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VOL. 30, NO. 10

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 2, 2022

SEPTEMBER SUNRISE/SUNSET: 2 7:08 • 7:48 3 7:09 • 7:47 4 7:09 • 7:46 5 7:10 • 7:45 6 7:10 • 7:44 7 7:11 • 7:43 8 7:11 • 7:42

Hefty Gain In Conservation Land For Florida

On August 23, Gov. Ron DeSantis and the Florida Cabinet invested more than \$56 million to acquire seven properties across the state that will be designated for conservation. The seven parcels total nearly 20,000 acres, more than 98 percent of which are within the Florida Wildlife Corridor, a recently designated network of connected lands that are crucial for wildlife habitat.

“Acquiring lands for conservation and recreation is a top priority for my administration,” said Gov. DeSantis. “Conservation of these key properties will forever benefit water quality, rare wildlife habitats and corridor linkages, as well as support Florida’s ever-growing economy.”

“We are grateful to Governor DeSantis and the Cabinet for supporting



The acquisition includes nearly 20,000 acres, more than 98 percent of which are within the Florida Wildlife Corridor
photo by Carlton Ward Jr./Wildpath

these acquisitions,” said Department of Environmental Protection (DEP) Secretary Shawn Hamilton. “These projects will provide protection to imperiled species and connectivity for recreational and wildlife corridors, and will support the preservation of Florida’s natural landscapes for future generations. We also appreciate our many agency and community partners who helped to make these projects possible.”

Details on the acquisitions include:

- The addition of 768 acres within the Wolfe Creek Florida Forever Project in Santa Rosa County, which is part of an ongoing strategic partnership between federal, state, local and private entities. This acquisition expands public recreational opportunities and provides a corridor between Blackwater River State Forest and other state-owned conservation lands near Whiting Field Naval Air Station. This property will be managed by the Florida Forest Service as an addition to

continued on page 14



Volunteers with buckets of trash collected during a previous cleanup photo provided

Help Needed For Coastal Cleanup

As part of the Ocean Conservancy’s annual International Coastal Cleanup, the Sanibel-Captiva Conservation Foundation (SCCF) Coastal Watch group is organizing volunteers to pick up garbage and debris on Sanibel and Captiva beaches on Saturday, September 17. To sign up for a section of beach this year and join the global effort, visit www.bit.ly/sccf-cleanup-2022.

Although many sections are limited to two sign-ups, larger groups or families can participate together. If you would

like to sign up a large group, email coastalwatch@sccf.org with your beach site request and how many participants.

Download the CleanSwell app to track the amount and type of trash collected. Data sheets will be provided on the day of the cleanup for those who prefer a hard copy.

All participants will meet at 9 a.m. at Sanibel Sea School, located at 455 Periwinkle Way. Supplies will be provided; trash buckets, gloves and data sheets. A limited number of free T-shirts will also be available.

Departure time to designated beaches will be at 9:30 a.m. Participants will be

continued on page 2

Pink Tea Party To Feature Lineup Of Local Talent

Local artists participating in the Annual Pink Tea Party on Sunday, October 4 include: Paul Rozmus of the Renata Band; Lisa Walsh, designer at RS Walsh Landscaping; and Ted Myerson, photographer. The fundraiser supports cancer needs in the community.

“The Annual Pink Tea Party launches the October Pink Project events planned to encourage the entire community to come together and support one another,” said San Cap Pink Project President and cancer survivor Ann Neubauer. “It is an opportunity not just to raise funds, but to have fun, bring joy, celebrate life and honor others. Advancements in cancer treatment are what saved my life, but community support is what got me through it successfully.”

Rozmus, master flautist, will set the tone with his mixture of smooth jazz, pop, funk and blues. Rozmus owns Face 2 Face Studios and can be heard locally in the Renata Band at a variety of venues, including Key Lime Bistro on Captiva. Classically trained in Europe, Rozmus has built a reputation internationally as an entertainer, songwriter, producer and conductor.

Walsh will donate the centerpieces again this year. “The centerpieces will be potted, using a species that can



Paul Rozmus photo provided

be transplanted locally such as pink dipladenia or pink mandevilla,” said Walsh. “Last year’s orchid centerpieces were stunning, and we anticipate even more floral beauty this year,” said Mary Bondurant, San Cap Pink Project founder. “As an added bonus, this year centerpieces will be given to attendees to take home.”

Myerson will be on hand again this year to capture the experience for attendees. “This is a great opportunity to bring friends and family who are cancer

continued on page 18

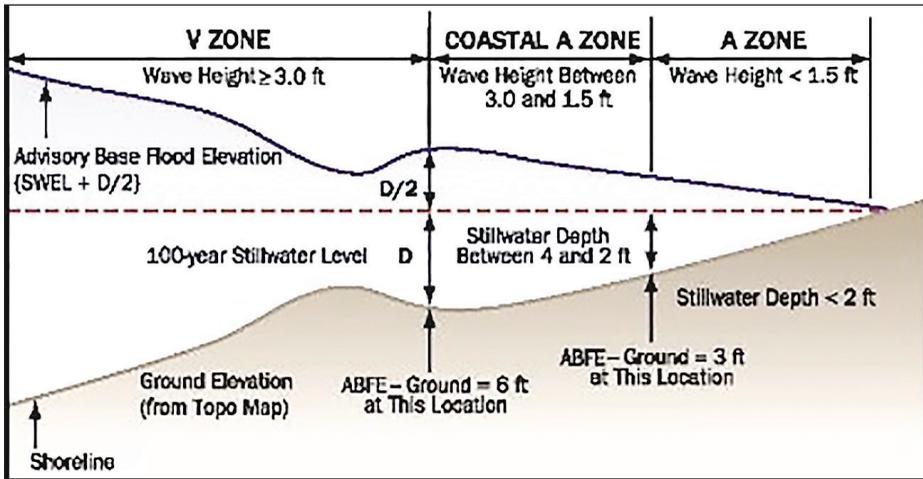


Diagram defining zones

images courtesy City of Sanibel

Planners To Discuss New FEMA Flood Maps

by Wendy McMullen

The Sanibel Planning Commission will discuss the implications of the new Federal Emergency Management Agency (FEMA) maps at its meeting on Tuesday, September 13.

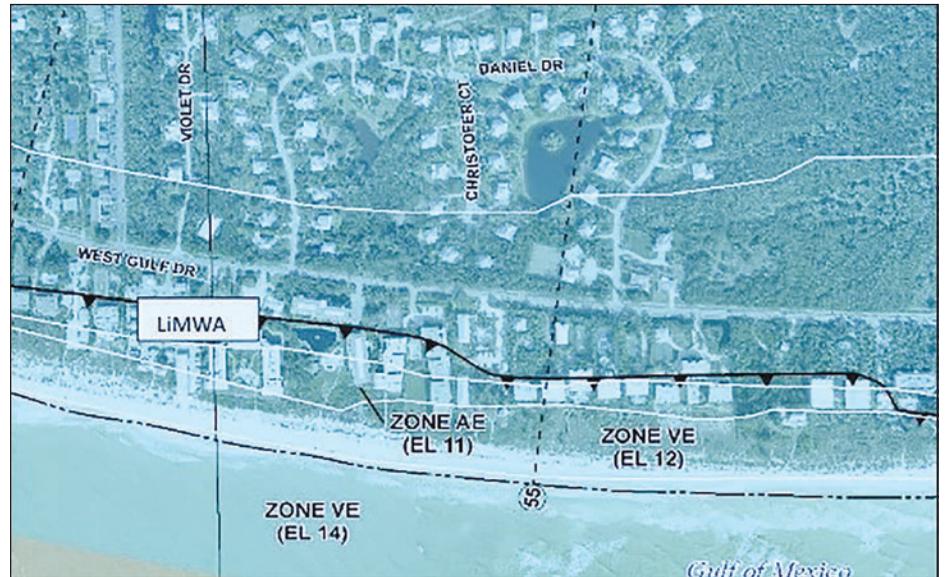
These new flood maps will put Sanibel in different flood zone categories and may increase insurance costs, according to FEMA.

The new maps, which come into effect on November 17, define all of Sanibel as a coastal high hazard area in

the AE zone. This means that National Flood Insurance Programs floodplain management regulations must be enforced throughout the island. These regulations include the provision that homeowners must purchase flood insurance if they have a mortgage.

They also show VE zones around the coastal areas along the Gulf of Mexico, San Carlos Bay, Pine Island Sound, Blind Pass and Tarpon Bay. FEMA estimates that waves and fast moving water may cause extensive damage during a one percent annual chance flood in these VE areas.

The maps also include a new coastal A zone, defined as the land between a new line, called the Limit of Moderate Wave Action line (LiMWA) and the VE zone. This coastal A zone is the area



Example of LiMWA

landward of a V zone, or open coast, where the potential for breaking wave heights will be between 1.5 feet and 3.0 feet during floods.

Coastal A zones are not depicted on the flood maps. The coastal A zones on Sanibel are any AE zones located where the LiMWA arrow points, and

are waterward of the limit of moderate wave action line.

FEMA warns that if you live or own property in any of these areas, your plans to build or renovate, or your National Flood Insurance Policy (NFIP) premiums, may be affected.*

From page 1

Coastal Cleanup

responsible for parking and transporting collected trash. Once filled, buckets will be returned to Sanibel Sea School to be

weighed and properly disposed of.

If you wish to participate at a location outside of Sanibel and Captiva, visit the Keep Lee County Beautiful website at www.klcb.org/events/coastal-cleanup.*

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Creating fruit animals was a popular station photos provided



A young guest painting a ceramic rainbow box to take home



Making rainbow charm bracelets and keychains was a fun activity

Next Messy Church Theme Is All About Building

The next Messy Church gathering for families and community members will be held on Sunday, September 11 from 4 to 6 p.m. at St. Michael and All Angels Episcopal Church.

September's theme is building using your favorite toy bricks, mini-figures and other building items. There will be activity stations for all ages including build the biggest tower, design your own mini-figure, do printmaking with bricks, make structures with marshmallows and toothpicks and create brick jewelry. The meal will be a "build your own" taco bar.

Last month's animal theme was a big hit. Messy Church is a free, no pressure opportunity for all ages to gather in a welcoming environment. For more information, visit www.saintmichaels-sanibel.org/messy-church, or contact Sue Van Oss at 472-2173 or communications@saintmichaels-sanibel.org. St. Michael and All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel.*

CHR Seeking Limited Number Of Local Artists

Community Housing and Resources (CHR) is kicking off a new public art project this year, called Give Your Heart to CHR. Artists are needed to create original works on 15 heart forms that are approximately 46 inches high, 40 inches wide and 14 inches deep. on a post and with a base. The hearts are made of a fiberglass/resin material, secured on a post with a base, primed and ready for the artist's brush.

If you are interested in designing a heart for CHR, the form will be delivered to you on Saturday, October 1 and must be completed and delivered to CHR by Saturday, November 26.

The hearts will be showcased by CHR sponsors around the islands from

Thursday, December 1 until the grand finale live auction, which will be held on Saturday, February 4.

If you are interested in donating your talents for this CHR fundraiser, email Melissa Rice at mriceteam@aol.com.

This year's auction is limited to only 15 pieces of art, so artists are asked to complete a brief application, which can be completed and submitted on the website at <https://sanibelchr.org/heart-artist-application>. Applications must be received by Thursday, September 8.

CHR depends on fundraising support for over 40 percent of its operating budget. The Give Your Heart to CHR fundraiser will raise funds to support CHR's mission: to provide affordable homes for families and individuals who work in and serve the island community.

To view examples of hearts created by artists for San Francisco General Hospital Foundation, visit <https://sfgfhf.org/heart-gallery/>.*



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Sanibel Historical Museum And Village

Looking Back: The Shanahans

This image depicts Webb Shanahan with his daughter, Katharine, also known as "Snookie." Webb was 2 years old when he came to Sanibel with his family from Key West so that his father, Henry Shanahan, could become assistant lighthouse keeper. Henry's wife died in 1895. That year, Othman and Irene Rutland and their children moved to Sanibel because the Great Florida Freeze had destroyed his groves in Apopka. Othman died in 1899, and the Shanahan and Rutland families merged when Henry married Irene. They added one more child to the dozen in the combined family. Webb eventually married his stepsister, Pearlie.

Sanibel Historical Museum and Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access. Admission is \$15 for adults over age 18; no charge for members and children.

The village is closed for the off-season and will reopen on Tuesday, October 18. Fall hours will be Tuesday through Saturday from 10 a.m. to 4 p.m. with guided tours at 10:30 a.m. and 1:30 p.m., based on docent availability.

For more information, visit www.sanibelmuseum.org.✱



Webb and Katharine "Snookie" Shanahan photo courtesy Sanibel Historical Museum and Village

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

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

CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Worship services every Sunday at 11 a.m., November 13, 2022 through April 30, 2023. Sunday services posted on the chapel's website, www.captivachapel.com and www.facebook.com/Captiva-Chapel-By-The-Sea. 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM

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

FIRST CHURCH OF CHRIST, SCIENTIST

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

SANIBEL COMMUNITY CHURCH

Sunday service at 10 a.m. July 10 though

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

Interim Pastor: Rev. Dr. Randall Niehoff. Chapel Service at 7:45 a.m., Traditional Worship Service at 10 a.m. www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Father Ed. Martin, Pastor. Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. www.saintisabel.org, 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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



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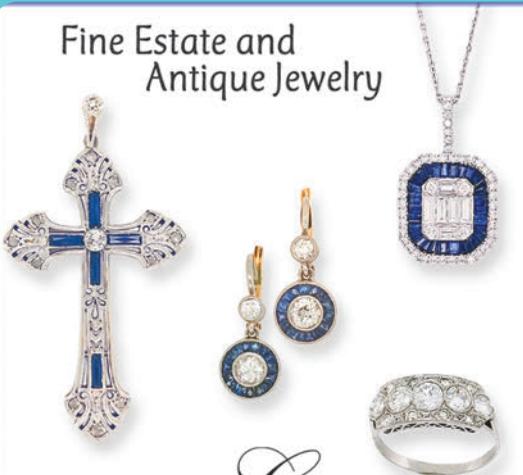
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Center 4 Life At The Rec Center

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

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

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

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

Gentle Yoga – Tuesdays and Thursdays, 9:30 to 10:30 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

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

Kayaking – Tuesday, September 20, 8:15 to 11 a.m., weather permitting. Sign up in person at the Sanibel Recreation Center. Cost is \$5 for members and \$20 for non-members. Basic skill level

required for most trips but some trips require more experienced levels. This is an active paddle and you must be able to independently enter and exit the kayak, and keep up with the leaders. Restrictions apply. Call Jessica or Dave at 472-0345.

Page Turners Book Club – In person and Zoom, Osprey Room. For more information, contact Louise Fitzgerald at sanibelbum22@gmail.com.

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

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

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

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

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

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

Community House Calendar

The Community House will be closed to the public from August 30 to September 5 for maintenance. It will reopen on Tuesday, September 6.

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. A shell crafting class is offered at 10 a.m. There is no charge to attend; supplies start at \$5. Young children must be accompanied by an adult.

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

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

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

Speakers wanted. The Community House is looking to bring back its speaker series. If you or someone you know likes public speaking and is knowledgeable about local produce or food, cultural cuisine like Thai or German, DIY projects such as gardening or composting, travel and food stories, contact office@sanibelcommunityhouse.net. Women leaders and changemakers are also needed for a women's speaker series. Mangos are needed for youth cooking

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

Sanibel-Captiva Art League members JoAnn LaPadula and Julia Tamblin are exhibiting their work during September. Viewing hours are 9 a.m. to 1 p.m. Monday through Friday.

The next arts and crafts fair is scheduled for Sunday, October 23. Local artists can apply for a table by emailing marketing@sanibelcommunityhouse.net. Cost is \$75.

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

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

Art kits are also available for purchase or to ship. There are eight different postcards to color and Zentangle. Marker and educational video link included. Cost is \$20 per kit; shipping is \$10 additional.

Proceeds from art and craft kits support operations at The Community House. Available from 9 a.m. to 1 p.m. Monday through Friday.

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

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Household Chemical Waste Collection Day

City of Sanibel residents can safely and responsibly dispose of household chemical waste (HCW) such as leftover paints, cleaners, herbicides, pesticides, automotive fluids and pool chemicals on Wednesday, September 7 from 9 a.m. to 1 p.m. at Sanibel Public Library. The collection is in partnership with Lee County Solid Waste.

Drop off is a drive-through process available to all residents at no charge.

The HCW collection is part of the interlocal agreement between the City of Sanibel and Lee County to provide residents convenient and responsible disposal of chemicals that might otherwise be harmful to people and the environment.

The collection is for residential chemical waste only. Businesses that need chemical waste disposal can call 533-8000 to schedule an appointment for the monthly business collection held at the county's permanent household chemical waste drop-off location, which is located at 6441 Topaz Court, off Metro Parkway in south Fort Myers.

The following items are not chemical waste: empty paint cans and dried paint; empty automotive fluid containers; small-engine equipment such as pressure washers, lawnmowers and weed eaters; small electronic parts such as routers,

mice and keyboards; tires; and small appliances. These items can be set out with your regular household garbage.

Sanibel Public Library is located at 770 Dunlop Road.✪

OBITUARY

JOAN M. GOOD

Joan M. Good, 88, moved to Fort Myers in 1967 from Chicago, Illinois. She was an active real estate broker on Sanibel Island for over two decades and a devoted member of Zonta International.



She died peacefully in Meza, Arizona on Friday, August 26, 2022.

She was truly a giving mother, grandmother and friend. A treasury of memories will live on and be cherished by her four children, David (Debbie) Good, Janet (Jeffrey) Leasure, Kathy Good, James B. (Lisa) Good, her son-in-law Randy Posey; six grandchildren, Ashley (Will), Sarah, RJ (Amber), Lindsey (Mark), Christopher, Theresa, and great-granddaughter, Violet.

There will be a Celebration of Life on Saturday, September 3, 2022 at 10 a.m. at Fort Myers Memorial Gardens Funeral Home, located at 1589 Colonial Boulevard in Fort Myers.✪

including entry ports, while performing lifesaving missions as first responders and humanitarian service providers to aid at sea and/or shore including natural or manmade disasters.

Fortune is a veteran coastie, quartermaster second class who served on Coast Guard Cutter *Winnebago*, WHEC-40, out of District 14, covering Hawaii and the Pacific. The *Winnebago* provided search and rescue services and a communication link to air navigation and merchant ships, while maintaining a position known as Ocean Station Victor between Midway Island and Japan. His role as quartermaster navigator carried over to his duty assignment on the *Jonquil*, where navigational aids (buoys) required exact placements along channels and waterways along the North Carolina coastline. Fortune's crewmates included Jon Whitman, Joe Cheek, Ron Lee and Robert Murph, along with Don Gagnon and Milton Russell.

Fortune's turn to host visiting coasties and their families will include outings to Sanibel Lighthouse, JN "Ding" Darling National Wildlife Refuge and Clinic for the Rehabilitation of Wildlife (CROW), day trips aboard Captiva Cruises vessels to San Carlos Bay fish houses, Cayo Costa, Cabbage Key and/or Useppa Island. Dolphin and sunset tours, favorite watering holes and restaurants are also on the itinerary.

If you see a group of "old coasties" in blue Coast Guard hats or T-shirts, feel free to stop them, say hello and thank them for their service. Semper Paratus.✪

Coast Guard Reunion Under Way On Sanibel

A reunion of ex-coasties on the islands began on August 29 and runs through September 15. Shipmates and family members from the 5th Coast Guard District covering North Carolina are visiting the area. Hosting this year's reunion is shipmate Dick Fortune and his partner, Sara Lopez, who reside on the west end of Sanibel.

Coast Guard base Fort Macon in Atlantic Beach, North Carolina (also a barrier island), was their last duty station together 1967-69. Base Fort Macon was home to ocean-going cutters and buoy tenders that serviced aids and navigation along North Carolina's outer banks and coastal communities, and stood ready to provide search and rescue operations.

Shipmates aboard Coast Guard buoy tender *Jonquil*, WLB-330, performed aids to navigation services, law enforcement, and search and rescue roles along North Carolina's coastal shorelines and navigable waterways. The 189-foot tender was on readiness status to respond to any maritime need noteworthy of the Coast Guard's peace time role. The Coast Guard was transferred to the Department of Treasury in 1967 and later, in 2003, to the Department of Homeland Security, where it currently serves. Today, the Coast Guard enforces the nation's laws at sea and guards the nation's vast coastline,

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Open Bodies Of Water Still Under Scrutiny

by Wendy McMullen

Open bodies of water have been a difficult area for city planners since the Sanibel Land Development Code came into existence 46 years ago. The Sanibel Planning Commission attempted to simplify the complicated issue at a special meeting on August 23.

However, it's a daunting task and commissioners, urged by Mayor Holly Smith, decided to ponder all the issues raised in the comprehensive report delivered by planner Kim Ruiz. They then voted to share notes in a public digital format and get back to the issue at a later meeting.

Open bodies of water are particularly significant on Sanibel because they can determine where, how and, even if, one can build on a piece of vacant land. The current rules dictate that no structure can be built closer than 20 feet from an open body of water, whether that be a huge lake or a small ditch.

A recent case in Sanibel Bayous highlighted the problem when owners were refused permission to build close to a large puddle or, some might say, a small pond, which formed in the hole created by an uprooted Australian pine.

As a result, city council directed planners to review the definition of open bodies of water and make recommendations. They are currently defined as any natural or man-made lake, pond, river, creek, marsh, slough, ditch, canal, bay, inlet, lagoon, swamp, bayou, cut, gulf or retention pond where water is present at least three months of the year.

They are important to retain, as Planning Commissioner Ty Symroski pointed out, in order to provide water for wildlife and native plants, and the natural habitat. They are also vital in protecting the surficial aquifer from saltwater intrusion by preventing downward percolation of freshwater.

In recognition of the difficulty of

ascertaining the length of time water remains on the property, Ruiz suggested at an earlier meeting using a series of 26 groundwater wells established nearly 50 years ago to determine the depth of the groundwater aquifer. Planning commissioners, however, wanted the eco-zone maps introduced when the Sanibel Land Use Plan first came into existence, along with the wells to define open bodies of water. They also suggested an exception for small bodies of water that amounted to little more than a large puddle.

Last week's report also suggested that variances not be required for all lots where open bodies of water were present and that the city manager or his designee could determine whether an environmental assessment report would be required.

Changes to the variance requirement would allow planning staff to review and approve development without the long form development permit that triggers a variance. If the owner of the property disagrees with the staff decision, then the long form development permit would be required.

The proposed plan also waives the setbacks from the open bodies of water in particular circumstances. Eco-zone restrictions developed as part of the Comprehensive Land Use Plan would remain, limiting the amount of development but it would permit owners to situate the structure more effectively.

Currently properties having open bodies of water require a survey, an environmental assessment and a variance if that body of water is disturbed in any way by the proposed development. This particularly affects many lots that have swales or ditches caused by the practice of taking soil from either side to make a road. The driveway leading to the structure has to cross the roadside ditch caused by the excavation in the majority of these lots, and the report suggested exempting this as a requirement for a variance.

Most of the discussion at the meeting involved interior open bodies of water produced by rainfall and the water table. Coastal waters are those that change with the tide and include man-made canals linked to bay or gulf waters.*

Arrest For Video Voyeurism At Bowman's Beach

The City of Sanibel Police Chief William Dalton announced the arrest of Dana Alan Caruso of New Hampshire, who the Sanibel Police Department has been investigating for video voyeurism at Bowman's Beach Park since July 28. As a result of the investigation and the coordinated assistance of several other agencies, Caruso was arrested on August 19 in Chicago, Illinois and is awaiting extradition to Lee County.

On July 28, employees with Sanibel's Public Works Department noticed a new fire alarm device had been installed on the wall of the family restroom located at Bowman's Beach Park. After verifying the device had not been installed by staff in the public works department, the Sanibel Police Department was notified.

Officers from the police department responded and initiated an investigation. The officers verified the device was not a fire alarm and suspected it could contain a video recording device. The Sanibel Police Department obtained a search warrant to check the contents of the device and discovered it contained a video camera.

After further investigation, the Sanibel Police Department was able to identify a suspect who may have installed the unauthorized video recording device. The police notified other law enforcement departments in Southwest Florida so restrooms and changing areas in other jurisdictions could be checked for similar devices.

On August 9, the Sanibel Police Department secured an arrest warrant for the suspect and coordinated with other jurisdictions in Florida to locate him. On Friday, August 19, law enforcement officers in Chicago's O'Hare Airport arrested the 58-year-old white male, Caruso, for the warrant. The arrest warrant lists several felony and misdemeanor charges for Caruso. The Sanibel Police Department is working with other members of the law

enforcement community to facilitate extradition and prosecution in this case.

The information concerning this crime was not released earlier to prevent the police investigation from being compromised. Chief Dalton said, "The suspect was thought to be moving through various communities in Florida, and our detective was working through the leads quickly with the help of the State Attorney's office and the Lee County Sheriff. We had to stay focused on the investigation until he was apprehended."

Sanibel police have learned that several beach patrons were recorded while using the family restrooms at Bowman's Beach Park on July 28. The Sanibel police chief is asking residents and patrons who may have used the family restrooms on this date to contact his staff. "The person who installed this video camera to capture unsuspecting patrons using the family restroom will be brought to justice," said Chief Dalton. "I ask that anyone who used the family restroom facilities at Bowman's Beach Park on July 28 to contact Detective John Eicher by calling 472-3111. We would like to identify victims of this crime so additional charges against the suspect can be considered."**

Vegetation Trimming Notice

Vegetation trimming will continue through Friday, September 9 from 8 a.m. to 5 p.m., weather permitting, along Sanibel-Captiva Road from Buckthorn Lane to Pine Avenue. Crews are trimming both sides of the road, including the shared use path.

Due to the nature of the vegetation work, one lane of Sanibel-Captiva Road may be intermittently closed to traffic. Be prepared for delays. Drivers and pedestrians are urged to proceed slowly and cautiously through the area when workers are present.

If you have any questions regarding the vegetation trimming project, contact the City of Sanibel Community Services Department Public Works Division at 472-6397.**

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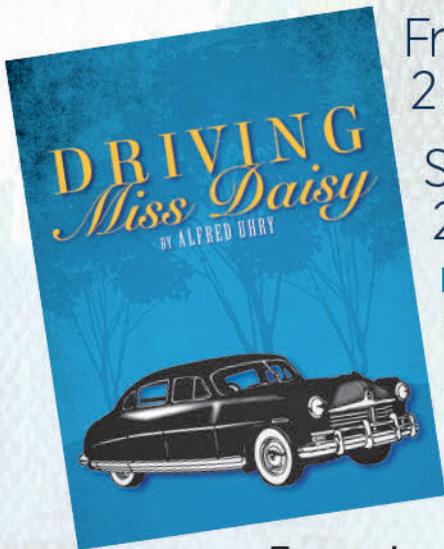


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Sat. October 1 •
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CONCERTS

Thur. September 22 • 7 p.m.

Sanibel Duo

Shell Point's Summer Concert Series continues with the Sanibel Duo. Violinist Renata Arado and pianist Erik Entwistle, both Sanibel residents, have been performing together for the past six years. Renata teaches at the Canterbury School and Aspen Music Festival. Erik performs frequently for the Sanibel community and composes music inspired by the natural beauty of our area. Tickets \$40



Renata Arado,
Violinist

Erik Entwistle,
Pianist

IN THE GALLERIES

Through Sat. October 22

Unconfined Creativity:

Works from the Crossroads Prison Art Project

This exhibition of 100 works in the Shell Point Gallery challenges common perceptions of the incarcerated—and invites us to look beyond the art to see the humanity of men and women behind bars. In the Legacy and Overlook Galleries, *Imagine That! Artworks by the Glass and Pottery Studios* present nearly 70 3D works by both experienced and new artists at Shell Point, as well as those created from residents just beginning to learn their artistic skills. 10 a.m. - 3 p.m. Tues. - Sat. FREE

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Unconfined Creativity with Eliezer Yeong

Eliezer Yeong, the Prison Art Project Coordinator from Crossroad Prison Ministry, will discuss the origins of the Crossroads Prison Art Project and introduce artwork from all over the United States. Creativity cannot be confined! Free with RSVP 239-415-5667

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Queen caterpillars need native milkweeds
photos by Gerri Reaves

Keep your eyes peeled for the broadhead skink on trees and in debris

A marsh rabbit appreciates cover and nibbles

Plant native coontie, and the tiny atala hairstreak butterfly might claim a new neighborhood

Plant Smart Little, But Just As Wild

by Gerri Reaves

You don't have to visit a park or preserve to see wildlife. Create a natural garden by planting species that wildlife need, and take a break from rigid pruning and mowing regimes.

Think of it as a small sanctuary – even a few square feet – for animals, where a little messiness gives them a survival advantage.

Many gardeners work assiduously to

attract butterflies and birds, but there are other fascinating species that might appreciate the same environment, such as rabbits, skinks and moths.

If you want to attract native butterflies, you can't go wrong with passionflowers, specifically, corkystem (*Passiflora suberosa*) and purple passionflower (*Passiflora incarnata*).

These easy-to-grow species are host plants for the zebra longwing, Julia and gulf fritillary butterflies, and are nectar plants for others.

Host plants give you the chance to watch magic of the entire life cycle, from egg to larvae, chrysalis to emerging butterfly. Plant native milkweeds, and

you might see the dramatic caterpillars of monarch, queen and soldier butterflies.

Coontie, or zamia (*Zamia pumila*), might bring the stunning Atala hairstreak to your yard. Decades ago, the atala was nearing extinction, but the widespread planting of that host has greatly increased populations.

One of the easiest ways to create a butterfly "pantry" is to allow many of the native volunteer wildflowers that are often called "weeds" to thrive.

The great southern and checkered white butterflies, for instance, need poor-man's pepper (*Lepidium virginicum*).

A few other desirable so-called weeds

are beggarticks (*Bidens alba*), cheesytoes (*Stylosanthes hamata*), Florida pellitory (*Parietaria floridana*) and common fanpetals (*Sida acuta*).

Don't overlook ubiquitous species such as lizards, skinks and moths.

Moths need essentially the same things as butterflies and are just as interesting to study.

When a marsh rabbit visits your yard for green nibbles and some cover, you'll know you've succeeded in creating a little sanctuary in a world that holds countless threats for small animals.

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

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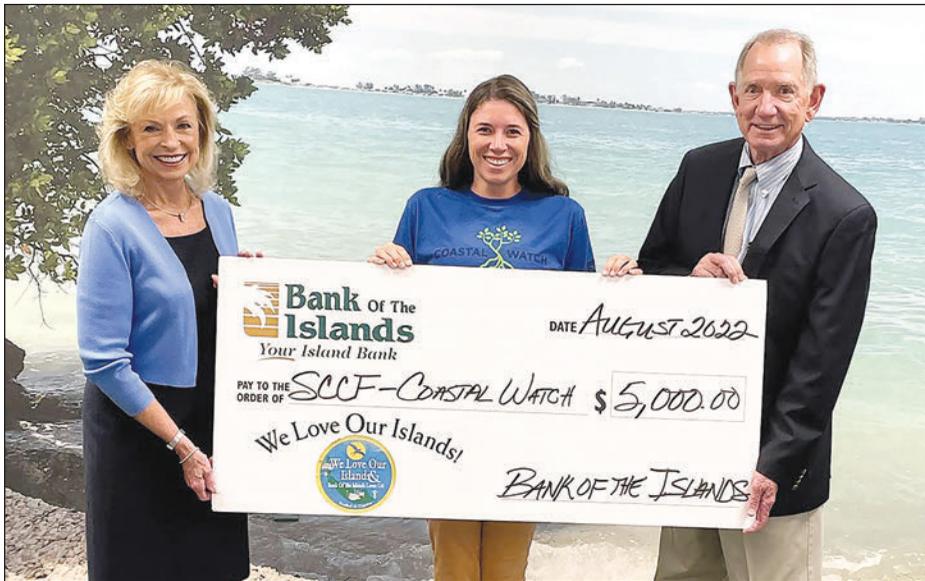
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From left, Robbie Roepstorff, Kealy McNeal of Coastal Watch and Geoff Roepstorff with the sponsor check photo provided

Presenting Sponsor Named

Bank of the Islands is the presenting sponsor for The Watch Party, a Sanibel-Captiva Conservation Foundation (SCCF) fundraiser supporting its community-based marine conservation program, Coastal Watch.

Bank CEO Geoff Roepstorff and Bank President Robbie Roepstorff are conservationists and community supporters, and this sponsorship is their most recent demonstration of support for

SCCF's mission-driven work.

"As dedicated hunters committed to removing invasive pythons from the Everglades, we know the impact individuals can have in protecting our environment," said Geoff Roepstorff. "The Watch Party is a great new way to support SCCF's Coastal Watch program."

Over the last year, Coastal Watch has planted nearly 1,300 mangrove seedlings and transported roughly 3,200 buckets of fossils and oyster shell to Hemp Key and Benedict Key for restoration efforts.

Limited tickets are available for The

Watch Party, scheduled for Friday, September 30 from 5:30 to 9 p.m. at SCCF's Sanibel Sea School, located at 455 Periwinkle Way.

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.

Admission is \$100 for adults, \$25 for ages under 21 and no charge for

children 12 and under.

Tickets are on sale at www.coastalwatchparty.eventbrite.com. If you are unable to attend, you can still purchase raffle tickets online for a chance to win the 50/50 or a custom piece of jewelry designed and donated by Congress Jewelers.

Businesses or individuals who are interested in supporting The Watch Party can contact SCCF Development Director Cheryl Giattini at 822-6121 or cgiattini@sccf.org.

New Video On Red Tide

As part of an ongoing education effort on red tide research, the Florida Fish and Wildlife Research Institute (FWRI) recently created an animated video on red tide in Florida's marine and estuarine waters. This video is intended for residents and visitors and covers three main topics:

What is red tide?

Is red tide dangerous to humans?

How do we track red tide?

Available as a single video or as three shorter stand-alone videos focused on each topic, these easy-to-access resources can be shared to help provide critical education leading up to and during red tide events.

The video is intended for a variety of audiences, from vacationers with little knowledge of red tide to longtime

residents who wish to know more about the phenomenon and how it's tracked.

"Historically, red tide shows up during summer or fall on the Gulf Coast of Florida, so it's important for citizens to stay aware and educated," said Dr. Katherine Hubbard, FWC director for the Center for Red Tide Research.

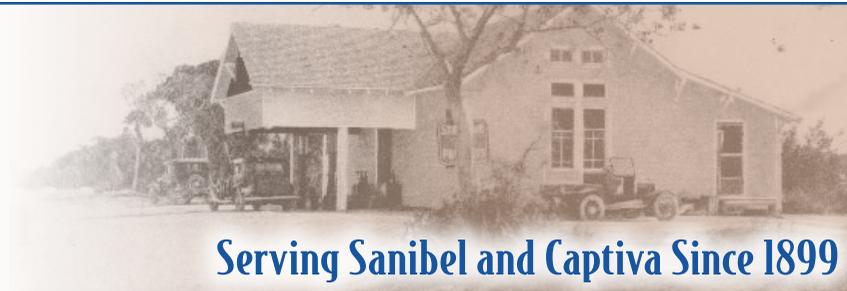
In 2020, the reactivated Harmful Algal Bloom (HAB) Task Force identified a need in their first consensus document for communication efforts to better educate the public about red tide and other HABs. In response, the FWC HAB Grants program funded the Developing a Communications Strategy for Red Tide in Florida study conducted by Florida Sea Grant, and a HAB communication working group was formed. This video was created, in part, to address some of the group's recommendations.

To view the the full video, visit www.youtube.com/watch?v=Vm5JjAX4sNU.

For more information on red tide in Florida, visit www.myfwc.com/redtide.

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Dodging Morning Coastal Showers



by Capt. Matt Mitchell

With this being one of the slower times of the year on the water, I have really liked having what has seemed like the whole bay to myself. Big morning incoming tides gave

us lots of options, though catching food fish for clients has been the trend. The many mangrove creek systems of the sound have all been hard to beat for both mangrove snapper and trout. Once the dinner requests of my clients have been met, we have quickly switched it up to catch-and-release snook fishing.

Oyster bar fishing during the strong incoming tide has been outstanding throughout the sound. These bars are a big transition for snook. The key to this has been keeping the shiners moving while working them through the many sand holes around these bars. With many of these places extremely shallow, this method not only keeps the bait from hanging in the bottom, but also triggers the reaction strike snook cannot resist. The many bars around Buck Key and also out from Pineland have been hard to beat.

When setting up on an oyster bar, boat position is everything. You want to set the boat up just close enough so you can



Paul from Minnesota with his first snook caught while fishing with Capt. Matt Mitchell this week photo provided

reach the edges of the bar with a long, downwind cast. Keeping the tip of the rod high on a stop-and-go retrieve will help keep the bait out of the grass bottom and make it flutter. Look for jumping mullet on the bars to show which ones will be most productive. While fishing these same bars, catching redfish has become more and more common as we slowly approach fall.

Of all the weather patterns we deal with out on the water, I don't think there is anything tougher to forecast or predict

than when we get into that morning coastal shower pattern. This proved true this week with storms popping up and exploding right on top of us. These storms proved just about impossible to avoid, even after we watched the weather radar on the phone. Other days, we would race back at the dock due to lightning and heavy rains only to find the storm break up or never arrive once we return to the dock. It's always better to air on the side of caution with these often fast-moving unpredictable

storms. Any time I see lightning while out on the water, it's time to get somewhere safe.

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

Input Sought On Gopher Tortoises

The Florida Fish and Wildlife Conservation Commission (FWC) is seeking public input on draft revisions to the Gopher Tortoise Permitting Guidelines. The goal of the proposed revisions is to better protect gopher tortoises by incentivizing relocations to protected recipient sites, clearly defining roles and responsibilities in the relocation process, and clarifying other provisions in the guidelines.

Key revisions and information included in the guidelines will be presented at a public webinar on Wednesday, September 14 from 3 to 4:30 p.m. Participants will have the opportunity to ask questions. Written comments will be accepted until September 23.

The Gopher Tortoise Management Plan and associated guidelines provide the management framework for gopher tortoise conservation in Florida. Gopher Tortoise Permitting Guidelines clarify protections, outline activities where permits are needed, provide methods and qualifications for individuals conducting gopher tortoise relocation and outline requirements for sites that receive gopher tortoises. The initial guidelines were approved in 2008 and several revisions over the years have allowed for continued improvement in the permitting process and in conservation for the species.

For more information on the draft guidelines, instructions on how to join the webinars and a link to the comment survey, visit www.myfwc.com/gophertortoise. A PDF copy of the presentation will be posted on the website following the webinar. Individuals who would like to comment but are unable to do so in the specified timeframe or prefer an alternate format in which to comment should contact katherine.richardson@myfwc.com.

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Osprey

by Bob Petcher



The osprey (*Pandion haliaetus*) has some similar features to an eagle, but there's no denying that there are distinctions that set each raptor apart. The osprey

is smaller in size, has a short black beak instead of a large yellow one, has grayish feet instead of yellow talons and lives in nesting platforms by the open water instead of trees.

While both birds of prey have an affinity to fish, it is the osprey that folks called a sea hawk, river hawk and a fish hawk at various times. These raptors are different because of their reversible outer toe that allows them to grasp with two toes in front and two behind. Barbed pads on the soles of their feet also help them grip slippery fish.

At CROW, an adult male osprey was admitted after being found in the water unable to fly near the Sanibel Causeway. This bird was lucky enough to have been rescued by a Jet Ski rider. Once examined, veterinarians found and x-rays confirmed a right ulna fracture, an injury that grounds a bird due to its relation to flight muscles and



Patient #22-4224 remains grounded and bandaged after suffering a right ulna fracture

photo by Haillie Mesics

secondary flight feathers.

"An ulna fracture is a very common injury. We see them in all sizes of birds," said Dr. Melanie Pearson, CROW veterinary medicine intern. "We are treating a northern mockingbird with an ulna fracture right now too."

The break was able to be stabilized externally using a wrapping to limit movement.

"External stabilization means

stabilization without surgery. Sometimes a splint is used, but in this case, we used a technique called a figure-eight wrap," said Dr. Pearson. "The wing is completely flexed and bandages are wrapped around it in a figure-eight pattern. The other bones of the wing act as splints to keep the middle bone (the ulna) straight."

During his time at the clinic, the patient's bandages will be changed

every three days, and physical therapy (PT) on the injured wing will be performed, according to Dr. Pearson. He will continue to receive supportive care and bandage changes as he recovers.

"We coordinate bandage changes with the physical therapy, since we need the bandage to be off in order to do the PT," she said. "We typically estimate four to six weeks for an ulna fracture to heal, depending on the size of the bird and the location and severity of the fracture. We will keep the bandage on for the majority of that time, and once the fracture is stable enough to take the bandage off, the patient will be on cage rest until it is fully healed."

Once the wing is fully functional, the osprey will be moved outdoors for exercise.

"After the fracture is fully healed, we will flight test the patient in an outdoor aviary. It will be at least another two to four weeks before we expect to flight test him," said Dr. Pearson. "Once we are confident that he is comfortable flying and off all of his medications, he can be released."

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

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CROW Calendar Of Events

The Clinic for the Rehabilitation of Wildlife (CROW) has specialty programs available for residents and visitors. Meet the staff and learn what it takes to rescue, rehabilitate and release wildlife in Southwest Florida. General admission is \$12 for adults, \$7 for ages 4 to 12, 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 – Monday to Friday, 11 a.m. to 12:30 p.m. and 2 to 3:30 p.m., and Saturday, 11 a.m. to 12:30 p.m. Cost is \$25 and includes general admission.

This program is not recommended for children under the age of 13. Masks are required at all times during the tour. Advance registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital. To register, call 472-3644 ext. 229 or email reservations@crowclinic.org



crowclinic.org. Payment is required to complete reservation.

Daily Presentation Schedule Friday, September 2, 11 a.m.,

A Day in the Life – CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also has over 200 volunteers. Students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. See what happens behind the scenes. One of CROW's animal ambassadors will be present.

Monday, September 5 – Closed for Labor Day.

Tuesday, Wednesday and Thursday, September 6 to 8 – Closed for fall cleaning.*

From page 1

Conservation

Blackwater River State Forest.

Since 2010, the state has acquired nearly 11,000 acres within the Wolfe Creek Florida Forever project, and the August 23 approval will achieve substantial completion.

This property is within the Florida

Wildlife Corridor.

• A 376-acre property within the St. Joe Timberland Florida Forever Project in Franklin County will be managed by the Florida Forest Service as an addition to Tate's Hell State Forest.

The parcel will expand Tate's Hell State Forest and will create access for wildlife to nearly two miles of streams that flow into the East Bay. It also features well-maintained forest cover along with a diverse habitat for native wildlife including the red-cockaded woodpecker, a federally recognized endangered species.

• A conservation easement will cover 11,958 acres within the Horse Creek Ranch Florida Forever Project in DeSoto and Hardee counties. The Southwest Florida Water Management District is purchasing a conservation easement over Carlton Horse Creek Ranch's remaining acreage, which will bring the total easement acreage to more than 16,000. The property is located in the Peace River Basin and will help to ensure the continued protection of the area's drinking water supply. It also supports the area's tourism industry and local commercial and sport fishing industry.

This property is within the Florida Wildlife Corridor.

• Conservation easements of 3,634 and 615 acres within the Kissimmee-St. Johns River Connector Florida Forever Project will create habitat and hydrological connections in Okeechobee County. These easements, near

Kissimmee Prairie Preserve State Park, are part of a key region of the Northern Everglades Headwaters National Wildlife Refuge and Conservation Area and will benefit native, imperiled Florida wildlife such as the grasshopper sparrow, sandhill crane, mottled duck, wood stork and crested caracara.

These properties are within the Florida Wildlife Corridor.

• A conservation easement of 1,882 acres within the Fisheating Creek Ecosystem Florida Forever Project in Highlands County was acquired through the Florida Forest Service's Rural and Family Lands Protection Program. This property is also located within the Buck Island Ranch Rural and Family Lands Protection Program project. Following the acquisition of this property, 67 percent of Buck Island Ranch's total acreage will have been designated for conservation.

This property is within the Florida Wildlife Corridor.

• The final conservation easement covers 663 acres within the Lake Wales Ridge Florida Forever Project in Highlands County and was acquired through the Florida Forest Service's Rural and Family Lands Protection Program. This property is adjacent to several conservation lands, including the Archbold Biological Station, Fisheating Creek/Smoak Groves conservation easement and Fisheating Creek/Lykes Brothers conservation easement.

This property is within the Florida Wildlife Corridor.*



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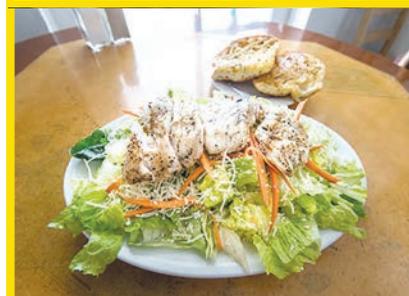
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Herpetologist To Speak At Luncheon

FISH of SanCap will host its next virtual Friendly Faces luncheon on Tuesday, September 13 beginning at noon via Zoom. Lunch, prepared by George & Wendy's, consists of a cold entree, side, bottle of water and dessert. The cost of the luncheon is complimentary to participants. Volunteers deliver meals to islanders beginning at 11:30 a.m.



Chris Lechowicz

The guest speaker will be Chris Lechowicz, herpetologist and the Sanibel-Captiva Conservation Foundation (SCCF) Wildlife & Habitat Management Program director. He will discuss terrestrial turtles and frog calls. Terrestrial turtles, such as box turtles, are turtles that live primarily on land but are often found near ponds, lakes or shallow bodies of water. Also discussed will be frog calls – sounds that are familiar to many on Sanibel and Captiva – and what those sounds are used for by frogs in the wild.

Lechowicz grew up on the southwest side of Chicago, Illinois. He had a strong

interest in nature at a very young age, especially with amphibians and reptiles. His passion led him to the Chicago Herpetological Society where he was mentored by numerous members and visiting scientists. Lechowicz has two bachelor of science degrees, in zoology and computer science, from Southern Illinois University at Carbondale and a master of science degree in environmental science from Florida Gulf Coast University.

Lechowicz began working at SCCF in 2002. As land manager, he oversees SCCF's nearly 2,000 acres of conservation land with the help of his field technicians. He is also the IT manager for the foundation and maintains an educational website on map turtles and is involved with several projects along the gulf coast with these riverine turtles. He is a member of the Turtle Survival Alliance, the IUCN/SCC Tortoise and Freshwater Turtle Specialist Group, a board member of Florida Turtle Conservation Trust, and an active member of the local Calusa Herpetological Society.

"It's an honor to host Chris Lechowicz from SCCF," said Erika Broyles, senior services director for FISH. "We are looking forward to learning more about the wildlife that surrounds us on our beautiful islands."

Reservations and meal choices are required by Friday, September 9 by calling 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access.*

Local Islands Among Top Spots For Snook Fishing

Snook is one of the all-time favorite species of inshore anglers. They are outstanding fighters and make a great meal. To ensure healthy populations, snook season is limited, which makes harvest time even more exciting for anglers.

Snook season opened on September 1. FishingBooker, the largest online platform for finding and booking fishing trips in the U.S., recently released its list of eight top spots for snook fishing in Florida. Sanibel Island and Gasparilla Island made the cut.

FishingBooker notes that Sanibel offers great access to a variety of snook fishing grounds: "This is the main reason it's on our list of the best spots for the fall snook opener. The fish you get here might not be the biggest on record, but that's ok. What Sanibel snook sometimes lack in size, they make up for in numbers."

For a lot of people, Gasparilla might be synonymous with Boca Grande and tarpon fishing. While that's true, FishingBooker states that snook have earned their place on the must-catch list of local and visiting fishermen: "This barrier island is surrounded by fantastic fishing waters, and the snook here aren't shy. They'll fight you stubbornly for every inch of your line!"

Other than Sanibel and Gasparilla, the top spots for snook fishing in Florida include Port Canaveral, Vero Beach,

Jupiter, Dania Beach, the Everglades and Venice.

FishingBooker is the largest platform in the U.S. for connecting anglers and fishing guides, with over 34,000 fishing trips available in more than 1,900 destinations worldwide.*

LCEC Fishing Tournament Next Saturday

Calling all anglers to the 2022 Lee County Electric Cooperative 26th annual Fishing Tournament for United Way. This catch-and-release tournament will begin at D&D Matlacha Bait and Tackle on Saturday, September 10 with an honor start at 7 a.m. Final photos must be submitted by 3 p.m.

A mandatory captains' meeting will be held at the bait and tackle shop to review rules and pick up team bags on Friday, September 9 at 5:30 p.m.

Cash and prizes will be awarded on tournament day, in addition to a silent auction, raffles and food. Download the FishDonkey app through the App Store to register your team.

All proceeds benefit United Way of Lee, Hendry, Glades and Okeechobee Counties.

D&D Matlacha Bait and Tackle is located at 3922 Pine Island Road NW in Matlacha. For more information, visit uw.lcec.net/sitepages/fish.aspx or www.facebook.com/lcecfish. Email fish@lcec.net with questions.*



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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.

Register at ShellMuseum.org/lectures

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

FALL CLASSES

Nov. 2: Fantastic Shells and Where to Find Them

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

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

Nov. 29: Shell Ambassador Certification Course

Dec. 13: Lighthouse Beach Marine Biology and Field Lab

Register at ShellMuseum.org/classes



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Bailey-Matthews National Shell Museum
Shell Of The Week

The Florida Slender Chiton



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

Chitons are mollusks with eight (sometimes seven) shelly plates called valves. The Florida Slender Chiton, *Stenoplax floridana*

Pilsbry, 1892 reaches about 38 mm (1.5 inches) and is about three times as long as it is wide. The central areas of valves bear strongly beaded longitudinal ribs, and the end valves have concentrically arranged beads. Its color can be whitish to whitish-green, with markings of darker green or gray. This species is not uncommon in the coral reef habitats of South Florida and the Florida Keys, but is not found in Southwest Florida. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

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



The Florida Slender Chiton, *Stenoplax floridana*, at Boca Chica Key, Lower Florida Keys photo by José H. Leal

Grief Support Group Meetings

GriefShare sessions are held in the Family Life Center at Sanibel Community Church, 1740

Periwinkle Way, on Tuesdays from 5 to 7 p.m. The program runs through November and is open to anyone who is grieving. There is plenty of room for social distancing. Sessions feature a video, book and support. For more information, call Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.

American Legion Post 123

American Legion Post 123 is serving Italian beef sandwiches from noon to 8 p.m. this Sunday, September 4. Meatloaf is on the menu for Sunday, September 11.



The auxiliary meeting is scheduled for Tuesday, September 6 at 6 p.m. The general meeting will be held on Wednesday, September 14 at 6 p.m.

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 noon to 8 p.m. Bartenders and cooks are needed. Call for details.

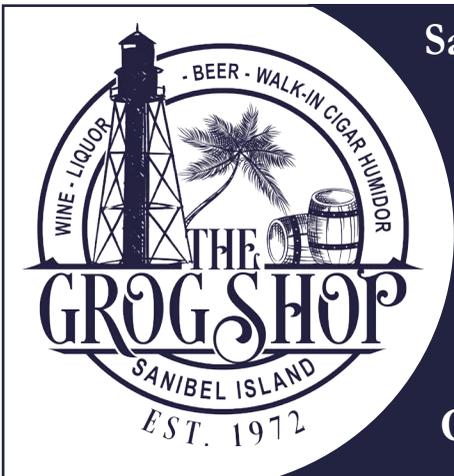
The first Thursday of the month is Open Mic Night from 6 to 9 p.m. Residents and visitors are invited to play.

All are welcome to shoot 9-ball pool on Mondays now through October at 5:30 p.m. Two tables are in play.

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 seven days from noon to 8 p.m. For more information, call 472-9979.



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Shell Found



Ellie and Gerard Szczepanski photo provided

Ellie Szczepanski, 8, and her Dad, Gerard, from Apopka, Florida were shelling near Blind Pass when they came across a junonia. They have been visiting Sanibel and Captiva for the past seven years and this is their first junonia find. They were staying at Periwinkle Cottages.✳

Shell Found



Dan and Ezra Satran photo provided

Dan and Ezra Satran from Minneapolis, Minnesota found a junonia on August 22 on the east end of Sanibel. They said, "We found it off shore in the sand, about 10 feet out. We have been looking for years."✳

Shell Found



Junonia found by Curtis and Barbra Neuschaefer photo provided

Curtis and Barbra Neuschaefer of New Smyrna Beach, Florida and Prague, Czechia found a junonia early in the morning in front of The Mucky Duck on Captiva. Their friends at Captiva Cruises told them it was a rare find. The couple said, "It sure is pretty."✳

becoming members of SWAT, swimmers will get a chance to join Florida Swimming for competitions.

The swim season begins on Tuesday, 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 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.✳

From page 1

Pink Tea Party

survivors together for a photo surrounded by supporters," said Neubauer. Myerson owns Solphotography.guru.

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 on the islands 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, contributions to the raffle and auction, donations and merchandise sales benefit uninsured and underinsured members of the Sanibel and Captiva communities needing mammograms or help with other cancer-related needs.

Tickets are \$75 and on sale at www.pinkouttea.com, by mail to San Cap Pink Project, P.O. Box 125, Sanibel, FL 33957 or by email to pinkoutsanibel@gmail.com. Volunteers and donations are still needed.

Sundial Beach Resort & Spa is located at 1451 Middle Gulf Drive on Sanibel.✳

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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

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Benefits Of Yoga For Veterans



by Allison Havill Todd

There are many rewards for those who regularly practice yoga including improved flexibility, balance, muscle strength and energy. Yet many may not think

of it as part of a treatment regimen for veterans suffering from post-traumatic stress and other psychological difficulties. However, an organization called the Veterans Yoga Project has found the practice to be an avenue that provides relief in a positive format for trauma inflicted individuals.

Veterans Yoga Project was founded in 2011 and utilizes chosen practices, special principles and resources based on clinical knowledge about post-traumatic stress and treatment. This volunteer based organization provides free in-person or online classes to veterans, first responders, caregivers, active duty military personnel and their families seven days a week, every day of the year. In 2020, the organization live-streamed over 1,800 classes covering all corners of the United States and continues to grow.

I first met Joe Froehlich, Florida state coordinator for the Veterans Yoga Project, during a short yoga session on Sanibel. Froehlich, a retired police officer, became enamored with the program and is now also a volunteer teacher for the group in the Ocala, Florida area.

After serving for 33 years in law enforcement, Froehlich and his wife, Patricia, decided to retire to Florida in 2016. While he had been practicing yoga for many years, he realized he had a desire to teach and found a local studio where he completed the yoga instructor training program. He discovered the Veterans Yoga Project and decided to work with veterans and first responders, and has been involved with the organization since 2021.

Veterans Yoga Project invites



Joe and Patricia Froehlich

photo provided

instructors that already have a 200-hour or more yoga certification to complete their 17-hour course that addresses mindful resilience and recovery training techniques specifically geared to helping those with post-trauma related issues.

The word “yoga,” originating from the word “yuj,” loosely translates as meaning “union,” which is an important part in the lives of many military personnel and first responders. They form a bond, a family, a sense of community, which many seek after leaving the service. Yoga provides a natural transition and the opportunity for them to connect with a broader community of individuals who may be facing the same challenges.

Those participating in the Veterans Yoga Project classes have shared that it reduces the need for medications, eases insomnia, builds posture and muscle strength, and enables them to cope with daily occurrences which

were previously insurmountable. Five of the tools being used for a yoga practice with veterans are: breathing techniques; meditation for focus and

concentration; being present; relaxation and deep rest; and a gratitude exercise to relieve post-traumatic stress issues such as hyper-arousal to circumstances, flashbacks, avoidance and detachment. Froehlich reiterated that acceptance of one’s situation is a big piece of the practice.

Recognizing the large number of retired veterans living in Florida, Veterans Yoga Project is actively looking for additional volunteer yoga instructors and area managers to help propel the program even further in an area where it is most needed. All donations to the organization are utilized strictly for bringing yoga to veterans, first responders and those connected to them by providing free classes (in-person or online) and supplying the equipment and spaces which make it possible.

Interested in volunteering or participating? Visit the website at www.veteransyogaproject.org or contact Joe Froehlich at joe.froehlich@veteransyogaproject.org. If you are making a donation on the website, be sure to note that it is for the Florida region.

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

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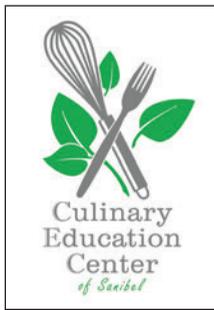
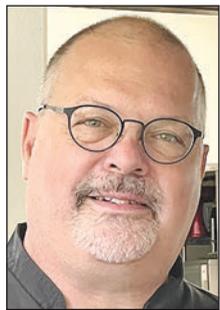
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Jaboticaba



by Chef John Wolff

The name jaboticaba, derived from the combination of two Tupi words, jaboti/jabuti (tortoise) and caba (place), meaning “the place where tortoises are found,” has also been interpreted to mean “like turtle fat,” referring to the fruit’s white pulp.

The tree is a slow-growing evergreen that can reach a height of 35 feet if not pruned. The leaves are salmon-pink when young, turning green as they mature.

The tree prefers moist, rich, lightly acidic soil. It is also widely adaptable, however, and grows satisfactorily even on alkaline beach-sand type soils, so long as it is tended and irrigated. Its flowers are white and grow directly from its trunk in a cauliflorous habit. In its native habitat, jaboticaba may flower and fruit five to six times throughout the year. *Jaboticabeira* are tropical to subtropical plants and can

tolerate mild, brief frosts, not below 26 degrees Fahrenheit.

The fruit is a thick-skinned berry and typically measures three to four centimeters in diameter. The fruit resembles a slip-skin grape. It has a thick, purple, astringent skin that encases a sweet, white or rosy-pink gelatinous flesh. Embedded within the flesh are one to four large seeds, which vary in shape depending on the species. Jaboticaba seeds are recalcitrant and they become unviable within 10 days when stored at room temperature.

In Brazil, the fruit of two related species, namely *Myrciaria tenella* and *Myrciaria trunciflora*, share the same common name.

Jaboticaba has been cultivated in Brazil since pre-Columbian times. Today, it is a commercial crop in the center and south of the country.

Commercial cultivation of the fruit in the northern hemisphere is more restricted by slow growth and the short shelf life of fruit than by temperature requirements. Grafted plants may bear fruit in five years, while seed-grown trees may take 10 to 20 years to bear fruit.

Jaboticabeiras are fairly adaptable to various kinds of growing conditions, tolerating sand or rich topsoil. They are intolerant of salty soils or salt spray. They are tolerant of mild drought, though fruit production may be reduced, and irrigation will be required during extended or severe droughts

Common in Brazilian markets, jaboticabas are largely eaten fresh. Fruit

may begin to ferment three to four days after harvest, so it is often used to make jams, tarts, strong wines and liqueurs. Due to the short shelf life, fresh jaboticaba is rare in markets outside areas of cultivation.

The fruit has been compared to Muscadine grapes and, in Japan, the flavor of jaboticaba has been described as similar to that of Kyoho grapes.

Jaboticaba produce round, dark colored fruits that look and taste a lot like grapes but with a tough, thick skin. The tree can produce five crops each year but here in South Florida, we only enjoy two, sometimes three crops in a year. The trees are considered large shrubs, or small trees with coppery, peeling bark that like a lot of water and sun. They prefer an acid soil that is high in organic matter but can grow here in our alkaline south Florida soils if given lots of mulch and the proper nutrition. Although not readily produced commercially here in Florida, it thrives quite well in our climate and is a nice addition to a personal fruit tree collection. An effortless way to eat jaboticaba is to squeeze the ripe fruit between your thumb and forefinger until

it pops free from the skin and into your mouth!

Here is an adventurous recipe/project not for the faint of heart. It is adapted from a recipe I found while researching the jaboticaba from the Gingerhill Farm Retreat in Kealakekua, Hawaii. Gingerhill Farm Retreat integrates luxurious relaxation and holistic wellness into the natural, pastoral charm of Kealakekua’s rich greenery.

There are many different methods of brewing wine. Like collecting wild yeast for your next vintage or using commercially produced yeasts for specific results. For this recipe, I included steps detailing exactly how to brew/ferment and bottle a batch of jaboticaba wine. Each winemaker should experiment to create their own recipes and methods.

For example, you may choose to brew in a five-gallon glass carboy if you have at least five gallons of fruit juice. Alternatively, you may choose to include grape or apple juice instead of jaboticaba juice. You may want to try using more or less sugar to affect the amount of alcohol by volume.

So here goes!

Jaboticaba Wine

Equipment: 1 gallon glass jugs (2), bubble airlocks and stoppers (2), small glass or ceramic bowls for proofing yeast (2), kitchen scale, thermometer, funnel, large stockpot, centrifugal juicer, large food-grade fermentation vessel, ladle, Pyrex measuring cup.

Ingredients:

2 gallons jaboticaba juice
(1) 5-gram packet brewer’s
Champagne yeast
5 cups and 1 tbsp. organic cane sugar

Process: Preparing the Juice

Sanitize all equipment that will come in contact with the wine (submerge in boiled water for 30 seconds).

Juice the jaboticaba fruit to obtain 2 gallons of juice or “must.” It is important to remove the skin and seeds. Jaboticaba fruit skin is high in tannins. While some tannin is desirable for producing wine, too much will result in a very bitter wine.

Let the jaboticaba sit for 24 hours in the fermentation vessel. Natural yeast present on the skin of the fruit begins to ferment the jaboticaba. The pulp and fruit skins from the juice rise to the top. The pulp is skimmed off and reserved to make fruit vinegar.

Pour 1 gallon/16 cups jaboticaba juice into stockpot. Gently heat the juice to about 90 degrees and add the sugar. Stir with a wooden spoon to dissolve sugars. Let the mixture cool to room temperature (68-85°F).

Divide sweetened jaboticaba juice evenly between two 1-gallon jugs by adding ½ gallon or 8 cups juice to each jug.

Proof the yeast.

Warm about 1 cup of water in small saucepan to 90 degrees F. Dissolve 1 tbsp. organic cane sugar in the water.

Measure the brewer’s yeast:

Place one small glass bowl on the kitchen scale and zero out the scale. Add 1-1.5 grams brewer’s yeast.

Remove this bowl from the scale.

Place a second small glass bowl on the kitchen scale and zero out the scale.

Add 1-1.5 grams brewer’s yeast.

Remove this bowl from the scale.

Check that the water in the saucepan is between 85 and 90 degrees F. Add about ¼ cup warm sugar water to each bowl of yeast and stir. Allow to proof for about 15 minutes, or until yeast is active and bubbly, and a slight foam has been produced on the top of the water. This is how you know the yeast is awake, alive and ready to add to the fruit juice.

Divide the remaining 16 cups jaboticaba fruit juice evenly among the two 1-gallon jugs so that each jug is about 90 percent full but not overfilled.

Add 1-1.5 grams of proofed yeast to each jug.

Cover the jugs with a tight-fitting lid and shake vigorously. Burp the jar every few seconds to release the buildup of carbon dioxide.

Storage and Fermentation:

Once the juice, sugars and yeast are happily incorporated, place the stoppers and airlocks atop the jars.

Label and date each jar and store in your fermentation cellar: a cool location that is protected from direct sunlight, with clean airflow, positive energy and temperatures ranging from 70-85°F.

After 24 hours, you should see bubbling, which shows the yeast is active. Allow to ferment for four to six weeks. Once fermentation is complete, bottle the wine. You may continue to age the wine or enjoy it young.

Young wine will be more tannic.

Aged wine dissipates the tannins and becomes more structured and polished.

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

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The Royal National Ballet will perform *Fire of Georgia* on March 27

photos provided

Tickets On Sale For Rare Performances

Internationally-acclaimed performers from the Ukraine, England and the U.S. will headline the five concerts planned for 2023 by the Fort Myers Community Concert Association.

Tickets are on sale for the five-performance season, which organizers say brings the best in symphony orchestras, song and dance to Southwest Florida. All performances will be at Barbara B. Mann Performing Arts Hall on the Florida SouthWestern State College campus in

Fort Myers.

"We are so happy to be back with a full slate of performances for our 2023 season," said Community Concert Association President Mary Lee Mann. "Community Concert Association members and guests will love seeing the National Philharmonic Orchestra of Ukraine as well as our other artists from around the world."

All five concerts are included in one price, which ranges from \$165 for prime orchestra and mezzanine seats to \$155 for other orchestra and mezzanine seats, \$85 for lower balcony seating and \$65 for upper balcony. Most \$165 orchestra seating already is sold out, Mann said.

For membership information, visit www.fortmyerscommunityconcerts.org



New York Philharmonic String Quartet performs on January 8

or call 693-4849. Tickets to individual performances are not available at this time.

The five performances all begin at 7:30 p.m.:

New York Philharmonic String Quartet – January 8. The New York Philharmonic String Quartet consists of four principal musicians from the orchestra. The group, formed in 2017, made its debut as a solo ensemble in John Adams' *Absolute Jest* in New York in 2017. All four members are multiple prize winners, and have appeared as concerto soloists with the Philharmonic and orchestras throughout the world. They are joined by acclaimed young American pianist Drew Peterson, winner of the 2017

American Pianist Award.

The National Philharmonic Orchestra of Ukraine – January 16. The Lviv National Philharmonic Orchestra of Ukraine was established in 1902 and has hosted some of the world's greatest conductors and musicians in classical music. The orchestra is a regular participant in international festivals, has toured extensively around the world and recently completed several highly acclaimed recordings. This concert is sponsored by the U.S. State Department.

A Celebration of Song – the Classics to Broadway – February 7. This upbeat

continued on page 26

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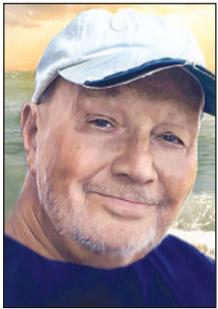
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Poetry Corner



by Jim Weyant

Canyons

Winds snake their way through a labyrinth of edifices so tall they dwarf one's sense of proportion.

Below, people walk collars up, hand on hat, slightly crouched, in deference to the howling gusts, detritus swirls about the pedestrians feet as they move determinedly toward their destinations.

Even though mid-morning, windows above are brightly lit, supplying much needed light to the semi-darkness of the caverns.

Random shards of diffused sunlight find their way through the maze of pillars. Grey foreboding shadows lend an eerie surrealistic effect reminiscent of a Goya painting.

The sound of the wind coupled with the din of bustling traffic creates a perfect soundtrack for the grey dystopian backdrop.

A cityscape that both defines the best and worst of man's machinations.

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

New Pickleball Courts Open At The Dunes

The Dunes Golf & Tennis Club officially opened its four new pickleball courts on August 22 with a grand opening pro exhibition.

"Our highly anticipated four new pickleball courts have opened and our members are thrilled with this addition to our tennis complex," said Brian Kautz, general manager of The Dunes Golf & Tennis Club. "We have created both open-to-the-public and member-only pickleball events."

Drop-in open play pickleball is

available to the public this fall on Monday, Thursday and Friday from 2 to 5 p.m. Non-members can sign up online up to three days in advance for open play at www.dunestennis.com.

Members of The Dunes can take part in open play pickleball on weekdays from 8 to 11 a.m. from October through April. The Dunes pickleball membership privileges include full club access and unlimited pickleball court time for the balance of 2022 and 2023. Visit www.dunesgolfsanibel.com for membership opportunities.

For more information, call The Dunes Tennis Pro Shop at 472-3522.

The Dunes Golf & Tennis Club is located at 929 Sand Castle Road on Sanibel.*

Shell Crafting

Shadow Boxes



by Anne Joffe

These rectangular boxes come in a variety of sizes and are a great way to display your seashell treasures. Each box is segmented into different sized compartments.

Here's what you'll need:

Materials

1 wooden shadow box

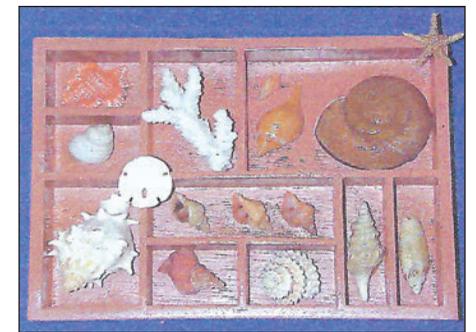
Assorted shells, sealife, driftwood, anything you would enjoy displaying on your wall.

Acrylic paint and brush (optional)

Directions

If you want to paint your shadow box a pretty color, say a light purple, then it is fun to try and fill it with shells or sealife that have shades of purple in them. If you want to paint the box, this is where you start. Let the paint dry completely before adding the shells.

Decide where you want to place the



Shadow Box photo by Anne Joffe

shells, fit them into the compartment to see if they will fit, and then glue them in. Sometimes, it is nice just to feature one shell per compartment, and then add three or four to the one next to it.

You can also choose to add some small sealife, such as a sea fan or a brown starfish, on the outside of the frame, in one of the corners, for added dimension.

*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.**



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Spiny Lobster Bisque

1 ½ pounds cooked spiny lobster meat
 1 rib celery, finely chopped
 1 carrot, finely chopped
 1 tomato, finely chopped
 1 medium onion, finely chopped
 2 tablespoons olive oil
 6 cloves garlic, chopped
 2 tablespoons fresh tarragon leaves, chopped
 2 tablespoons fresh thyme leaves, chopped
 1 bay leaf
 8 black peppercorns
 ½ cup brandy
 ½ cup dry sherry
 4 cups fish stock or bottled clam juice
 ¼ cup tomato paste
 ½ cup heavy cream
 1 ½ tablespoons cornstarch
 2 tablespoons water
 Sea salt and fresh ground pepper, to taste
 Slice cooked lobster meat into medallions, reserving a few slices for



Spiny Lobster Bisque

garnish. Coarsely chop remaining slices; cover and chill. In a 6-quart stockpot sauté the vegetables, garlic, herbs, and peppercorns in oil over medium-high heat until soft. Carefully add the brandy and sherry; simmer until most of the liquid is evaporated. Add the fish stock

and simmer uncovered for 1 hour, stirring occasionally. Strain the stock into a large saucepan; discard remaining solids. Add tomato paste and simmer for 10 minutes until stock is reduced to 3 cups of liquid. Stir in cream and simmer for an additional 5 minutes. Combine

cornstarch and water in a small bowl and whisk into bisque. Simmer for 2 minutes, stirring, until slightly thickened. Add chopped lobster meat and simmer until lobster meat is heated through. Add salt and pepper. Serve garnished with reserved lobster medallions.✪

photo courtesy Fresh From Florida

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Michele Borba photos provided

Author Talks And Family Time At Sanibel Library

Sanibel Public Library has in-person programs including Virtual Author Talks and children's activities. The online calendar has the most up-to-date information about programs for all ages.

Family Storytime (for children age 5 and under) is offered on Wednesdays and Thursdays at 10 a.m. Parents and caregivers should plan to be engaged with their child for this program. The storytime portion is approximately 20 minutes followed by play and craft centers.

Crafternoon Crew is offered on Thursdays at 3 p.m. and is designed for children in kindergarten through sixth grade. It starts with a story and moves into arts and crafts. Bring a covered drink and snack.

The library is hosting a series of virtual talks with bestselling authors and thought leaders. Next up in the series is Dr. Michele Borba, author of *Raising Thrivers: Parenting Tips & Tools to Help Kids Thrive*, on Thursday, September 8 at 2 p.m.

Data shows that today's youth are the loneliest, most stressed and risk-averse on record. Though well-educated, they are failing to launch in real life. Through her research, Dr. Borba found the difference between those who struggle and those who succeed comes down to the personal traits that set thrivers apart and set them up for happiness and a greater potential later in life. She offers practical, actionable ways to develop these thrivers traits for youth and shows you how to teach them to cope today so that they can flourish tomorrow in school and life. Dr. Borba is an NBC contributor and regularly appears on *Today*. She has been featured as an expert on many programs including *Dateline*, *The View*, *Dr. Phil*, *NBC Nightly News*, *Fox & Friends*, *Dr. Oz* and *The Early Show*.

There will be time for questions following the talk. After you register, you will receive an emailed link to login to the virtual event. If you need to borrow a mobile WiFi hotspot to participate, or if



Danny Hussey with a Real Florida Reader state park pass

you need help setting up or logging in to the webinars, email notices@sanlib.org or call 472-2483.

The next talk in the series features British-American writer, journalist and adventurer Simon Winchester. Winchester is a *New York Times* bestselling author with an omnibus of more than 30 titles, including *The Professor* and the *Madman, Pacific, The Perfectionists* and most recently, *Land: How the Hunger for Ownership Shaped the Modern World*. His virtual talk begins at 2 p.m. on Tuesday, September 20.

Sanibel-Captiva Art League's non-juried exhibit, *Home Sweet Home*, is on display at the library until September 30.

Sanibel Public Library is circulating two Real Florida Reader state park passes. Patrons can use their library card to place hold or check out a pass. Each pass is good for one vehicle with up to eight passengers. The program runs through September 12. The library also offers passes to Bailey-Matthews National Shell Museum and Clinic for the Rehabilitation of Wildlife (CROW) Visitor Education Center. Call the library for more information or to place a hold.

Stop by to see a collection of vintage Pyrex dishes from 1956 to 1984 on loan from Beth Jarrell. The display is in the cabinet next to the glass elevator. The library's display case offers a peek at unique collections. Past displays include origami, World War II medals and Lionel Trains. If you have a collection to share, contact the library.

Library hours are: Monday and Thursday, 9 a.m. to 8 p.m.; Tuesday, Wednesday, Friday and Saturday, 9 a.m. to 5 p.m.; closed on Monday, September 5 for Labor Day. Most devices can connect to the high-speed WiFi from outside the building, even while the facility is closed.

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. Computers, printers, scanners and fax service are available as well as magazines and daily newspapers. For more information, call 472-2483 or visit www.sanlib.org. Sanibel Public Library is located at 770 Dunlop Road.*

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Book Review

The It Girl

by Di Saggau



The *It Girl* is another one of those unputdownable mysteries from best-selling author Ruth Ware. Hannah arrives at Oxford feeling in awe that she's sharing space of

learning with the wealthy. The first person she meets is her roommate April Clarke-Cliveden, a bright, vivacious girl who pulls Hannah into her world. Their close friends are Will, Hugh, Ryan and Emily. By the end of their second term, April is dead.

Now 10 years later, after finding her roommate's dead body in front of the fireplace in their room, Hannah struggles with the realization that she may have helped send the wrong man to prison. She learns that John Neville, a porter at the school, has died. He has always claimed his innocence, but Hannah's testimony at trial helped send him to prison. Did she send the wrong man? She is determined to find out.

Ware divides the novel into two alternating timelines, "before" and "after" chapters, with the narrative of Hannah's college experience unfolding parallel to events of her life

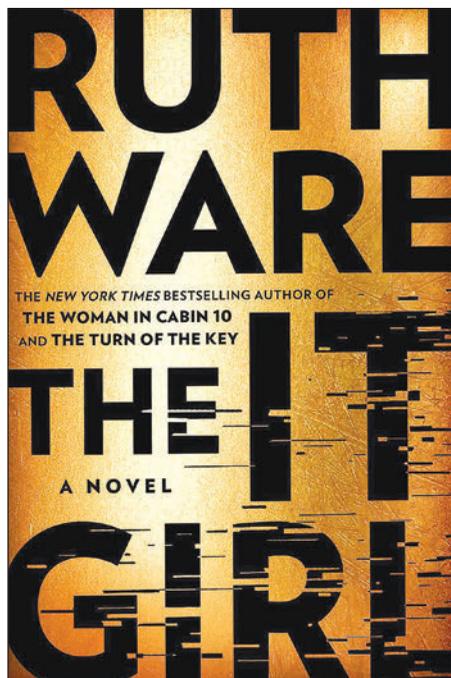


image provided

a decade later. She is married to Will and pregnant with their first child. A reporter contacts her, one who thinks Neville might actually have been innocent. Hannah is determined to find out the truth as she jumps back into the past to try and figure out what really happened that fateful night.

Despite Will's objections, Hannah seeks out Hugh, Emily and Ryan to pick through their memories of what they remember about their year together.

Their memories make Hannah question everything she thought she knew about April. Her obsession with finding out what really happened begins to negatively impact both her health and her marriage.

The It Girl is a satisfying thriller and, when the pieces finally come together, they make perfect sense. It's quite possible you'll have assumed a different person killed April at least twice before the truth is revealed.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My daughter is now in middle school and is having more difficulty with the higher academic and social demands of her new school

setting. She's becoming frustrated and emotional so much more quickly than ever before. I know part of this is becoming a tween as well. Can you suggest a strategy that might be easily put into place so she can calm down quickly and reduce her frustrations?

Jodie W, Fort Myers

Jodie,

As children move into different academic and social settings, it often takes a bit of extra time to adjust and feel comfortable with all the new demands she's experiencing. There are strategies, however, that she can use easily and discreetly that may help her to reduce her frustrations and keep her "cool."

First, your daughter needs to pay attention to any physical cues that indicate frustration such as excessive body movements, sighing, tightness of breath and feelings of anger or sadness growing. As she learns to listen to the cues, she should learn to take a few moments to compose herself. While there are many strategies that she can use to help herself like journaling, meditating, exercising and deep breathing, these strategies are difficult to use for immediate relief.

Grounding is an immediate and

effective way to calm anxiety. With grounding, you identify objects around you to help your brain recognize where you are. This creates a sense of comfort because you know where you are, and you feel more in control of the situation.

Here are some grounding questions, based on the five senses, that are easy to remember and can be used anywhere to increase feelings of well-being and self-control.

What's one thing you can see right now that's blue?

Can you describe all the details you notice about that object?

What is one smell you can detect right now? Can you describe what the smell is like and how you feel about it?

What's something you can hear that's close by? What about something that's far away?

Can you taste anything right now? What are some details of that taste that you notice?

What are the sensations that you notice on your skin? Is it warm or cool? Where can you feel your clothes or other surfaces touching your skin?

Practice using these questions with your daughter. Show her how easy it is to stop for a moment, take a breath, reflect on these questions and regain some composure. However, if her anxiety continues and increases, it might be helpful to speak with the school counselor or her doctor.

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

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From page 22

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concert by Concerto Soloists Internationale features popular highlights from grand opera to Broadway to pop performed by international soloists from four continents with a live on-stage orchestra and an emcee.

The English Chamber Orchestra – March 9. The English Chamber Orchestra is the most recorded chamber orchestra in the world. The orchestra has performed with some of the world's greatest soloists and recorded many movie soundtracks, including scores for *Atonement*, *Pride and Prejudice* and several James Bond movies.

The Royal National Ballet Direct from the Republic of Georgia – Fire of Georgia – March 27. The Royal National Ballet will be making its American debut during this season.

The performance, called the Fire of Georgia, combines Georgian folk dances with modern attitude toward the choreography and costumes. The company's program illustrates the variety of the world's folklore and classical dance elements, acrobatics, stunts and temperament of the dancers.

The Fort Myers Community Concert Association, now in its 73rd concert season, is an all-volunteer not-for-profit organization founded by Barbara B. Mann in 1949 to bring world-class entertainment to Southwest Florida at affordable prices. The association consists of more than 1,200 members, underwriters and sponsors. Performers brought to Fort Myers in the past by the association include The Israel Ballet, The Boston Brass, Itzhak Perlman, Cleveland Orchestra, Vienna Boys Choir, pianist Andre Watts, violinist Joshua Bell with the Academy of St. Martin in the Fields and many others.✧

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Member Of Lions Club Now South Region Chair

Steve Schulz, past president of the Sanibel Captiva Lions Club, has been appointed by District Gov. Jimmy Gregory as the South Region chair of District 35 of the Lions clubs. The South Region consists of four zones and 22 Lions clubs from Sun City in the north to Everglades City in the south. As South Region chair, Schulz will attend club and zone meetings and assist clubs wherever they need help. Schulz has said that the district's three primary goals this year are to increase service projects, grow membership and revitalize some clubs and members.

Individuals interested in community service are invited to visit a club meeting to learn more. Dinner meetings are held on the first and third



Steve Schulz photo provided

Wednesdays of the month at 6 p.m. at The Community House. For more information, call 233-6261 or visit www.sanibelcaptivalionsclub.org.



From left, Chris Lechowicz, John Iverson and Mike Mills photo provided

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SCCF Researchers Attend Global Conference

Sanibel-Captiva Conservation Foundation (SCCF) researchers Chris Lechowicz, director of wildlife and habitat management, and Mike Mills, wildlife biologist, attended the 20th annual Symposium on the Conservation and Biology of Tortoises and Freshwater Turtles in Tucson, Arizona recently.

The symposium, hosted by the Turtle Survival Alliance and IUCN/SSC Tortoise & Freshwater Turtle Specialist Group, is the largest meeting of biologists, researchers and educators concerning non-marine turtles in existence. Researchers from over 30 countries came to present their research and share ideas and experiences with other colleagues concerning conservation and research techniques concerning non-marine turtles and tortoises.

Lechowicz's talk, Habitat Preference, Seasonal Activity and Movements, and Morphology of the Florida Mud Turtle on Barrier Islands in Southwest Florida, explored Sanibel's rarest and most cryptic

turtle species.

Mills' presentation, Seasonal Movement and Reproductive Observations of Chicken Turtles, focused on SCCF's Florida chicken turtle research. Both Lechowicz and Mills gave the only talks on these two species and they were well-received.

The researchers were able to share ideas and get advice from many well-known herpetologists on their projects, as well as answer questions and give recommendations to graduate students and early-career researchers. SCCF's participation in the conference is important for sharing data to the broader research community, building partnerships and collaborations, and keeping up with new techniques, legislation changes and grant opportunities.

Founded in 1967, the mission of Sanibel-Captiva Conservation Foundation is to protect and care for Southwest Florida's coastal ecosystems through water quality research, policy and advocacy, sea turtle and shorebird protection, native landscaping, habitat and wildlife management, and environmental education. For more information, visit www.sccf.org.



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3

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Working From Home Design Tips



by Marcia Feeney

Adjustments in lifestyles of the past couple of years has presented us with a new abbreviation. WFH is now in the lexicon, thanks to spending the start of this decade sheltering-in-place.

Even the *Wall Street Journal* has used it in headlines. It stands for "Working From Home."

In some homes, the kitchen table is the study/classroom, and the guest room is a home office. Whether you are running your own business from home or just trying to stay focused on your job, working from home can have all sorts of challenges. This includes having your kids at home doing homework or studying as remote learning has become more prevalent.

While many of us grew up doing homework around the kitchen table, in today's world of video meetings and online classes, that scenario is really not practical.

There is more variety of work from home options than ever before. That was clearly evident at the Fall Home

Furnishings Market in High Point, North Carolina. Our Decorating Den Interiors senior vice president for merchandising and marketing reported that WFH was the "hottest category at market. There was ample variety to make working from home memorable and effective for all."

A workstation in a sunny room with a door that can shut is always ideal if you need quiet for video meetings, phone calls or just to focus on the task at hand. Even a desk or table in a bedroom is preferable to working at a kitchen table. If you can position your desk in front of a window, it will not only give you ample light for working, at least during the daytime, but will also illuminate you for those video calls.

Speaking of lighting... layer your lighting as much as possible. The variety of table lamps or task lighting is phenomenal and can come with just the right base to fit a personal interest or hobby. That will give additional lighting for video calls on those gray days or after sunset.

If there are two adults working at home, while separate rooms may be difficult, separate work stations in the same room are doable if there is some division. If a room is large enough, two work stations could be placed so that when both are occupied, the occupants are somewhat back-to-back. Using a screen as a room divider can help. One made of cork, fabric or leather will absorb some noise. If it's a smaller room, one large work table could enable

two, three or even four older children to work at the same time. Remember study hall?

You don't often have many choices in furnishings at the company office. Not so at home. There are so many options for office desks that, with some help from a professional, you can find one that will satisfy your work needs and fit your space, design preference and lifestyle. You can adjust height, be stylish and trendy, and even make a statement.

Similarly, chair options are plentiful. Ergonomic chairs have a backrest that can be raised and lowered, as well as moved forward and backward to eliminate bending or stretching. Firm

lumbar support may be an issue if you are sitting for long stretches at a time. If you are sitting for long hours in that chair, it's worth it to make the added investment in quality seating.

Storage is another issue with many solutions. If your space is at a premium, you may need a desk with its own storage. However, if you do have the space, there are fabulous options for furnishings that will do the job. There is no "typical" home-office style. It's all your choice.

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

Storybook Ball To Benefit Ronald McDonald House

Ronald McDonald House Charities of Southwest Florida (RMHC SWFL) will hold its 27th annual Moana Storybook Ball at the Hyatt Regency Coconut Point on Saturday, February 18.

The black tie, island-themed event will honor local interior designer and philanthropist Suzanne Costa.

WINK News Chief Meteorologist Matt Devitt and Anchor/Reporter Lindsey Sablan will be the master and mistress of ceremonies. Joe Girvan of Alpert Enterprises will be the auctioneer and

Carly Schwartzel will be committee chair. Entertainment will be provided by Robert Williamson Band.

This fundraising brings together families, community supporters, partners and local McDonald's owner-operators for an evening celebrating the importance of family-centered care.

Proceeds benefit RMHC SWFL's free-of-charge programs and services for children and families, such as the Ronald McDonald House, Ronald McDonald Family Room at Golisano Children's Hospital and the Ronald McDonald Care Mobile Program.

Visit www.rmhcswfl.org/storybookball or contact Amy Velez at 437-0202 or amy@rmhcswfl.org for information on reservations, tables, sponsorships and donations.*



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Rotary Happenings

submitted by Cindy Carter

These days, when we make a purchase with cash and there are pennies for change, many times, we tell the clerk to “keep it.” Who really wants those pennies and nickels jingling in your pocket or weighing down a purse?



This is where the nonprofit organization called Power of a Nickel comes in. Did you realize that one nickel can buy 10 children porridge, give five students pineapple for lunch, and provide milk for four children for a day. Four nickels can buy a child soap for a month, eight nickels can provide deworming medicine that will last for six months, 10 nickels can provide a child a multivitamin every day for a month. Sure gives a different meaning to the change in your pocket!

Dr. Stan Grogg, a Rotarian, and his wife, Barbara, a nurse practitioner, founded Power of a Nickel, a 501(c)3 nonprofit in 2013. They recognized the power of sustainability and formed partnerships with local, in-country, non-government organizations. Power of a Nickel goes further than just providing medical care. Health education to students, teachers, parents, local healthcare students and professionals is a very important part of what they do. At least once a year,



Dr. Stan Grogg with his wife, Barbara

their team visits partnering communities in Nicaragua, Uganda, Vietnam, Belize, India, Guatemala, Ukraine, Greece, Mexico, Peru and the Philippines. Over the past nine years, Power of a Nickel has made a profound impact on the lives of countless people across the globe.

Barbara has worn many hats throughout the year; science teacher, radiation biologist, stained glass artist, nurse, nursing instructor, master gardener, nurse practitioner, mom and the glue for the glitter... “Stan.” For the past eight years, she has coordinated all of the international medical mission trips for Power of a Nickel. Now in this season of her life, she is enjoying Sanibel and the menagerie of animals and birds in her

backyard, and shelling on Sanibel beaches.

Grogg, DO, known as Dr. Stan, earned his doctor of osteopathic medicine from Kirksville College of Osteopathic Medicine. He is board certified in pediatrics and is a professor emeritus at Oklahoma State University. He has numerous honors, awards and publications. He represents the American Osteopathic Association as its CDC liaison member for the Advisory Committee on Immunization Practices. He is a fellow of the American College of Osteopathic Pediatricians and American Academy of Pediatrics. He has a travel medicine certificate from the International Society of Travel Medicine.

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

photo provided

person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email william.harkey@gmail.com by Tuesday before the meeting if you would like to attend. For more information, visit www.sanibelrotary.org.✳

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company



Michelle Bornhorst



Bobbie McGlynn

The top producers for August at John Gee & Company were: Michelle Bornhorst, top listing agent; Bobbie McGlynn, top sales agent; and Gene Taylor, top producer.✳



Gene Taylor



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Will Power

Reunion



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

I recently attended my high school's 40th reunion in Indianapolis, the first such reunion I've traveled to. While I didn't graduate from North Central High, having moved to Clearwater, Florida during my junior year, these are all the people that I grew up with, many I hadn't seen in the 42 years since I moved. I had one basic reaction: Wow, we all look so old!

It's funny when you have the image of someone in your mind's eye when they were 16 years old and suddenly, you're standing in front of the 58-year-old version! I'm sure many of my classmates experienced the same thoughts when they saw me.

I found the guys easier to identify than the gals. Gals change their hair color and their makeup. Their faces change too. Thank God for the nametags with our high school pictures affixed to them. Guys basically look the same, albeit with less (or no) hair and an expanded mid-section. Except, of course, my good friend, Mike Fox, who is in better shape now than he was in high school.

Born in 1963-64, the last year of the baby boom, my graduating class was just under 1,200 students. Many, I never knew. Fortunately, several of the ones I did know were part of the 250 or so that showed up for the reunion.

It's funny how we revert to our old selves when in each other's presence. The same cliques sat at the same tables – just like in the school cafeteria so many years ago. The same stories were told about the same events, although over time, the happenings became bigger than life and greatly exaggerated.

A synagogue youth-group classmate cornered me about her skill talking to animals, and how they can reveal secrets to a happy life. I chuckled, until I realized she was serious. Oy vey. My cousin thankfully saved me from that conversation.

Because my friends are on Facebook, I was able to identify them at the reunion, but it was different in person – in fact, much better than I expected. Facebook keeps people connected who otherwise wouldn't be, for which I'm grateful. It's been fun following the marriages, careers, birth of grandchildren and family events. Less so learning of divorces and deaths. Instead of engaging in an awkward conversation with someone I hadn't seen in years, I was able to ask about recent events in their lives, and they asked about mine. It was totally enjoyable.

I was saddened by a poster with the names of more than 60 deceased classmates. Some I knew about, others I didn't. Three teammates from my Little League baseball

team are gone. Apparently, one died of an overdose, homeless under a bridge. Another from cancer, and a third in a car accident.

Life can be cruel.

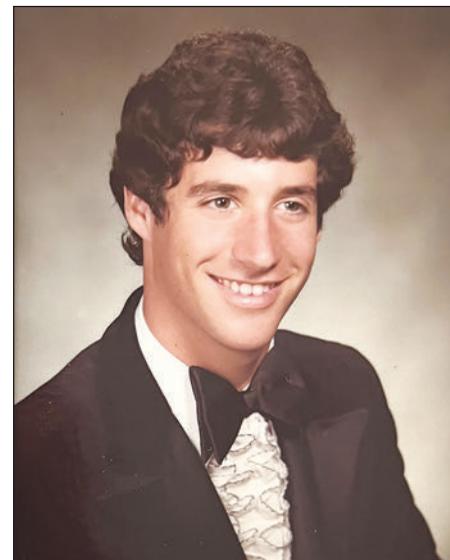
Life can also be forgiving. Now 40 years past high school graduation, it doesn't matter anymore who has achieved what. It was just great to see each other again. This is a wonderful stage in life. Too old to care about individual achievements, young enough that we're not yet decrepit, and wise enough to be grateful for the little things.

Will I attend another one? Right now, I don't think so. One is enough every 40 years, isn't it? I can always contact those I want to keep in touch with. Besides, I hope to be busy watching my own daughters develop their families.

What about my wife, Patti? She thankfully stayed behind as all this would have bored her to no end. I stayed with my aunt who had me go through a box of pictures my grandmother kept. I found some good ones of my mother (now deceased) and father when they were young. I'll leave you with my high school graduation picture.

I haven't changed much in 40 years, have I? Haha!!!

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My high school graduation photo photo provided

How's The Market? Ask Ann Condominium Safety Reform



Ann Gee
Broker/Owner

This is information from our MLS meeting on August 18 hosted by Rapid Response Team. Thank you, John Trebilcock, attorney with GDC Law Firm, Cameron Govreau from Heidrick Insurance and Brian Chapman of Chapman Insurance Group; also an article in our August Florida Realtor Magazine.

Florida lawmakers addressed condominium reform by passing Senate Bill 4D, which Gov. DeSantis also signed. This bill provides an overhaul of the high-rise inspection law, requires more frequent recertification of safety standards and mandates that condo boards build up reserves so they can make needed repairs. Changes in the bill include:

- Creates a statewide "milestone inspection" requirement for condominiums and cooperative buildings that are 3 stories or higher 30 years after initial occupancy, and 25 years after initial occupancy for buildings located within three miles of the coast;
- Requires inspections every 10 years after a building's initial "phase 1" inspection;
- Requires an additional more intensive inspection, or a "phase 2" inspection, if a building's initial inspection reveals substantial structural deterioration;
- Beginning in 2024, condo associations are required to conduct a structural integrity reserve study at least every 10 years; prevents needed reserves from being waived. Both SB 2D and SB 4D became effective immediately after Gov. DeSantis signed them into law.

Thank you for reading my column.

8 Closed Sales Going Back One Week: 6 Homes & 2 Condos

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1501 Middle Gulf Dr. H-406 Sundial West **\$1,314,500**
1260 Par View Dr. **\$1,580,000**
1313 Seaspray Ln. **\$1,650,000**

839 Birdie View Point **\$1,925,000**
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Free Screenings Offered For Fall Prevention Month

Island Therapy Center on Sanibel is offering free balance screenings during the month of September in observation of Fall Prevention Month. "Treatment of balance, weakness and loss of mobility is covered by Medicare and most insurance," said Rachel Tritaik, PT, CLT, LMT, owner of Island Therapy Center. "By addressing these issues, we can reduce the risk of falling and restore confidence, and improve participation in community activities, which helps overall health and wellbeing."

The physical therapists at Island Therapy Center frequently treat patients with balance and dizziness disorders, and with injuries resulting from falls. Early recognition and treatment of balance problems has been shown to reduce falls and associated injuries, including fractures. Education regarding fall prevention, balance and strengthening strategies, home safety and getting up from a fall may be included in the appointment. The osteoporosis program, balance program and vestibular rehabilitation programs at



Rachel Tritaik working with a patient on balance techniques photo provided

the clinic also address these issues.

Free screening appointments with a licensed physical therapist can be scheduled at 395-5858 for anyone concerned about maintaining or improving their strength and balance. Island Therapy Center is located at 2242 Periwinkle Way in Sanibel Square.✪



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From left, Roger Timm, Angelika Geerlof, Karen Johnson and Nicole McHale

photo provided

Retailer Supports Race To Benefit FISH Of SanCap

Suncatchers' Dream is sponsoring the 10K Race 4 FISH, an annual fundraiser to benefit FISH of SanCap. "FISH provides so many needed services for our community," said Dan Thompson, proprietor. "It's an honor to partner with them and provide support for all they have to offer."

Dan fell in love with Sanibel on his first trip to the island and his love of the

island is reflected in the merchandise he carries at his store, located in Olde Sanibel Shoppes.

"We are so pleased to have the support of Dan and his team at Suncatchers' Dream," said Nicole McHale, chair of the race committee. "They are constant supports of our race and we cannot thank them enough for their advocacy and partnership."

The 14th annual race, scheduled for in-person and virtual formats, will start at 7:30 a.m. on Saturday, October 22. It is held in conjunction with the Fort Myers Track Club and the only foot race on Sanibel. Registration is open at

www.ftmyerstrackclub.com or through the RunSignup platform at <https://runsignup.com/Race/FL/Sanibel/SanibelIsland10KRace4FISH>.

For more information on the race or if you are interested in becoming a sponsor, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com.

July Traffic At The Airport

During July, 671,225 passengers traveled through Southwest Florida International Airport (RSW) in Fort Myers. This was a decrease of 17.6 percent compared to July 2021, however, it was still the second best July in the 39-year history of the airport. Year-to-date, passenger traffic is up 13 percent compared to last year.

The traffic leader in July was Delta with 177,355 total passengers. Rounding out the top five airlines were Southwest (132,296), American (122,450), JetBlue (72,852) and United (68,847).

Southwest Florida International Airport had 5,213 aircraft operations, a decrease of 26 percent compared to July 2021. Page Field (FMY) saw 16,000 operations, a 58 percent increase compared to July 2021, which made it the best single month at FMY in nearly 40 years.

Southwest Florida International Airport served more than 10.3 million passengers in 2021 and is one of the top 50 U.S. airports for passenger traffic. No ad

ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX of the Islands

Andrea Rosil has joined RE/MAX of the Islands.

Born of a Norwegian mother and Guatemalan father, Rosil was raised and educated in Guatemala. In 2015, she moved to Key Biscayne, where she fell in love with Florida.

After several vacations on Sanibel, she and her husband, Allan Marroquin, decided this is where they wanted to raise their daughter.

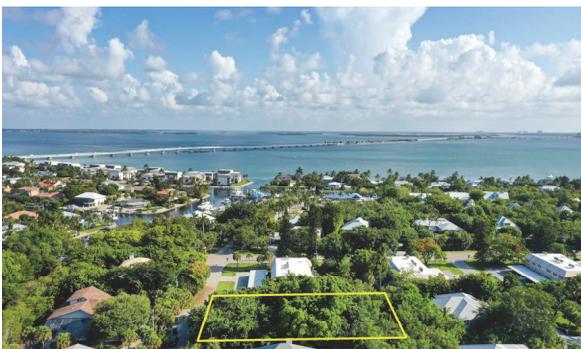
Rosil served on the board at Children's Education Center of the Islands. She taught Spanish to island children and is a member of the Sanibel Moms organization. Her reasons for moving to Sanibel were, "Nature, the people and the family oriented lifestyle. We love the way growth and development here have been controlled. Sanibel and Captiva islands are truly unique in today's world." ❄️



Andrea Rosil



Six months ago island real estate sold fast, usually full price or higher. Today, the market is shifting. Demand remains high, but inventory is increasing, buyers more cautious. As a Realtor® for 33 years, 30 on Sanibel, & owning many properties, Susan finds most buyers/owners are fair. If you are purchasing or selling, please contact The SanibelSusan Team, honest market-smart professionals, ready to help you!



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Frankly Speaking

by Howard Prager



I figured after taking off for a couple of weeks I'd have limitless topics to write about, but it's actually been a quieter August.

Let's start with a younger championship. As reported by AP

News, "For a week and a half at the Little League World Series, no team came close to Hawaii. The championship Sunday was no different. Hawaii got back-to-back homers from Kekoa Payanal and Kama Angell in the first inning, sparking a 13-3 win in just four innings Sunday over Curacao in the championship of the Little League World Series. (If a team is ahead by 10 runs or more after 4 innings, the game is considered over in the LLWS.) The LLWS title is Hawaii's fourth. It won in 2018, and this same Honolulu team finished third last year, when COVID-19 travel restrictions prevented international teams from participating. How good was Hawaii? In six games, all victories, the closest margin was four runs. Hawaii outscored opponents 60-5. "We're fortunate that everything clicked at the right moment," Hawaii manager Gerald Oda said. "I'm very grateful that these kids played loose and relaxed." Aloha Wow.

A number of college games were

played last weekend but none farther afield than the Aer Lingus College Football Classic in Dublin, Ireland where Northwestern shocked Nebraska. Nebraska held a pair of 11-point leads, but Northwestern scored the final 14 points in both halves to claim a 31-28 win over the Huskers on Saturday to open the 2022 season. Nebraska amassed 465 yards of total offense, including 355 yards on 25-of-42 passing by quarterback Casey Thompson, but Northwestern answered with 528 total yards, including 314 on 27-of-38 passing by Ryan Hilinski. The Wildcats also pounded the ball for 214 rushing yards. The Huskers committed three turnovers, including a pair of interceptions, compared to just one turnover by the Wildcats. Nebraska was flagged for just one penalty for five yards in the game, compared to eight miscues for 65 yards by the Wildcats.

The golf season came down to a thrilling and fitting finish with Rory McIlroy capturing the Tour Championship over his rival this season, Scottie Scheffler. While Scheffler was arguably the best player this year, McIlroy was consistent as well and had a strong first half of his round with four birdies and only one bogey. Scheffler, meanwhile struggled in the first round going two over par. McIlroy tied Scheffler on Hole 6 and they went back and forth for the remainder of the round with McIlroy finally putting away Scheffler with a birdie on 15. McIlroy's excellent driving abilities was just one reason why he won the FedEx Cup this weekend. His driving distance was the best throughout

the tournament.

The world of professional golf has been torn by those golfers going to the Saudi-backed LIV Golf tour, and they are not allowed to play PGA tournaments. Rory had a lot to say about that.

"What it's done to the world of men's professional golf is ripped it apart, which is unfortunate," Rory McIlroy told CNN. "I think there are ways to mend that and bring it back together. But with everything else that's going on right now, I don't see that happening anytime in the future."

CNN added, "Before the BMW Championship two weeks ago, McIlroy participated in a meeting of top PGA players to discuss the threat of the breakaway LIV Golf series which is funded by Saudi Arabia's Public Investment Fund (PIF) – a sovereign wealth fund chaired by Mohammed bin Salman, the Crown Prince of Saudi Arabia and the man who a US intelligence report named as responsible for approving the operation that led to the 2018 murder of journalist Jamal Khashoggi. Bin Salman has denied involvement in Khashoggi's murder."

"Being right in the middle of things has been tough at times and it's probably taken time away from the two things that are most important to me which are family and golf," McIlroy admitted of his role as unofficial spokesperson for the PGA Tour players. "But there's certain times where things just need to be done and you have to put yourself out there to stand up for what you believe in. And I feel like that's what I've done this year and I'll continue to keep doing that, but at the same time still try to be the best player in the world."

I need to conclude today's column by going back to the youth with this week's good news story from the Good News Network. A 50-year old Georgian woman was swerving to avoid a car turning in front of her when another car hit her, badly mangling and bending her car. Six members of the Rome City Football Team were on their way to school when they heard the loud boom.

As soon as they saw the wrecked car they leapt into action. "We just ran as fast as we (could) to the lady and check on her to see if she was alright," Adams told CNN. "We were seeing she was in pain, she was screaming and asking us to help

her." The car was totaled, and badly bent out of shape. Without thinking, the teens managed to pry the passenger door open, but realized only afterwards that it was the other door that had to be removed for her to be reached. "We used all our muscles," Adams said. "We're pretty big people, we're strong. We play football, so we lift weights a lot, but (the door) was just extremely bent and broke." It all happened in about a minute. Together, they leant their strength to pry open the jammed door of the woman's wrecked car, which allowed the rescuers to access the badly injured driver.

"When it was over, the teens had freed the woman from the vehicle and carried on their way back to class after checking on the driver of the other car in the collision. Teammates Treyvon Adams, 16, Antwion Carey, 16, Cesar Parker, 16, Messiah Daniels, Tyson Brown, 17, and Alto Moore, 16, admitted that the team had been getting a lot of love and recognition for their act, which teachers said they deserved, and the school has helped drive. At the end of the day, like all great rescuers, the teens admitted that while the recognition was nice, it was something anyone would do." Maybe they would, but in this case it took the brute strength of the six combined to free and save the woman. Great job, guys. You are indeed heroes.

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

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SPORTS QUIZ

1. Jim Calhoun was head coach of what team that won NCAA men's basketball championships in 1999, 2004 and 2011?
2. The Nouvelle Chicane, La Rascasse and Beau Rivage are elements of what famous motorsports circuit?
3. Name the tennis player from Czechoslovakia who won four Grand Slam women's singles titles during her pro career from 1978-90.
4. What U.S. soccer icon won consecutive FIFA Women's World Player of the Year honors in 2001-02?
5. Who are the only brothers in Major League Baseball history to have won Cy Young Awards?
6. Name the Basketball Hall of Famer who won two NBA championships with the New York Knicks (1970, 1973) and served three terms as a U.S. senator from New Jersey (1979-97).
7. Hockey Hall of Famer Steve Yzerman played his entire NHL career from 1983-2006 with what team?

ANSWERS

1. The University of Connecticut Huskies. 2. The Circuit de Monaco. 3. Hana Mandlikova. 4. Mia Hamm. 5. Gaylord and Jim Perry. 6. Bill Bradley. 7. The Detroit Red Wings.

Chamber Offers Member Healthcare Plans

Sanibel & Captiva Islands Chamber of Commerce, a member of the Florida Association of Chamber Professionals (FACP), has partnered with MyHealthily to provide access to healthcare coverage options for chamber members, their employees and their families. The new benefit launched on August 22.



John Lai

no additional cost or co-pay, Prosper Benefits is a suite of non-insurance benefits including Telehealth, Work/Life Care Balance, Health Advocate, Medical Bill Saver and a prescription savings app. The benefits enable members to control their healthcare costs.

MyHealthily helps small business owners solve major problem points by providing them with streamlined enrollment, sound customer service, and choice and value with affordable healthcare coverage. It launched Chambers of FL Healthcare to help chamber of commerce members enroll in complete healthcare coverage solutions in a simple and effective way.

"I am confident that offering the ability to access healthcare coverage via Chambers of FL Healthcare will enable MyHealthily to provide unprecedented service levels," said Michael Malhame, president of MyHealthily. "Since the signing of the Affordable Care Act, group health insurance plans have increased at more than three times the rate of general inflation. Ninety-seven percent of Americans do not know what their insurance covers, and the process of shopping for and enrolling in coverage remains a significant burden to employers and employees. FACP, MyHealthily and San-Cap Chamber of Commerce have made significant movement to help resolve the situation."

For more information, visit sanibel-captiva.org or contact John Lai at john@sanibel-captiva.org or Jade Nakonetschny at jade@sanibel-captiva.org.

"We are the second chamber of commerce in Southwest Florida approved to offer this benefit to our membership," said John Lai, chamber president and chief executive officer, and FACP chair. "The coverage is a good fit for our islands community because it is geared toward small businesses that don't qualify for group coverage. Our members can realize immediate savings through an easy enrollment process."

Chambers of FL Healthcare, the marketplace launched by MyHealthily, is able to offer benefits to all members, along with flexibility in plan design and provider. Bundled with the coverage, at

Business Women To Hear From Physical Therapist

Sanibel Captiva Business Women's Association (SCBWA) will hold its monthly luncheon on Tuesday, September 20 at noon at Blue Giraffe 2. The speaker will be Rachel Tritaik PT, CLT, LMT.



Rachel Tritaik

Tritaik will share her personal experiences as a physical therapist, offer tips and tricks to minimize the negative effects of gravity, plus her top five exercises for life. Tritaik said, "I've been a physical therapist for over 25 years, learning new techniques and skills throughout my career, and I love it."

Tritaik owns and manages Island Therapy Center in Sanibel Square, a clinic specializing in one-on-one physical therapy, massage therapy and Pilates training. She opened the clinic herself in 2009 to better serve the needs of the community.

Tritaik grew up in England and Canada, graduating with her physical therapy degree from Dalhousie University, Halifax, Nova Scotia and has furthered her education in the

United States. Her specialties include orthopedics, neurology, inner ear disorders, hand therapy, osteoporosis, Parkinson's Disease, balance and lymphedema treatment. She is also a certified massage therapist.

Tritaik has been a Sanibel resident since 2008, along with her husband, Paul, son, Liam, and golden retriever, George. Tritaik's pastimes include paddle boarding, running and yoga.

"We are excited to hear from Rachel and the knowledge she can bring to our group on our continued theme of health and wellness," said Maureen McGauran, communications chair.

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

Register on Eventbrite at <https://sancapbwa.eventbrite.com/>.

For more information, contact taylor@irisprintdesigns.com. Updates are posted at www.facebook.com/SanCapBWA.

Blue Giraffe 2 is located at 1100 Par View Drive in Beachview Estates on Sanibel. ✨

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Health First

Food Poisoning



by Julie Rosenberg, MD

Foodborne illness, commonly referred to as food poisoning, is the result of eating contaminated, spoiled or toxic food. Food poisoning is a

relatively common problem. According to the Centers for Disease Control, an estimated one in six Americans (or 48 million people) get sick every year, while 128,000 are hospitalized, and 3,000 die from foodborne diseases.

Here's what you need to know about food poisoning:

Most food poisoning can be traced to one of three major causes – bacteria, parasites or viruses. These organisms are found on most of the food that we eat, but they can become pathogens, which are sources of disease.

Bacteria are the most common cause of food poisoning. Bacterial causes of food poisoning include Salmonella, Escherichia coli, Campylobacter, Clostridium botulinum, Listeria monocytogenes, Staphylococcus aureus and Shigella.

Salmonella is the leading bacterial cause of food poisoning in the United States with an estimated 1.35 million infections

reported per year.

Parasites such as Toxoplasma gondii, Giardia lamblia, Trichinella and Enterobiasis (pinworms) can spread through food and be very dangerous. Toxoplasmosis is a leading cause of death attributed to food poisoning in the United States.

Food poisoning may also be caused by viruses. The norovirus is the cause of about 20 million cases of vomiting and diarrhea in the United States each year. Other viruses may be associated with similar symptoms, but they're less common.

Meat, eggs and dairy products are frequently contaminated. Water may also be contaminated with organisms that cause illness. Heat from cooking usually kills pathogens on food. Foods eaten raw may be sources of food poisoning because they don't go through a cooking process.

A healthcare provider may be able to diagnose the type of food poisoning based on foods eaten and the patient's symptoms. In severe cases, blood or stool tests may be required for diagnosis.

Symptoms of food poisoning and timing to onset of symptoms can vary depending on the source of infection.

The most common symptoms of food poisoning include nausea, vomiting and diarrhea. Some individuals also experience abdominal cramps, fever, headache, loss of appetite and general malaise.

Most cases of food poisoning resolve within one week. Contact your healthcare provider or seek medical treatment immediately if symptoms become severe

(high fever, protracted vomiting or diarrhea, or dehydration).

Most cases of food poisoning can be treated at home, although severe cases may require medical intervention.

Stay hydrated – If you have food poisoning, it's important to remain hydrated. Drink plenty of water. Sports drinks that are high in electrolytes can be helpful. Avoid caffeine, which may irritate the digestive tract and be dehydrating.

Over-the-counter medications – Medications such as loperamide (Imodium) and bismuth subsalicylate (Pepto-Bismol) may help in managing diarrhea and suppressing nausea. Check with a healthcare provider before using these medications since vomiting and diarrhea help to rid the body of the toxin.

Diet – Hold off on solid foods until diarrhea and vomiting have passed. Ease back into your normal diet by eating bland and simple-to-digest items such as crackers, toast, gelatin, rice and bananas. Stay away from hard-to-digest and fatty foods such as dairy products and fried foods.

Rest – Get plenty of rest to help restore your body.

While most people experience food poisoning at least once in their lives, some populations are at higher risk. Anyone with a suppressed immune system may have a greater risk of infection and complications from food poisoning. This includes individuals with health conditions such as auto-immune disease or cancer, older adults (over age 65), children under age 5 and pregnant women.

The best way to prevent food poisoning is to handle food safely and avoid eating any foods that could be unsafe.

Wash your hands with soap and water before cooking or eating food.

Make sure food is properly sealed and stored at the correct temperature.

Thoroughly cook meat, poultry and eggs.

Sanitize food preparation tools and surfaces.

Separate raw meat, poultry, seafood and eggs from ready-to-eat foods.

Wash fruits and vegetables before eating them.

In conclusion, food poisoning is a common problem. While usually self-limited, it can be a serious health concern. Prevention is key – practice safe food handling and discard foods that may be

unsafe to eat.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.

New Board Members Named



Kelly Huguenin



Kerri Maw

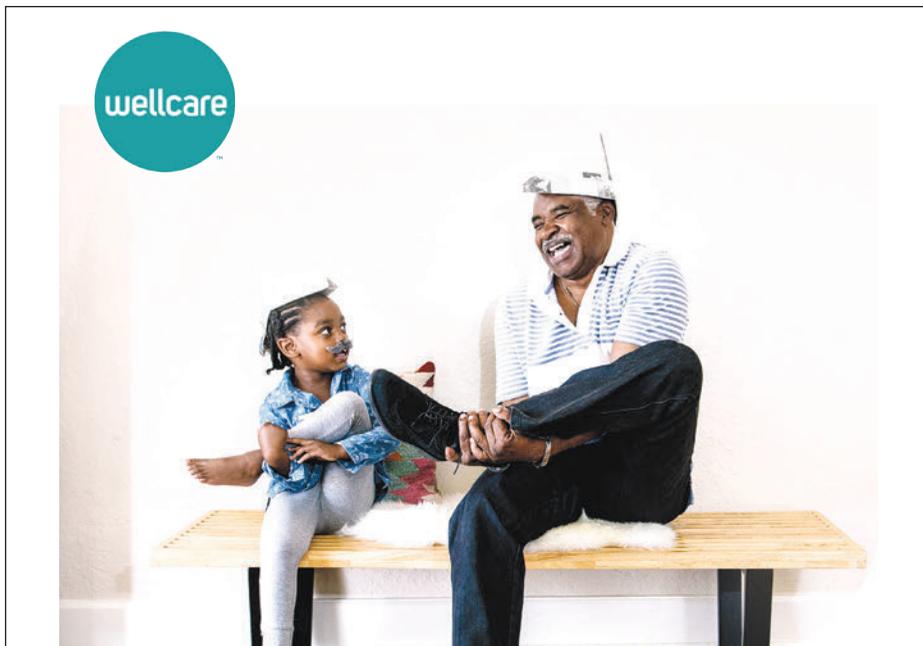
Kelly Huguenin and Kerri Maw of Pfeifer Realty Group were recently accepted as board members for the Sanibel Captiva Business Women's Association.

Huguenin is a member of the Fort Myers Association of Realtors and Sanibel & Captiva Islands Association of Realtors (SCIAR). She is also a SCIAR board member and involved in several association committees.

Maw serves on several local nonprofit boards and has assisted with fundraising for the St. Isabel Catholic Church youth group.

Airline Offering New Routes

Avelo Airlines will have three new routes from Fort Myers via Southwest Florida International Airport: Raleigh/Durham, North Carolina; Kalamazoo, Michigan; and Lansing, Michigan. The routes will operate on Boeing Next-Generation 737 aircraft, with Raleigh-Durham beginning on November 10 and Kalamazoo and Lansing beginning on November 11. For more information, visit www.aveloair.com.



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dearRPharmacist

Benefits Of Banaba That Can Save Lives



by Suzy Cohen, RPh

Dear Readers: Banaba leaf has been used for centuries to treat various ailments. Banaba is not misspelled, it is not intended to be banana, it is

“banaba” and therefore has nothing to do with the delicious starchy fruit you might be thinking of.

Known in the botanical world as *Lagerstroemia speciosa*, this plant is also known as the Crapemyrtle tree! When in full bloom, these are the most beautiful

trees you will ever see in the south.

The hypoglycemic effects of banaba extract come from certain leaf or seed compounds, a few of which include corosolic acid, ellagic acid, triterpenes, flavones, tannins and others. I don't recommend you try to steep anything off your tree or do a DIY project. You are more than likely going to hurt yourself. Commercial preparations of this natural supplement are sold in health food stores and online retailers.

Let's go over some incredible benefits:

1. Banaba Can Illicit Reductions in Blood Sugar – Corosolic acid has been reported to have immediate effects. For example, it was shown that this compound could decrease blood sugar levels within 60 minutes in participants who were tested.

Banaba increases insulin sensitivity, so your levels of glucose go down. Furthermore, inflammatory cytokines also go down. This should translate to a reduced risk of diabetic complications such as heart attack and amputation. There are studies all over pubmed that

will affirm these effects, and others in case you are interested.

The benefit of having more balanced blood sugar is that you have fewer cravings and can start losing weight. Any antidiabetic effect (even from medication) causes the same effect.

2. Banaba Can Cause Reductions in Cholesterol – When you reduce cholesterol to a normal healthy amount (not a ridiculously low amount), your heart disease risk decreases. And when I say “cholesterol” I don't actually mean total amounts, I mean the LDL and VLDL components.

The same constituents I mentioned above in banaba play a critical role in reducing cholesterol, and studies prove this.

3. Banaba May Support Healthy DNA – What's interesting is that, unlike many other herbs that have anti-proliferative activity, banaba works differently. Most other herbs cause a cancer cell to die (that is, to end its own life), the term for this is called “apoptosis.” But with banaba leaf, the anti-cancer effect comes from

several other mechanisms, and the overall result suggests it could benefit people dealing with kidney and possibly liver cancer.

There are side effects with banaba, just like there are with other herbs and medications. Be careful when using this herbal derivative because it can lower blood sugar, which can be dangerous, especially if you're taking anti-diabetic medications or herbs. Banaba has been known to cause allergic reactions in sensitive individuals. Just like any medication or plant-derived herb, this is a possibility.

Still, I feel that the pros outweigh the cons with banaba. You can ask your practitioner if it's something that could help you. Also, if you would like to read a more detailed version of my article, visit www.suzycohen.com.

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

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I am thinking of forming a support group for women who are going through transition. Can you share how I may get this started? I'm a little nervous as I have never

done this, yet I feel compelled to get one started.

A: While there are many kinds of support groups, I will give you an overall format of how you may want to get started.

1. You may begin by finding five to seven women who are going through transition in their lives. They should be women you trust and respect. Determine your meeting place and times. Once to twice a month is generally preferred. Alternate on who may want to facilitate each meeting.

2. Begin each meeting with the facilitator sharing an invocation or

inspiring quote.

3. Each person takes three to four minutes to share with the group her intentions for the group experience and her accomplishments from the previous meeting.

4. Each person takes 10 to 15 minutes to share with the group what they hope to manifest from their goals and intentions. It's good to ask for support from the group.

5. Each person states an action step she will take before the next meeting as a step forward her intentions. (For example, you will go out in nature four times a week).

6. The facilitator for that meeting will close the meeting with a statement of gratitude or quote or positive intention.

It's important to note that members of the support group honor and respect the women in the group and keep the information shared completely confidential. The group is all about growth and support.

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

Support Group Meetings

PFLAG virtual support groups, sponsored by Visuality, Inc., are offered on the third Monday of each month from 6:30 to 8 p.m. via Zoom. PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender and queer (LGBTQ+)

people, their parents and families, and allies. For more information, visit www.visualityswfl.org, email visualityfloridainc@gmail.com or follow PFLAG Fort Myers on Facebook.*

Read us online at www.IslandSunNews.com

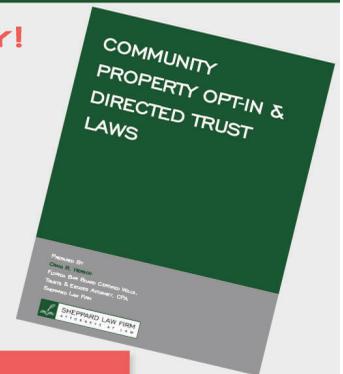
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Doctor and Dietician

The Optimistic Life



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

Is your glass half-empty or half-full? The way you answer this question can play a role in your mental health status.

Someone who sees their glass as half-empty sees lack and negativity in their life, that something is missing, and they are pessimistic. Whereas someone who sees their glass as half-full is seeing the world with opportunity for growth, and viewing the world with optimism.

Life is all about perspective. We have said it before and we will say it again, you cannot control the things that happen around you, however, you can control how you react to them. Be the person who sees things as an opportunity for growth. Now, we know that sometimes life can be challenging. It can be difficult to look at negative situations and think that something good can actually come

out of them.

Here are some tips to maintaining an optimistic outlook:

Focus on what you get to do, instead of what you must do – Feeling obligated to do something can have a negative effect on your personal attitude. You may feel forced to do something, and no one likes to be forced into something. Instead, think of the task or situation as a time to show gratitude. You are grateful you have a job; you are grateful you have time to work out; and you are grateful that God has provided you with another day to live. By looking at obligations as something you get to do, you can tackle these tasks with a positive outlook. Practice an attitude of gratitude.

Practice dealing with rejection with a sense of humor – Rejection can be hard to deal with. If you do not take rejection well, you might even be someone who avoids opportunities out of fear of failure or being told no. But if you do not try, how will you ever succeed? Failure is an opportunity to reflect for a better next time. Individuals who can take rejection find it much easier to keep working towards their goals. Think “critical thinker,” not “critical person.” Throw a little humor into the situation and you may find that the issue may not even be that bad.

Surround yourself with light – Beware of the company you keep. Do your friends lift you up with words of encouragement, provide laughter and help you grow as an individual? Or do you have a group of friends who are

always complaining about everything and judge others? You become like those you surround yourself with. You cannot surround yourself with negative people and expect to live a positive life. It will be a never-ending battle. Find positive friends.

Power of prayer – Whether you are a follower of Christ or you follow a different faith, find the strength in scripture and being consistent. Luke 1:37 states:

“God can do all things; there is nothing impossible for Him.” We so often think that we must deal with our struggles on our own when the truth is, our problems are not our problems. Think about the greatness that you can accomplish with God by your side. God will only go to the places that you allow Him to, so take time to pray each day. Show Him love and appreciation for the gifts He is providing you with and rely on Him to help you with your struggles.

Practice a healthy lifestyle – Eating healthy “real” foods and exercising and moving our bodies regularly will make us feel better. It sure is a whole lot easier to approach life with optimism if you feel good – thus another reason to get healthy.

Choose optimism for yourself! For you. And hey, optimism has great health benefits. It reduces heart attack risk, reduces stress, increases happiness, improves confidence, reduces risk of chronic diseases, strengthens the spirit, improves chances of success, drives the ability to make changes, strengthens our minds, helps us live longer and helps heal the body. Who doesn't want these things. Life is a gift. Cheers!

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.✪

Personal Training Sessions

Personal training sessions with certified trainer Carolyn Cooper are offered on Wednesdays between 1:30 and 5 p.m. at Sanibel Recreation Center. Cost is \$81.50 for a one-hour session for members and \$108 for a one-hour session for non-members. Call 472-0345 to schedule a session.

Cooper is certified through the American Council on Exercise and has been a group fitness instructor since 2000. She evaluates goals and fitness levels, and sets up a program tailored for the individual. Cooper focuses on cardiovascular health, balance, flexibility and strength.

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.✪

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- COTI Committee of the Islands coti@coti.org
- CROW, Clinic For The Rehabilitation of Wildlife 472-3644
- FISH OF SANCAP Neighbors Helping Neighbors 472-4775
- FISH OF SANCAP 24-hr service 472-0404
- JN "Ding" Darling National Wildlife Refuge 472-1100
- Kiwanis Club 677-7299
- League of Women Voters sanibelLWV@gmail.com
- Master Gardeners of the Islands 472-6940
- Military Officers Assc. of America, Alex MacKenzie .. 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club 472-0836
- PAWS, Protection of Animal Welfare Society 239-699-6310
- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
- Sanibel Beautification Inc. 470-2866
- Sanibel-Captiva Lions Club, Steve Schulz 239-233-6261
- Sanibel-Captiva Orchid Society 472-6940
- Sanibel-Captiva Power Squadron www.sancapboating.club
- Sanibel-Captiva Republican Caucus 395-0819
- Sanibel-Captiva Shell Club 267-7291
- Sanibel Historical Museum & Village 472-4648
- Sanibel Island Fishing Club 472-8994
- Sanibel Youth Soccer 395-2040
- SCCF Sanibel-Captiva Conservation Foundation 472-2329
- SCCF Sea Turtle Hotline 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 433-2000
- Zonta Club 728-1971

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

Answers on page 47

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!



"Sorry I'm late Mr. Jones, but i couldn't find my _____!"

Eat

SIGNET

Honest

ISCREEN

Fix

LINSALT

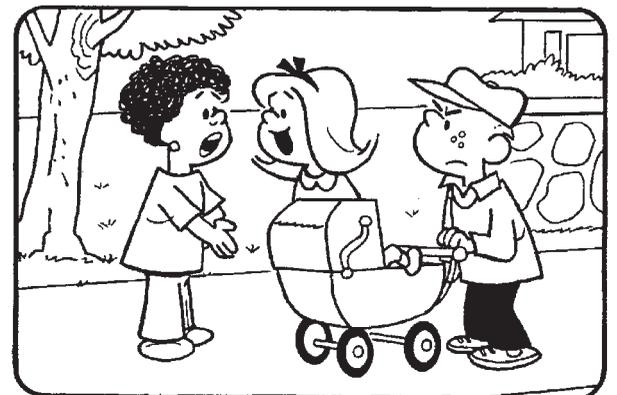
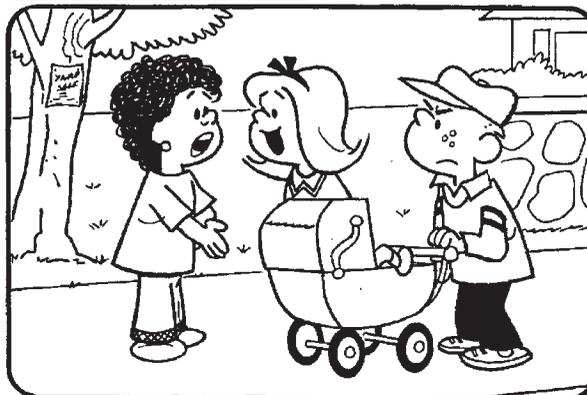
End

SOCRUEL

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Poster is different. 2. Hair is missing. 3. Cuffs are missing. 4. Collar is different. 5. Wheel is missing. 6. Stripes are missing.

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

To Play Sudoku:

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

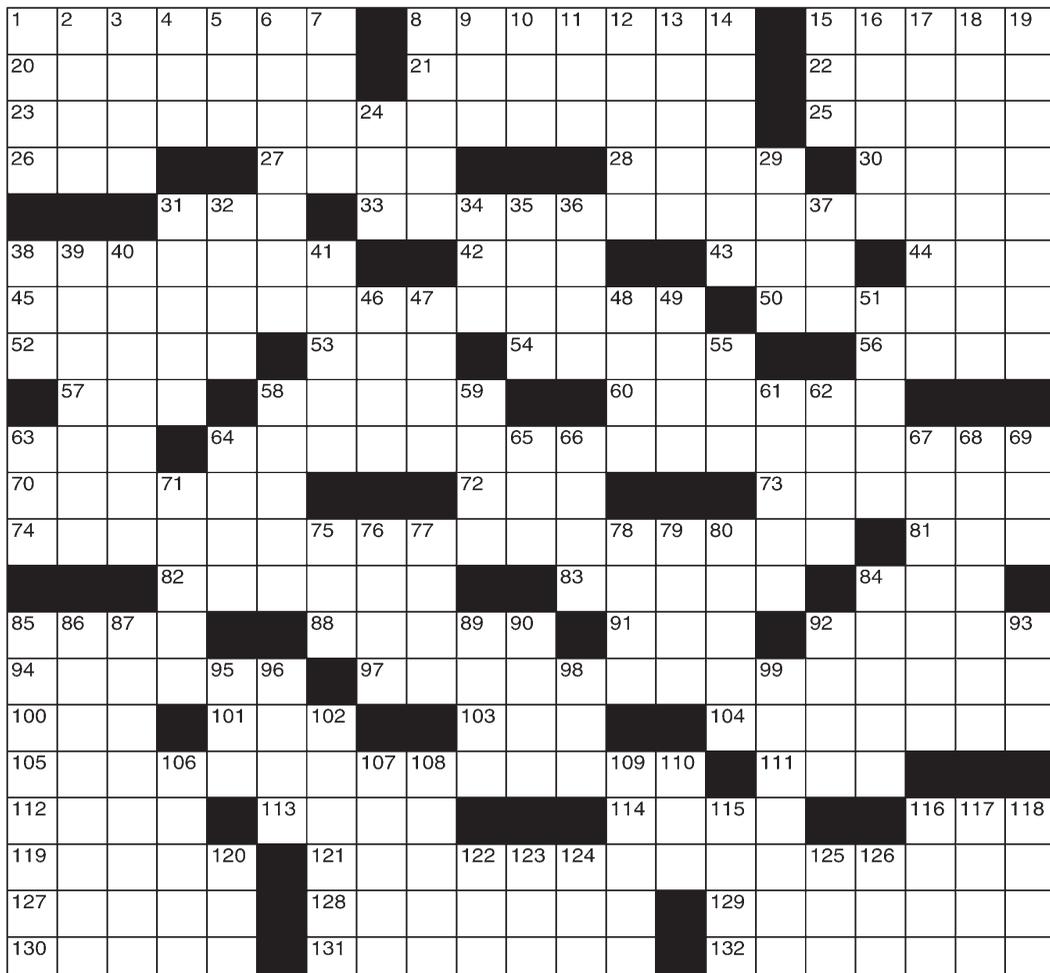
PUZZLES

Answers on page 47

Super Crossword

APT CITY SIGHTS

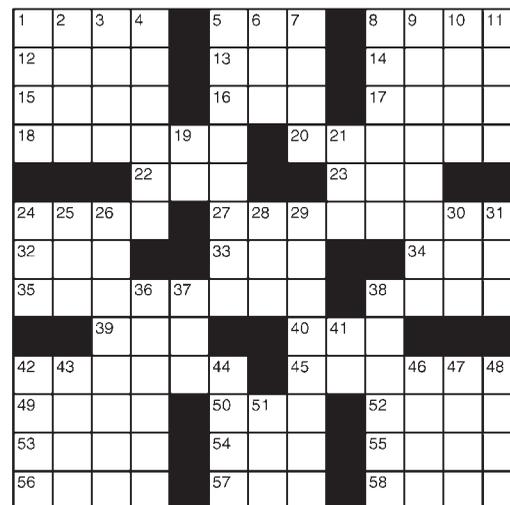
- ACROSS**
- 1 Inexpensive
 - 8 Nazareth's ancient locale
 - 15 Carbo-loading food
 - 20 Conditionally free prisoner
 - 21 Ram into from behind
 - 22 Voices below mezzos
 - 23 Pooch in a Texas city?
 - 25 Vegas machines
 - 26 Certain snake
 - 27 Employ
 - 28 Margarine, quaintly
 - 30 Eight in front?
 - 31 "That's — -brainer"
 - 33 Lock opener in an Oklahoma city?
 - 38 Display stand for curios
 - 42 Marked, as on a ballot
 - 43 Toothy tool
 - 44 See
 - 56-Across
 - 45 Young lady in a California city?
 - 50 Song satirist Tom
 - 52 Stroll along
 - 53 Aegean, e.g.
 - 54 "Shrek!" writer William
 - 56 With
 - 44-Across, "In all probability ..."
 - 57 Cake
 - 58 Cake levels
 - 60 Subway in a Duke
 - 63 West of film
 - 64 Long seat in a Kansas city?
 - 70 Year-by-year records
 - 72 AFL- —
 - 73 Pooh's mopey pal
 - 74 Band gig in an Arkansas city?
 - 81 Fully shy
 - 82 Hispanic woman
 - 83 Lines on street maps
 - 84 Plato's "T"
 - 85 "M*A*S*H" co-star
 - 88 Microbe-filled
 - 91 Municipal law: Abbr.
 - 92 — Carlo
 - 94 "The Far Side" cartoonist Gary
 - 97 Opening for light in a Wisconsin city?
 - 100 Alias letters
 - 101 "— So Fine" (1963 #1 hit)
 - 103 Singer Yoko
 - 104 Anybody
 - 105 Boxy vehicle in a Virginia city?
 - 111 Scarlet, e.g.
 - 112 Casino game with 80 balls
 - 113 Ruinous end
 - 114 Banks do it
 - 116 Cooked in the style of
 - 119 Maya
 - 121 Sluggard in a Florida city?
 - 127 Dr. Watson player Bruce
 - 128 As a help to
 - 129 Sign off on
 - 130 Disney Hall architect Frank
 - 131 Try
 - 132 Arrange in a different way
 - DOWN**
 - 1 Links gp. for women
 - 2 Sculling tools
 - 3 Prepare a gift
 - 4 Cheat
 - 5 Aged
 - 6 Chain of cosmetics stores
 - 7 Actress Garr
 - 8 Rosey of the 1960s Rams
 - 9 — Lingus (Irish carrier)
 - 10 China's Chou En- —
 - 11 Angry feeling
 - 12 Strung along
 - 13 — Gay (warplane)
 - 14 Yard tools
 - 15 Fathers
 - 16 Sign off on
 - 17 Actress Channing
 - 18 Walked unsteadily
 - 19 Ore analysts
 - 24 Wall St. opportunist
 - 29 Of speech
 - 31 Light-footed
 - 32 Campbell of "Scream" films
 - 34 Acne care brand
 - 35 Ale barrels
 - 36 Emend
 - 37 Pile up debt
 - 38 That, to Lucia
 - 39 Orchestral drums
 - 40 Surrounding, as sound
 - 41 Cow on milk cartons
 - 46 Lustful look
 - 47 Noble Brit
 - 48 Get, as profit
 - 49 — fire under (roused)
 - 51 Sweetums
 - 55 Fido's threat
 - 58 Boob tube
 - 59 Large bag
 - 61 "Nine" Tony nominee Karen
 - 62 Cynical reply
 - 63 — de mer
 - 64 Earthen pot
 - 65 Actor Cage, to pals
 - 66 Entryway
 - 67 "Not possible"
 - 68 Toasted bread cube
 - 69 "Yo!"
 - 71 Map source
 - 75 Highway semi
 - 76 Blood type, for short
 - 77 Vocalist Vikki
 - 78 Net tyro
 - 79 "Fame" singer Irene
 - 80 Singers Arnold and Grant
 - 84 Moderately muscular
 - 85 "Great Jewish Joke Book" writer
 - 86 Body of water off Buffalo
 - 87 Get closer, quaintly
 - 89 Kitty's call
 - 90 Yearnings
 - 92 Act silently
 - 93 Fleecy female
 - 95 "Well well!"
 - 96 Dweeby sort
 - 98 11th mo.
 - 99 Vocabulary
 - 102 "Enough!"
 - 106 Tough puzzle
 - 107 Opposite of 104-Across
 - 108 Actresses Stone and Watson
 - 109 Off the ground
 - 110 Omaha loc.
 - 115 Get closer
 - 116 Between the sheets, say
 - 117 Mandolin kin
 - 118 Love god
 - 120 "Tarzan" star Ron
 - 122 Fruit stone
 - 123 Major fuss
 - 124 — -TURN (street sign)
 - 125 — -Magnon man
 - 126 That woman



King Crossword

ACROSS

- 1 Red Planet
- 5 Dandy guy
- 8 Espy
- 12 Part of Q.E.D.
- 13 Lennon's lady
- 14 Frau's mate
- 15 Mater lead-in
- 16 Old Oldsmobile
- 17 Notion
- 18 Head honcho
- 20 Desolate
- 22 Presidential nickname
- 23 Dol. fractions
- 24 "Toodle-oo!"
- 27 Shun liquor
- 32 Actress Thurman
- 33 Hostel
- 34 Pie — mode
- 35 Gifted
- 38 "Roots" author Haley
- 39 Altar affirmative
- 40 Sushi fish
- 42 Demand
- 45 Zealous
- 49 Gestation location
- 50 Gun the engine
- 52 Black-and-white cookie
- 53 Spoken
- 54 "As I see it," to a texter
- 55 Cold War ini-



- 7 Crawl space?
- 8 Japanese faith
- 9 Statue base
- 10 Baseball's Hershiser
- 11 Tea carrier
- 19 Letters of approval?
- 21 Calendar abbr.
- 24 Boy king
- 25 Docs' org.
- 26 Amulet
- 28 Away from WSW
- 29 Try
- 30 Pub order
- 31 Remiss
- 36 Safe to consume
- 37 Refusals
- 38 Novelist Huxley
- 41 Hectic hosp. area
- 42 Victor's cry
- 43 Sushi wrapper
- 44 Half a sextet
- 46 Gaelic
- 47 Tree home
- 48 Afghanistan's — Bora region
- 51 Outback bird

DOWN

- 1 Potatoes partner
- 2 Folksinger Guthrie
- 3 Wheelchair access
- 4 Sports venues
- 5 "Never mind!"
- 6 Single

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

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

- Aldrin
- Faraday
- McAuliffe
- Proctor
- Aristotle
- Fleming
- Mendel
- Resnik
- Curie
- Galileo
- Newton
- Tesla
- Einstein
- Hubble
- Polo

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---	---	--	--	---	--	--

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	4:52 am	12:11 pm	7:19 pm	10:42 pm
Sat	5:35 am	1:38 pm	None	None
Sun	6:31 am	3:12 pm	None	None
Mon	7:48 am	4:34 pm	None	None
Tue	9:21 am	5:39 pm	None	None
Wed	10:46 am	6:31 pm	None	None
Thu	2:03 am	5:01 am	11:55 am	7:13 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	3:57 am	12:13 pm	6:24 pm	10:44 pm
Sat	4:40 am	1:40 pm	None	None
Sun	5:36 am	3:14 pm	None	None
Mon	6:53 am	4:36 pm	None	None
Tue	8:26 am	5:41 pm	None	None
Wed	9:51 am	6:33 pm	None	None
Thu	1:08 am	5:03 am	11:00 am	7:15 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	4:58 am	12:05 pm	6:44 pm	11:35 pm
Sat	5:24 am	1:01 pm	7:37 pm	11:50 pm
Sun	6:00 am	2:16 pm	8:38 pm	None
Mon	6:46 am	12:04 am	9:57 pm	3:33 pm
Tue	7:47 am	12:14 am	None	4:54 pm
Wed	9:25 am	6:14 pm	None	None
Thu	1:34 am	5:27 am	12:02 pm	7:15 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	7:02 am	1:42 am	9:29 pm	3:27 pm
Sat	7:45 am	1:58 am	None	4:54 pm
Sun	8:41 am	6:28 pm	None	None
Mon	9:58 am	7:50 pm	None	None
Tue	11:31 am	8:55 pm	None	None
Wed	12:56 pm	9:47 pm	None	None
Thu	4:13 am	8:17 am	2:05 pm	10:29 pm

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PETS OF THE WEEK

Lee County Domestic Animal Services

Bell And Prue

Hello, my name is Bell.

I am a 3-year-old female pit bull mix who is a proud graduate of the Cell Dog Program with the Lee County Sheriff's Office. I have gone through the 10-week basic obedience course and am house and crate trained.

I know basic commands such as sit, stay, come and down. I have all this and the good looks to go along with it. My adoption fee is \$25.

Hi, I'm Prue. I am a four-month-old female domestic shorthair. I have eyes that practically glow and a personality to match. I am a little spitfire with tons of spunk who will keep you entertained with my non-stop antics. My adoption fee is \$25, and you can get a feline



Bell ID# A913907

photos provided

friend at no additional fee.

Don't get that empty nest feeling when the children go back to school. Lee County Domestic Animal Services is here to help. Through September 30, adoption fees for all cats and kittens and dogs more than six months of age will be reduced to just \$25. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

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.lee-lost-pets.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.*



Prue ID# A934595

My Stars ★★★★★

FOR WEEK OF AUGUST 29, 2022

Aries (March 21 to April 19) A strong social whirl brings a new round of good times to fun-loving Rams and Ewes. Also, Cupid is busy aiming arrows at single Lambs hoping for a heart-to-heart encounter.

Taurus (April 20 to May 20) A romantic incident could take a more serious turn if the Divine Bovine considers meeting Cupid's challenge. Meanwhile, a professional opportunity is also about to turn up.

Gemini (May 21 to June 20) A bit of hardheaded realism could be just what the Twins need at this emotionally challenged time. Face the facts as they are, not as you want them to be. Good luck.

Cancer (June 21 to July 22) Many opportunities are opening up. But, you need to be aware of their actual pros and cons. Check them all out and make your choice from those that offer more of what you seek.

Leo (July 23 to August 22) A more stable situation begins, allowing you to feel more secure about making important decisions. Meanwhile, be sure to meet any project deadlines so that you can move on to other things.

Virgo (August 23 to September 22) Congratulations. A new personal relationship thrives, as you learn how to make room in your busy life for this wonderfully warm and exciting emotional experience.

Libra (September 23 to October 22) A new contact opens some doors. That's the good news. But, there's a caution involved: Be sure you protect your rights to your work before showing it to anyone else.

Scorpio (October 23 to November 21) A former colleague might seek to resume a working partnership. Ask yourself if you need it. If yes, get more information. If no, respectfully decline the request.

Sagittarius (November 22 to December 21) Good times dominate your aspect. So, why not have a party to celebrate a loved one's success? And do invite that special person you want to get to know better.

Capricorn (December 22 to January 19) The shy side of the Sea Goat soon gives way to your more assertive self. This should help you when it comes time to speak up for yourself and your achievements.

Aquarius (January 20 to February 18) A new period of stability will help you deal with some recently reworked plans. Once you get your current task done, you can devote more time to personal matters.

Pisces (February 19 to March 20) Things are finally much more stable these days, so you can restart the process of meeting your well-planned goals with fewer chances of interruptions or delays.

Born This Week: You love being the brightest light wherever you go, and

continued on page 46

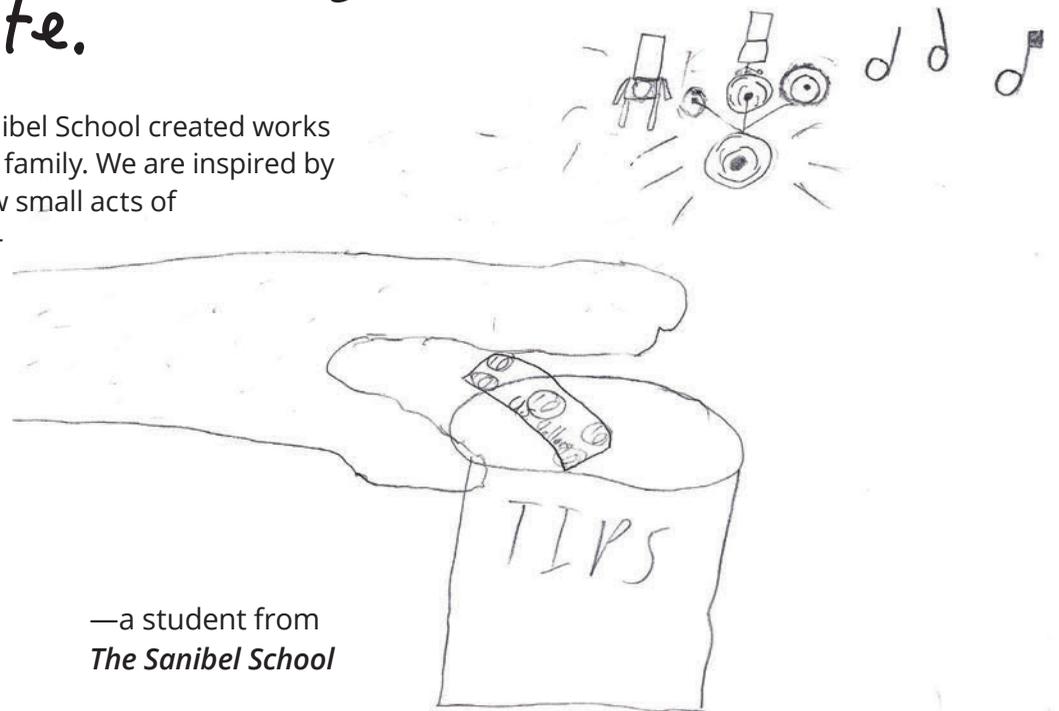
At a restaurant my grandma donated \$10 to the musicians. It made me feel very nice that she would be so considerate.

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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—a student from
The Sanibel School

From page 45

My Stars

people love basking in your warmth and charm.

MOMENTS IN TIME

- On Sept. 11, 1857, Mormon guerrillas, stoked by a deep resentment of decades of public abuse and federal interference, murder 120 emigrants at Mountain Meadows, Utah. The conflict apparently began when the Mormons refused to sell the emigrants any supplies.
- On Sept. 10, 1897, a 25-year-old London taxi driver named George Smith becomes the first person ever arrested for drunk driving. A true breath test didn't come along until 1931 with a device called the Drunkometer. It involved a blow-up balloon and a tube filled with a purple fluid (potassium permanganate and sulfuric acid). Alcohol on a person's breath changed the color of the fluid from purple to yellow; the quicker the change, the drunker the person.
- On Sept. 7, 1936, Charles Harden Holley is born in Lubbock, Texas. Performing under the name Buddy Holly, he left behind a rock 'n' roll legacy that includes *That'll Be the Day* and *Maybe Baby* after his death in 1959 at the age of 22.
- On Sept. 9, 1942, in the first and only air attack on the U.S. mainland during World War II, a Japanese floatplane drops incendiary bombs on Oregon's Mount Emily, setting fire to a state forest. The president immediately called for a news blackout for the sake of morale.
- On Sept. 8, 1965, the five-year

Delano Grape Strike begins as over 2,000 Filipino American farmworkers refuse to go to work picking grapes near Bakersfield, California. Over the next five years, even American households stopped buying grapes in support of the farmworkers.

- On Sept. 5, 1972, at the Summer Olympics in Munich, Germany, a group of Palestinian terrorists, known as Black September, storms the Olympic Village apartment of the Israeli athletes, killing two and taking nine others hostage. In an ensuing shootout at the Munich airport, the nine Israeli hostages were killed.
- On Sept. 6, 1995, Baltimore Orioles shortstop Cal Ripken Jr. plays in his 2,131st consecutive game. Ripken went on to play 2,632 games in a row before ending the streak by voluntarily removing himself from a game against the New York Yankees on Sept. 19, 1998.

NOW HERE'S A TIP

- To test the seals on your refrigerator and freezer, close a piece of paper in the door. If you can pull it out easily, it's likely that your seal is loose. Clean or replace door gaskets for a better seal.
- To keep vinyl seats bearable in summer heat, keep a few towels in your car and lay them over the seat. This also keeps the plastic parts of baby seats from burning little legs and arms.
- You can use plain white bread to get fingerprints and smudges off of wallpaper and semigloss painted walls. Just ball up the bread center (not the crust) and rub the smudge away.
- "Out of prewash and looking at a nasty grease stain? Grab your

dishwashing liquid soap (not the one you would put in your automatic dishwasher). It's designed to break down grease, and I just dab it on, scrub a bit, then let it set for about a quarter hour. After that, I launder in hot water. It's usually successful." – via email

- Check bagged frozen vegetables with the squeeze test: A bag that's hard and solid has thawed and subsequently refrozen. You should choose another bag, one with loose, free-moving pieces.
- Remove cloudiness from a batch of tea with this trick: Let your tea cool before refrigerating it. You also can add a small bit of boiling water to a glass of iced tea if it is already cloudy.

STRANGE BUT TRUE

- Venus rotates so slowly that a single day on the planet lasts longer than a year.
- While over 50 million Americans have signed up with a local gym, according to one study of 2,000 such members, 50 percent admitted they didn't even exercise when they got there but instead preferred to spend their time hanging out with friends or checking out the opposite sex.
- Cherry farmers hire helicopter pilots to air-dry their trees after it rains so the fruit won't split open.
- Toe wrestling has been a sport in several countries since the '70s, with men's and women's divisions and even a World Championship. Players attempt to pin and hold down their opponent's bare toes for three seconds. Best two out of three rounds wins.
- Speaking of feet, the overwhelming fear of those appendages is called podophobia.
- Cartoon canine Scooby Doo's

excessive use of the letter "R" is the result of a speech disorder known as rhotacization.

- The first public phone call on an Apple iPhone was a prank. On a San Francisco stage, Steve Jobs opened Google Maps, located a nearby Starbucks, and placed an order for 4,000 lattes, then told the surprised barista he was just joking and hung up.
- Classical composer Franz Schubert was nicknamed Little Mushroom for his short stature and wide girth.
- New York has been destroyed in more movies than any other city.
- A dating app called Hater that began as a joke in 2016 matched potential couples according to their dislikes. While it launched to respectable success, it only lasted a couple of years. Perhaps it was the name?
- Statistically, the most dangerous job one can hold in America is president.

THOUGHT FOR THE DAY

"Sometimes the road less traveled is less traveled for a reason."
– Jerry Seinfeld

TRIVIA TEST

1. **Geography:** How many independent countries are in Africa today?
2. **Television:** What was the name of the hospital in the sitcom *Scrubs*?
3. **General Knowledge:** The secret government site called Area 51 is located in which U.S. state?
4. **Anatomy:** What is the rarest human blood type?
5. **History:** Demolition of the Berlin Wall started in which year?
6. **Language:** What is a polyglot?
7. **Movies:** In which Disney animated

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1/26 * TFN

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9/2 * 9/2

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8/26 * 9/9

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Sanibel Public Library – PT, professional-technical position. Experience working with the public and committed to providing excellent customer service. Duties include assisting patrons with computers and other library materials. Saturdays and evenings required. Full job description available at www.sanlib.org Pay up to \$17.50 per hour; Tolls paid. Equal opportunity employer. Send resume electronically to: resume@sanlib.org.
9/2 * 9/2

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4/22 * TFN

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1/21 * TFN

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9/2 * 9/23

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- movie does the character Maleficent appear?
- U.S. Presidents:** What kind of crop did Jimmy Carter raise as a farmer?
 - Music:** Which instrument is Bartolomeo Cristofori credited with inventing?
 - Animal Kingdom:** What do you call a group of horses or ponies that is used or owned by one person?

TRIVIA ANSWERS

1. 54. 2. Sacred Heart. 3. Nevada. 4. AB negative. 5. 1989. 6. A person who can speak multiple languages. 7. Sleeping Beauty. 8. Peanuts. 9. The piano. 10. A string.

SCRAMBLERS ANSWER

1. Ingest 2. Sincere
3. Install; 4. Closure
Today's Word
GLASSES

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HORTOONS



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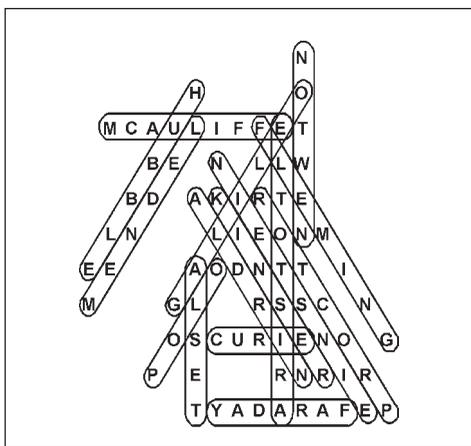
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KING CROSSWORD

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MAGIC MAZE



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

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1991	5,229	\$7,250,000	\$6,750,000	72
Chateaux Sur Mer Unrec	Sanibel	1979	2,196	\$2,495,000	\$2,550,000	7
Hidden Harbor	Fort Myers	2016	3,080	\$2,500,000	\$2,460,000	11
Lake Murex	Sanibel	2015	2,455	\$1,950,000	\$1,950,000	42
Beachview Country Club Estates	Sanibel	2001	2,597	\$1,995,000	\$1,925,000	50
Cape Coral	Cape Coral	2015	3,029	\$2,298,000	\$1,850,000	24
San Carlos Estates	Bonita Springs	2019	2,958	\$1,499,000	\$1,300,000	27
Corkscrew Shores	Estero	2019	3,936	\$1,349,000	\$1,275,000	34
Castaway Estates	Sanibel	1962	1,848	\$1,365,000	\$1,125,000	56
Cape Coral	Cape Coral	2022	2,276	\$1,125,000	\$1,075,000	27

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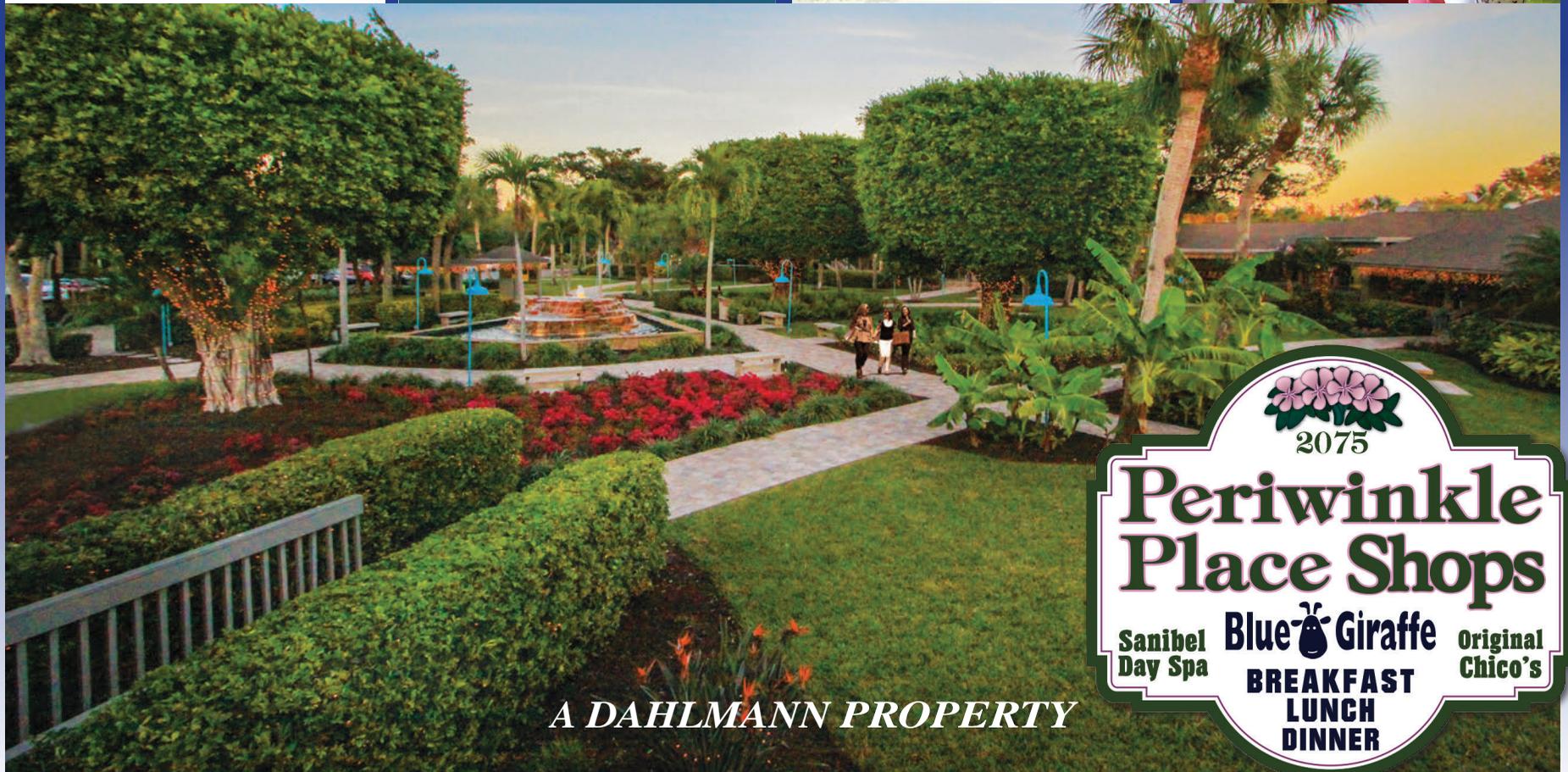
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