southeast Asia, Japan, the United Kingdom, Europe and South Africa.

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](mailto:william.harkey@gmail.com) by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit [www.sanibelrotary.org](http://www.sanibelrotary.org).

From page 1

## Watch Party

\$2,500 (six tickets); Mangrove Sponsor, \$1,000 (four tickets); and Oyster Sponsor, \$500 (two tickets).

Over the past year, Coastal Watch volunteers have contributed over 1,000 hours to plant nearly 1,300 mangrove seedlings and transport 3,191 buckets of fossils and oyster shell to Hemp Key and Benedict Key. Coastal Watch is also responsible for installing beach bucket stations on Sanibel beaches for beachgoers to collect and dispose of debris. The Adopt-A-Mangrove program has led to over 500 red mangroves being taken by "foster" parents to be cared for until they are returned and planted at a shoreline restoration site.

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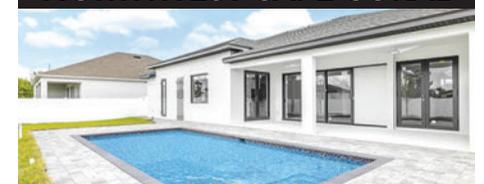
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Health First

# Creating An Intentional Morning Routine



by Julie Rosenberg, MD

**H**ow does your typical morning begin? Do you generally hit the snooze button on your alarm several times to get a few more minutes of sleep? Do you

awaken begrudgingly?

I used to wake up in the morning, grab my smartphone, check my email, read news alerts and then quickly jump out of bed to start my day. These habits led me to feel stressed and anxious most mornings. After years of handling things this way, I realized that I needed to reset my morning routine. Now, when I wake up, I resist the urge to grab my phone. Instead, I begin each day with a few deep breaths and then mindfully get out of bed to begin my morning rituals. My life has dramatically improved; I am more focused and centered as I begin my day.

Have you taken time to analyze your morning routine? I'd encourage you to take pause and do so. Developing and maintaining an intentional morning

routine will help to enhance your energy, positivity and productivity.

Here are five ways to create an intentional morning routine.

**Meditate** – Meditation is a powerful tool for stress relief. Even a short meditation (5 to 10 minutes) can distance you from what you are thinking and feeling, and provide some mental and emotional freedom from stressors that may be troubling. A simple breathing meditation, where you focus on your breath as you inhale and exhale, can be very useful to calm your mind and relax your body. Mindfulness meditation, which involves focusing on the present moment without judgment, can also be a valuable addition to your morning routine. Whichever approach you choose, adding a short meditation to your morning routine is a great practice.

**Move** – It's important to move your body in the morning, as mobility is critical to both quality of life and cognitive health. Exercise increases endorphins (the feel-good hormones) and helps you to start your day in a positive way. Even after a short 15- to 20-minute workout, you will feel more energetic and your mind will be ready to take on the activities of your day.

**Practice Gratitude** – Gratitude is a thankful appreciation for what a person receives, whether tangible or intangible. As you practice gratitude, you acknowledge goodness in your life. You connect to something larger than yourself, whether it be a higher power, spirit, nature or something else that's

meaningful to you. Cultivating feelings of gratitude early in the morning can help you to feel more at peace throughout your day.

**Stay Unplugged from Technology** – If the first thing you do when you wake up is to grab your smartphone and check notifications and email, you are adding to your own stress by cultivating a reactive mindset. Instead, detach from technology for the first hour of your day so you can begin your day from a place of peace and control. Start each day on your terms, not with yesterday's news. You'll feel much better.

**Eat a Healthy Breakfast** – You've probably heard that breakfast is the most important meal of the day. As a physician and someone who regularly eats breakfast, I can attest to the truth of this statement. When you make time to eat a healthy breakfast (lean proteins, healthy fats and whole grains), you'll have more energy throughout the day and a stronger ability to focus and concentrate. Keep in mind that a healthy breakfast has a low glycemic index, so avoid sugary breakfast foods, such as cereals, bars, bagels and juices that set you up for an energy crash later in the day.

**Conclusion** – Whatever you do first thing in the morning sets the tone for the remainder of your day. Determine what works best for you and then execute that plan each morning. Your morning routine will support you in living your life more happily and with greater intention.

*Julie Rosenberg, MD, is a global*

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

From page 26

## Will Power

That's great stuff. Let them know it.

**Wind it Up** – Make sure that you leave them with a warm statement. I saw one letter where a father told each of his children that he wanted them to know that he believed in an afterlife, and although his children may no longer be able to touch him or hear him, they could talk to him and he would be there to listen. He told them that he trusted their judgment, and he hoped that they would live the rest of their life with confidence that everything happens for a reason. It struck me as a powerful confirmation of his love, devotion and admiration.

I hope that this column helped provide the start of an outline if you should feel this important to do for your loved ones. I'm working on a letter for my wife and for each of my children, which I intend to update as the years go by. I'm hopeful that these writings will mean more to them than anything material that I leave behind.

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dearRPharmacist

## Pickle Juice Has Health Benefits



by Suzy  
Cohen, RPh

**Dear Readers:** Hear me out, I know it sounds weird, but pickle juice has some pretty amazing and surprising health benefits that you probably didn't even know about.

Pickles are fermented cucumbers (that have been pickled in salt water). Get it? The pickles are pickled! (A little pickle pun never hurt anyone!)

The fact is, pickle juice is loaded with minerals, only 2 carbs, and 1 gram of fiber. In most cases, the water even contains healthy probiotic strains. In some states, like North Carolina where my daughter lives, pickle juice is held in high regard. So much so, that there is an annual pickle festival! When dining out in North Carolina, many restaurants have pickle juice mixed with soda on the menu. There's a drink called a Pickleback Shot, which combines pickle brine with whiskey!

There are all kinds of specialty drinks depending on where you live. So, while it may sound like a face-puckering

thought, pickle juice is utilized for many quick fixes. As for its medicinal benefits, here are three pretty cool ways pickle juice can improve your wellness:

**Pickles Help Digestion** – On some level, the lactobacillus content (while low) still provides a beneficial aid to your intestinal health. If you have an upset stomach, abdominal cramps or low stomach acid production (hypochlorhydria), the acidity of a small amount of pickle juice may restore proper pH, which in turn causes digestive troubles to subside.

**Pickles Help Leg Cramps** – Have a cramp? Pickle juice is a popular folk remedy that supposedly relieves muscle cramps (or reduces intensity), in under a minute of consumption! Like, almost immediately! It works incredibly fast and is faster than water alone when it comes to reducing muscle cramps. It probably works faster than things like Gatorade or other similar sports drinks.

Some suggest pickle juice for the morning after a night of drinking... I don't know about that one, but I do think it could definitely help you recover from a workout or associated leg cramps. That's probably its No. 1 folk remedy use.

Perhaps a few spoonfuls in a cup of water could help someone with mild leg cramps. However, I wouldn't drink it straight up if you are prone to heartburn or have an ulcer. Pickle juice contains a lot of sodium, and some believe that it triggers reflexes that essentially shut off misfiring neurons

quickly, thereby alleviating cramps.

We all probably have a dusty, sealed jar of old pickles that we've forgotten about, and if you're like me, it's probably sitting in the back corner of our fridge waiting for a sandwich! Make sure yours are fresh and in date, and if you eat these little guys, eat them in moderation because of the high sodium content. If you don't like the taste of

pickle juice straight up, you could pour a few teaspoonfuls into your salad dressing.

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

## Got A Problem? Dr. Connie Is In



by Constance  
Clancy

**Q:** I want to start appreciating my partner more. Do you have any tips on how to start, besides telling her?

**A:** We all love to be told how much we are

appreciated. So telling her is a good start. It's always nice to show your appreciation through your actions; a touch, a hug, giving her fresh flowers. Or something you know she really likes and means a lot to her. For most people, it's the small gestures.

There is also something you and your partner can do together called the appreciation practice.

1. Begin by acknowledging something you appreciate about each other. For example, "I appreciate how kind you are to me every day," "I appreciate how you bring out the laughter in me," "I appreciate how you support me in my career." When you are finished, switch roles. Each of you gets a chance to tell and hear appreciation.

2. Now repeat the exercise, only this time, acknowledge one thing you appreciate about yourself. Then let the other person have a turn. Take turns with your partner about five times, or as long as you wish. It feels so good for both of you to continue this practice as you are giving and receiving. It's a real contributor to happiness.

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

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Doctor and Dietician

# What Is The Hauser Diet?



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

We encourage you to eat fresh, real foods and avoid sugar and chemicals that come with processed foods. When you hear the word “diet,” you might think of diets you have tried to become “healthy” and how restricted your eating became to lose weight. But that is not what a diet is.

A diet is just the kind of food that a person eats. Did you know that based on your individual physiology, you require different types of food? Did you ever wonder why some people appear to have fast metabolisms, enabling them to eat everything and never gain weight, whereas others’ metabolisms are so slow that they eat like birds and never lose weight?

The Hauser Diet is an alternative

approach to healthy eating. We all know that our bodies are not the same, our fingerprints are not the same, and thus our physiology and diet requirements should not be looked at as one size fits all.

First, think about how you feel while eating food. Do you feel energized with pasta and veggies or do you feel better eating meat? Can you drink coffee any time and not be wired or will it keep you awake? Are you typically hotter than most people or colder? These are the types of questions we ask to help ascertain what type of diet is best for your physiology. The Hauser Diet Quiz is available on [www.hauserdiet.com](http://www.hauserdiet.com) to help determine diet type.

The Hauser Diet is made up of five different diet types: Lions, Otters, Bears, Monkeys and Giraffes. All types need to include proteins, fats and carbs in their daily eating plans, however, what differs within each diet type is the quantity of proteins, fats, and carbs.

The Hauser Diet types:

Lion Diet type – 60 percent protein/25 percent fat/15 percent carbs;

Otter Diet type – 50 percent protein/25 percent fat/25 percent carbs;

Bear Diet type – 50 percent protein/fat and 50 percent carbs;

Monkey Diet type – 35 percent protein/fat and 65 percent carbs; and

Giraffe Diet type – 20 percent protein/fat and 80 percent carbs.

We know that starting a new diet may be intimidating, as it is challenging to break long-standing, unhealthy habits, but realize your future life depends on feeding your

body optimally. We encourage you to take the first step, which is to start shopping the perimeter of the grocery store and purchasing fresh food versus processed foods in boxes or cans. Work on reducing soda and/or sugar intake. Take small steps and work your way to providing your body with better fuels.

What foods are high in protein? Meat or animal proteins such as beef, pork, lamb, chicken, turkey, fish, eggs and dairy products are the foods that contain the most protein, and Lion/Otter Diet types should eat more of it. Monkey and Giraffe Diet types should be consuming vegetarian sources of protein including foods like lentils, nuts, chia seeds, tofu and chickpeas, along with lots of fresh vegetables.

When talking about fat, we do not mean eating a fast food burger and fries, we are talking about healthy fats, like avocados, EVOO, nuts and seeds, and full-fat dairy products. Good fats have beneficial effects on health and have been shown to help improve heart health, boost brain function and enhance nutrient absorption.

You need to be careful of the carbs you are eating because they may cause high blood sugar and produce stored fat and

cholesterol. However, good carbohydrates can come in the form of whole grains like quinoa, brown rice, oats and whole-grain pasta. Of course, vegetables are loaded with “good carbs!” Yes – leafy greens, spinach, tomatoes, broccoli, cauliflower, green beans and others provide your body with carbohydrates, as well as smaller amounts of protein.

Fruits, on the other hand, are 100 percent carbs. Thus, those following a more protein/fat-based diet such as the Lion or Otter Diet types should minimize their intake of fruit. And finally, sugar, sugary foods, as well as baked goods typically contain flour and sugar that are also carbohydrates but are less nutritionally dense. Thus, intake of these types of foods should be limited by everyone.

You will never be 100 percent ready to change; if you wait for the perfect time, it will never come. Make the change today.

*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](mailto:info@caringmedical.com).*

## Beautifulife:

### Rush



by Kay Casperson

My daughter, Kayla, recently went through a sorority rush at University of Alabama. Because of this, she could move into her dorm early, so we went from moving in right on to rushing back

to back. Needless to say, I stayed for both weeks for moral support, which I know was greatly appreciated.

The tradition of fraternities and sororities started back in the 1700s. They became undergraduate organizations that could provide social and academic support, which has grown to millions of students now involved with Greek life. Fraternities and sororities are also known for their philanthropy and have raised millions of dollars each year for various charities.

It was a production leading up to rush week, as the week consists of various themed days. This leads to many new outfits and accessories. Of course, this is all super fun for a young girl who already loves to shop, but it can be a bit stressful to make sure you’re wearing the appropriate attire each day.

The week started by getting introduced to all the different houses and organizations to list the top 12 favorites out of 17. After Kayla submitted her list, she received a list back from the organizations that wanted to see her again. The week started with sisterhood for a couple of days, which was a bit more casual, and getting to know the girls in each house. Then on to the philanthropy round, where she learned how each gives back, and the outfits are a bit more dressy. Then to the preference round, when you

return to your top two house picks. This is where you can understand everything you need to know about each to make your final decision. This round is the most dressy, as if you were going to a wedding or special event.

After the first day of getting to know each of the houses, Kayla was a bit overwhelmed. Over 2,500 girls were rushing this year, hoping to be involved with one of 17 houses. But when she entered the house that resonated with her, she knew immediately it was where she belonged. She called later that day and said, “Mom, I found my house, and there is not a doubt in my mind that this is my tribe.” Things were more relaxed then, and she enjoyed the rest of her week.

I must admit, Kayla handled this one better than I did. I was a bit more stressed each day, waiting to hear how things were going. I knew that there were more girls than ever before rushing and only so many houses. I prayed that she would land right where she was supposed to be.

On bid day, they all gathered in the stadium to open their envelopes. I watched her run to her house and meet her big sister, who would be watching over and mentoring her. I also met other parents and the organization’s leaders. It was a fantastic feeling of relief and calmness. My prayers were answered, and my heart was full. I walked away knowing that my baby, who is now an adult, has found her home away from home for the next few years, has support, and is happy.

My affirmation for you this week is:

“I will let go and trust the process in all situations of my life.”

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

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# PUZZLES

Answers on page 39



"Wait, don't \_\_\_\_\_ these!"

## 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!

Obvious

TROVE

Dominion

LAMER

Terrain

FILED

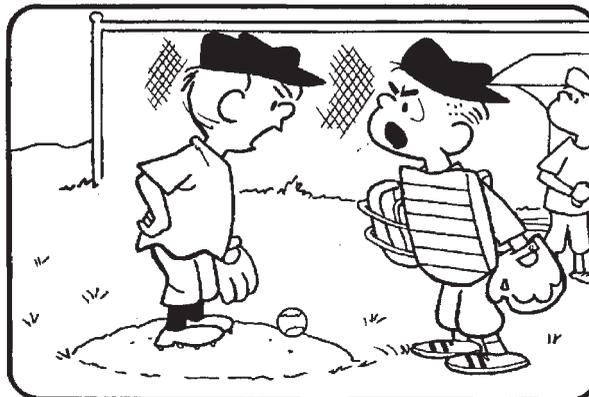
Crucial

GRUENT

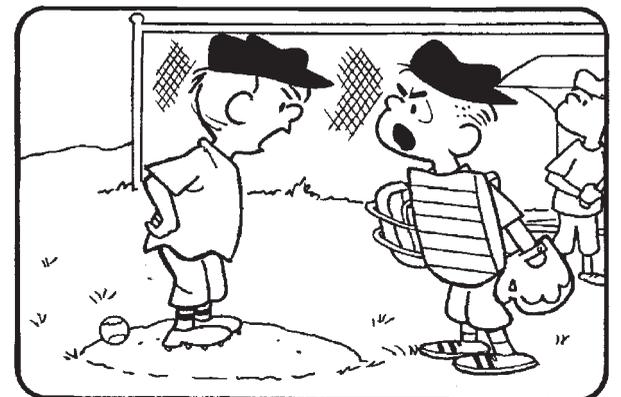
TODAY'S WORD

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is shorter. 2. Socks are different. 3. Ball is moved. 4. Glove is missing. 5. Sleeve is shorter. 6. Pants are shorter.

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

## To Play Sudoku:

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

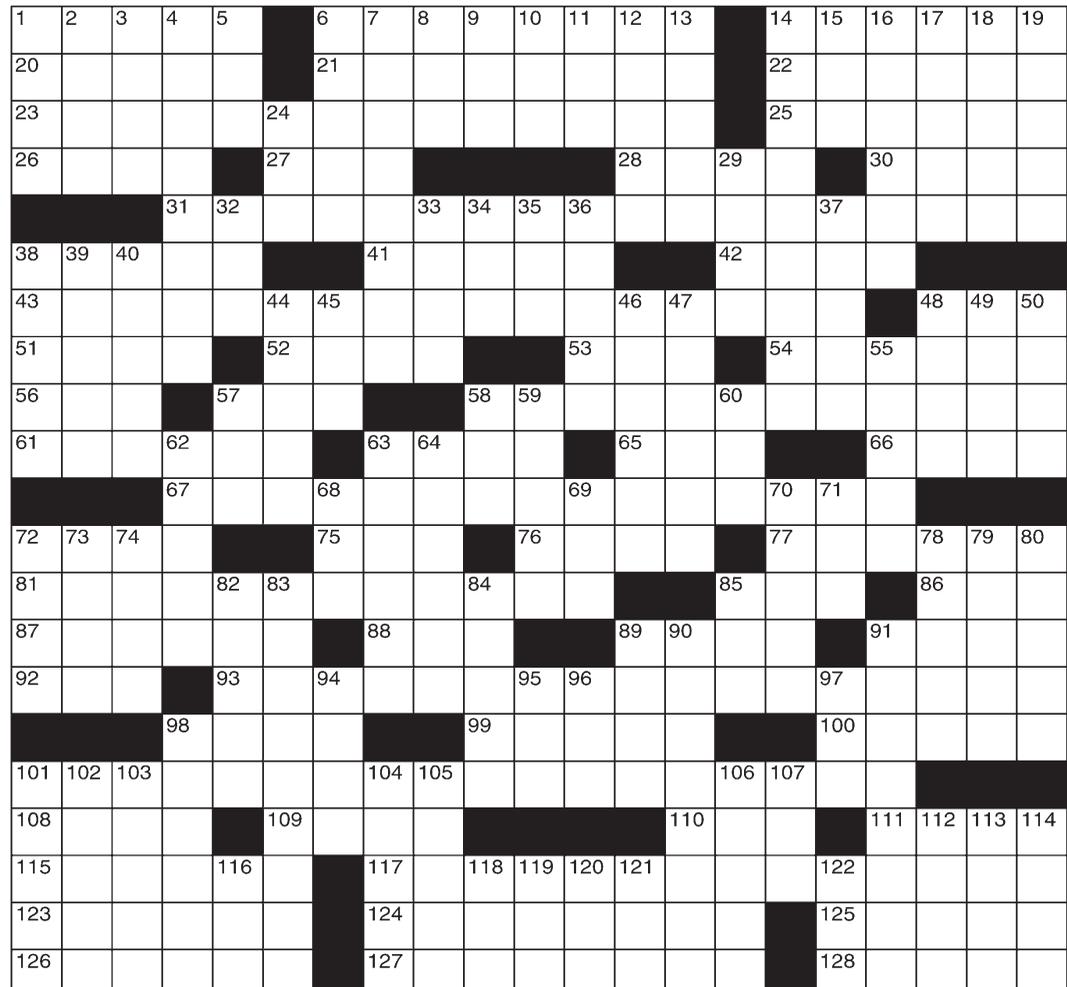
# PUZZLES

Answers on page 39

## Super Crossword

NFL MIX-UP

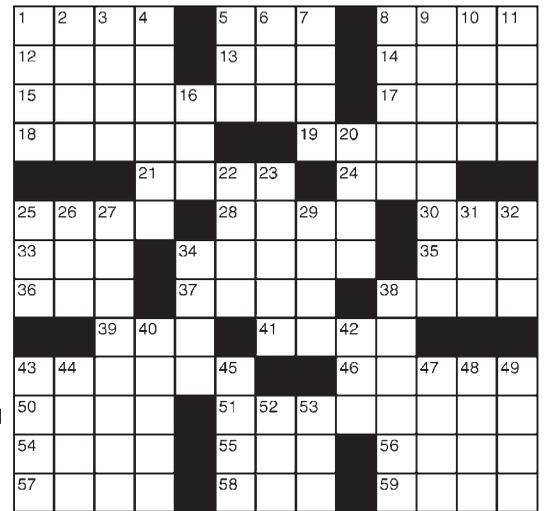
- ACROSS**
- 1 Cheddar-like cheese
  - 6 Pointy heel
  - 14 Catching with a lariat
  - 20 Love to bits
  - 21 Decorative park shelter
  - 22 Intro
  - 23 NFL team whose logo is a red planet?
  - 25 Canadian metropolis
  - 26 Guitar ridge
  - 27 Manning of the Giants
  - 28 Co. kingpins
  - 30 Cookout raiders
  - 31 NFL team whose logo is a prairie?
  - 38 President of Syria
  - 41 Small-time actresses Longoria and Mendes
  - 43 NFL team whose logo is a bracelet?
  - 48 Poet Jonson
  - 51 Estrada of "CHiPs"
  - 52 D-Day invasion river
  - 53 Here-there link
  - 54 Opposite of staccato
  - 56 Headed up
  - 57 Thurman of "Robin Hood"
  - 58 NFL team whose logo is a steak?
  - 61 "— Fideles" (yule carol)
  - 63 Go by ship
  - 65 Pre-takeoff abbr.
  - 66 Biblical "ark-itect"
  - 67 NFL team whose logo is a Lipitor pill?
  - 72 Gillette razor
  - 75 Rhinoplasty doc
  - 76 Nix from Nixon, say
  - 77 Like most slasher films
  - 81 NFL team whose logo is a sword?
  - 85 Diving seabird
  - 86 Wood chopper
  - 87 Venus — (Louvre statue)
  - 88 Brian of electronica
  - 89 Super-close buds
  - 91 Where a goatee grows
  - 92 Just-OK mark
  - 93 NFL team whose logo is a cheese curd?
  - 98 Old film critic James
  - 99 Justice Kagan
  - 100 Oscar winner Witherspoon
  - 101 NFL team whose logo is an amoeba?
  - 108 Arkin of film
  - 109 San —, Italy
  - 110 L-P link
  - 111 Final Four org.
  - 115 "Honor Thy Father" author Gay
  - 117 NFL team whose logo is a perfume bottle?
  - 123 Lounging
  - 124 Board, as a train
  - 125 Slabs
  - 126 Alleviate
  - 127 Half a school year
  - 128 Really vexed
  - DOWN**
  - 1 Baby cow
  - 2 Smell
  - 3 Be defeated
  - 4 "St. Elmo's Fire" bunch
  - 5 Longing
  - 6 Kind of wheat
  - 7 Lucky charm
  - 8 "— done it!"
  - 9 Fleur-de- —
  - 10 "A Nightmare on — Street"
  - 11 Carrere of "True Lies"
  - 12 Illuminator on a dime
  - 13 Advent
  - 14 President on a dime
  - 15 Choose
  - 16 Floral parts
  - 17 Nonsensical
  - 18 Pond wrigglers
  - 19 Lawn stuff
  - 24 Catch on to
  - 29 Baseballer Hershiser
  - 32 Tyrant Amin
  - 33 Light meal
  - 34 Prefix with cycle
  - 35 Burglarize
  - 36 Actor Hugh
  - 37 Artist's stand
  - 38 Amtrak train
  - 39 Fathered
  - 40 Sarcastic
  - 44 Ladies' club policy
  - 45 Target of the Million Mom March, for short
  - 46 What the weary have, in a saying
  - 47 Little cave
  - 48 Chachi player Scott
  - 49 Volcano in Sicily
  - 50 Light meal
  - 55 "Who ya — call?"
  - 57 Colorado tribe
  - 58 Affront, informally
  - 59 Pupil, in Paris
  - 60 Suffragist — B. Wells
  - 62 "My Two Dads" actress
  - 63 Karate teacher
  - 64 Former name of Kazakhstan's capital
  - 68 Prefix with 101-Down
  - 69 Ending for auction
  - 70 Bridge beam
  - 71 Rile
  - 72 "Moneytalks" rock band
  - 73 You, quaintly
  - 74 "The — of the Ancient Mariner"
  - 78 Western lake
  - 79 Leaves
  - 80 Concentrated
  - 82 Put straight
  - 83 Taken eco-friendly measures
  - 84 Like fillets
  - 85 Movie-archiving org.
  - 89 U2 vocalist
  - 90 Apartment sharer, to a Brit
  - 91 Neat and wholesome
  - 94 Nixing mark
  - 95 High peak
  - 96 For every
  - 97 Old PC screen
  - 98 Trojan hero
  - 101 Birth-related
  - 102 Thrill
  - 103 Swansea locale
  - 104 Stockpile
  - 105 Opposite of day, in Italy
  - 106 Soon to receive, as a treat
  - 107 Fa follower
  - 112 Traffic marker
  - 113 Singer Paul
  - 114 Office helper: Abbr.
  - 116 Iceland-to-Ireland dir.
  - 118 NASA lander
  - 119 Chimp, e.g.
  - 120 Denials
  - 121 Blast creator
  - 122 "Eureka!"



## King Crossword

ACROSS

- 1 Felines
- 5 Discoverer's call
- 8 Brewer's kiln
- 12 Owl call
- 13 Massage
- 14 Leg joint
- 15 Not-so-noble protagonist
- 17 Rat- —
- 18 Green sauce
- 19 Realm
- 21 Penny
- 24 Help
- 25 Persian leader
- 28 Knitter's need
- 30 Assoc.
- 33 Bit of wit
- 34 Rehab process
- 35 — chi
- 36 Even so
- 37 Slanted type (Abbr.)
- 38 Darned
- 39 Hollywood's Lupino
- 41 Take five
- 43 Burning
- 46 Leslie of "Gigi"
- 50 Songs for one
- 51 Daughter of Oedipus
- 54 Mon. follower
- 55 Half of XIV
- 56 Send forth
- 10 Char
- 11 Head, to Henri
- 16 Weeding tool
- 20 Tailless cat
- 22 Russian refusal
- 23 Early
- 25 Covert agent
- 26 Coloration
- 27 Cuba, Jamaica, etc.
- 29 Actor's quest
- 31 Cold and damp
- 32 Tonic's mixer
- 34 Actress
- 38 Put on, as a play
- 40 Dagwood's dog
- 42 High school subj.
- 43 Wine region
- 44 Boxing match
- 45 Roof overhang
- 47 Former Dallas QB Tony
- 48 Taking action
- 49 Tennis barriers
- 52 Wee bite
- 53 Spanish aunt



DOWN

- 1 Bloke
- 2 First-rate
- 3 Youngsters
- 4 Do needle-work
- 5 Raw mineral
- 6 "Ben- —"
- 7 Slender woodwind
- 8 Giraffe's kin
- 9 Poison remedy

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 A X V T R P A N E L D L K S F  
 J H F D B Y N C R X E I O I K  
 V T R P O O Y M I V T M P D C  
 K I G E T D B Y E T T O S A O  
 Z X W S U T R L R Q U 2 O M R  
 N L O O G A C I H C B 0 J I G  
 F B D C G S E T A T S 3 I A Y

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

- 13 states
- Butte
- Gary
- 3,020 miles
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- Madison
- Albany
- Cleveland
- Rapid City
- Billings
- Erie
- Rockford
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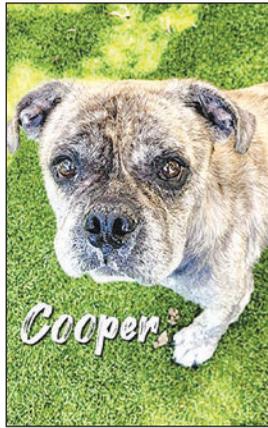


# PETS OF THE WEEK

Lee County Domestic Animal Services

## Cooper And Tesha

**H**ello, my name is Cooper. I am an 8-year-old male American bully mix. I am a micro bully weighing just 33 pounds... you have to come into the shelter to fully appreciate just how



Cooper ID# A933411

photos provided

adorable I am. My personality matches my picture. My adoption fee is \$25.

Hi, I'm Tesha. I am a 2-year-old female domestic shorthair. I am very independent and self-sufficient. I prefer to be an only cat. My adoption fee is \$20 and you get a feline friend at no additional fee.

Clear The Shelters, NBCUniversal Local's annual nationwide pet adoption

and donation campaign, will conclude August 31. Lee County Domestic Animal Services is participating for its fifth year. Clear The Shelter Event Day is Saturday, August 27 when all adoption fees will be waived. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$600 package.

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



Tesha ID# A931836

## My Stars ★★★★★ FOR WEEK OF AUGUST 22, 2022

**Aries** (March 21 to April 19)

A turn in a relationship upsets the amorous Arian, who is puzzled by Cupid's romantic antics. Be patient and considerate. The confusion will soon sort itself out.

**Taurus** (April 20 to May 20) It's a good time for travel-loving Taureans to take off for fun-filled jaunts to new places. And don't be surprised if Cupid tags along for what could be a very eventful trip.

**Gemini** (May 21 to June 20) You appear to be of two minds about continuing a relationship that seems to be riding roughshod over your emotions. A frank talk could help you decide one way or the other.

**Cancer** (June 21 to July 22) Stepping back from a relationship problem provides a fresh perspective on how to deal with it. Meanwhile, watch your words. Something said in anger now could backfire later.

**Leo** (July 23 to August 22) A changing situation makes the Big Cat uneasy. But hold on until things settle down in about a week. Meanwhile, continue your good work on that still-unfinished project.

**Virgo** (August 23 to September 22) A decided improvement in a workplace situation results in an unexpected, but very welcome, added benefit for everyone. Personal relationships also improve.

**Libra** (September 23 to October 22) Money matters remain a bit unsettled, but soon will ease into the kind of stability you appreciate. Meanwhile, an expanding social life offers a chance to make new friends.

**Scorpio** (October 23 to November 21) Use an unexpected roadblock in your monetary dealings to reassess your financial plans and make changes, if necessary. It soon will be smooth sailing again.

**Sagittarius** (November 22 to December 21) Aspects of love are strong for both single and paired Sagittarians. Professional dealings also thrive under the Sag's clever handling of difficult situations.

**Capricorn** (December 22 to January 19) Set a realistic goal and follow it through to completion. Remember, you're more likely to impress the right people with one well-done job than with lots of jobs left undone.

**Aquarius** (January 20 to February 18) You like to plan ahead. That's fine. But, be prepared to make some changes because of an unsettled period that influences your aspects throughout the next week.

**Pisces** (February 19 to March 20) A brief phase of instability affects your usual work cycle. Use the time to catch up on chores around the house or office. Things will settle down soon after this week.

**Born This Week:** You love being  
continued on page 38

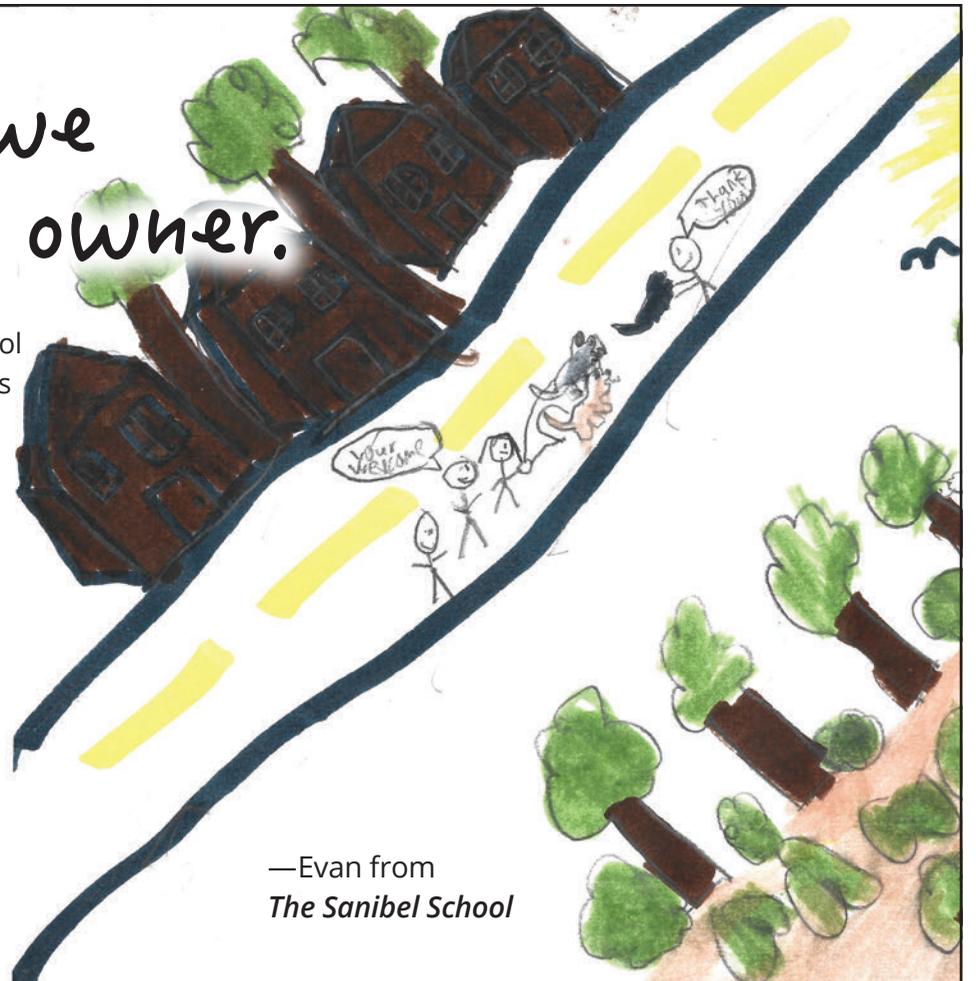
# In my neighborhood we returned a dog to its owner.

In honor of FISH's 40th Anniversary, students at The Sanibel School created works of art showing the importance of helping neighbors and family. We are inspired by their wonderful art and their clear understanding of how small acts of kindness can make a big difference. The future of FISH—and our young neighbors—is promising indeed.

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—Evan from  
The Sanibel School

# Humane Society To Clear Shelter

**G**ulf Coast Humane Society (GCHS), 2010 Arcadia Street in Fort Myers, will celebrate Clear the Shelters Adoption Day on Saturday, August 27 from noon to 4 p.m. There will be Draw Your Adoption Fee for adopters, many featured sponsored shelter animals (adoption fees paid for by sponsors) as well as 15 vendors and two food trucks.✱

From page 37

## My Stars

the center of attention and probably would be a big success in show business.

### MOMENTS IN TIME

- On Sept. 3, 1783, the American Revolution comes to an end when representatives of the United States, Great Britain, Spain and France sign the *Treaty of Paris*. The signing signified America's status as a free nation, as Britain formally recognized the independence of its 13 former American colonies.

- On Sept. 1, 1850, circus entrepreneur P.T. Barnum brings to the United States Jenny Lind (The Swedish Nightingale), the greatest opera performer in the world at the time. Her tour is believed to have netted Barnum close to a half-million dollars.

- On Aug. 31, 1888, Mary Ann Nichols, the first victim of London serial killer "Jack the Ripper," is found murdered in Whitechapel's Buck's Row. On Nov. 7, after a month of silence,

Jack took his fifth and last victim, Mary Kelly. In 1892, with no leads found and no more murders recorded, the Jack the Ripper file was closed.

- On Aug. 29, 1945, President Harry S. Truman authorizes the Navy to seize control of and operate petroleum refineries to counteract strikes by oil workers. Oil, gas and chemical workers had worked hard during the war to meet production demands and now wanted to return to a 40-hour work week. They resented the amount of money oil industry CEOs were making off of their labor while they simultaneously threatened to lower workers' wages after the war.

- On Sept. 4, 1957, Ford Motor Company unveils the Edsel. One reporter called it "an Oldsmobile sucking a lemon." In addition, at highway speeds, the famous hood ornament had a tendency to fly off and into the windshield.

- On Aug. 30, 1967, Thurgood Marshall becomes the first African American to be confirmed as a Supreme Court justice. He would remain on the Supreme Court for 24 years before retiring.

- On Sept. 2, 1987, the trial of Mathias Rust, the 19-year-old pilot who flew his Cessna plane into Red Square in May 1987, begins in Moscow. Rust had become an international celebrity after he flew completely undetected through Soviet airspace. Rust claimed that he was merely trying to promote world peace.

### NOW HERE'S A TIP

- To clean out the drawers of my husband's tool cabinet without disturbing the tools, I tucked a knee-high panty hose leg over my vacuum cleaner wand.

Most things stayed put, but the one or two small pieces of hardware that got sucked up were easily retrieved. I also did this on his workbench. I picked up all the dust and shavings along with the stray pieces of hardware. I pulled them out of the hose leg, and they were in a tidy pile for him to put away. – U.L. in Kansas

- Ripen a green tomato by wrapping it in a sheet of newspaper or placing it in a plain, small paper bag. Leave it on the counter and check it daily until ripe.

- You can keep ice cream from dripping out of the bottom of a cone. All you have to do is just place a small marshmallow or a piece of marshmallow in the bottom of the cone before you fill it with ice cream.

- Our family loves to make our own pizza, and we purchase dough from a pizzeria. On pizza nights, I pick up the dough first thing on the way home from work. I get it close to my work and let it sit in a bowl in the car while I pick up the kids and drive home. It takes about 45 minutes, so it's risen nicely while we've been on the go. – EF in New York

- If you've just purchased an expensive electronic item, take the packaging to a recycling center rather than advertise your purchase by putting the box at the curb. If you aren't able to take it somewhere, cut the box into uniform pieces and bind them together, nonprinted side facing out.

### STRANGE BUT TRUE

- Only two percent of the world's population have green eyes, but they weren't born with them. The hue takes from six months to three years to show up in children.

- Donnie Dunagan, who as a child actor supplied the voice of Disney's

Bambi, went on to become a highly decorated major in the U.S. Marines – and kept his movie role a secret for his entire 25-year military career.

- An Australian ground bird known as the lyrebird can mimic just about anything, from a crying baby to machinery.

- About 6,000 years ago, the barren Sahara Desert was actually a lush green forest.

- "Loganamnosis" is a word to describe an obsession with recalling a specific word that has been forgotten.

- Legend has it that Tate's Hell State Park, a 202,000-acre forest/swamp in Florida, got its curious name from a man who was lost in its wilderness and after finally emerging told a passerby, "My name is Cebe Tate, and I just came from hell" before collapsing.

- In 2016, the NFL returned more than \$700,000 of taxpayer money it had been paid by the U.S. Defense Department to honor the military at games.

- A Colombian man died after a parasitic worm that had invaded his gut developed cancer, which in turn spread through the man's body.

### THOUGHT FOR THE DAY

"No pessimist ever discovered the secret of the stars or sailed an uncharted land, or opened a new doorway for the human spirit." – Helen Keller

### TRIVIA TEST

1. **Literature:** What inanimate item does the crocodile swallow in the children's classic *Peter Pan*?
2. **Geography:** Which modern countries make up the ancient land known as Thracia?

# CLASSIFIED

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## RENTAL WANTED

### SIX MONTH WINTER RENTAL WANTED

Local tennis pro seeks small one room rental on Sanibel for six months.  
Quiet, with references.  
Call tony at 239-896-6385.  
8/26 ✱ TFN

## SERVICES OFFERED

### PROPERTY MANAGER/CARETAKER

Professional family seeking long-term position as Property Manager/Caretaker with accommodation on Captiva or Sanibel. Excellent reputation, years of experience and references.  
Please call or text Laura on 407-230-1294.  
8/26 ✱ 9/2

### ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc.  
Call or text Roger 239-707-7203  
State License #13002788  
4/20 ✱ TFN

## HELP WANTED

### FULL TIME ASSOCIATE

Sanibel Home Furnishings is seeking a full time associate with a passion for sales and design. Are you friendly, enthusiastic, creative, focused, organized and willing to learn? From showroom display and sales to working with clients on decorating projects, we are looking for that team-oriented person who loves color and understands home furnishings and design. Competitive wages with room to grow.  
Email resume to  
mysanibelresume@gmail.com  
8/26 ✱ 9/9

### 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

## HELP WANTED

### 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

### 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



3. **General Knowledge:** What is the symbol used in the zodiac sign Libra?
4. **Animal Kingdom:** What kind of animal is in the scientific order chiroptera?
5. **Medicine:** What is the Latin notation for taking a medication twice a day?
6. **Movies:** What is the name of Will Smith's character in *Independence Day*?
7. **Food & Drink:** Which flavor is predominant in the liqueur limoncello?
8. **Measurements:** What is 10 milligrams equal to in centigrams?
9. **Television:** In which decade is *The Goldbergs* sitcom set?
10. **Math:** What is the equivalent of the Roman numeral MCMLX?

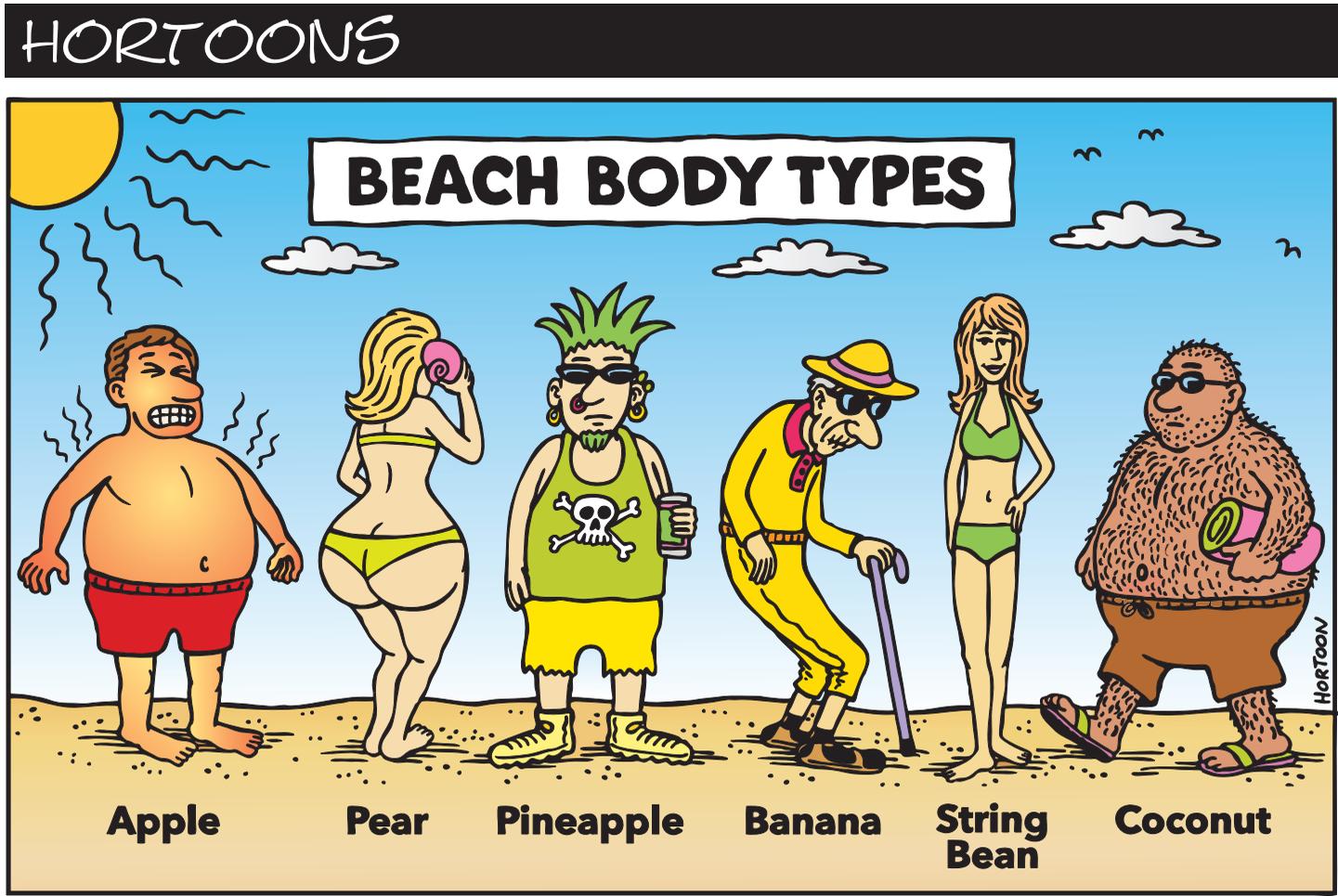
**TRIVIA ANSWERS**

1. A clock. 2. Bulgaria, Greece and Turkey. 3. The scales. 4. Bats. 5. b.i.d. (bis in die). 6. Capl. Steven Hiller. 7. Lemon. 8. 1 centigram. 9. 1980s. 10. 1,960.

**SCRAMBLERS ANSWER**

1. Overt 2. Realm  
3. Field; 4. Urgent

Today's Word  
**FORGET**



**Apple Pear Pineapple Banana String Bean Coconut**

**PUZZLE ANSWERS**

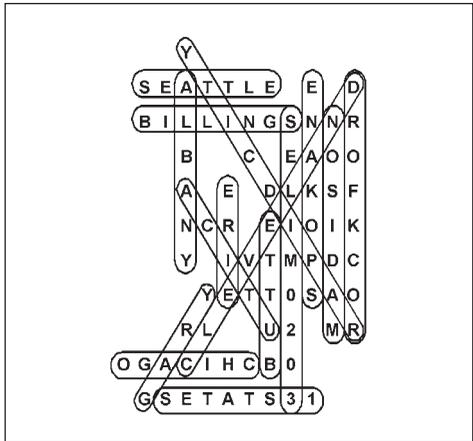
**SUPER CROSSWORD**

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ADORE PAVILION OPENER  
LOS ANGELES MARS OTTAWA  
FRET ELI CEOS ANTS  
PITTSBURGH TREELISS  
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CINCINNATI BANGLES BEN  
ERIK ORNE NOR LEGATO  
LED UMA DETROIT LOINS  
ADESTE SAIL ETD NOAH  
TENNESSEE STATIN  
ATRA ENT VETORRATED  
CHICAGO SABER AUK AXE  
DEMILLO ENO BFFS CHIN  
CEE INDIANAPOLIS CLOTS  
AGEE ELENA REESE  
NEW ENGLAND PROTISTA  
ALAN REMO MNO NCAAA  
TALESE ATLANTA FLACONS  
ATEASE STEPONTO HUNKS  
LESSEN SEMESTER ATEAT

**KING CROSSWORD**

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ANTIHERO ATAT  
PESTO EMPIRE  
CENT AID  
SHAH YARN ORG  
PUN DETOX TAI  
YET ITAL SEWN  
IDA REST  
ABLAZE CARON  
SOLI ANTI GONE  
TUES VII EMIT  
ITSY EPA DOT S

**MAGIC MAZE**



**SUDOKU**

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

**Top 10 Real Estate Sales**

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Shell Harbor	Sanibel	1972	2,302	\$3,250,000	\$3,250,000	28
Sandy Shoals	Bokeelia	2004	3,203	\$2,999,900	\$2,625,000	112
Caloosa Cove	Fort Myers	2003	3,909	\$2,870,000	\$2,400,000	131
Gulf Harbour Yacht & Country Club	Fort Myers	2000	5,713	\$2,999,000	\$2,300,000	82
Intracoastal Harbour	Fort Myers	1999	4,310	\$2,499,000	\$2,287,500	44
Cape Coral	Cape Coral	2017	3,500	\$2,499,000	\$2,265,000	48
Cape Coral	Cape Coral	2007	4,779	\$2,575,000	\$2,200,000	96
Seaspray Subdivision	Sanibel	1986	2,922	\$1,795,000	\$1,650,000	59
Beachview Country Club Estates	Sanibel	1997	2,681	\$1,699,000	\$1,580,000	21
Imperial Shores	Bonita Springs	2021	2,382	\$1,485,000	\$1,485,000	162

Courtesy of Royal Shell Real Estate

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