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VOL. 30, NO. 11

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 9, 2022

SEPTEMBER SUNRISE/SUNSET: 9 7:11 • 7:40 10 7:12 • 7:39 11 7:12 • 7:38 12 7:13 • 7:37 13 7:13 • 7:36 14 7:13 • 7:35 15 7:14 • 7:34

## Songwriter Fest Kicks Off Next Week On Captiva

Island Hopper Songwriter Fest – featuring performances by the greatest BMI singer-songwriters from Nashville and nationwide – returns for its eighth year to venues in three communities of Southwest Florida. The 10-day music festival kicks off on Captiva Island during the weekend of September 16 to 18, then moves to downtown Fort Myers from September 19 to 22, before ending with a weekend on Fort Myers Beach from September 23 to 25.

Festivalgoers can choose from more than 100 shows to attend. Most shows are free with the exception of a few ticketed experiences like headliner shows. The intimate gatherings include singer-songwriters sharing back stories of the songs they perform.

Gary LeVox, frontman for Rascal Flatts, is the headline songwriter/performer this year. He will perform poolside at a ticketed event at Pink Shell



Tim McGeary photo courtesy island-hopperfest.visitfortmyers.com

Beach Resort & Marina on Sunday, September 25 at 5 p.m.

Other performers include: Kristian Bush, two-time Grammy award-winner continued on page 10

## Lecture On Saving The Queen Conch

The Bailey-Matthews National Shell Museum free online lecture series continues on Wednesday, September 14 at 5:30 p.m. with Saving the Queen of the Sea: Queen Conch Conservation Aquaculture. The talk will be led by Megan Davis, PhD, research professor, Aquaculture and Stock Enhancement Program at Florida Atlantic University (FAU) Harbor Branch Oceanographic Institute.

Conservation aquaculture is the farming of fresh and saltwater plants and animals for restoration and food. Dr. Davis' focus for the past 40 years has been aquaculture for the queen conch, a species of mollusk that is a cultural icon of Florida, The Bahamas and the Caribbean. The conch is known for its beautiful pink-lipped shell and harvested as a fishery species for delicacies such as conch chowder, fritters and salads. The talk will explore the lifecycle of the Queen conch, the status of the conch fishery, and how FAU



A live queen conch

photo by Shane Gross

continued on page 8



The Kids Run starts at 9 a.m. at Sanibel Community Park

photo provided

## FISH 10K Race Open To All Ages

The 10K Race 4 FISH, scheduled for Saturday, October 22, is a major fundraiser for FISH of SanCap.

The race, held in conjunction with Fort Myers Track Club, begins and ends at The Community House, with a start time for the adults at 7:30 a.m.

Returning this year is the Kids Run, where children ages 10 and under can participate. There is no fee for children

to participate but they must have parental permission. The Kids Run is an untimed, fun run around cones placed in Sanibel Community Park. It runs from 9 to 10 a.m. and is designed to encourage fitness. Participants will receive ribbons and Joey's Custard upon completion. All participants must register online through the Fort Myers Track Club website at [www.ftmyerstrackclub.com](http://www.ftmyerstrackclub.com).

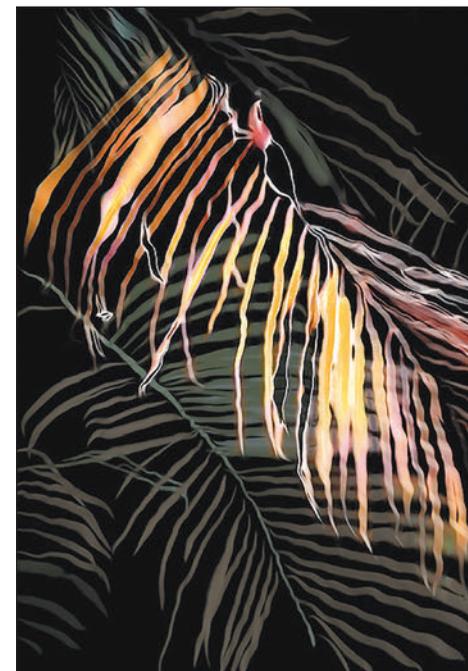
"We are excited that FISH is able to host a community event and that we can include a family component to the race by continued on page 22

## New Exhibit Reveals Nature In Digital Form

BIG ARTS will present the work of artist, environmental activist, abstract painter and photographer Lynda Faye Braun in the BIG ARTS Mezzanine Gallery beginning Friday, September 16. The exhibit, entitled Lynda Faye Braun: Finding Perfection, will run through July.

Braun is an established and schooled Southwest Florida artist of more than 50 years and is currently producing work that combines her artistry as a photographer and painter. She draws upon her training and experience in creating abstract images derived from the natural environment. More than 30 works on paper that explore the many aspects of digital art will be presented.

The exhibit surveys a far-ranging scope of possibility found in lens-based imagery, enhanced with Photoshop, and Procreate – often going back over the printed image by hand. Printing on various substrates on her large format printer, Braun achieves effects that are contemporary, but also can resemble pastels or drawings. Her works are a combination of realism and expressionism, focusing on key elements found in nature: the inherent order in



Work by Lynda Faye Braun

image provided

chaos and unstoppable verdancy.

Braun said her role as an artist is "to create a sense of wonder and surprise by using natural elements captured with the camera in such a way that they become

continued on page 16

# Pink Tea Party Celebrates The Power Of Friends

“Friends, family and the whole community are welcome to join in the fun October 4th at the Annual Pink Tea Party at Sundial Beach Resort & Spa hosted by San Cap Pink Project, Inc.,” said Ann Neubauer, president. “It’s no surprise American Cancer Society studies show friends make a big difference in the life of someone with cancer.”

Neubauer speaks from experience as a cancer survivor. “I want to make things better for the next person, until we finally reach the point where no one has to face breast cancer,” she said. “And sometimes ‘making things better’ is simply community support. I would not have made it through the most challenging time of my life without the Sanibel community behind me, and especially my close supporters, including Ellie See. Breast cancer – during a pandemic no less – is a tough road to travel.”

“Ann is a friend, a colleague and a tough survivor,” said See of John R. Wood Properties, who attended the 2021 Pink Tea Party. “Ann stepped up to be president of San Cap Pink Project because she wants to pay it forward and help others. I’m behind her all the way.”

“I believe supporting the community is something we all need to do,” said tea party participant Beth Redpath, owner



From left, Ellie See, Ann Neubauer and Beth Redpath

photo by Ted Myerson

of Whims on Periwinkle. “The fabric of the community is woven by those who quietly donate and volunteer.” Redpath is a longtime supporter of the San Cap Pink Project, known for over 10 years as Let’s Pink Out.

Pat Zambuto, owner of The Cedar Chest Fine Jewelry in Tahitian Gardens on Sanibel, has made a significant cash donation to the cause. “The Pink Project fills a very important need in the community,” said Zambuto, who has several family members who have struggled with cancer. “One of our team members at Cedar Chest is a survivor and

we know firsthand that community support makes a dramatic difference.” After 46 years, The Cedar Chest Fine Jewelry is one of the longest standing businesses on the islands. Zambuto is the original owner.

“The October San Cap Pink Project events give us the opportunity to celebrate, honor, support and raise needed funds,” said Neubauer. “For example, we can offer screenings, such as mammograms, which provide early detection for uninsured and underinsured individuals, and also to help with gaps in insurance, such as the purchase of a wig.”

A transplant from Ohio, Neubauer is an

active member of the Sanibel community. With degrees in psychology and human resource management, she has been with John R. Wood since 2011 in graphic design and marketing.

Neubauer’s call to action is: “Let’s help everyone survive, let’s help everyone thrive!” She said, “My goal is, no one fights alone.”

The Annual Pink Tea Party will be held on Tuesday, October 4 from 11:30 a.m. to 1 p.m. at Sundial Beach Resort & Spa. The tea launches a month of festivities including the popular Pink Out Picnic at the Sanibel Fire and Rescue District on Thursday, October 20 from 11:30 a.m. to 1:30 p.m., Dink for Pink at Sundial pickleball tournament Friday to Thursday to Saturday, October 27 to 29, and the new Pink-A-Boo Halloween costume party and dance on Saturday, October 29 at 6:30 p.m.

All events are designed to provide support, remembrance and fundraising for the community. Funds raised by ticket sales, contributions to the raffles and auctions, donations and merchandise sales benefit uninsured and underinsured members of the Sanibel and Captiva communities needing help with cancer related needs.

Tickets for the Annual Pink Tea are \$75 per person and on sale at [www.pinkouttea.com](http://www.pinkouttea.com), by mail to San Cap Pink Project, P.O. Box 125 Sanibel, FL 33957 or by email to [pinkoutsanibel@gmail.com](mailto:pinkoutsanibel@gmail.com). Donations and volunteers are needed. For more information, visit [www.pinkoutsanibel.com](http://www.pinkoutsanibel.com).✱



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## Sunday September 11 4pm-6pm Building brick by brick theme!

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## Art League Exhibit At The Library



Work by David Tompkins images provided

*Paddleboard* by Nancy Sperte

The Home Sweet Home exhibit on display at Sanibel Public Library features work from many Sanibel Captiva Art League members. Artists in the show include: Nancy Sperte, president of the art league; Lynn Quigley, a painter in many different media; Arlene Stigum; and David Tompkins, a retired industrial designer and now watercolorist.

There are 14 artists exhibiting and over 30 paintings, each telling a story about the artist and what they love about the islands they call home.

Sanibel Public Library is located at 770 Dunlop Road. Hours are: Monday and Thursday, 9 a.m. to 8 p.m.; Tuesday, Wednesday, Friday and Saturday, 9 a.m. to 5 p.m.\*

## Community House Exhibit



*Red Flowers in Vase* by Julia Tamblyn images provided

*A Light in the Jungle* by JoAnn LaPadula

works reside in collections as far away as Guantanamo and California.

Tamblyn is a painter with two different styles depending on the medium. As an oil painter, she has a limited palette using primary colors with darks and white. Her oils are impressionistic. In contrast, her watercolors are fluid. She lets the water do the work so the paintings are more abstract.

Tamblyn began studying traditional art in high school and college and later in atelier with professional painters such as Barbara Nechis and Frank Webb. She also has also taken many painting workshops. She has exhibited in many local galleries and her work is collected both in the U.S. and internationally.\*

JoAnn LaPadula and Julia Tamblyn are the featured artists for September at The Community House, 2173 Periwinkle Way. Viewing hours are Monday through Friday, 9 a.m. to 3 p.m.

LaPadula is a colorful abstract/realist watercolor painter. After 30 years of graphic design, she returned to her fine arts roots and began painting in watercolor. Her style features a blowing/spaying technique that also incorporates negative space. Her paintings showcase native flora and fauna.

LaPadula's work has been featured on the cover of *Spotlight News Magazine*, *Sand Life Magazine* and *Gulfshore Life*. Her work is part of the Florida Watercolor Society online exhibit. Some of her



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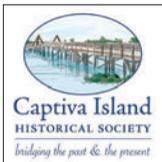
Timmy's Nook

photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

## Landmark: Timmy's Nook

What was once Timmy's Nook is now the Green Flash. In 1971, while under the management of Buzz and Patsy (Wile) Murphy, Timmy's Nook briefly sported a thatched roof.



The History Gallery, developed by the Captiva Island Historical Society, features

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

Visit the website at [www.captiva-islandhistoricalsociety.org/archives/](http://www.captiva-islandhistoricalsociety.org/archives/) research to view many more images to bring you closer to Captiva. ✨

## Churches/Temples

### BAT YAM-TEMPLE OF THE ISLANDS

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

### CAPTIVA CHAPEL BY THE SEA

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

### CHAVURAT SHALOM

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

### FIRST CHURCH OF CHRIST, SCIENTIST

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

### SANIBEL COMMUNITY CHURCH

Sunday service at 10 a.m. July 10 though

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

### SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

Interim Pastor: Rev. Dr. Randall Niehoff. Traditional Worship Service at 10 a.m. [www.sanibelucc.org](http://www.sanibelucc.org), 2050 Periwinkle Way, 472-0497.

### ST. ISABEL CATHOLIC CHURCH

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

### ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

### UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213. ✨



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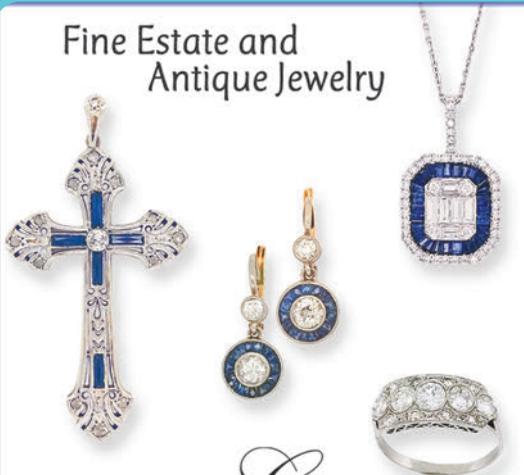
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# Community House Calendar

The next community social, themed In Chiang Mai, is scheduled for Friday, September 23. Reservations are required. Dine in at 6 p.m. or pick up at 5 p.m. Cost is \$25 for members and \$30 for guests.

A wine tasting class with Pacific Northwest Wines will be held on Tuesday, September 27 at 6 p.m. Chef John Wolff will provide food pairings. Cost is \$50 for members and \$55 for guests.

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.

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



The Community House file photo

German, DIY projects such as gardening or composting, travel and food stories, contact office@sanibelcommunityhouse.net. Women leaders 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 Tamblyn 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. 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](http://www.sanibelcommunityhouse.net) or call 472-2155.\*

## 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](http://www.center4life.org) for more details.

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

**Hot Dog Lunch Bunch** – Every third Wednesday, 11 a.m. to noon. Cost is \$3 per person; hot dog, 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.

**Leisure Lunchers** – Tuesday, September 20, 11:30 a.m., George & Wendy's Seafood Grille. Sign up required. Contact Deborah Butler at 314-4554, [deborahbutler@comcast.net](mailto:deborahbutler@comcast.net) or Jessica or Dave at 472-0345.

**Page Turners Book Club** – In person and Zoom, Tuesday, September 13, 2:30 p.m., Osprey Room. For more information, contact Louise Fitzgerald at [sanibelbum22@gmail.com](mailto:sanibelbum22@gmail.com).\*

**Let's Pink Out!**  
SANIBEL CAPTIVA  
Pink-A-Boo Costume Party



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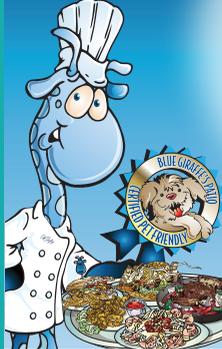




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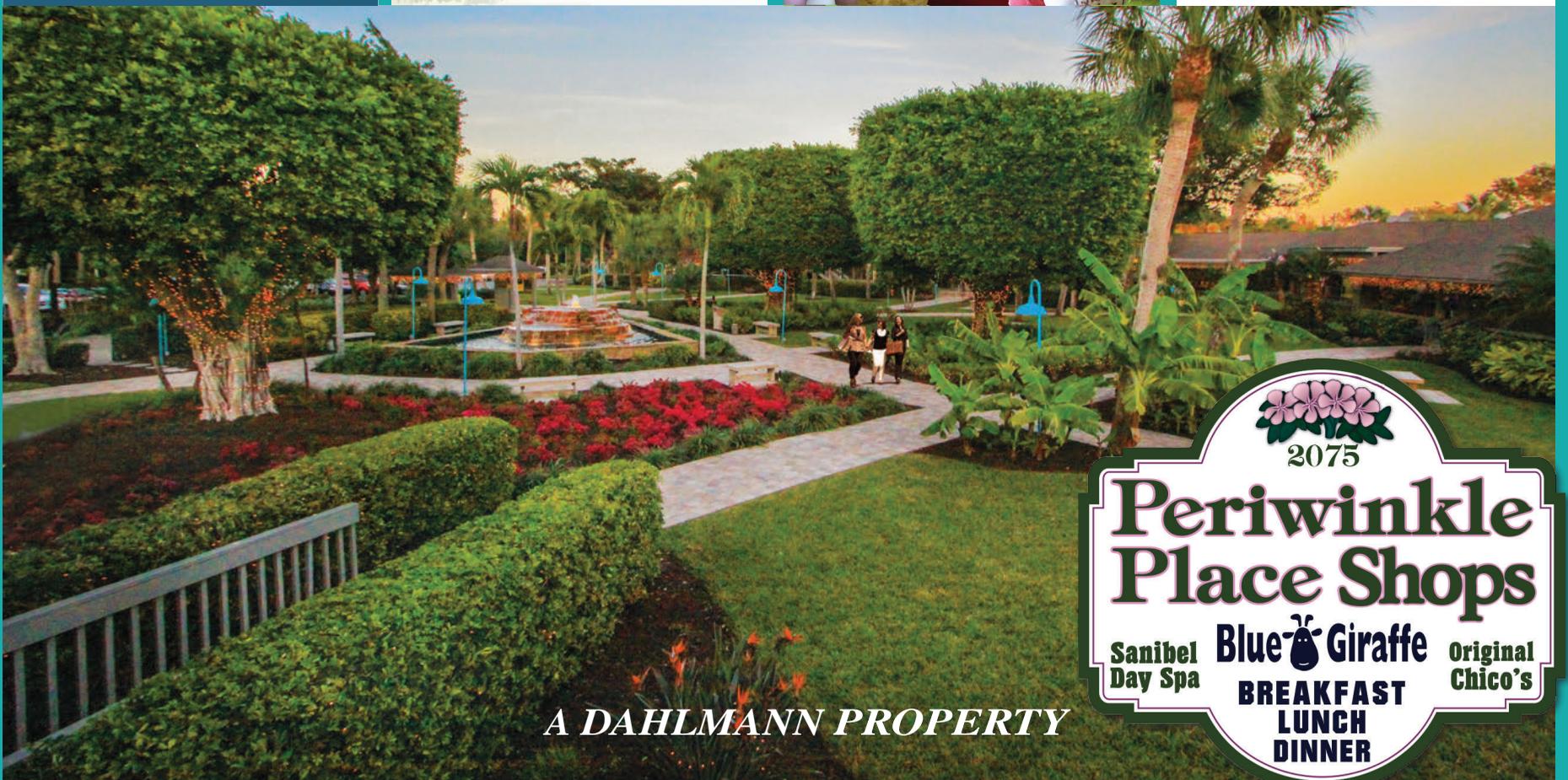
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**Manuela Martinez, FISH program coordinator, with a food pantry shopper**  
photo by Nick Adams Photography

## Help Fill The Pantry For Hunger Action Month

September is Hunger Action Month, founded by Feeding America, as a time where people all over the U.S. stand together to fight hunger, spread the word and take action on the hunger crisis. Organizations across the country, including local food pantries and FISH of SanCap, are participating in the month-long campaign.

From September 19 to 23, FISH will display information in its walk-in center to raise awareness on food insecurity and offer ways to take action. Staff and volunteers will wear orange, the chosen color for the Hunger Action awareness campaign, to show their support of hunger relief. Community members are invited to do the same.

In honor of Hunger Action Month, FISH is asking others to help stock the shelves in the food pantry. "We are so thankful for the partnerships and generous donors that help keep our pantry stocked throughout the year," said Maria Espinoza, executive director. "However, due to high demand and

rising costs, we cannot seem to keep our shelves full, particularly since donations decrease from May through mid-November when snowbirds are traveling or spending time at their northern homes."

FISH has had to increase its purchase of products weekly and now must place limits on how much one family can take to ensure staples are available to all patrons. With the increasing cost of food, the budget is stretched. Both monetary and product donations are needed. For a list of items, visit the food pantry page on the FISH website at [www.fishofsancap.org/food-pantry/](http://www.fishofsancap.org/food-pantry/).

Last year, the food pantry program distributed 255,980 pounds of food equating to 213,316 meals.

"We see many seniors making the difficult choice between buying medications or putting food on the table, as well as children asking for snacks and milk when their family cannot afford to purchase those items," said Espinoza. "FISH has many food, financial and educational programs to assist our neighbors in their greatest time of need. We're here to help, and FISH has something for everyone."

For more information, call 472-4775 or visit [www.fishofsancap.org](http://www.fishofsancap.org).

## Sanibel Rangers On Board To Back Up Police

by Wendy McMullen

The five Sanibel rangers approved by city council at a recent meeting are already on board and getting trained on their jobs. A special training session was held at Sanibel Public Library recently to outline their responsibilities.

The rangers' main tasks will be to enforce city rules on shared use paths, as well as the beaches. Problems have surfaced in recent years in both areas.

Most of the infractions on the bike paths involve the increasing use of e-bikes, in particular those that operate without the need to pedal and that can reach speeds of up to 25 miles an hour. Spurred by increasing complaints and public pressure, the council voted to ban this type of bike from the island's shared use paths.

Sanibel Police Chief Bill Dalton acknowledged the difficulty of enforcing these regulations.

"When the numbers grow, the problems grow," Chief Dalton said, telling city council in December of last year that the bike officers had only been able to get out to the bike paths to provide enforcement and education six

times that year.

Councilmembers also wanted to see more enforcement of regulations on the beaches. They ruled at a their August meeting that no motorized vehicles would be allowed on Sanibel beaches. That included e-scooters and golf carts as well as e-bikes. They also prohibited beach equipment remaining on the beach overnight, dogs roaming at large, and drinking alcohol on a public beach between one hour after sunset and one hour before sunrise during high season, which runs December 15 to May 17.

New regulations limiting the use of the Sanibel Boat Ramp also needed enforcement.

Chief Dalton first suggested the addition of the community service rangers late last year to take some of the pressure off police officers, and city council created a new classification which funded five positions as part of the pay classification approved earlier this year.

The Sanibel rangers will be assigned to the police department and will primarily focus on enforcement of ordinances on the shared use path, the boat ramp and the beach. They may also be utilized to direct traffic and perform parking enforcement; work typically performed by the city's traffic aides.

Chief Dalton said that there would be a natural progression to full officer positions for rangers who performed well in the ranger assignment.✪

From page 1

## Queen Conch

Harbor Branch has joined with partners and communities to build and expand queen conch throughout the Caribbean for the sake of the species, the ecosystem and the people who depend on the fishery for their livelihoods.

Dr. Davis has led many team projects throughout the Caribbean and Florida, including 10 years in the Turks and Caicos islands as co-founder and chief scientist for the world's largest queen conch farm. Davis and her team work on queen conch restoration and conservation community partnership projects in Florida, The Bahamas, Puerto Rico and other locations in the

Caribbean. Visit [www.conchaquaculture.org](http://www.conchaquaculture.org) for more information and follow Dr. Davis on Instagram @queenconchlab for updates on the projects.

The 2022 online lecture series is made possible by a gift from Mark and Kathy Helge.

Registration is required at [www.shellmuseum.org/lectures](http://www.shellmuseum.org/lectures).

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the United States with a primary focus on shells and mollusks. Permanent exhibitions include the Great Hall of Shells, the Beyond Shells living gallery of aquariums and over 50 species of marine life.

For more information, call 395-0900 or visit [www.shellmuseum.org](http://www.shellmuseum.org).✪

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## CROW Calendar Of Events

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

Learn about CROW through displays, interactive exhibits and video, live animal exhibits, children's areas and live camera feeds of the intake room and outdoor rehabilitation enclosures. General admission includes the daily presentation and no reservation is required.

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

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

### Daily Presentation Schedule

**Friday, September 9** – Closed for fall cleaning.

### Monday, September 12, 11 a.m.

Snakes of Southwest Florida – Florida is home to 46 species of native snakes, only six of which are venomous. Most species are harmless to humans and form vital links in the ecosystem. One



of CROW's animal ambassadors will be present.

### Tuesday, September 13, 11 a.m.

**Species Profile: Sea Turtles** – There are seven different species of sea turtle, and human activities have tipped the scales against the survival of these reptiles. Most species are classified as endangered. From boat strikes to washback hatchlings, one of CROW's team members explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

### Wednesday, September 14, 11 a.m.

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

### Thursday, September 15, 11 a.m.

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

## News From Bat Yam Temple Of The Islands

A new cantor will join Bat Yam Temple of the Islands after the High Holiday season. The committee for the selection of a new cantor announced that two finalists have been selected from a group of qualified candidates. One of the finalists assisted Rabbi Fuchs in leading the September 2 Sabbath service. The other finalist assisted Rabbi Fuchs in a Sabbath service on August 26 to much acclaim by Bat Yam congregants.

The position has become available due to the pending retirement of Bat Yam's cantor, Murray Simon. Cantor Simon agreed to lead Bat Yam in song during this year's High Holiday services. Events will be conducted in Fellowship Hall at Sanibel Congregational United Church of Christ, 2050 Periwinkle Way, at the following times:

Slichot – Saturday, September 17 at 7 p.m.

Rosh Hashanah Eve – Sunday, October 25 at 7 p.m.

Rosh Hashanah Morning – Monday, October 26 at 10 a.m.

Immediately following the morning service, all worshipers are invited to metaphorically cast their sins into the

water from the beach behind the home of Elissa Karasin-Samet and Michael Samet, 1605 Middle Gulf Drive. A traditional lunch will be served including homemade soup and noodle kugle provided by Elissa Karasin-Samet. There is no charge for lunch.

Kol Nidre Eve – Tuesday, October 4 at 7 p.m.

Yom Kippur Morning Services – Wednesday, October 5 at 10 a.m. Following morning services, there will be a congregants' hour plus musical interludes on the piano and cello. Rabbi Stephen Fuchs will discuss the Torah portion of Yom Kippur Day, which is based on the story of Jonah.

At 4:30 p.m., Yiskor and Neilah services will be held. "Break the Fast" will end the Holy Day of Yom Kippur and will be chaired by Elissa Karasin-Samet and Judy Adler. There is no charge to participate.

The fall schedule for Bat Yam Temple of the Islands will resume on September 23. Friday night Sabbath Services will be held at 7 p.m. on a weekly basis in Fellowship Hall at Sanibel Congregational United Church of Christ. Saturday morning Torah study sessions will begin on November 5 at 10 a.m. Bat Yam Temple welcomes all who wish to participate.

For more information, email [batyamsanibel@gmail.com](mailto:batyamsanibel@gmail.com) or call Judy Adler at 472-2393 or Vickie Fuchs at 860-305-4876.\*

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Plant Smart

# Big Blue Lilyturf

by Gerri Reaves

**B**ig blue lilyturf (*Liriope muscari*) is a common border grass in South Florida, but despite the grass-like appearance, it is a member of the lily family. Also called monkey grass, the species is native to China and the temperate regions of Eastern Asia.

Clump-forming and tuberous, it can grow as tall as two feet, with ribbon-like evergreen leaves. Leaves are eight to 10 inches long with parallel veins and are recurved, so they attractively arch downward.

The dense lilac-purple flowers are six-petaled and only a quarter-inch across. They appear on stalks that are purplish themselves and extend above the leaves.

This hardy border is shade-tolerant but prefers sun. It has a moderate growth rate, is highly tolerant of drought and intolerant of salt.

The tiny fleshy black seeds are berry-like.

Plant it in a spot where there's no foot traffic.

Cultivars with variegated leaves and various flower colors are available.

Pests include scales, slugs and snails.

If you consider planting this Florida-friendly groundcover, be sure not to buy its similar relative, creeping lilyturf (*L. spicata*), which can be invasive in some situations.

Also consider native groundcovers



Flowers bloom mainly in spring and summer

**Nonnative big blue lilyturf is commonly used as a border** photos by Gerri Reaves

and borders, which can be equally low maintenance and provide benefits for wildlife.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Florida, My Eden* by Frederick B. Stresau; *A Guide to Florida-Friendly Landscaping: Florida Yards & Neighborhoods Handbook* by UF/IFAS; and <https://gardeningolutions.ifas.ufl.edu>.

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

From page 1

## Songwriter Fest

and half of the Sugarland duo; Aaron Barker, who has written songs for George Strait, Clay Walker and Willie Nelson; and Dave Pahanish, who co-wrote the No. 1 Billboard Country music singles *Do You Believe Me Now* by Jimmy Wayne, *American Ride* by Toby Keith and *Without You* by Keith Urban.

Participating venues include poolside at Tween Waters Island Resort, Doc Ford's Rum Bar & Grille, Key Lime Bistro, RC Otter's, The Mucky Duck and The Green Flash on Captiva; City Tavern, Social House, The Barrel Room, Twisted Bistro and Luminary Hotel in downtown Fort Myers; and Cabanas Beach Bar and Grill, Pierside Grill, Yucatan Beach Stand, Matanzas On The Bay, Nervous Nellie's, Shucker's and Pincher's Tiki Bar on Fort Myers Beach.

Island Hopper is produced by Lee County Visitor & Convention Bureau, iHeartMedia and BMI.

The free Island Hopper Fest app

features personalized schedules, festival discounts, maps, access to purchasing tickets and performance alerts, and is available for iOS and Android users. Search for Island Hopper Fest in your mobile App Store and download the app to be entered for a chance to win a two-night stay at Pink Shell Beach Resort during the final weekend of Island Hopper, tickets to the LeVox concert and a \$200 gift card.

For more information, schedule of artists, bios and sites where they will be performing, visit [www.island-hopperfest.visitfortmyers.com](http://www.island-hopperfest.visitfortmyers.com).

### Songwriter Fest Earns Awards

Island Hopper Songwriter Fest won three first-place SUNSational Awards at the recent Florida Festivals & Events Association (FFEA) convention in Orlando. The awards recognize members' innovation, individuality and creative collaborations. Island Hopper won first place for mobile app; virtual event (Songs from the Sand); and installations (bus wrap). The event also received third place for its volunteer program.✱

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From left, Alison Hussey with Geoff and Robbie Roepstorff photos provided



From left, David Lowden, Heather Harrison, Richard SHERA, Susan Schulte, Sherry Parmeley, Kelsey Hamilton and Jennifer Esparza of Edison National Bank/Bank of the Islands



Sherry Parmeley and Charley Ball

## Bank Celebrates 25th Anniversary

In recognition of its 25th anniversary as the oldest locally owned and managed community bank in Lee County, Edison National Bank/Bank of the Islands hosted Customer Appreciation Day on August 29. Customers at all bank offices were treated to cupcakes and appreciation gifts.

"We were so pleased to celebrate this milestone with so many longstanding and valued customers," said Edison National Bank/Bank of the Islands President Robbie Roepstorff. "This has been a great way to demonstrate our personal approach to banking, and to convey our core belief that customer relationships matter. It's because of our customers that we have been standing strong for the last quarter-century." ❄️



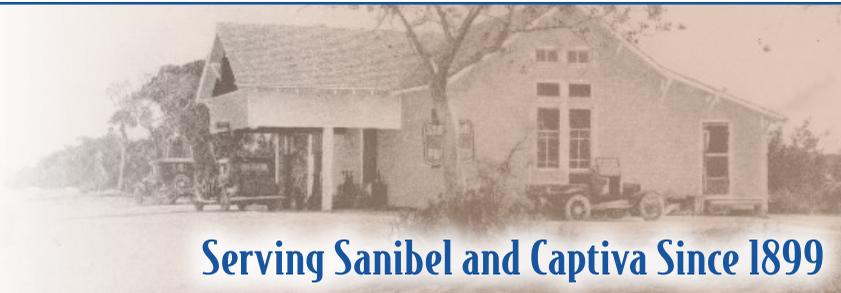
Julia Boyd and Kelsey Hamilton



From left, Jerri Gavin, Velma Gavin, Jennifer Esparza, Gene Gavin and Kenneth Gavin

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# Let Them Live To Fight Another Day



by Capt. Matt Mitchell

**B**ig news for our fishery this past week was both the opening of redfish harvest season and the last minute Florida Fish and Wildlife Conservation Commission (FWC)

change of policy to keep our snook season closed. With both of these fisheries on the rebound since our catastrophic red tide four years ago, I'm thrilled to see that the FWC listened to both guides and anglers, and will keep snook closed until at least next year. I don't think opening redfish to harvest is the best idea but they are a much faster-growing fish than a snook and, with a lowered new bag limit of two per boat maximum, this will certainly help.

I totally understand that many anglers want to take home fish to eat. Luckily, we have many other species of fish to harvest than just snook and redfish. Many guides and fishermen will continue to practice catch and release only on redfish, even though it's legal to take one. It's hard to find a better eating fish than a mangrove snapper, which have been found throughout our region and have a five per



Jim from St. James City with a nice slot size redfish he released while fishing with Capt. Matt Mitchell photo provided

person bag limit.

With no sign of our temperatures cooling off, the annual appearance of big schools of redfish have already started to appear in the northern sound. Flats between Useppa and Bokeelia have had large schools in shallow water. One of the most effective ways to catch these fish is to sight fish them on a long-casting weedless spoon. When rigging a spoon to

target these mostly over-slot redfish, buy a quality spoon either three-eighths or a half ounce in size. My go-to is a Aqua Dream, though a Johnson spoon will get it done. I like to attach a high quality ball bearing snap swivel to the spoon before tying it to a 40-pound leader. Redfish have an extremely strong mouth and will break the wield that attaches the hook to the spoon on cheaper models.

More and more redfish have been showing up all through the sound. If they are not in the massive schools like in the northern sound, most mangrove shorelines on the high tides and the passes on the lower tides have been a good bet to catch a redfish. Cut pinfish or cut ladyfish have been my baits of choice, though I have been catching a few on live shiners while targeting snook.

Tarpon fishing is gradually improving both out along the beaches and in the middle sound. As the days get shorter and our water starts to cool, this fishery will really fire up before the first major cold front brings it to an end. While fishing over the Labor Day holiday weekend, we found a few groups of rolling fish just south of Bird Key. After finding a few feeding terns working bait, you would see a few tarpon

roll. While sight-casting, we hooked a roughly 50-pounder, and this fish went absolutely nuts jumping close to the boat over and over before jumping into my powerpole and motor then breaking us off. For a brief second, it looked like it was coming inside the boat with us. About an hour later, we did manage to sight-cast a roughly 100-pounder that we got boatside for a leader touch. In a perfect world, I'd spend a few hours every morning chasing these amazing fish.

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

## Lifeguard Course

**S**anibel Recreation Center is offering American Red Cross Lifeguard Blended Learning, which combines online learning with in-person sessions where you practice skills and demonstrate competency. The three-day course will be held on Friday, September 23 from 3 to 6 p.m. and Saturday and Sunday, September 24 and 25 from 9 a.m. to 5 p.m. Participants can gain the knowledge and skill set to become professional lifeguards. You must pass the in-water prerequisite test on the first day of class in order to continue with enrollment.

Swim requirements are:

300-yard continuous swim using front crawl, breaststroke or a combination;

Two minutes of treading water with hands in your armpits without stopping;

Within one minute and 40 seconds, swim 20 yards, retrieve a brick at seven to 10 feet deep and swim 20 yards back to the starting point while both hands are on the brick and face is above water. Exit the pool without using ladder or stairs.

Participants must complete the entire online course before the first day of class and bring their completion printout to class. Instructions on how to access the online material will be emailed to you one week prior to the start of your course.

To obtain certification, you must be at least 15 years old, able to attend all online and classroom sessions, complete the pretest, all skill checks and score an 80 percent or higher on the written exam.

To register, call 472-0345. Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.

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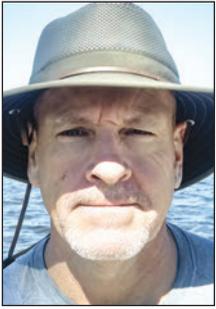


Dave Doane with his co-worker Jesse

CROW Case Of The Week:

# Magnificent Frigatebird

by Bob Petcher



The magnificent frigatebird (*Fregata magnificens*) is so named due to its effortless flight or floating style that is truly a thing to watch. Its smooth maneuver in the air

is due to its deeply forked, pterodactyl-like tail for steering.

At CROW, an adult female magnificent frigatebird was found thrashing in the water and suspected to have been entangled in fishing line. Upon physical examination, hospital staff noted a thin body condition and dehydration.

"It's certainly possible that long-term entanglement could have caused her thin body condition and dehydration," said Dr. Kristie Schott, CROW veterinary intern. "However, this bird's finder reported that she was struggling in water 'as though tangled in fishing line,' so it's actually possible that she was never entangled and simply crash-landed in the water then couldn't get out because frigatebirds' feathers aren't waterproofed. In that scenario, her weight loss and dehydration



Patient #22-4453 remains indoors after a suspected crash landing in water

photo by Alyssa Amundson

would most likely have resulted from an underlying illness."

Medical staff also noted the patient had "harsh breathing" and was administered antibiotics along with other supportive medications.

"Harsh breathing refers to the sounds we hear when listening to the lungs with a stethoscope," said Dr. Schott.

"In a healthy bird, the lungs should be silent even if they're stressed. If we hear crackling or wheezing noises, that is a sign of respiratory disease such as pneumonia or fluid in the lungs.

"An animal struggling in water can easily inhale water or 'aspirate,' which often leads to development of aspiration

pneumonia – infection in the lungs – and harsh lung sounds. She was given antibiotics to treat the suspected infection in her lungs. She was also treated with fluids to correct her dehydration, anti-fungal medication to prevent development of fungal infections – which this species is very susceptible to – and supportive feedings."

The patient will continue to be closely monitored until she is ready to take the next steps in her rehabilitation process.

"We are currently monitoring her blood work, particularly the numbers and appearance of her white blood cells, to ensure that the infection has resolved before stopping treatment. We are also

monitoring her weight and appetite to ensure that she returns to a good body condition," said Dr. Schott. "She has been eating well when tong-fed, and gaining weight, so once her infection is resolved she'll move to an outdoor enclosure to build up strength and muscle condition before being released. Since she's still in the clinic being treated for her infection, we don't have any release info yet.

"While this particular bird may not have been entangled, fishing gear entanglement injuries are one of the most common reasons animals need to be treated at CROW and a major contributor to the decline of seabird populations worldwide. Entanglement in line can prevent animals from eating, cut off blood flow to limbs, inflict wounds that lead to serious infections and cause injuries that lead to permanent loss of ability to fly. By ensuring that fishing hooks and monofilament line are packed away and properly disposed of, we can all do our part to prevent suffering and protect our local wildlife. For more information on how you can help, visit the Mind Your Line project website at [www.mindyourline.org](http://www.mindyourline.org)."

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

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Bailey-Matthews National Shell Museum  
Shell Of The Week

# The Mottled Miter

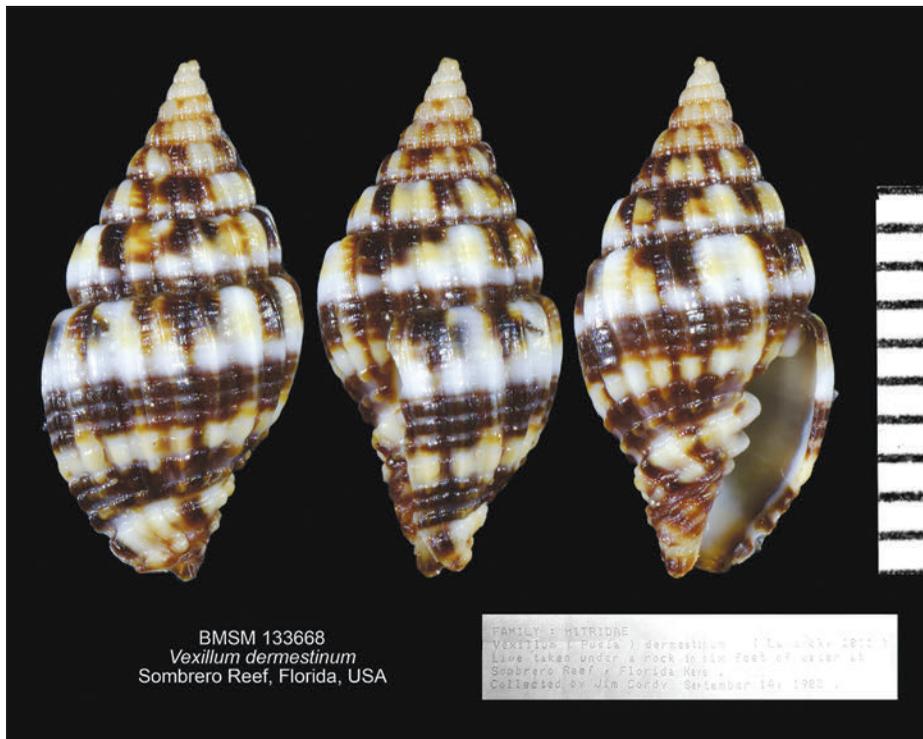


by José H. Leal,  
PhD, Science  
Director and  
Curator

**V**exillum  
dermestinum  
Lamarck,  
1811 reaches about  
17 mm (about 0.7  
inch). The shell  
sculpture includes  
well-defined axial

ribs and narrower spiral ridges. The columella has three strong, beaded folds. This species has a complex color pattern of brown bands and spots on a white and yellow background. The Mottled Miter occurs in the east coast of Florida and the Keys, Gulf of Mexico, the Caribbean all the way to the tropical part of Brazil, but is not found in Southwest Florida. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the United States with a primary focus on shells and mollusks. 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](http://www.sanibelmuseum.org).



BMSM 133668  
*Vexillum dermestinum*  
Sombrero Reef, Florida, USA

FAMILY: MITRIDAE  
VEXILLUM: MITRIDAE / Vexillum: 1 La. 2016 2017  
Live (large) under a rock in the east of water at  
Sombrero Reef, Florida Keys  
Collected by Jim Coffey, September 14, 1982

The Mottled Miter, *Vexillum dermestinum*, at Sombrero Reef, Florida Keys

photo by José H. Leal

Rare shell find? Stop by our office at 1640 Periwinkle Way  
so we can take your photo for publication, or  
email [press@islandsunnews.com](mailto:press@islandsunnews.com).

# American Legion Post 123

American Legion Post 123 is serving a meatloaf dinner from noon to 8 p.m. this Sunday, September 11. All are welcome.



The American Legion 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. Come out and watch the action.

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

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

American Legion 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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Back, from left, Greg Demaras of Pfeifer Realty Group, Bill Robinson of Sanibel & Captiva Islands Association of Realtors, Eric Pfeifer and Kerri Maw of Pfeifer Realty Group, and Brendan Albright of John Naumann & Associates. Front, from left, Becky Mulka, Janka Varmuza and Tina DiCharia of VIP Realty Group, Kelly Huguenin of Pfeifer Realty Group, Connie Walters of VIP Realty Group, Kasey Albright of John Naumann & Associates, and Amy Wainwright and Jim Hall of VIP Realty Group

photo provided

## Realtors Attend Convention

A number of realtors traveled to Orlando recently to represent the Sanibel & Captiva Islands Association of Realtors at the annual

Florida Realtors Convention & Trade Expo, held on August 24 and 25.

The convention brings together top industry leaders to share their success strategies. It provides both in-person and virtual education sessions, featuring nationally recognized speakers and Florida real estate experts, and

peer-to-peer training sessions focusing on today's challenges and opportunities.

Florida Realtors serves as the voice for real estate in Florida. It provides programs, services, continuing education, research and legislative representation to its 225,000 members in 51 boards/associations. ✨

## Noah's Ark Reopens This Fall

Noah's Ark thrift shop, located behind St. Michael and All Angels Episcopal Church at 2304 Periwinkle Way, will reopen to customers on Tuesday, October 4. The store, in existence for over 60 years, traditionally is closed for August and September. The store is emptied, cleaned and refilled during September with new donations. The store will be stocked with all new items including many Halloween and Thanksgiving décor items.

Noah's Ark sells clothing, jewelry, furniture, décor, art, shoes, books and other miscellaneous items, which are donated by Sanibel and Captiva residents. Items are sorted and displayed by volunteers from Saint Michael. The shop is a mission of the church and funds taken in are given to nonprofits through a grant process.

October store hours are Tuesday and Friday from 9:30 a.m. to 12:30 p.m. From November through April, the store is open Monday through Friday and the first Saturday of the month, during the same hours.

Donations are being accepted. If you have furniture, contact Chuck at 412-480-0779 and text photos of the items.

For more information, visit [www.saintmichaels-sanibel.org/noahs-ark](http://www.saintmichaels-sanibel.org/noahs-ark), on Facebook at [www.facebook.com/noahsarksanibel](http://www.facebook.com/noahsarksanibel) or on Instagram at [www.instagram.com/noahsarkthrift.sanibel/](http://www.instagram.com/noahsarkthrift.sanibel/) ✨

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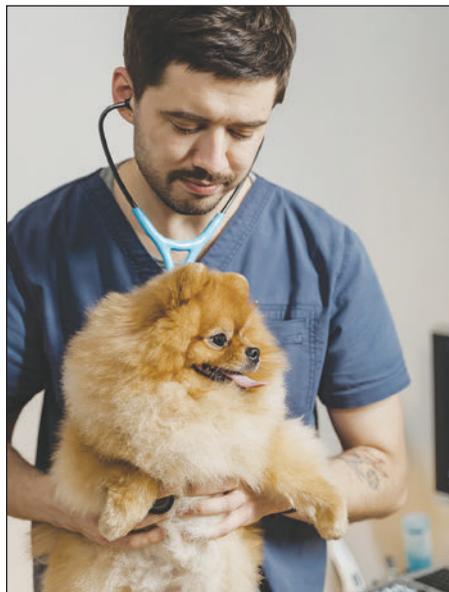
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# Pet Insurance: Is It Worth It?



by Allison Havill Todd

While we all hope that our pets will live long and active lives, unfortunately, unforeseen accidents and illnesses happen that can affect our animals' wellbeing.



There are many options for insuring your pet's health photo provided

home. However, many of these new pet owners didn't take into account the costs associated with having a pet.

Is it worth it to purchase health insurance for your pet? You may consider your own personal finances as well as the general health of your pet when weighing out this decision. Pet insurance may be compared to auto or homeowner's insurance: You hope you do not ever have to use it, but it certainly comes in handy if you do encounter an episode where treatment can be very costly. A single emergency veterinary visit can cost \$800 to \$1,500, with any treatment

or surgery provided running thousands more. Coverage varies by location, type of pet, age and breed.

There are dozens of reputable companies that offer varying levels of insurance for your pet; [www.bestmoney.com](http://www.bestmoney.com) and [www.forbes.com](http://www.forbes.com) are two independent websites that provide information for those wishing to compare costs and options between pet insurance companies. ASPCA Pet Health Insurance also offers a guide to understanding different levels of insurance and related costs. All stress the importance of comparing value versus price alone, as you often get what you pay for. Among the different companies listed, an average premium for dog insurance is \$584 per year with cat insurance running lower at \$343 per year. Most insurers also have a deductible of \$250 to \$500 that the pet owner is responsible for before any insurance payments are received, and reimbursements will generally run between 60 to 90 percent of the total cost after the deductible is met.

Most insurers offer different levels of pet insurance. Catastrophic Care covers emergencies, accidents and major illness while the Wellness Plan will cover routine veterinary visits and medications. There is also typically an option to purchase Comprehensive Care which covers virtually everything for the life of the animal. But which insurer and what option do you choose? First, it is important to read the fine print and fully understand what is and is not covered with your policy. Be aware of any exclusion clauses regarding hereditary or pre-existing conditions and experimental treatments. Next, compare monthly premiums, deductibles and reimbursement percentages to determine your total expected costs during the estimated lifespan of your pet. For example, it can cost up to \$10,000 to insure a Labrador retriever with an average life expectancy of 10 years. While this may seem steep, consider that the average cost of emergency surgery to remove an ingested foreign object can run \$7,000 for one occurrence. Other things to consider

when comparing policies is whether you are able to choose your own veterinarian, emergency clinic or specialist, and do they accept your insurance?

You may also decide to absorb any costs related to catastrophic care or illness on your own and forego paying monthly premiums for pet insurance. Either way, it is important to make a plan before bringing a pet into your home on how you will pay for unexpected medical costs and crisis treatment along with everyday costs of food, supplements, grooming and routine veterinary visits.

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

From page 1

## Exhibit

purely line, color and abstract form."

The emotive content found in this reductive mode is further expressed through the use of Photoshop. Using this software, she creates expression for and about the human experience. The inspiration for Braun's work was the preserve around her home along the coast in North Naples where she moved in 2019 just before the pandemic hit. Being in her new home during the "Great Pause" gave Braun an opportunity to walk the paths every day, studying and photographing the play of light and shadow on the elegant, untamed tropical foliage. These photos stimulated her natural love of abstraction and color.

A reception with the artist will be held on Friday, October 7 from 5 to 7 p.m. All BIG ARTS exhibits and receptions are free and open to the public.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information and gallery hours, email [info@bigarts.org](mailto:info@bigarts.org), call 395-0900 or visit [www.bigarts.org](http://www.bigarts.org).

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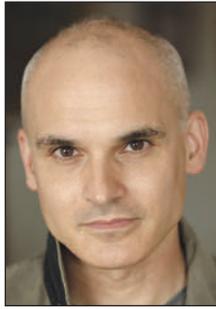
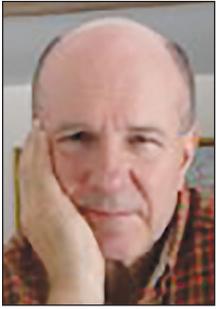
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Simon Winchester      Hernan Diaz

## September Is Library Card Sign-Up Month

Sanibel Public Library offers Family Storytime (for children ages 5 and under) 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. for children in kindergarten through sixth grade. It begins with a story and moves into arts and crafts. Bring a covered drink and snack.

British-American writer, journalist and adventurer Simon Winchester is guest speaker for the next virtual author talk on Tuesday, September 20 at 2 p.m. Winchester is a bestselling author 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*.

Winchester has been published in *The Guardian*, *Smithsonian Magazine*, *National Geographic* and *Condé Nast Traveler*. He has received numerous honors throughout his career. In 2006, he was made an officer of the Order of the British Empire by Her Majesty the Queen.

A Q&A session with the author will follow the talk. After you register online at [www.sanlib.org](http://www.sanlib.org), 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 you need help setting up or logging in to webinars, email [notices@sanlib.org](mailto:notices@sanlib.org) or call 472-2483.

The next virtual talk in the series is with Pulitzer Prize finalist and PEN/Faulkner Award-winner Hernan Diaz, author of *In*



Youth Services Librarian Deanna Evans leads craft sessions during Family Storytime photos provided

*the Distance and Trust*. He will speak on Tuesday, September 27 at 4 p.m. Register at [www.sanlib.org](http://www.sanlib.org).

Sanibel-Captiva Art League's non-juried exhibit, *Home Sweet Home*, is on display until September 30. See the full event schedule online at [www.sanlib.org](http://www.sanlib.org).

Stop by to see a collection of vintage Pyrex dishes on loan from Beth Jarrell. Pyrex pieces from 1956 to 1984 are on display. 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.

September is Library Card Sign-Up Month. A library card offers access to books, magazines, ebooks, music, databases, online tutoring, streaming movies, computer and Internet access, mobile WiFi hotspots, birdwatching and cooking kits. Call or stop by to sign up.

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](http://www.sanlib.org).

Sanibel Public Library is located at 770 Dunlop Road.\*



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

### FREE ONLINE LECTURES

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

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

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

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

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

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

Past online lectures available to view anytime at [ShellMuseum.org](http://ShellMuseum.org).

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

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



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### FALL CLASSES

Nov. 2: **Fantastic Shells and Where to Find Them**

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

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

Nov. 29: **Shell Ambassador Certification Course**

Dec. 13: **Lighthouse Beach Marine Biology and Field Lab**

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

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# Refuge Breaks Ground On New Outdoor Structure

Representatives from JN “Ding” Darling National Wildlife Refuge and “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) broke ground on the latest refuge educational facility on August 6. The Roost, a \$1 million-plus project, will provide visitors with outdoor flex space for a broad spectrum of educational purposes by January 2024. Construction on the pavilion is now under way, adjacent to the entrance ramp to the “Ding” Darling Visitor & Education Center.

“Ever since COVID hit, open-air space for refuge programming has become a top priority,” said DDWS Executive Director Birgie Miller. “We have raised most of the funds to get started on the project, but we are still looking for at least another \$100,000 to bring The Roost up to the highest standards of green construction and operation, and to support its programming.”

The 2,590-square-foot pavilion, designed by Sanibel architect Amy Nowacki, will be constructed of earth-friendly materials with solar panels that will provide electricity for its lighting, paddle fans and other program needs. Incorporating design elements from nature, it will serve as an outdoor classroom for visiting school and other groups. DDWS also foresees creative new uses that reflect



From left, Kevin Godsea, Danielle Carpenter, Brad Nickel, Sarah Ashton, Bill Harkey, Amy Nowacki, Sierra Hoisington and Toni Westland

photo provided

the refuge’s arts legacy and experiential mission, including music and artist events, puppet shows, lectures, mindfulness classes and culture-driven programs.

The larger of the two covered, open-sided spaces will measure 1,200 square feet, with removeable seating. Three separate, 80-square-foot areas will accommodate small group gatherings and places for visitors to rest on their own while they explore the refuge. The structure also includes an 1,150-square-foot uncovered deck.

“Its name, The Roost, alludes to

the pavilion’s welcoming appeal,” said Supervisory Refuge Ranger Toni Westland, who led the design and programmatic plans along with DDWS Associate Executive Director Sierra Hoisington. “Like the refuge’s rookery islands, it invites individuals of all types to a safe, easily accessible place to rest, soak up nature and relax in the intrinsic beauty of the setting. It makes a perfect transition from the parking lot to the indoor visitor and education center.”

As part of the project, the entryway kiosk will undergo a refresh, and DDWS

is exploring opportunities for an electric-vehicle solar recharge station plus an electric vehicle to transport small group tours. Interpretation will educate visitors about the importance of solar energy and other alternative energy sources.

“Our visitor and education center is a fabulous resource, but The Roost allows visitors to extend their time in the open, fresh air while taking advantage of free programming,” said Miller. “Anyone interested in supporting the eco-friendly facility and its future educational mission can contact me directly at 292-0566.”\*\*

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# Decade-Long Passion For Local Publisher

by Bob Petcher

Sanibel resident Bob Kern is celebrating the 10th year of producing his Sanibel Scenes calendar. The calendar features 12 months of photographs that capture wildlife and nature on Sanibel, Captiva and other local areas.

The decade-long pursuit of impressive, close-up images has been a lifelong passion for Kern.

"I've always been into cameras," he said. "I keep one with a telephoto lens in my vehicle... just in case. I'll pull over, get out and take a few pictures. Every now and then, I'll take a drive through (JN) "Ding" Darling (National Wildlife Refuge)."

A lot of times, Kern doesn't have to drive to snap photos for his calendar portfolio. He has a lot of wildlife in his own neighborhood. His inspiration is any place he's going.

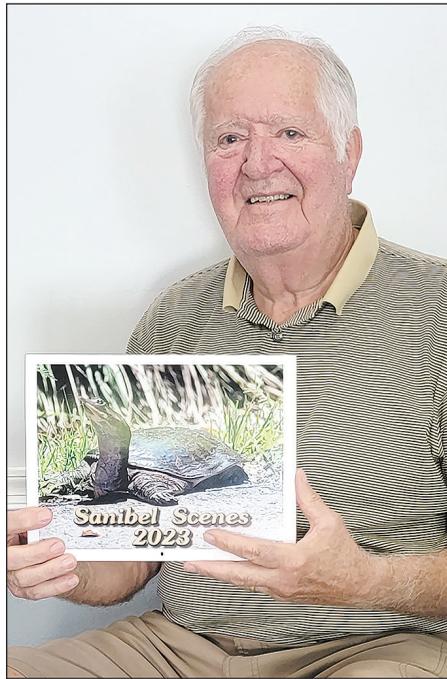
"I like the environment of Florida," he said. "Rainbows, sunsets, sunrises, the colors in the sky... there are lots of beautiful sights to see."

Kern began publishing the 8.5-inch by 11-inch calendars when he owned Island Graphics, and it has grown from more than just a hobby.

"I started giving them out, then I eventually placed them in stores to sell them," he said.

Some images in Kern's new calendar highlight aningas feeding off each other, swallowtail kites prior to flight, pelicans going in the water upside down to feed and a Florida softshell turtle making its way into Kern's backyard. That latter one was chosen for the front cover.

"Picking a cover is usually different," he said. "It has to catch one's eye. You



Bob Kern with his 2023 Sanibel Scenes calendar photo by Anna Marrero

don't see a turtle that looks like that."

A Kern nature calendar would not be complete without a full set of "Bobisms" – one-liners that are placed on each month's page. They include:

"Being an adult is the dumbest thing I have ever done."

"I found a wood that can lower my golf score. It's a 'pencil' in the box."

"Selfish: What the owner of a seafood store does."

"I don't trip. I do random gravity checks."

Kern used to take the time to come up with these witty phrases. "Now, people send me them," he said. "I get at least 10 emails a week."

Kern has also received interest to customize calendars for realtors and other businesses. This different design is similar to the standard calendar, except for the back page where you may find a business logo, contact



Orchids are featured for the month of February

photo provided

information, important phone numbers and calendar notes to go along with the 12 featured photographs.

The 2023 calendar is on the shelves

at four island retail stores. You can purchase a standard calendar at CVS, Island Pharmacy, Whitney's Bait & Tackle and Beach Stuff.\*

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Sara Morsey as Daisy Werthan and Mujahid Abdul-Rashid as Hoke Coleburn photo provided

## Modern Classic At Shell Point

The Tribby Arts Center at Shell Point is presenting its first-ever theatrical performance in Connie Brown Hall with *Driving Miss Daisy* on Friday, September 30 at 2 and 7 p.m., and Saturday, October 1 at 2 and 7 p.m.

This modern American classic written by Alfred Uhry tells a hopeful, funny and heartfelt story that explores the

transformative power of friendship. Tickets are \$55.

Produced and directed by Florida Repertory Theatre, the production features Mujahid Abdul-Rashid as Hoke Coleburn, Sara Morsey as Daisy Werthan and Jason Parrish as Daisy's son, Boolie Werthan.

Tribby Arts Center is located in Shell Point Retirement Community at 17281 On Par Boulevard in Fort Myers. For tickets, visit [www.tribbyartscenter.com](http://www.tribbyartscenter.com) or call the box office at 415-5667.\*

### Shell Crafting

## Shell Dishes

by Anne Joffe



These dishes can be used for many things; soap, hairpins, even jewelry. You can use any type of large clam shell, and since there is no right or wrong way to make them, they always

look great. Here's what you'll need:

- Materials
- Large clam shell
- Lots of assorted shells, sealife, pearls (your preference)
- 1-good size scallop shell
- Glue gun or tacky glue
- Triple glaze
- Directions

Glue the scallop shell onto the center bottom, back side of the clam shell. This makes a base for the dish, and it should stand perfectly balanced.

Begin to glue your small shells at the



Shell Dish photo by Anne Joffe

top, start on the left side. Glue a few across the top of the clam.

Fill in with smaller shells, so no spaces show through and shells fit snug.

Fill in with your pearls, sea stars or other special touches.

Spray with the glaze.

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.\*

## Poetry Corner

by Clay C. Ewell

### The Thread Of Destiny



What is it about someone that, among all the others,  
Stands out and in an instant, seems to make the world  
The sun, the stars in their courses, pause and for a moment  
Demand all to fall away, leaving the moments before, once  
So vivid and clear, become but vague, fading memories  
And the future loom with promise among its shadows.

And the past becomes a certainty, fixed, diminishing as it  
Recedes into the stuff of stories of regret and whimsy.  
So that now in this new, breathless present you know  
That all hangs in the balance, that the face and the flowing hair  
And the scent that just rushed by in the cold twilight  
Must become as a dream fulfilled, a path into the unknown.

And somehow the gods take notice of this silent cry,  
Smiling to themselves at this collision of two  
Wandering souls, themselves seeing the distant horizons  
Of the past and nodding their approval of the thread  
Of destiny living again through these innocent beings  
To whom they have granted this brief glimpse of the divine

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



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**ISLAND SUN BUSINESS NEWSMAKERS**



Newman and Panico Team



Cindy Sitton



Trevor Nette

**Royal Shell Real Estate**

The top producers for July at the Sanibel-Captiva Royal Shell Real Estate office were: Newman and Panico Team, top listing producers team; Cindy Sitton, top listing and top sales producer individual/partners; McMurray & Members, top sales producers team; and Trevor Nette, top sales producer individual/partners. ✨



McMurray & Members



From left, Jennifer L. Benton, Connie Walters and Bill Robinson photo provided

**Realtors Donate To Nonprofit**

Sanibel & Captiva Islands Association of Realtors (SCIAR) held a donations drive last month to collect items for the Abuse, Counseling, & Treatment, Inc. (ACT) shelter in Fort Myers.

On September 1, SCIAR hosted Jennifer L. Benton, chief executive officer of ACT. She spoke to the membership about the organization's various services for abuse victims and members of the community in need. The nonprofit offers an emergency protective shelter, Second ACT Thrift Store, one-on-one counseling, advocacy, support groups, a children's

program and referrals. Benton accepted many pillows, sheet and towel sets, toiletries, children's items and gift cards donated by island realtors. She also accepted a \$500 check donated by the association. ACT is in need of the following items: Pillows and pillowcases; Bath/hand towels and wash cloths; Twin flat and fitted sheets; Shampoo and conditioner; Deodorant; Toothpaste and toothbrushes; Disposable diapers (all sizes); Children's snacks and juices; Gift cards in \$10 increments. For more information, visit [www.actabuse.com](http://www.actabuse.com). ✨

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Book Review

# Nightwork

by Di Saggau



**H**arry Booth was only age 9 when he started stealing. He did it to keep a roof over his sick mother's head. By slipping into luxurious, empty homes at night, he would find items he

could trade for cash to pay for food and bills. When his mother died of cancer, Harry left Chicago but he kept up his nightwork.

He takes on new identities and disguises as he wanders from the Outer Banks to Savannah to New Orleans. He is careful to not attract attention or to get attached. He meets up with a fellow thief named Sebastian who introduces him to a powerful and dangerous client named Carter LaPorte. The man is a predator who strongarms Harry into robbing a Baltimore museum. LaPorte is a collector, and he wants to own Harry in order to use his special skills.

Harry tries to start a low-key life as a college student in Chapel Hill and falls for an aspiring writer named Miranda Emerson. LaPorte uses threats against Harry's phone-psychic aunt and Miranda that forces Harry into working for him again. Harry abandons Miranda, for her

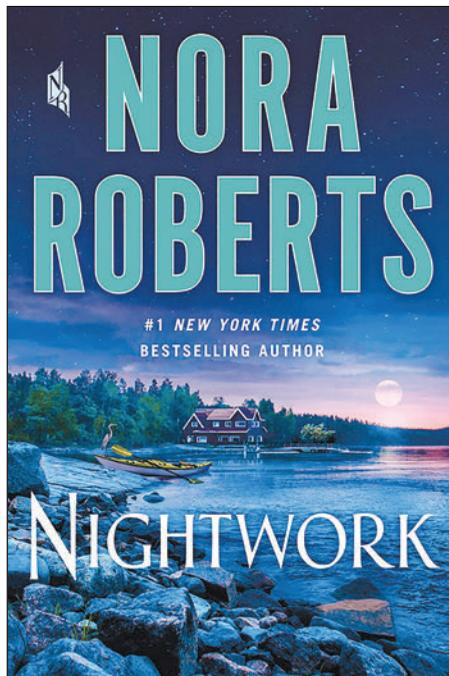


image provided

own safety, and spends years on the run until he finally has the opportunity to take LaPorte down.

The strong bond between Miranda and Harry eventually pulls them back together. Now, he needs to pull off one last job, getting revenge and keeping the woman he loves safe. Roberts allows the reader to slowly figure out Harry's character and his motivations, making it easy for us to sympathize with a thief who has a code of honor and a deep love for his family.

She is a master at providing characters that readers will love and cheer for, no matter what. *Nightwork* introduces an

unforgettable thief in a new novel of suspense, greed, love and survival. I found it to be a very enjoyable read.\*

# School Smart

by Shelley M. Greggs, NCSF



**D**ear Shelley,

My daughter is in fourth grade and she's getting a lot of vocabulary to learn. We use flashcards but I'm not sure that

if it is enough for her, especially for her to really understand the words. Do you have any suggestions on how to learn new vocabulary?

Cassie B, Cape Coral

**Cassie,**

The acquisition and comprehension of new vocabulary is important, and it's good to see that you want to help your daughter learn her new vocabulary words. Students with small vocabularies are more likely to struggle with reading, have difficulty understanding content and can be seriously at risk for academic failure. Getting vocabulary words into long-term memory is vital to helping students understand and remember content.

There are many strategies to help students learn new vocabulary effectively. Here are a few strategies that are slightly silly but will help your daughter learn and remember them:

Use your new vocabulary words in the silliest sentences that you can think of;

Name four different words that mean the same thing as each one of your new vocabulary words;

Combine these new words to make another new word;

Say five different words that rhyme with each of your new vocabulary words;

Draw the word. Create a picture of what you think the word looks like;

Dictate the words into a document and then have the computer read them back to you;

Write a paragraph using the new vocabulary words;

Make a vocabulary playlist; and

Play charades with the new vocabulary words.

Since these strategies are a bit

non-traditional, it's quite probable that your daughter will remember the words she studies in these unique ways. Highly verbal children need one to two repetitions to learn new material, typical learners need somewhere between five to 10 repetitions of material to learn it, and students who struggle with learning new information may need as many as 20 to 30 repetitions of new material to learn it successfully. The above activities give you some options for study and review that will help.

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

# Top 10 Books

1. *Red Flags* by Lisa Black
  2. *The Rising Tide* by Ann Cleeves
  3. *In the Market for Murder* by Jennifer Schiff
  4. *Verity* by Colleen Hoover
  5. *The Bodyguard* by Catherine Center
  6. *The Wedding Veil* by Kristy Woodson Harvey
  7. *The Living Gulf Coast* by Charles Sobczak
  8. *Freezing Order* by Bill Browder
  9. *The Candy House* by Jennifer Egan
  10. *Other Birds* by Sarah Addison Allen
- Courtesy MacIntosh Books and Paper.\**

From page 1

# 10K Race

offering the Kids Run in the community park. A special thank you to Joey's Custard for providing a delicious treat to the kids afterwards," said Nicole McHale, race committee co-chair.

For more information on the race or to become a sponsor, contact Nicole McHale at [noel2me@icloud.com](mailto:noel2me@icloud.com) or Diane Cortese at [dianerc10@gmail.com](mailto:dianerc10@gmail.com).\*



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Superior Interiors

# Is Your Home Romancing You?

by Trinetta Nelson



Now more than ever, you may be thinking that your house is just not romancing you. It's not soothing you or relaxing you. It's not putting you in the right frame of mind for regrouping, rejuvenating or

your busy day; not slow you down and refresh you.

Balance doesn't mean a room has to be symmetrical or formal, with objects arranged equally on each side of a point of interest. Balance can just as well come from an asymmetrical or more informal arrangement. You can group objects of unequal size and bring them into balance by placing them farther away from the room's focal point. While both types of balance can be used beautifully in any room design, generally speaking, a room that combines both kinds of balance is more agreeable and interesting.

The following are a few other refreshing tips... as there are many other ways to use decorating to create a space that romances you:

**Greenery** – Nothing can add so much for so little as greenery. Most people like plants and flowers, but too often we don't give them enough credit for being a decorative accent, even if they are faux. Plants cheer up a room and humanize it by adding nature's own basic color – green.

**The romance of music** – Nothing can soothe like music, or the reminder of music. It could be a piano or some other instrument, or even just a music stand. Even if it's primarily being used as an accessory, it can fill your mind with just the right musical notes and trigger lovely thoughts.

**Space** – You may occasionally feel closed in and wishing for some breathing space. If that homework space of yours has only a small window, you can create the illusion of more space by extending

that window treatment further than the window itself. Don't forget a mirror. That too can give you a more expansive feel.

**Stripes** – They're one of the most versatile of decorating tools. Stripes can make a room look bigger or wider, more serene or louder. But, like some other things in life, too much of a good thing can sometimes be a bad thing. Wide stripes with dark or bright colors can be overpowering. Use them in small quantities as an attention getter. The wider the room, the wider the stripe can be. A narrow vertical stripe works well in smaller rooms, particularly those with low ceilings. They

will make your room appear larger by drawing your eye upward. Stripes are also the great "mixer." They are fantastic when coordinated with other patterns such as florals and plaids.

Most importantly, when you are working with a professional designer, communicate well. Share the emotions you want the space to evoke. Describe the experience you want to have in that special space so that he or she can best assist you.

*Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at [trinetta@coindceden.com](mailto:trinetta@coindceden.com).* ✨

re-energizing.

Decorating your home is more than a matter of color or type of furniture, type of flooring, accessorizing or arranging. Decorating is about breathing personality into your house. Your space should communicate. It should communicate to you. It should communicate to others. It should express itself in terms of you. What does your decorating say to you? What does it say about you to others?

Start with balance. Does your favorite room bring you a sense of equilibrium? After a day of juggling your "to do" list and Zoom calls, can you walk into a particular room and regain a sense of balance? When a room feels natural and comfortable, it's bound to be balanced. There will be a sense of equilibrium among objects. If it's off balance, it will more likely feel alien or uneasy. It will remind you of

## Bank Executive Joins Board

**A**my McQuagge, Sanibel Captiva Community Bank vice president and director of marketing, was named to the board of directors for the Guardian ad Litem Foundation, 20th Judicial Circuit recently. As a board member, she will be responsible for program oversight, fundraising, event coordination and public awareness campaigns.



Amy McQuagge

The foundation's mission is to ensure

every abused, neglected or abandoned youth in Southwest Florida has a voice as they navigate the judicial, education and child welfare systems. The foundation recruits, trains and provides support for court-appointed volunteer child advocates who represent the best interests of a child until safe, permanent placement is established. The nonprofit also raises funds that help meet a child's health, educational and social needs.

McQuagge joined the bank in 2018 as the organization's first in-house marketing director. She serves as board member for PACE Center for Girls and resource development chair and co-chair of the Love That Dress fundraiser. She has served on the board for Uncommon Friends and volunteers for Habitat for Humanity of Lee & Hendry Counties, Midwest Food Bank Florida, and United Way of Lee, Hendry,

continued on page 26



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**Roasted Snapper Street Tacos with Avocado Crema**

- 1 pound snapper, skin on and bones removed
  - 1/2 cup avocado, diced
  - 1 tablespoon taco seasoning blend (separated into 2 teaspoons)
  - 1 lime, juiced (plus more wedged for garnish)
  - 1 cup sour cream
  - Hot sauce (to taste)
  - 1 teaspoon fresh chili pepper (if desired for heat)
  - 2 tablespoons fresh cilantro (plus more for garnish)
  - 1 head romaine lettuce, shredded
  - Olive oil for cooking
  - 8 soft corn or flour street taco tortillas, toasted
  - 1 cup salsa
  - Sea salt and fresh ground pepper to taste
- Preheat the oven to 375 degrees. With a sharp knife, make some cross hatches in the skin of the snapper without cutting through the meat of the fish fillet; this will keep the snapper fillet from curling



**Roasted Snapper Street Tacos with Avocado Crema**

up during the cooking process. Season both sides of the snapper fillet with one teaspoon of the seasoning blend. Lightly oil a sheet pan with olive oil. Place the fillet skin side down on the oiled sheet pan. If desired, add some chili pepper to the top of the snapper fillet for extra heat. Place the snapper in the preheated oven and cook for 5 to 8 minutes until thoroughly cooked in the thickest part. Remove from the oven and let cool. When the snapper

fillet is cooled just slightly, use two forks to flake the snapper into chunks.

While the snapper is cooking, add sour cream, avocado, 1 teaspoon spice blend, cilantro, chili pepper and half the lime juice to a blender or food processor and blend until smooth. Taste the avocado crema sauce and adjust the seasoning with salt and pepper. Remove the avocado crema from the food processor and store it in the refrigerator for use.

photo courtesy Fresh From Florida

Add the shredded romaine lettuce, the remaining lime juice and a pinch of the taco seasoning blend to a small mixing bowl and stir lightly to coat. To assemble street tacos, place an even amount of the shredded lettuce on top of each toasted tortilla and top with the cooked and flaked snapper. Add fresh salsa and avocado crema. Finally, garnish with lime wedges, hot sauce and extra fresh cilantro if desired.✱

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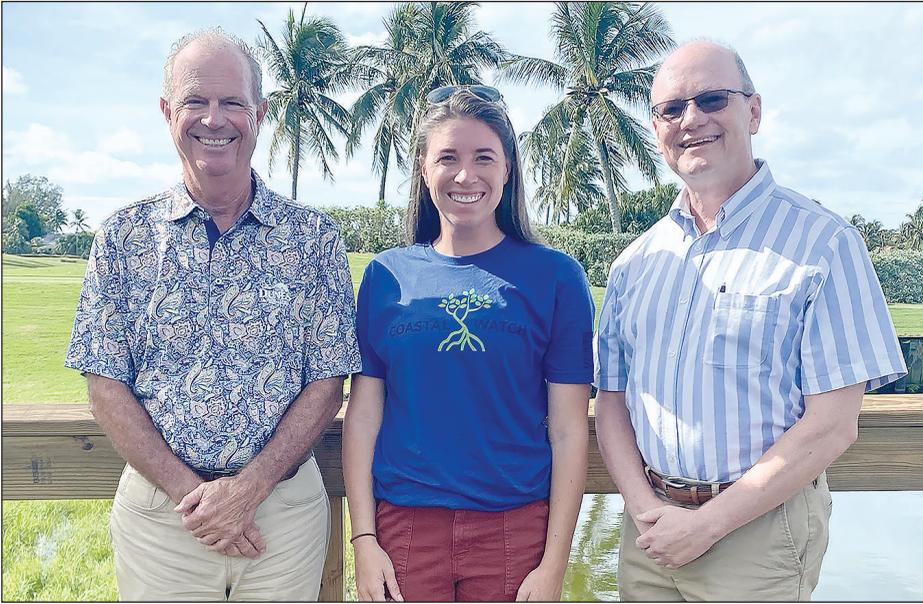
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From left, Brian Kautz, Kealy McNeal and Bill Wellman

photo provided

## Inns Of Sanibel Named Sponsor Of Watch Party

The Inns of Sanibel Beach & Golf Resorts is a Coastal Sponsor of The Watch Party, organized by Sanibel-Captiva Conservation Foundation (SCCF) in support of its community-based marine conservation and volunteer program, Coastal Watch. The Watch Party will be held on Friday, September 30 from 5:30 to 9 p.m. at Sanibel Sea School, located

at 455 Periwinkle Way.

"The Inns of Sanibel Beach & Golf Resorts are elated to be the Coastal Sponsor for the Sanibel-Captiva Conservation Foundation's Watch Party fundraising event. Their work to protect and care for our delicate coastal ecosystem ensures that generations of families will enjoy our pristine island and all its wildlife and biodiversity," said Andy Dahlmann, president of Dahlmann Hotel and Resort Properties and owner of the Inns of Sanibel Beach & Golf Resorts.

A limited number of tickets are available at [www.coastalwatchparty.com](http://www.coastalwatchparty.com).

eventbrite.com. Adults tickets are \$100, those under age 21 are \$25 and no charge for children ages 12 and under.

There will be live music from Uproot Hootenanny, a shrimp boil, craft beer and wine, and non-alcoholic beverages, plus a casting competition, 50/50 raffle, and other surprises.

## New Sponsor Added For Race To Benefit FISH

Dream Vacations signed on as a sponsor of the 14th annual 10K Race 4 FISH, scheduled for Saturday, October 22 as an in-person race at The Community House and also in virtual format. Proceeds benefit FISH of SanCap.

Dream Vacation Rentals, co-owned by Ryan and Nicole Block, opened in 2018. The owners have a combined 15-plus years of rental experience on Sanibel and Captiva. Ryan Block, originally from Michigan, co-owned Reservation Central and managed an island rental agency before opening Dream Vacations. He said, "As a family owned and island based small business, there's no better organization to support than FISH. Support stays local to assist those in need on the islands. Dream Vacations is proud to support FISH of SanCap."

The race is held in conjunction with the Fort Myers Track Club. For more

If you are unable to attend, you can purchase tickets for a chance to win the 50/50 raffle and the drawing for a custom piece of mangrove-inspired jewelry designed and donated by Congress Jewelers. Enter the drawing by clicking "Tickets" at [www.coastalwatchparty.eventbrite.com](http://www.coastalwatchparty.eventbrite.com).

information on the race or sponsorships, contact Nicole McHale at [noel2me@icloud.com](mailto:noel2me@icloud.com) or Diane Cortese at [dianerc10@gmail.com](mailto:dianerc10@gmail.com), race committee chairs. Registration is open on the Fort Myers Track Club website at [www.ftmyertrackclub.com](http://www.ftmyertrackclub.com).

## Help Restaurants Recycle Oysters

In November, Coastal Watch will launch a new initiative where volunteers assist with the weekly collection of oyster shells from local restaurants. Restaurant staff will fill five-gallon buckets with shucked oyster shells and leave the filled and sealed buckets in a designated area for volunteers to collect and take to a staging area at the Sanibel-Captiva Conservation Foundation headquarters, located at 3333 Sanibel-Captiva Road. The recycled shell will be used as a foundation for oyster reef construction in restoration areas in Tarpon Bay and Pine Island Sound. To sign up, email [coastalwatch@sccf.org](mailto:coastalwatch@sccf.org).



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Will Power

## Renewed Relationship With Yourself



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

Sometimes I'm asked how it is preparing for the final act in someone's life. As an estate planning attorney, I often create a structure to find success for loved ones after the client's inevitable departure from this world.

But that doesn't mean that's all we do with an estate plan. Much of it is about the lifetime of my client. What I've found is that many of my clients are growth-oriented, whether they're retired or not.

Do you have a growth mindset? No matter your age, I believe that having the ability to always improve is tantamount to living a complete life. When you stop challenging yourself, I believe this results in an inevitable decline. Sure, the physical capabilities of a 60-year-old aren't that of a 20-something. That doesn't mean that you can't take up a new sport like pickleball or enroll in an aqua-aerobics class for the first time.

Mentally, there are plenty of growth opportunities, even in retirement. Auditing a college course, learning a new language, or volunteering as a tutor for underprivileged children all stretch our boundaries. I'm still working but I enjoy continually learning. I must keep up to date with the legal and tax developments, but I also practice Spanish when I can, and I also enjoy studying various subjects just for the fun of it.

Many people, especially successful ones, tend to be too hard on themselves. They're unforgiving over the slightest of errors. That's unfortunate because to grow, failure is a requirement. We don't learn much from success. That's why it's so difficult for sports teams to repeat as champions. They forget the hard work and failures that got them into the position to win.

In renewing a relationship with yourself, it's okay to embark on something that stretches your boundaries. That's how you grow. In the last several years, even after my heart surgery, I've repelled down waterfalls and white-water rafted down Class IV rapids in Costa Rica. Even before my surgery, I completed three Ironman triathlons, nine half-Ironman races and 40 other races of various distances.

In North Carolina this summer, at age 58, I did a lot of bicycling, often on steep roads up the sides of mountains. I'm writing my eighth book to be published and will soon create an online coaching program for other estate planning attorneys to

compliment the live version I created seven years ago.

What's cool for me is that my attitude rubs off on my wife and daughters. They're all adventurous. The last time we all went white-water rafting together, I could tell the guide thought our family would be novices, one he would have to be careful with. Boy, was he surprised! We handled the toughest rapids well (we've been rafting since the kids were just old enough and had enough weight to them) so, by the end of the ride, he was guiding us through the most fun – and difficult – part of the rapids.

I noticed that some people tend to lose their spark when they retire. At first, they're joyful to be free of the office every day. But there's only so much golf and tennis one can play. An injury might inhibit them, and they never get back into it. The slow deterioration begins.

Don't let this happen to you.

There's plenty you can do. Even if it's to help others, there are many service organizations that are looking for bright, mature, wise adults who have a lot to offer. You're probably one of them!

Renew your relationship with yourself. You'll be surprised how dynamic you truly are.

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## Progressive Club Virtual Meeting

The Progressive Club of the Islands will hold its next meeting on Thursday, September 15 at 4 p.m. via Zoom with guest speaker Bob Schaeffer. His topic will be: What We Need To Do To Win The Midterm Elections Tuesday, November 8.

Schaeffer is an island resident and head of Public Policy Communications. He works with nonprofit organizations, political campaigns, foundations and socially responsible businesses seeking to deliver their messages to mass audiences.

For more than three decades, Schaeffer has provided consulting services for national and regional groups, primarily in the fields of environmental protection, national security, civic engagement, electioneering, education reform and civil rights. His clients have included Alliance for Nuclear Accountability, Government Accountability Project, Institute for Energy and Environmental Research, National Center for Fair and Open Testing, Physicians for Social Responsibility, Ploughshares Fund, Public Employees for Environmental Responsibility, Save Our Schools and Tides Foundation. He has been a senior strategist and manager in many election campaigns. Currently, he is president of FairDistricts Florida, the statewide redistricting coalition, and treasurer of

the Progress Florida Research Institute.

Schaeffer has led more than 300 workshops on strategic planning, media relations, public speaking, political campaign design and advocacy skills for groups in 48 states, Canada and Russia. He was adjunct faculty at the Antioch/New England Graduate School teaching strategic communications skills to nonprofit leaders for many years, and has been a guest lecturer at more than 30 colleges. His publications include *Winning Local and State Elections*. An undergraduate and postgraduate at MIT, his biography appears in *Who's Who in America* and similar guides.

To attend the meeting, email [pcisancap@gmail.com](mailto:pcisancap@gmail.com) to receive the Zoom link, or watch live at [www.facebook.com/pcisancap](http://www.facebook.com/pcisancap). Annual dues for the Progressive Club are \$35 per individual and \$70 per couple. To renew a membership or join, mail a check payable to PCI, P.O. Box 898, Sanibel FL 33957. For more information, visit <https://pcislands.com>, call 994-3175 or email [pcisancap@gmail.com](mailto:pcisancap@gmail.com).✪

From page 23

## Executive

Glades & Okeechobee Counties, along with other local nonprofit organizations. A native Lee County resident, McQuagge holds a bachelor's degree in communications from Florida Southern College and is a certified financial marketing professional through the American Bankers Association.✪

## How's The Market? Ask Ann Sanibel Property In High Demand



Ann Gee  
Broker/Owner

Let's take a "snapshot" of today's real estate market on Sanibel. For starters, our MLS inventory remains low at only 31 homes and 25 condos currently on the market. Going back 60 days, 24 homes closed with an average sales price of \$1,600,208 and condos closed at an average sales price of \$1,141,490. Worth noting is that the average negotiation off the listing price was 97%. The vacant lot market has all but disappeared. Drive around Sanibel and you will notice that many of the existing vacant lots now have newly built homes or homes under construction.

Other hot spots with limited supply are gulf and bay front homes... only two listed. Gulf front two-bedroom condos are very limited to 5 units. Near beach elevated homes, just 7 available. Right now, our market conditions favor the seller. I attribute this to our low inventory and continued demand for Sanibel. If you are selling, call me for a confidential interview on a selling price and a conversation regarding my commission fee that can save you over \$14,000 on an average sale. Thank you for reading my column.

### 7 Closed Sales Going Back One Week:

#### 2 Homes, 2 Condos, 1 Multifamily, 1 Duplex and 1 Vacant Lot

1421 Sandpiper Cir. <b>\$769,000</b>	1012/1014 East Gulf Dr. <b>\$960,000</b>
820 East Gulf Dr. A 105 Seawind <b>\$885,000</b>	5802 Sanibel-Captiva Rd. <b>\$1,125,000</b>
1321 Sea Spray Ln. Vacant Lot <b>\$950,000</b>	437 Lake Murex Cir. <b>\$1,950,000</b>
3215 West Gulf Dr. D101 Somerset at the Reef <b>\$2,100,000</b>	

Give me a call or email me if you have any questions or would just like to chat.

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Ozturk Family Inc., seeks 3 full time positions. For all inquiries, send resume to [ozturkjobs@gmail.com](mailto:ozturkjobs@gmail.com) with salary requirements. Job 1: Ozturk seeks full time Wholesale and Retail Buyer in Ft Myers for Turkish grocery store. Duties include buying Turkish and Mediterranean groceries and merchandise, negotiate prices, recommending mark up rates, and reselling. Must have 24 months of experience buying and selling Turkish and Mediterranean groceries. Travel required once or twice per week between Ft Myers (Lee County) and Naples (Collier County) grocery stores. Job 2: Ozturk seeks full time Production Clerk in Ft Myers. Duties include distributing production schedules or work orders and determining personnel or inventory requirements. 24 months experience required in grocery industry. Travel required approximately once per week between store locations in Ft. Myers and Naples. Job 3: Ozturk seeks full time Proofreader in Naples for Turkish grocery store. Duties include proofreading advertisements, social media pages, and internet pages for grocery store. Must be fluent in Turkish and English. Requires bachelor's degree.

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# Frankly Speaking

by Howard Prager



Is Serena Williams a GOAT? She lost in the third round at the US Open, in what she says is her final tournament. We marvel at her tennis excellence, along with her sister, Venus. I don't think there have ever

Slam singles title, and the first since the legendary Althea Gibson won her fifth and final major singles title at the 1958 U.S. Open.

3: Roland Garros singles titles claimed by Williams, who won titles in 2002, 2013 and 2015. She compiled a 69-14 lifetime record in Paris.

4: She won three Olympic doubles gold medals with sister Venus Williams at the 2000 Sydney Games, the 2008 Beijing Games and the 2012 London Games. She also added a singles gold medal in London in 2012.

5: Williams claimed the prestigious title at the WTA's season-ending championships five times. In 2014, she became the oldest champion in tournament history, at the age of 33.

6: Williams ends her career tied with fellow legend Chris Evert atop the U.S. Open's all-time women's singles title list with six.

7: Only nine-time champion Martina Navratilova has more Wimbledon women's singles titles than Serena's seven. She is tied with Steffi Graf for second on the all-time list. Williams finishes her career with a 98-14 all-time record at Wimbledon, where she also won six doubles titles and another in mixed.

8: The number of Grand Slam titles that goes into two "Serena Slams."

Williams held all four major titles at once two times during her career, winning the lot in succession in 2002-03 and 2014-15. Williams is the oldest player in history to have held all four Grand Slam titles simultaneously.

9: Number of Grand Slam finals that Serena played against Venus, winning seven of the nine.

10: Number of major singles titles Williams has won since turning 30. No other woman has claimed more than three after that age. She's also the only player to have won 10-plus Grand Slam titles in two different decades.

11: Against Venus, Serena won 11 Grand Slam matches out of the 16 they have played at the majors.

12: Number of Wimbledon singles crowns that the Williams sisters have won, combined. On Wimbledon's hallowed lawns, the 21st Century has been all about the sisters. Either Venus or Serena stood at the podium 12 times in a period of 17 seasons, starting with Venus' first title in 2000.

13: Williams owns more hard-court Grand Slam singles titles than any other player, with a combined 13 between the Australian Open (seven) and the U.S. Open (six).

14: Number of major doubles titles won by Williams, all with her sister Venus by her side. The pair put up an impeccable 14-0 record in Grand Slam doubles finals.

15: Williams owns the record for the longest span between first (1999) and last (2014) U.S. Open titles: 15 years.

17: Williams was just 17 when she won her first U.S. Open title, defeating Swiss Miss Martina Hingis in the 1999 U.S. Open final, 6-3, 7-6(4). It was a title run fit for an icon – Williams defeated Kim Clijsters, Conchita Martinez, Monica Seles, Lindsay Davenport and Hingis in her final five matches of the tournament. Of the quintet of victims, only former World No. 2 Martinez never held the No. 1 ranking.

18: Williams holds the record for longest gap between first and last Grand Slam titles – 18 seasons lie between her first Grand Slam title (the U.S. Open in 1999) and her most recent (the Australian Open in 2017). Three women previously held the record with a 12-year gap – Chris Evert, Martina Navratilova and Steffi Graf.

19: Length of Williams' winning streak against Maria Sharapova, which lasted from the 2005 Australian Open all the way through the pair's last meeting at the 2019 U.S. Open.

20: Serena lost two of her first three matches against Sharapova, then

dominated her rivalry with the five-time champion, winning 20 and losing two overall.

21: Williams was barely old enough to drink – in America, at least – when she won her first Serena Slam in 2003, at the age of 21.

22: She has finished inside the WTA's Top 25 a remarkable 22 times. She has finished inside the Top 10 17 times, and has ended a season ranked inside the Top 5 11 times.

23: Williams won her 23rd major singles title in 2017, defeating her sister Venus at the Australian Open. She is the all-time Open Era leader in Grand Slam singles titles, and the oldest woman to ever win a Grand Slam singles title."

Our good news story this week involves six high school football players from Rome High School and a car accident. The players were being driven to school when they heard a loud boom, as a 50-year old woman swerved to avoid someone turning in front of her and ran into another car, badly crushing and mangling her car. "We ran as fast we (could) to the lady and check on her to see if she was alright," Treyvon Adams told CNN. "We were seeing she was in pain, she was screaming and asking us to help her." Without thinking, they managed to pry the passenger door open, but realized that it was the other door had to be removed to be reached. "We used all our muscles," Adams said. "We're pretty big people. 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. The teens had freed the woman from the vehicle and continued on their way to school after checking on the driver of the other car. In a post on Twitter, the school's football team wrote, "PROUD of our MEN!" The teens admitted that while the recognition was nice, it was something anyone would do. Humble for doing the right thing. May these young men go far in their lives.

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](mailto:press@islandnews.com). \*\*

been two sisters (or two brothers) who have won more grand slams.

Margaret Court made the case that she is being forgotten by the tennis world. Court won more grand slam titles (24 vs. 23) and in a shorter period of time with less support. Court also won grand slams after having two babies; Serena has not won a grand slam after having her child. Court was not happy with this or with Serena's lack of praise for the opponent who beat her, Ajla Tomljanovic, who was quite generous with her own praise for Serena's play and surprise in actually beating her. So here's the question: Is Serena a GOAT or not? Here are some of Serena's incredible stats from [www.usopen.org](http://www.usopen.org).

1: Williams has held the WTA's No. 1 ranking for 319 weeks, including 186 weeks in succession, tied for the longest streak among women with Steffi Graf.

2: In 1999, Williams became the second Black woman to win a Grand

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## SPORTS QUIZ

1. What team selected Stanford quarterback John Elway with the first overall pick of the 1983 NFL Draft?
2. What sportscar endurance race, traditionally held in June, is contested on Circuit de la Sarthe?
3. In 2012, what sports website was acquired by Turner Broadcasting for a reported \$175 million?
4. What Duke Blue Devils basketball standout was chosen by the Vancouver Grizzlies in the first round of the 2001 NBA Draft?
5. Vince Dooley compiled a 201-77-10 record and won the 1980 national championship during his 25 years as head coach of what college football team?
6. Name the Phoenix Mercury star who in 2021 became the first WNBA player to surpass 9,000 points.
7. In 2021, what Tampa Bay Rays player became the first in Major League Baseball history to steal home plate and hit a home run in the same postseason game?

## ANSWERS

1. The Baltimore Colts, who traded Elway's rights to the Denver Broncos.
2. 24 Hours of Le Mans.
3. Bleacher Report (bleacherreport.com).
4. Shane Bieber.
5. The University of Georgia Bulldogs.
6. Diana Taurasi.
7. Randy Arozarena.

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Health First

# Type 3 Diabetes And Alzheimer's



by Julie Rosenberg, MD

**D**iabetes refers to a health condition in which the body has difficulty converting sugar (glucose) to energy. There are several types of diabetes. Type 1 diabetes, also

known as insulin-dependent diabetes, occurs when the pancreas doesn't produce enough insulin, and a person's blood glucose level becomes too high (hyperglycemia). Type 2 diabetes, the most common form of diabetes, is caused by insulin resistance in peripheral tissues. Type 2 diabetes is most frequently associated with aging, a family history of diabetes, obesity and sedentary lifestyle. Individuals with type 2 diabetes have hyperglycemia and too much insulin, known as hyperinsulinemia.

Although aging is the strongest risk factor for Alzheimer's disease, there is a well-established link between type 2 diabetes and Alzheimer's disease. Over time, untreated or poorly treated diabetes can cause damage to blood vessels, including vessels in the brain. High blood sugar levels also lead to inflammation,

which may damage brain cells.

According to a 2016 study involving more than 100,000 people living with dementia, those with type 2 diabetes were up to 60 percent more likely to develop Alzheimer's disease or another type of dementia, known as vascular dementia.

Type 3 diabetes is a term that has been proposed to describe Alzheimer's disease. Recent research suggests that Alzheimer's disease may be linked to chronic insulin resistance plus an insulin deficiency state that is largely confined to the brain. Some scientists now describe Alzheimer's disease as a neuroendocrine disease involving impaired insulin and insulin-like growth factor signaling, with accumulation of neurotoxins, neuronal stress and subsequent neurodegeneration. This is accompanied by characteristic findings of Alzheimer's disease (amyloid plaques, oxidative stress and inflammation).

While major health organizations, including the American Diabetes Association, do not recognize this classification, the data are interesting and worthy of consideration.

Potential risk factors for developing type 3 diabetes include:

- Diet high in calories, sugar and fat, and low in fiber;
- Low socioeconomic status;
- Chronic stress;
- Obesity;
- Lack of physical activity;
- Family history.

The symptoms of type 3 diabetes are the symptoms of early dementia, such as:

- Difficulty completing familiar tasks;
- Memory loss;
- Impaired judgment;
- Mislaying things;
- Sudden changes in personality or demeanor.

The outlook for type 3 diabetes depends upon the severity of diabetes and dementia, and the overall effectiveness of treatment.

Lifestyle changes may be helpful in slowing the progression of disease. They may also be effective in preventing disease.

Eat a diet low in saturated fats, rich in fresh fruits and vegetables, inclusive of lean proteins, and high in fiber.

Move more. Try to exercise 30 minutes per day, four to five days per week.

Take all prescribed medications as directed.

Carefully monitor blood sugar and treat according to your healthcare provider's recommendations.

Monitor and manage cholesterol levels and blood pressure as directed by your healthcare provider.

Reduce stress. Consider activities such as deep breathing, meditation, prayer, yoga or walking in nature.

Get at least seven hours of quality sleep per night. Poor sleep is a risk factor for cognitive decline.

If you smoke, stop smoking. Smoking reduces circulation to the brain.

Maintain a healthy body weight.

In summary, type 3 diabetes is a term some scientists use to describe

Alzheimer's disease. Scientific research has shown that insulin resistance in the brain can lead to the characteristic findings of Alzheimer's disease. Lifestyle factors such as being overweight, having limited physical activity, and eating a poor diet may increase the risk of type 3 diabetes. Implementation of healthy lifestyle choices may prevent disease.

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

## Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, is offering a free monthly autism spectrum disorder (ASD) screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, September 16 from 9 a.m. to 2 p.m.

Screenings are administered by an advanced practice registered nurse. A physician referral is not required.

Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✪



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dearPharmacist

## Relieve Joint Pain With Natural Alternatives



by Suzy Cohen, RPh

**Dear Readers:**

Joints are meant to last a lifetime, and for some people they do. But for others, joints wear out and start to ache. Old injuries can

give rise to pain later on in life. Over 50 million people have arthritis today, and conventional medicine's answer is a pill. It's usually a non-steroidal anti-inflammatory drugs (NSAID) like

ibuprofen. This can work temporarily. It's not right for everyone though, especially those with ulcers, or heart disease.

The latest studies on osteoarthritis suggest that people who are above their healthy body mass index make their pain much worse due to additional pressure on the joints. Also, a diet high in soda, carbs and sugary foods will exacerbate pain. But there are things you can do. Here are four natural alternatives to drugs to relieve joint pain fast.

1. Curcumin – Books have been written on the topic of curcumin and pain relief. It's a strong anti-inflammatory component of turmeric spice extract. Most people think it is just "curcumin" that works, but recent research proves three different curcuminoids work even better, and you'll find those in high-quality supplements.

2. MSM – Methylsulfonylmethane provides the body with natural, healing sulfur. This is one component necessary for healthy joints. MSM is sold in health food stores because it is an extremely

common ingredient that supports joint health, and it cleans the body up. Sometimes people get scared to take MSM because they don't understand that it is not a sulfa pill. Sulfur is the third most common and abundant element in your human body. It is found in great amounts in your nails, your hair and your skin. Your body requires sulfur to make collagen.

3. Hyaluronic acid – Arthritic joints are deficient in natural hyaluronic acid, so over time, it leads to the cartilage becoming less squishy and pliable. The stiffer a joint is, the more likely there is pain and inflammation. Hyaluronic acid holds moisture like a sponge, it's a plumper as in Restylane and Juvederm, which are two popular facial fillers.

Hyaluronic acid may be injected into your joint, for example, your knee. It will not cure anything serious, like if you need a knee replacement... but for simpler problems, an injection of this can bring relief for two or three months. It can be taken orally as well.

4. Vitamin D – Naturally synthesized in the human body after exposure to sunlight. It is a fact that people who have low levels of vitamin D often have joint pain and/or osteoporosis.

Vitamin D supplements would be an effective adjunctive supplement that you can take if you have chronic joint pain, and it is particularly helpful for both autoimmune rheumatoid arthritis as well as osteoarthritis.

Today, you've learned about four supplements that support joint health. One of them is free... the vitamin D. If you'd like additional help with your pain, I have a longer article available at [www.suzycohen.com](http://www.suzycohen.com) as well as additional resources.

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

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I have gone through many changes since the pandemic began. Can you please help with how one can create a new normal?

**A:** It's known that we are all living

in a world of change. While we have always endured change (change can be positive) we seem to have it coming fast and furious nowadays.

It is highly likely that life as we knew it prior to the pandemic is not about to return and this can be a good thing. The problems that continue, as some wisdom keepers may say, is a part of a major transformation that is taking place on our planet, from climate change to taking an active part in creating our own future.

The following examples can be ways to initiate the new vision/dreaming

process:

1. Begin or continue a meditation practice to clear ego-based distractions and obstructions.

2. Create a vision board of what you would like your future to look like and hold.

3. Share your visions/dreams/aspirations with those who you feel close to and ask them to help keep you accountable.

4. Surround yourself with those who share a similar path and energetic vision. Have deep meaningful conversations about these visions.

5. Practice daily gratitude for what you do have now.

6. Stay present as you cannot change the past and being in the future takes you away from now.

You may want to journal about your dreams and visions for the future. Set intentions and believe in these intentions manifesting in your highest good.

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

## Pets Can Help Fill An Empty Nest

**A**void that back-to-school empty-nest feeling with help from Lee County Domestic Animal Services. Through September 30, adoption fees for all cats and kittens and dogs older than 6 months are reduced to \$25. Cats and kittens are two-for-one; adopt one

and take home a second feline at no additional charge.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health check; a \$600 package. Volunteers and staff are ready to introduce a new family member.

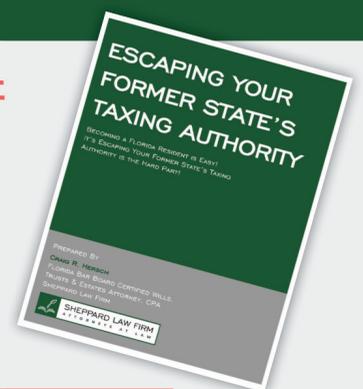
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Visit [www.leelostpets.com](http://www.leelostpets.com) to see pets available for adoption. ✨

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Doctor and Dietician

## Recipes For The Slow Cooker



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

**D**id you know that the Crock-Pot, the original slow cooker, originated over 40 years ago as a simple bean cooker? The Crock-Pot brand gave families a new way to make affordable meals using inexpensive cuts of meat, offering help to busy parents to minimize time in the kitchen. Well, here we are 40 years later, and the slow cooker (which has come a long way from the early days) is still a great way to get meals on the table in no time at all.

Remarkably similar to sheet pan meals, slow-cooker meals are very easy to make. You toss everything into the slow cooker, close the lid and walk away. When you return from work, dinner is ready. One of the best things about slow-cooker meals

is that they often take about six to eight hours, which means you can assemble it before work and when you are ready for dinner, all you need to do is prepare your plate and a nice green salad. Some slow cookers allow for more programming so you can adjust the cook time more precisely. We love that feature about our slow cooker!

Here are a few recipes to get you started! Remember that you can substitute, add or take out whatever you do not like. These recipes serve four to five people, depending on their appetites.

### White Chicken Chili

What you need: 3 skinless, boneless chicken breasts (or thighs, about 1 ½ pounds); 1 tbsp. ground cumin; 1 tbsp. ground coriander; 2 tsp. dried oregano; 1 tsp. paprika (we liked smoked); ½ tsp. crushed red pepper flakes; kosher salt and black pepper, to taste; 2 15-oz. cans cannellini beans, drained and rinsed; 2 4-oz. cans chopped green chiles; 4 garlic cloves, minced; 2 cups organic chicken broth; ½ cup heavy cream; 2 tbsp. masa harina (or corn flour); 2 cups corn (fresh or frozen); grated Monterey Jack cheese, chopped avocado and lime wedges for serving.

What to do: Place all ingredients in your slow cooker, tossing to mix, cook for about seven to eight hours, take the chicken out to shred and place back into the slow cooker. Serve topped with avocado and lime. Feel free to adjust the spices if you like your food more flavorful. This recipe is gluten-free and could be made dairy-free by substituting plant milk and vegan cheese.

Optional: serve with rice.

### Honey Garlic Chicken Thighs And Veggies

What you need: 8 chicken thighs, bone-in skin-on; 16 oz. baby carrots; 16 oz. baby red potatoes; 1-2 tsp. basil, dried; 4 cloves garlic, minced; 16 oz. fresh green beans; 1 tsp. oregano, dried; ¼ cup honey; 3 tbsp. ketchup; 4 tbsp. liquid aminos (or soy sauce); kosher salt and pepper to taste; 2 tbsp. fresh parsley, chopped for garnish.

What to do: Place all ingredients in your slow cooker and mix, cook for about seven to eight hours on low heat or three to four hours on high, garnish with parsley. Using liquid aminos or Tamari versus soy sauce makes this gluten-free.

### Beef And Broccoli

What you need: 2 cups organic beef broth; ½ cup liquid aminos (or soy sauce); ¼ cup brown sugar (or honey); 2 tsp. sesame oil; 2 cloves garlic, minced; 1 ½ lbs beef top sirloin steak, cut into ½ inch-thick strips; 2 tbsp. cornstarch; ¼ cup cold water; 4 cups broccoli florets; hot cooked rice (we like basmati and jasmine best); Optional: sesame seeds and thinly sliced green onions for garnish.

What to do: Combine first five

ingredients in slow cooker, add meat and stir to coat. Cover and cook on low for 6 hours. In a small bowl whisk together cold water and cornstarch until smooth. Stir into slow cooker and cook on high until thickened, about 30 minutes (or you can transfer to a pan for faster cooking.) Meanwhile, steam broccoli until just tender. Stir in to slow cooker with meat. Serve with cooked rice, garnish with sesame seeds and green onions. Gluten-free, dairy-free recipe.

We hope you like these recipes and give them (or others a try). Just remember, sharing a meal brings family and friends together in more ways than one. Commit to no cell phones at the table and ask each other questions such as “what was the best thing that happened to you today?” or “who did you most enjoy seeing today?” or “what is something new you learned today?”

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

Beautifulife:

## The Map



by Kay Casperson

**I**'ve been thinking lately about everything that has changed over time through technology, especially as my daughters are getting older; one is off to college while the other is getting ready to drive. I look

back and remember my younger years of navigating through life with a notepad of ideas about what I wanted to do and where I wanted to be. I had to make all decisions on my own. I did not have the influence of Google or social media. I didn't have instant communication or even an instant map to give me directions or guide my way.

It's hard for my kids to comprehend how one could go through life without a computer, a cell phone, Siri, Snapchat, Instagram or Google. When I decided to venture across the country as a young person, I was ready to take on the world. Still, I had to rely on a paper map to navigate my way.

I have told my kids of my many experiences traveling across the country, including having to stop to make calls via a pay phone. I remember when I came into a Colorado town late at night, ready to head over the mountains but stopped first for a cup of coffee as I was getting pretty tired. A super sweet, older couple who ran a bed and breakfast and coffee shop talked me into staying the night because of the black ice on the mountains, which I was unfamiliar with. I was anxious to get to my destination. Still, I listened to them and stayed the night, which was a blessing. When I left the following day, there was a very slick ice coating on some roads

toward the top of the mountains, which was extremely dangerous.

I prayed a lot on my first trip across the country by myself, and I believe God was watching over me and led me to that coffee shop. I also think our lives are probably mapped out before we know it. But, along the way, we take detours until we finally arrive at our chosen destination. It's the detours that teach us many things and help us to learn and grow, to understand and to know what we need and what we don't. The shortcuts, the construction zones, the closed roads and the hazardous highways eventually point us in the right direction.

Today, I thank God for Google maps and cell phones. It's almost hard to remember how we did it without them. Unfortunately, there is no written map for our life. Suppose we try to map out every aspect of our lives without leaving room to change direction. In that case, we can experience some significant disappointments. My advice is to search your heart, make a plan, write it down and know that there will always be detours along the way.

One of my favorite bible verses on this is Proverbs 3:5-6: Trust in the Lord with all your heart and lean not on your own understanding; in all your ways, acknowledge him, and he will direct your paths. Trust God, have faith, and follow your heart; your map will continue to lead you in the right direction.

My affirmation for you this week is: “I am following the map of my heart and will trust the final destination.”

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

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- Shell Islands Garden Club ..... 246-8875
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# PUZZLES

Answers on page 39



"Let's focus more on yourself, and less on the \_\_\_\_\_!"

## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Guide

**DEALER**

Start

**BINGE**

Brief

**ROTHS**

Shame

**GAMITS**

**TODAY'S WORD**

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Hot dogs are missing. 2. Spatula is smaller. 3. Apron is shorter. 4. Neckline is different. 5. Belt is different. 6. Bottle is missing.

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

## To Play Sudoku:

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

# PUZZLES

Answers on page 39

## Super Crossword

POD-TIME WORK

- ACROSS**
- 1 Picture
  - 6 Lo — (Chinese dish)
  - 10 Eyes, to bards
  - 14 Step heavily
  - 19 Like zebras' necks
  - 20 Author Sarah — Jewett
  - 21 Beet or yam
  - 22 Womanizer, perhaps
  - 23 Spotted steed
  - 25 Womanizer, perhaps
  - 26 Bacteriology gels
  - 27 Some sporty trucks, briefly
  - 28 Jai —
  - 29 Illegal boxing blow
  - 31 Superhero with a magic ring
  - 34 Fruit such as a peach or plum
  - 35 Chicks' hangouts
  - 36 Heavy horn
  - 37 Baldwin of "Drunk Parents"
  - 38 Rascally sort
  - 41 Moniker for Lincoln
  - 44 Royal Dansk treat
  - 48 Speaker's stand
  - 52 Cash caches requiring PINs
  - 55 Wingtips' tips
  - 56 Impassioned
  - 57 Bee or Em
  - 58 Neighbor of Burkina Faso
  - 60 Off. helper
  - 62 Their young are kids
  - 63 The clear, open outdoors
  - 66 Epps of "Juice"
  - 68 City in southern California
  - 69 Stephen of "Angie"
  - 70 A tyrant rules with one
  - 74 Prefix with skeleton
  - 75 Common chamber group
  - 77 Conductor Solti
  - 80 Capital of Peru
  - 82 Painter Dufy
  - 83 TV's — May Clampett
  - 84 Moniker for Quinn
  - 86 Ankle-length skirt
  - 88 Caused to propagate
  - 89 Airline to Tel Aviv
  - 90 Spur-of-the-moment choice
  - 93 Federal benefits org.
  - 95 "Yoo-hoo!"
  - 96 — Hashana
  - 97 2006 Nintendo debuts
  - 100 Taj —
  - 105 Bursts in space
  - 107 Figure at Madame Tussauds
  - 110 Former Seabee, say
  - 114 Scottish island
  - 115 Agts. going after tax evaders
  - 116 Banishment
  - 117 Fix up text
  - 118 What someone who completes this puzzle does?
  - 120 "Daniel" singer John
  - 121 Solemn act
  - 122 The Beatles' "Let —"
  - 123 Arm bones
  - 124 School VIPs
  - 125 Luminary
  - 126 Warty critter
  - 127 Actress Sharon
  - 37 "This is only —"
  - 38 Swedish retail chain
  - 39 Floss flavor
  - 40 Furry adoptees
  - 42 "— Cafe" (old Whoopi Goldberg sitcom)
  - 43 Drinking alcohol
  - 45 Exactly
  - 46 Leia's last name
  - 47 Unscented
  - 48 Smidgens
  - 49 Halo effect
  - 50 Hip to
  - 51 Florida or Ohio pol, e.g.
  - 53 Poet Angelou
  - 54 NBC fixture since '75
  - 59 Short-hop plane
  - 61 Rotational forces
  - 64 Doggoned
  - 65 Berlin loc.
  - 67 Gives shape to, to a Brit
  - 70 Humpbacked lab helper
  - 71 "— do you good"
  - 72 Actress Ward
  - 73 "Gotta go," to a texter
  - 75 Pulverize
  - 76 Catch
  - 77 Deep cut
  - 78 Article in Augsburg
  - 79 Big name in skin cream
  - 81 "That went right by me"
  - 85 Chutzpah
  - 87 Cedar Rapids native
  - 91 Paint appliers, e.g.
  - 92 Veto
  - 94 Sound box at a concert
  - 98 Really digs
  - 99 Floor-washing robot
  - 101 "Insomniac" comic Dave
  - 102 Showing benevolence
  - 103 Sports spots
  - 104 Contacts, e.g.
  - 105 Floss fiber
  - 106 Cake bakers
  - 107 Sea filler
  - 108 Single
  - 109 — Vegas
  - 110 Necessity
  - 111 Wheel turner
  - 112 "La Dolce —"
  - 113 Hayworth of old films
  - 118 Set of parts to be assembled
  - 119 Ant or beetle

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

## King Crossword

- ACROSS**
- 1 Beach accessory
  - 6 Altar promise
  - 9 Wd. modifier
  - 12 Blazing
  - 13 At once
  - 14 Singer Rawls
  - 15 Lightweight wood
  - 16 Old Pontiac
  - 18 More tightly packed
  - 20 "Star Wars" royal
  - 21 Photo, for short
  - 23 "Fresh Air" ailer
  - 24 Party beverage
  - 25 Unforeseen problem
  - 27 Say
  - 29 Elk's horn
  - 31 Wheel cover
  - 35 Playful sea critter
  - 37 Only
  - 38 Barber's tools
  - 41 Aug. and Sept.
  - 43 Knock
  - 44 Region
  - 45 Halloween sprite
  - 47 Young shopping center regular
  - 49 Milk dispens-
  - 6 Loose
  - 6 Looose news-paper
  - 7 Gloomy
  - 8 Have
  - 9 Sci-fi visitor
  - 10 Column style
  - 11 A son of Jacob
  - 17 Book jacket promos
  - 19 Sudden gush
  - 21 Unpaid TV ad
  - 22 Hostel
  - 24 Little, in Lille
  - 26 Worldwide
  - 28 Pulsate
  - 30 UFO crew
  - 32 Deep-fried frank
  - 33 Pie — mode
  - 34 Zing
  - 36 Acted badly?
  - 38 Caravan
  - 39 Emulate Lincoln
  - 40 Donnybrook
  - 42 Batter's dry spell
  - 45 Big wind
  - 46 Notion
  - 48 Decay
  - 50 Ram's ma'am
  - 51 Trio after Q
- DOWN**
- 1 Bar bill
  - 2 One — kind
  - 3 Villanova athlete
  - 4 Gaelic
  - 5 "Blue" singer Rimes

1	2	3	4	5	6	7	8	9	10	11	
12						13			14		
15						16		17			
		18			19			20			
21	22			23				24			
25			26		27		28				
29				30			31		32	33	34
			35			36		37			
38	39	40			41		42		43		
44				45				46			
47				48				49		50	51
52				53				54			
55				56				57			

## MAGIC MAZE ● NYMS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: A WORD OF LIKE MEANING

- Acronym
- Eponym
- Hypernym
- Paronym
- Anonym
- Heteronym
- Hyponym
- Pseudonym
- Antonym
- Holonym
- Meronym
- Retronym
- Cryptonym
- Homonym
- Metonym

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 <p><b>FRIDAY</b> Cloudy High: 85 Low: 74</p>	 <p><b>SATURDAY</b> Mostly Sunny High: 86 Low: 77</p>	 <p><b>SUNDAY</b> Cloudy High: 85 Low: 75</p>	 <p><b>MONDAY</b> Partly Cloudy High: 88 Low: 79</p>	 <p><b>TUESDAY</b> Mostly Cloudy High: 90 Low: 78</p>	 <p><b>WEDNESDAY</b> Cloudy High: 92 Low: 83</p>	 <p><b>THURSDAY</b> Cloudy High: 88 Low: 77</p>
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Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	2:12 am	6:05 am	12:54 pm	7:48 pm	Fri	1:17 am	6:07 am	11:59 am	7:50 pm	Fri	1:48 am	6:55 am	1:11 pm	8:04 pm	Fri	4:22 am	9:21 am	3:04 pm	11:04 pm
Sat	2:23 am	6:59 am	1:46 pm	8:17 pm	Sat	1:28 am	7:01 am	12:51 pm	8:19 pm	Sat	2:13 am	7:56 am	2:06 pm	8:45 pm	Sat	4:33 am	10:15 am	3:56 pm	11:33 pm
Sun	2:35 am	7:50 am	2:35 pm	8:41 pm	Sun	1:40 am	7:52 am	1:40 pm	8:43 pm	Sun	2:42 am	8:48 am	3:00 pm	9:21 pm	Sun	4:45 am	11:06 am	4:45 pm	11:57 pm
Mon	2:50 am	8:38 am	3:24 pm	9:02 pm	Mon	1:55 am	8:40 am	2:29 pm	9:04 pm	Mon	3:13 am	9:34 am	3:52 pm	9:54 pm	Mon	5:00 am	11:54 am	5:34 pm	None
Tue	3:07 am	9:27 am	4:14 pm	9:21 pm	Tue	2:12 am	9:29 am	3:19 pm	9:23 pm	Tue	3:44 am	10:15 am	4:37 pm	10:23 pm	Tue	5:17 am	12:18 am	6:24 pm	12:43 pm
Wed	3:29 am	10:17 am	5:11 pm	9:39 pm	Wed	2:34 am	10:19 am	4:16 pm	9:41 pm	Wed	4:14 am	10:52 am	5:16 pm	10:49 pm	Wed	5:39 am	12:37 am	7:21 pm	1:33 pm
Thu	3:55 am	11:12 am	6:24 pm	9:53 pm	Thu	3:00 am	11:14 am	5:29 pm	9:55 pm	Thu	4:40 am	11:29 am	5:54 pm	11:09 pm	Thu	6:05 am	12:55 am	8:34 pm	2:28 pm

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## PETS OF THE WEEK



Lulu ID# A936534 photos provided

Lee County Domestic Animal Services

### Lulu And Mango

**H**ello, my name is Lulu. I am 1-year-old female English bulldog mix who is mid-sized with the cutest underbite and butt wiggle. I am high energy and will keep you amused with my silly antics. If you have an active lifestyle, I will fit right in with ease. My adoption fee is \$25.

Hi, I'm Mango. I am 2-year-old male shorthair rabbit who likes to wiggle my nose when anyone walks by. I like to watch the kittens in the cattery. If a small pet is what you are looking for, look no further. My adoption fee is \$5.

Through September 30, adoption fees for all cats and kittens and dogs more than six months of age will be reduced to just \$25.



Mango ID# A934861

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health check. This is a \$600 package. Volunteers and staff are waiting to introduce your new family member to you. Just stop by the adoption center 10:30 a.m.-3:30 p.m. Monday through Saturday at 5600 Banner Drive in Fort Myers.

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

## My Stars ★★★★★

FOR WEEK OF SEPTEMBER 5, 2022

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

Relationships continue to thrive, but watch for any telltale signs of potential problems. Take needed action now to set things straight, before they become troublesome later.

**Taurus** (April 20 to May 20) Your powers of persuasion backed up, of course, by your considerable expertise help you to establish your case, even to the most dubious decision-makers in your workplace.

**Gemini** (May 21 to June 20) You might still be a bit reluctant to face up to some less-than-pleasant realities. But, the sooner you can set about making some needed changes.

**Cancer** (June 21 to July 22) Expect to make adjustments, even when things seem locked up and ready to go. But, cheer up: At least one change could lead to something you've been hoping for.

**Leo** (July 23 to August 22) The success of a recent project should do a lot to boost your self-confidence. You might want to check out ways to make that long-deferred bigger and bolder move.

**Virgo** (August 23 to September 22) Ease up on the pressure you might be putting on the new person in your life. It takes time for a budding relationship to blossom. Showing them more patience and understanding will help.

**Libra** (September 23 to October

22) You have lots of inner strength in reserve. Use some of it to resist intimidation from those who might try to impose on your good nature for their own reasons.

**Scorpio** (October 23 to November 21) The good news is that your on-the-job status is improving. The one cautionary note, however, involves a personal situation you might have been ignoring for too long.

**Sagittarius** (November 22 to December 21) Congratulations. Once again, your sharp Sagittarian "horse sense" helps you work through a complicated situation that would leave most people confused.

**Capricorn** (December 22 to January 19) Plan on indulging yourself in some well-earned good times through much of the week. Then be prepared to face some thought-provoking issues during the next few weeks.

**Aquarius** (January 20 to February 18) Positive factors continue to dominate, following a recent change in both your professional and personal lives. Expect to make contact with someone from your past.

**Pisces** (February 19 to March 20) Workplace stability allows you to continue making progress on your projects. But, don't ignore your personal life. Spend more quality time with those special folks.

**Born This Week:** You have a gift for making people feel special. Maybe it's because you know how special you are.



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.

On Monday and Tuesday  
I take my neighbors  
garbage out.

—a student from *The Sanibel School*



FULFILLING THE PROMISE OF NEIGHBORS HELPING NEIGHBORS

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**MOMENTS IN TIME**

- On Sept. 12, 1846, Elizabeth Barrett elopes with Robert Browning. Despite her father's dislike of Browning, calling him an unreliable fortune hunter, Elizabeth and Robert conducted a secret courtship. After a secret wedding at St. Marylebone Parish Church, the two moved to Italy, where Elizabeth's former weak health improved dramatically.
- On Sept. 14, 1901, U.S. President William McKinley dies after being shot in Buffalo, New York. When McKinley was operated on, doctors had failed to find the bullet, and gangrene soon spread throughout his body.
- On Sept. 15, 1935, German Jews are stripped of their citizenship, reducing them to "subjects" of the state. German Jews were excluded from high-profile vocations, from public office to journalism and teaching, even farming. Jews found it difficult even to buy food.
- On Sept. 16, 1940, the first peacetime draft in the history of the United States is imposed on men between the ages of 21 and 36. There were 20 million eligible young men; 50 percent were rejected the very first year for health reasons or illiteracy.
- On Sept. 13, 1963, Texas-born entrepreneur Mary Kay Ash launches a cosmetic company in Dallas. Mary Kay Inc. would become a cosmetic empire with revenue of more than \$3.5 billion and salespeople in dozens of countries. Mary Kay became renowned for an award system designed for women, including mink coats, diamond rings and pink Cadillacs.
- On Sept. 17, 1976, NASA publicly unveils its first space shuttle, the *Enterprise*, during a ceremony in

California. In 1977, the *Enterprise* became the first space shuttle to fly freely when it was lifted to a height of 25,000 feet by a Boeing 747 airplane and then released, gliding back to Edwards Air Force Base on its own accord.

- On Sept. 18, 1981, the 20,000-car parking lot at Canada's West Edmonton Mall makes the Guinness World Records as the largest parking lot in the world. However, Dubai was said at the time to be building a 40,000-space parking lot at their mall, but it only has 14,500 slots today.

**NOW HERE'S A TIP**

- This week we offer a hodgepodge of tips. Here's one of my favorites: Use kitchen tongs to retrieve an item that is stuck behind a heavy piece of furniture. It is much easier than trying to move the couch. — Jo Ann
- "To save money on going out to eat, we purchase gift cards at the local warehouse club we belong to. It's usually 10 percent or 15 percent below face value, but that helps with the tip and tax." — ES in Missouri
- "Old suitcases (hard-sided ones) are really fun holders for craft supplies. You can use hook and loop tape to secure smaller containers to the inside lining. This has worked well for my scrapbooking supplies. They are easy to carry from room to room." — LA in Georgia
- If you have too many suds in the sink (or the tub), try pouring salt on the suds. They die down and can be washed away without creating more suds.
- "We attached an over-the-door plastic shoe organizer to the back of our

pantry door. The slots that are reachable by the kids hold healthy, single-serving snacks for the morning, to include in lunches or for after-school snacking. It's easy and the kids have choices."

— MM in West Virginia

- Trying to lose weight? Many of us eat portions that are waaaaay too much. Try using a smaller size plate, or one with a border around it. Studies show that people who do so serve themselves less food and still feel satisfied.

**STRANGE BUT TRUE**

- The "Josh Fight", started in 2021 by Josh Swain after he discovered a number of other folks on social media who shared his moniker, is an event held in Lincoln, Nebraska, in which hundreds of people named Josh duel with pool noodles to crown the "Ultimate Josh". To date, the event has raised over \$20,000 for charity.
- In the 1970s, American Kitchen Foods, Inc., perhaps inspired by a picky young eater at home, tried disguising peas in a fry-shaped form with a product called "I hate peas".
- Sea urchins acquired their name from hedgehogs, which were known as urchins until about the 15th century ... meaning, of course, that sea urchins are therefore essentially ocean hedgehogs.
- Prior to 1998, it was illegal in Victoria, Australia, to change a lightbulb unless you were a licensed electrician.
- Before you embark upon a detox regimen, you might consider this: In 2007, an advocacy group called Sense About Science reached out to the manufacturers of 15 so-called detox products and discovered that not one could come up with a definition of what they really meant by "detox."

- *Titanic* director James Cameron drew that famous nude sketch of Rose in the film. (Kate Winslet wore a swimsuit for the scene.)

- The Hair Museum of Avanos, located beneath Chez Galip's pottery shop in Cappadocia, Turkey, is filled with hair samples from over 16,000 women from around the world.

- Dolly Parton once offered 7th- and 8th-graders in her hometown of Sevierville, Tennessee, a gift of \$500 if they graduated from high school, reducing the dropout rate from 30 percent to 6 percent.

- "Poecilonym" is a synonym for the word synonym.

**THOUGHT FOR THE DAY**

"If life were predictable it would cease to be life, and be without flavor."

— Eleanor Roosevelt

**TRIVIA TEST**

1. **Television:** What is the song played at the end of the final episode of *Breaking Bad*?
2. **Psychology:** What fear is represented in the condition called plutophobia?
3. **Movies:** What is the name of the horse in the Disney animated movie *Tangled*?
4. **Animal Kingdom:** What is a group of rattlesnakes called?
5. **Geography:** What is the oldest, still active volcano on Earth?
6. **Science:** What is the tallest type of grass?
7. **Language:** What does the Greek root word "morph" mean?
8. **Food & Drink:** What is a samovar used for?
9. **Music:** Which Rolling Stones' hit

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9/2 \* 9/23

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

**FULL/PART-TIME SALES ASSOCIATE**  
Sanibel Sole is seeking an additional sales associate to join our great team! We have expanded in the Tahitian Gardens plaza and offer a wide variety of clothing and footwear. We offer competitive wages, benefits, and perks. No evenings required.  
Please email a resume to  
sanibelsole@gmail.com.  
4/22 \* TFN

**HELP WANTED**

**ISLAND PRESCHOOL TEACHERS**  
The Children's Education Center of the Islands (CECI) is looking for part-time or substitute preschool teachers for its nature themed education program. Potential for full-time growth possible. Flexible hours. Competitive salary. Tolls paid.  
Please call Nita at 239-472-4538.  
10/22 \* TFN

**PSA**

**AL-ATEEN HELP LINE**  
Are you concerned with a friend or family member's drinking?  
Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit  
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4/24 \* TFN

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

featured the line: "Who could hang a name on you?"

10. **Anatomy:** Where are suture joints found in the human body?

**TRIVIA ANSWERS**

- 1. Baby Blue. 2. Fear of wealth.
- 3. Maximus. 4. A rhumba. 5. Mount Etna, Italy. 6. Bamboo. 7. Form or shape. 8. An urn for making tea. 9. Ruby Tuesday. 10. The skull.

**SCRAMBLERS ANSWER**

- 1. Leader 2. Begin
- 3. Short; 4. Stigma

Today's Word

**NEIGHBORS**

Read us online at [www.IslandSunNews.com](http://www.IslandSunNews.com)

**HORTOONS**



**PUZZLE ANSWERS**

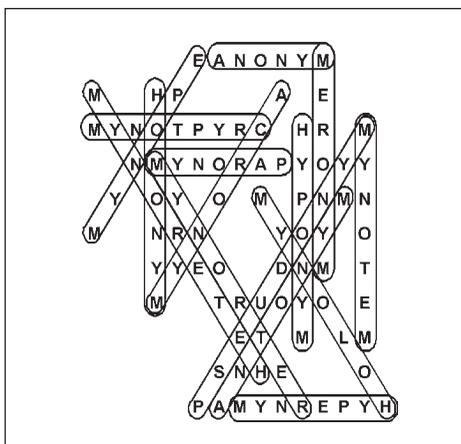
**SUPER CROSSWORD**

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**KING CROSSWORD**

T	O	W	E	L	I	D	O	A	D	J	
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**MAGIC MAZE**



**SUDOKU**

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

**Top 10 Real Estate Sales**

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Edgewater	Fort Myers	2001	14,000	\$6,499,000	\$6,100,000	120
Cortona	Miromar Lakes	2019	3,227	\$3,499,000	\$3,499,000	30
Bay Creek	Bonita Springs	2001	4,569	\$3,345,000	\$3,100,000	56
Goldcrest	Bonita Springs	1992	3,480	\$2,199,900	\$2,100,000	0
Overiver Shores	North Fort Myers	2001	2,785	\$1,900,000	\$1,900,000	108
Hidden Harbor	Fort Myers	2016	2,789	\$1,675,000	\$1,610,000	21
Avieto	Bonita Springs	2004	3,351	\$1,650,000	\$1,600,000	5
Cottages At Pelican Landing	Bonita Springs	1995	2,465	\$1,500,000	\$1,500,000	0
The Place At Corkscrew	Estero	2019	4,565	\$1,599,000	\$1,500,000	13
Lakemont	Bonita Springs	1992	3,306	\$1,600,000	\$1,475,000	4

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