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VOL. 30, NO. 13

SANIBEL & CAPTIVA ISLANDS, FLORIDA

SEPTEMBER 23, 2022

SEPTEMBER SUNRISE/SUNSET: 23 7:17 • 7:25 24 7:18 • 7:24 25 7:18 • 7:22 26 7:18 • 7:21 27 7:19 • 7:20 28 7:19 • 7:19 29 7:20 • 7:18

Zonta Marks 35 Years Of Service

submitted by Sue Denham

September can be a quiet month on Sanibel, but the Zonta Club of Sanibel-Captiva is as busy as ever welcoming new members, finalizing plans for the next fundraiser and advocating for important causes, but the club paused recently to mark an important milestone.

Chartered in 1987, the club was recognized this month at the highest level for 35 years of service. Ute Scholz, president of Zonta International and the Zonta Foundation for Women wrote to club President Erika Steiner: "It is with great pleasure that I congratulate you and the members of the Zonta Club of Sanibel-Captiva on your 35th anniversary. In the decades since your club was chartered, you have undoubtedly made a difference for many women and girls, for which you can be proud."

Janine Boardman, charter member



District 11 Zontians at the Zonta International Convention in Hamburg, Germany this past June. Front, left, are Sanibel-Captiva delegates Taryn Manning, Nancy Dreher (current District 11 governor) and Erika Steiner, club president photo provided

and president-elect, said, "Thirty-five years ago, a small group of professional women had a vision of being part of something bigger than ourselves and beyond our community. As mentors, we learned to empower women to see future possibilities; we shared an abundance of joyful and amazing experiences; and we made many dreams a reality. To me, this is what it means to make a difference."

On the world stage, the club's foundation has been recognized repeatedly as one of the most generous contributors to the Zonta International Foundation, while at home, the members have raised and distributed well over \$1 million to local nonprofits who seek, like Zonta, to empower women. Three recent Zonta District 11 governors (presiding over seven southern states and three Caribbean nations) came from Sanibel-Captiva.

"We are fortunate to have a talented and accomplished membership, willing to roll up our sleeves and use our skills to make women's lives better," Steiner said. "One of our most important assets is the

continued on page 28



A 1956 Buick Special with continental kit photo provided

Motor Club Car Show Next Week

San Cap Motor Club is kicking off the season with a Cars and Coffee Cruise-In on Saturday, October 1 from 9 to 11 a.m. at Periwinkle Place shopping center. No pre-registration is necessary. All are welcome to bring out their antique, vintage or classic vehicles; motorcycles included. A continental breakfast including donuts, fresh perked coffee and other refreshments will be

provided by the owners of Periwinkle Place and SanCap Motor Club. Club membership dues are \$60 per individual or \$75 per couple or family. Membership includes one new club T-shirt or tumbler. The club meets on the first Saturday of the month for Cars and Coffee and the second Wednesday of the month for dinner at Tutti Pazzi Italian Restaurant. For more information, call Scot Congress at 472-4177 or email scot@scongress.com.

Periwinkle Place is located at 2075 Periwinkle Way on Sanibel.✪

Captiva Coastal Cleanup Saturday



Bring your own kayak for a productive day on the water photos provided



Cleaning up the shorelines is a rewarding activity for the family

Community partners are coming together for the 3rd annual Captiva Coastal Cleanup this Saturday, September 24 from 10 a.m. to 2 p.m.

Established by Capt. Jimmy Burnsed of Santiva Saltwater Fishing Team and his wife, Sarah, the Captiva Coastal Cleanup calls on the community to help keep Captiva a beautiful place to live, boat and fish on the water by organizing a day to pick up debris along shorelines

and waterways of Captiva and surrounding islands. Efforts focus primarily on the mangrove shoreline and waters ranging from North Captiva to Cayo Costa.

The annual event is a collective effort led by the Burnses in partnership with Keep Lee County Beautiful and community partners including Captiva Cruises, Captiva Rod & Gun Club, McCarthy's Marina, Santiva Saltwater

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Church Hosting 60th Anniversary Commemoration

St. Michael and All Angels Episcopal Church will commemorate an important historic event on Thursday, September 29. It was on this day, the Feast of St. Michael and All Angels, 60 years ago, that the clergy made the decision to become racially integrated; the first church on the island, in the diocese and one of the first in Florida to do so.

On September 29, 1962, Fr. Madden and the leadership of St. Michael's implemented the decision that there would no longer be a separate Sunday School program and separate worship services for white people and black people. It was a bold decision at the time. Most churches would remain segregated for several more years, but under Fr. Madden's leadership, St. Michael's decided to live into the baptismal promise to "strive for justice and peace among all people and respect the dignity of every human being" in a real and meaningful way. Fr. Madden also worked tirelessly for the integration of the Sanibel School and was successful in doing so.

As a way of commemorating the decision to integrate 60 years ago, St. Michael's will have a special prayer service at 6 p.m. on September 29. Parishioner Don Adams will present some of the history of St. Michael's, Sanibel, and Fr.



CHRISTMAS AT ST. MICHAEL'S

*Father Madden engages with at least 25 thoroughly integrated children in the Christmas story in 1967²⁰
annotated press cutting from the *The Islander* dated December 27th 1967 in the ECW scrapbook*

A newspaper clipping from 1967

image provided

Madden's legacy as a part of this service. There will be music, scripture and prayers to remember the courageous islanders of 60 years ago who made the decision to remove boundaries between God's children.

All are welcome to attend. A light reception will follow in parish hall.

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

Celebrating The Jewish New Year

submitted by Cheryl Fulmer

The membership of Chavurat Shalom of Southwest Florida wishes everyone a joyous New Year, "Shana Tova" in Hebrew. This year, the holiday begins at nightfall on Sunday, September 25.

On Rosh Hashanah, Jews everywhere listen for the plaintive blasts of the Shofar, a ram's horn, an ancient instrument stirring the hearts of our ancestors after the Exodus from Egypt as well as our own hearts today. The Shofar help us to harken to our long-ago roots while we vow repentance and make resolutions. The Shofar is the reason that the Bible calls Rosh Hashanah by the name, Yom HaTruah, the Day of Blasting.

Chavurat Shalom will usher in its High Holiday events with members Rabbi James and Marcia Rudin leading the annual Apples and Honey celebration via Zoom at 7 p.m. on Monday, September 26. On Thursday, September 22 at 11 a.m., Rabbi Rudin will present a program via Zoom titled Fate, Family, Fasting: Three Eternal Pillars of the High Holidays. On Thursday, September 29 at 11 a.m., Rabbi Daniel Schiff will speak via Zoom about Finding Meaning in the Book of Jonah. The Chavurah's annual Memorial Service will take place via Zoom at 11 a.m. on Sunday, October 2.

Chavurat Shalom holds Shabbat Eve service via Zoom every Friday beginning

at 7:30 p.m. Thursday classes and discussions as well as Saturday Len Minsky Current Events sessions will resume in November. Email chavuratshalom@gmail.com for the links for these events. For more information about Chavurat Shalom and its schedule of events, visit www.chavuratshalomofswwestflorida.org.

Pope Francis has honored Chavurat Shalom member Rabbi Rudin by choosing him to become a Knight Commander of the Order of Saint Gregory, a Vatican group founded in 1831. The Pope cited Rabbi Rudin's decades of outstanding global leadership in Catholic-Jewish relations as the American Jewish Committee's interreligious affairs director. The honorary papal knighthood is bestowed upon those individuals – people of all religions – who have made significant positive contributions to human society. Rabbi Rudin will be feted in a ceremony led by Cardinal Sean O'Malley, the Archbishop of Boston.

Chavurat Shalom (Fellowship of Peace) is an informal group from every Jewish religious tradition and meets to worship and learn together. People of all faiths and localities are welcome, including visitors and guests. The group is community-led and not affiliated with any organized movement. Shabbat services are a blend of English and Hebrew, English readings and poems, Hebrew prayers and meaningful songs.

May the Hebrew year 5783 usher in a time of peace in our hearts, in the land of Israel and the world. May all your days be as sweet as honey.✳

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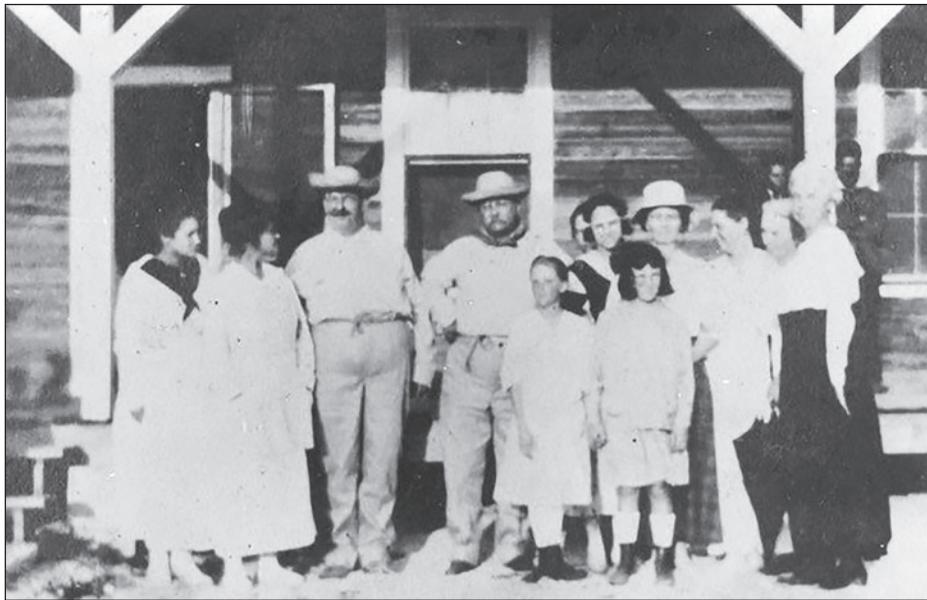
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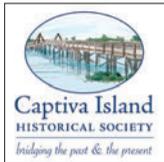


TR Roosevelt, fourth from left, at the Snyder School
photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society
**Landmark:
Snyder School**

TR Roosevelt visited the Snyder School during his fishing expedition to Captiva for devil fish, pre-1940.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to



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

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

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS
Services held on Fridays at 7 p.m. led by Rabbi Stephen Fuchs. The new cantor, Rabbi Sunny Schnitzer, will begin on November 4. Services held at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Email batyamsanibel@gmail.com for links to services, 2050 Periwinkle Way.

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

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

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

SANIBEL COMMUNITY CHURCH
Sunday service at 10 a.m. July 10 though September in the Sanctuary. View the

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST
Rev. Dr. Mark Boyea. Traditional Worship Service at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH
Fr. Ed Martin. Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. www.saintisabel.org, 3559 Sanibel-Captiva Road, 472-2763.

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS
Meets 5 p.m. one Sunday each month from January through April on Zoom or at Sanibel Congregational United Church of Christ, ruthiyengar42@gmail.com, 2050 Periwinkle Way, 847-309-3926. *Email changes to press@islandsunnews.com or call 395-1213. ✨*



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September 22

September 23 **CLOSED FOR VACATION THIS WEEK**

September 24

September 25 **We will reopen Saturday, October 1**

September 26

September 27

September 28 **SEE YA BACK AT THE SHACK!!**

September 29

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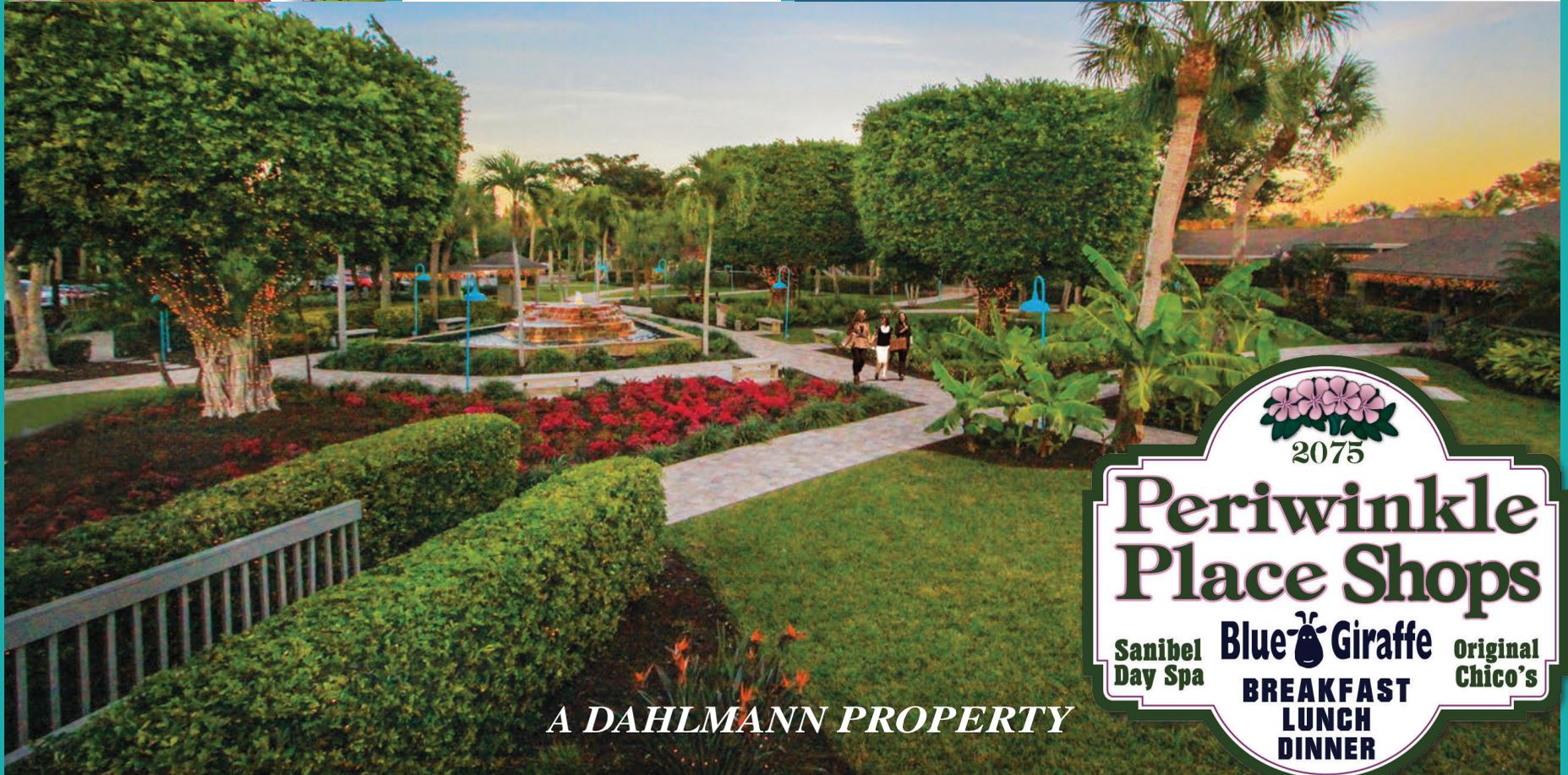
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Community House Calendar

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

Interfaith Outreach of SanCap hosts Memory Café on the fourth Tuesday of the month at 9 a.m. for individuals with memory issues and their loved ones. The next gathering will be held on Tuesday, September 27. No reservation required.

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 on topics such as local produce, travel, cultural cuisine or DIY projects, contact office@sanibelcommunityhouse.net. 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, 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.net. Cost is \$75.

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

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

Art kits are available for purchase or to ship. There are eight different postcards to color and Zentangle. Marker and video link included. Cost is \$20 per kit; shipping is \$10 additional. Proceeds from art and craft kits support operations at

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

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

Center 4 Life At The Rec Center

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

Casual Coffee Corner – Monday through Friday, 9 to 10 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 for older, active adults looking to improve mobility. Island Seniors member fee is \$4.10; no charge for recreation center members. 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. 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. Visitor fees available.

Kayaking – Tuesdays, October 4

and 18, November 1, 15 and 29, 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; some trips require more experienced levels. This is an active paddle and you must be able to independently enter and exit the kayak, and keep up with the leaders. Restrictions apply. Call Jessica or Dave at 472-0345.

Leisure Lunchers – Thursday, October 13, 11:30 a.m., Normandie Cafe on Sanibel. Sign up required. Contact Deborah Butler at 314-4554, deborahbutler@comcast.net or call Jessica or Dave at 472-0345.

Page Turners Book Club – In person and Zoom, Osprey Room. Second Tuesday of the month – October 11, November 8, December 13 – at 2:30 p.m. For book selections, contact Louise Fitzgerald at sanibelbum22@gmail.com.

Cruisin' for Christmas Lights – Punta Gorda bus trip, Thursday, December 1, departure time 3:30 p.m., by Trendy Tours in conjunction with Center 4 Life. Includes roundtrip transportation to Fisherman's Village, shopping and dinner on your own. Christmas lights boat cruise at 7:30 p.m. Payment due by Monday, November 21. Contact Dave or Jessica at 472-0345 or [gonnelly@mysanibel.com](mailto:gonnely@mysanibel.com).

Farmer Joe's Market Tour, Cape Coral – Wednesday, October 12, 9 a.m. to 2:30 p.m. Cost is \$5 for members and \$10 for non-members. Reservations required by contacting Dave or Jessica at 472-0345. Van seating limited to 10.✪

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OBITUARY

JUDITH MCENTYRE

Judith Anne Gleysteen "Judi" McEntyre, 82, of Sanibel, Florida, formerly of Plainfield and Montpelier, Vermont, died on Thursday, September 8, 2022 after a lengthy battle with dementia.



Judi was born on January 25, 1940 in Washington, DC, the daughter of Leland and Margaret W. Gleysteen.

She attended school in West Chester, Pennsylvania and, upon graduation, enrolled in Goddard College in Plainfield, Vermont, where she became engaged to Joseph McEntyre. A year at Katherine Gibbs Secretarial School followed, and Judi successfully graduated and returned to Goddard where she graduated and married Joe. Joe established a law firm with Judi as clerk, and she rapidly acquired sufficient legal knowledge to pass the Vermont Bar without attending law school.

They became the proud parents of Holly and Corey and, in time, welcomed three grandchildren, Nick, Mike and Kaitlyn. Succeeding years saw establishment of a benevolent

homeowner's association and ownership of a general store in Plainfield. A move to Montpelier was next on their horizon, where Judi continued working in the legal department of National Life Insurance Company until 1997. Judi also served as a Vermont Justice of the Peace and chaired the Governor's Commission on the Status of Women.

On retirement, they relocated to Sanibel, Florida, where Judi loved to walk miles of beaches and collect seashells. She was also home to many feline friends, most recently Cat Stevens and Mimi.

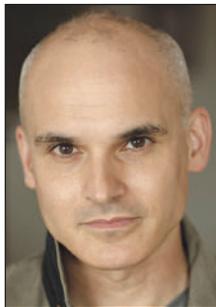
Judi was predeceased by her parents and sister, Janet. Judi is survived by her loving husband Joe; children Holly and Corey; mother-in-law Helen; sisters Meg and Glen; caregiver Marcy; grandchildren and great-grandchildren. A celebration of life is to be determined.

Judi was grace personified and her quiet beauty will long be remembered by her family and friends.

Those wishing to honor Judi's legacy are encouraged to donate to any of the following: League of Women Voters; Southern Poverty Law Center; Alvin Ailey American Dance Theater; National Multiple Sclerosis Society; Central Vermont Humane Society; Lee County Domestic Animal Services; Clinic for the Rehabilitation of Wildlife (CROW); FISH of SanCap; and Hope Hospice (Fort Myers), which helped to care for Judi during her final months.✧

Library Card Sign-Up Month

September is Library Card Sign-Up Month and Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID) to staff, showing your current Lee



Hernan Diaz

County address. Visitor cards are available for a \$10 fee and are good for one year.

Sign up or renew your library card and you could be a winner of a gift tote bag filled with goodies. Winners will be announced in October.

Family Storytime (for children ages 5 and younger) is held 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 starts with a story and moves into arts and crafts. Crafternoon is for children in kindergarten through sixth grade. Bring a covered drink and snack to the program, which starts at 3 p.m. on Thursdays.

The next talk in the virtual author series is with Pulitzer Prize finalist and PEN/Faulkner Award winner Hernan Diaz, author of *In the Distance and Trust*. Register at www.sanlib.org to get a link to login to his program, which begins at



Steve Brown won a prize photo provided

4 p.m. on Tuesday, September 27. After you register, you will receive an emailed link to login. If you need to borrow a mobile WiFi hotspot to participate, or if you need help setting up or logging into library webinars, email notices@sanlib.org or call 472-2483.

The next virtual talk is at 4 p.m. on Thursday, October 13 with Dr. Aziz Gazipura, a clinical psychologist and one of the world's leading experts on social confidence. He will discuss his book titled *Not Nice: Stop People-Pleasing, Staying Silent, & Feeling Guilty... And Start Speaking Up, Saying No, Asking Boldly, And Unapologetically Being Yourself*.

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



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Priscilla Murphy Center Now Historic Landmark

by Wendy McMullen

A former real estate office founded by Priscilla Murphy, the island's first realtor, was officially added to Sanibel's historic register on September 12. The office, located just west of the causeway junction at 1019 Periwinkle Way, is the legacy of Murphy, who lived on the islands from the 1940s to the 1970s working as an art teacher, pottery studio owner and real estate agent.

The structure at 1019 Periwinkle Way is believed to be constructed of concrete blocks made from Sanibel beach sand and shells, and was one of the first commercial buildings on Periwinkle Way.

Placement on the historic register prevents any alteration or demolition without a certificate of appropriateness, which must be approved by both the historical preservation committee and the planning commission. However, it does provide opportunities for benefits such as grant awards or tax credits from public agencies.*

Request For Relief From Ordinance

by Wendy McMullen

Due to an apparent shortage of battery-operated leaf blowers, landscaper Laurie Olin asked city council for postponement of the leaf blower ordinance at the September meeting.

The ordinance prohibits gas-powered leaf blowers in January of next year.

Owner of Wilson Landscaping, Olin told city council that there were problems with both the cost and availability of the electric blowers.

"The battery-powered blowers are running anywhere from \$2,100 to \$3,000. That's for one blower. Additional batteries are \$800 apiece," Olin told city council. "That's quite an expense to have to take a bunch of equipment that you

already have and, if paid for, throw it out for no reason and put an investment into a piece of equipment that does not have the power and can't do the same job."

She added that the Stihl representative had told her that he could get the blowers but not the batteries for them. She added that although she was the only landscaper at the meeting that day, many more would attend if the city put the issue on the agenda.

The leaf blower ordinance was passed unanimously and landscapers were given one year to equip themselves for the ordinance.

Council asked city staff to research the supply of electric blowers and report back at the November meeting.*

City Employees Commended In Voyeur Case

by Wendy McMullen

City council gave a special shout out to the two public works employees who discovered that the fire alarm in the ladies restroom at Bowman's Beach was, in fact, a camera.

It was technician Nick Gleason who first noted that the fire alarm in the ladies restroom should not be there. He notified fellow technician, Josh Holler, who identified it as a camera.

"Our public works staff service our facilities day in and day out, and not only go into the facilities just to service it and do their job. They're very aware of their surroundings," City Manager Dana Souza told city council. "Had it not been for the awareness they demonstrated, and then notifying the police department, that camera could have been there for who knows how long and the suspect could still be at large."

Sanibel police investigations led to the arrest of Dana Caruso, 58, on multiple charges of video voyeurism.

The devices captured more than 270 videos running on continuous loop in five-minute increments with 55 total victims. Some of the victims appear in more than one video clip. Several videos at the end show police personnel at the beginning of

the investigation.

The Sanibel Police Department is actively working to identify the 55 people recorded. They are also using footage from surveillance cameras located outside the bathroom area to aid the investigation and identification of victims. Twenty two victims have now been identified.

Anyone who used the family restrooms at Bowman's Beach Park on July 28 is asked to contact Detective John Eicher at the Sanibel Police Department at 472-3111.*

Alternatives For Low-Speed Vehicles

by Wendy McMullen

City council discussed various options to resolve the problem of low-speed vehicles (LSVs) on Sanibel Captiva Road potentially causing head-on crashes due to impatient drivers overtaking the situation.

A motion to direct the city attorney to look into ways of limiting the number of low-speed vehicles licensed on Sanibel failed to get the majority vote. Opponents to the measure said that the problem was impatient drivers. Mayor Holly Smith pointed out that various other types of low-speed vehicles, including bicycles, were not limited, and felt requiring special licenses for low-speed vehicles would be a restraint of trade.

Councilman Dr. Scott Crater pointed out that even though LSVs are legal in Florida, local governments can regulate them, and Councilman Mike Miller said that the city currently regulates four-wheeled Surreys and Segways.

Other suggestions included looking into widening Sanibel Captiva Road, constructing pullover lanes at intervals and stopping drivers from exceeding the 35 mph speed limit on Sanibel Captiva Road.

Police were also directed to more strictly enforce the seat belt and child seat laws after multiple complaints that children were riding in the carts unsecured.

The mini mokes and other carts have become increasingly popular on Sanibel with eight companies now operating on

the island, according to Dr. Crater.

Florida law allows LSVs on public streets with a maximum speed limit of 35 mph.

City Manager Dana Souza will come back to the council with some specific suggestions at the November meeting.*

Natural Resources Director Awarded

by Wendy McMullen

City of Sanibel Natural Resources Environmental Biologist Dana Dettmar was awarded the Marisa Williams Young Professional Award at the symposium of the Florida Lake Management Society held earlier this month in Bonita Springs.

This award is presented to a young professional who exhibits exemplary professional accomplishments and a commitment to water resource protection and management of lakes and watersheds.

The award is named after Marissa Williams who devoted her life to promoting an understanding of Florida's aquatic resources.

Dettmar has been a member of city's Natural Resources Department since 2015.*

City Settles Labor Agreements

by Wendy McMullen

Sanibel is finally a fair market for city employees, according to Mayor Holly Smith who announced the ratification of contracts with city staff.

Faced with dramatic shortages in staff after massive furloughs at the beginning of the COVID-19 crisis, city council ordered a wage and classification study last year. The results of the study formed the basis for negotiations with the American Federation of State, County and Municipal Employees and Fraternal Order of Police Unions, and were ratified by council on September 11.

The city is now 88 percent staffed, according to Administrative Services Director Crystal Mansell.*

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Players Wanted For Pickleball Tournament

Pickleball players of all levels are invited to participate in the annual Dink for Pink tournament hosted by San Cap Pink Project, Inc. on the top-ranked courts at Sundial Beach Resort & Spa from October 27 to 29, followed by a round robin on October 30 at 9 a.m.

"All Dink for Pink proceeds go to support cancer needs in the local community," said Josh Jeffcott, director of racquet sports at Sundial and tournament leader. "We call it a "fun-raiser" because we make it enjoyable for every level of player, and the proceeds make a real difference in people's lives. I'm donating my time again this year and am looking forward to it."

Cost for the tournament is \$50. Women's matches, men's matches, mixed doubles and prizes are planned. Cost for the round robin is \$15. Proceeds go to San Cap Pink Project, Inc.

A sixth generation Fort Myers native, Jeffcott graduated from FGCU as a tennis pro, but discovered pickleball five years ago and never looked back. "Pickleball is sweeping the nation, with seven million players today and 40 million predicted by 2030," said Jeffcott, who holds a level 2 IPTPA instructor certification. "I see the potential in this sport. It's accessible to almost everyone, and it really is fun. I have students from ages 8 to 88, and



From left, Deb Chase, Mary Bondurant and Leslie Rowan at last year's Dink for Pink tournament

photo provided

I tell them 'It's less like mini-tennis and more like oversized ping pong.' Teens love it and seniors love it."

Sundial Beach Resort & Spa was recently ranked as the second pickleball resort in the nation by Tennis Resorts Online. "We were honored to receive that prestigious ranking," said Becky Miller, general manager and pickleball player. "The ranking is based on traveler reviews and research on pickleball resorts that excelled in great staff, broad-based instruction, social atmosphere, round robin events and tournament offerings. Plus, we have a wonderful local

community of pickleball enthusiasts."

Sanibel resident and San Cap Pink Project board member Leslie Rowan is a pickleball regular. "Pickleball is sociable and good exercise, and they make you feel welcome on the Sundial courts. A good way to get started is to take a couple lessons with Josh and enter a round robin," said Rowan. "That's what I did, and now I love pickleball. And I love that Dink for Pink supports local cancer needs. It's a perfect combination."

"Besides Dink for Pink, the Pink Project runs a series of events during breast cancer awareness month," added

Mary Bondurant, organization founder and pickleball player. "We kick off the month of October with the annual Pink Tea Party on October 4 at Sundial Beach Resort & Spa, followed by the popular Pink Out Picnic October 20 at the Sanibel fire station, and the new Pink-A-Boo Halloween costume party dance October 29 in the Sundial Beach Resort & Spa ballroom. Proceeds support our signature mobile mammogram program and a myriad of other community needs."

All events are designed to honor, remember and raise awareness. Proceeds from ticket sales, contributions to the raffles and auctions, donations and merchandise sales benefit uninsured and underinsured members of local communities needing help with cancer-related needs.

To reserve your spot at the pickleball round robin, contact Jeffcott at 395-6037 or at josh.jeffcott@sundialresort.com. For the pickleball tournament, sign up at www.pickleballtournaments.com/tournamentinfo.pl?tid=6682.

For tickets for the annual Pink Tea and Pink-A-Boo costume dance, visit www.pinkouttea.com and www.letspinkout.com or mail a check to the San Cap Pink Project, P.O. Box 125, Sanibel, FL 33957. Tickets for each event are \$75.

To RSVP for the Pink Out Picnic or to request reservations for any event, to contribute, or to volunteer, email pinkoutsanibel@gmail.com.

Sundial Beach Resort & Spa is located at 1451 Middle Gulf Drive on Sanibel. Visit www.pinkoutsanibel.com ✪

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RELOCATION NOTICE

Please note that the Sanibel Captiva Community Bank at 1037 Periwinkle Way, Sanibel, Florida 33957 will be relocated to 1019 Periwinkle Way, Sanibel, Florida 33957 as of Sept. 30, 2022.

Any person wishing to comment on this application may file his or her comments in writing with the regional director of the Federal Deposit Insurance Corporation at the FDIC office, 10th Tenth Street NE, Suite 800, Atlanta, GA 30309-3849, no later than Oct. 10, 2022. The non-confidential portions of the application are on file at the appropriate FDIC office and are available for public inspection during regular business hours. Photocopies of the non-confidential portion of the application file will be made available upon request.

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Plant Smart

Mexican Primrose-Willow

by Gerri Reaves

Mexican primrose-willow (*Ludwigia octovalvis*) is a pretty flower with a pretty name, but the name is a bit misleading.

It's native not only to Mexico, but many tropical and subtropical areas, as well as Texas, Florida and several other southeastern states.

Other common names include long-fruited primrose-willow, because of the elongated capsule, and narrow-leaf water primrose, which refers to the lanceolate leaves.

A member of the evening primrose family, this shrubby perennial prefers wet habitats such as marshes and the edges of ponds and swamps. It can grow to about six feet tall.

The narrow alternate leaves have pointed tips and prominent veins. They measure up to four inches long and are sometimes reddish.

Showy solitary flowers bloom year-round and last just a day. They almost always have four – occasionally five – bright yellow fan-shaped petals with spreading veins and a shallow notch.

They are an inch to an inch and a half across and resemble the flowers of other primrose species, including the highly invasive Peruvian primrose-willow (*L. peruviana*), which is a taller plant.



Mexican primrose-willow grows throughout Florida and is native to the state

photo by Gerri Reaves

The tiny four-angled capsule splits open at maturity to release light brown seeds. The word *octovalvis* in the binomial refers to the eight valves in the fruit capsule.

Sources: *Everglades Wildflowers* by Roger L. Hammer, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *The Shrubs and Woody Vines of Florida* by Gil Nelson, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, <http://floranorthamerica.org> and <https://plants.ifas.ufl.edu>.

Plant Smart explores the diverse flora of South Florida.✳

Garden Club To Resume Meetings



Clockwise from left, Gloria Krekel, Carol Zell, Gwenda Hiett-Clements, Peggy Nickerson, Patti Poshek, Barbara Wilgus, Cynthia Smith, Harriet Pattison, Nancy DeBenedictis, Sandra Dalbec, Maggie Butcher, Gerri Perkins and Carol Bytnar

photo provided

Several members of the Shell Islands Garden Club met for lunch and fellowship at Thistle Lodge at Casa Ybel Resort on September 13. Regular monthly meetings will resume on the second Tuesday of each month at The

Community House starting in October.

Club members thank the staff at Thistle Lodge for providing the meeting space overlooking the gulf with excellent food and service. It was a welcome and enjoyable experience for all.✳

Grant Request Set For Blind Pass

The Lee Board of County Commissioners approved a board resolution supporting the Blind Pass Inlet Management Plan Feasibility Project Grant Application requesting \$230,000 in state funding in Fiscal Year 2023-24.

A resolution is required by the Florida Department of Environmental Protection (DEP) in order for Lee County to apply for grant funding for beach nourishment and inlet management projects. Lee County has been applying for and receiving state funding for beach nourishment and related projects on an annual basis since 1997. Applications must be accompanied by a resolution and are competitively reviewed

and ranked by Florida DEP. The ranked list is submitted to the legislature for consideration as part of the state budget process. Required county matching funds are expected to be available when needed from tourist development tax funds, a percentage of which must go to beaches and shoreline projects annually.

Blind Pass is not managed for navigation but is dredged for benefits related to coastal and environmental purposes. It was most recently dredged in June 2017 when 89,700 cubic yards of sand was removed at a cost of \$1.3 million. The sand was placed on Sanibel to offset beach erosion.

The City of Sanibel earlier this year closed Blind Pass Beach Park because of gradual erosion and public safety concerns. At this time, the city beach remains closed but the parking lot is open.✳

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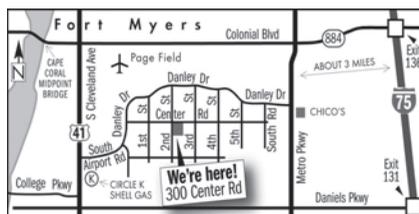


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OBITUARY

BRENT ALLEN MCRAE

Brent Allen McRae passed into the arms of his Lord on Thursday, September 15. He was recovering from a bad fall which left him with a broken arm and some spinal fracture, and he was also in residential



care for Alzheimer's. He was the son of Margaret Ridings Craft and Oscar Brents McRae, and was born on June 6, 1940 in Rochester, New York. He was the beloved husband of Carol Haenni McRae and beloved father of Steven McRae and Scott McRae.

Brent went to Decatur High School in Atlanta. He graduated from Wake Forest University with a BBA. This is where he met his future wife. Brent and Carol were married in 1964 and made their home in Atlanta, Georgia. He worked briefly at the Trust Company of Georgia in data processing, at which time he also attended Georgia State University and received his MBA.

He then started a 30-year career at the Centers for Disease Control in Atlanta. He first supervised a team of systems analysts in the Information Research Branch, during which time he received a distinguished award for his team's work on the Coronary Drug Project. In later years, he supervised a team of systems analysts in the HIV Aids Branch.

He was a devoted husband and father. His two sons were his pride and joy, and he served as baseball coach for some of their teams in Little League and, from there, graduated to doing the honors in soccer. He was their #1 cheerleader in all their endeavors.

From 1972 on, the family spent numerous summer vacations on Sanibel Island in Florida. When it became time to retire, no one was surprised that Brent and Carol decided to make their home there, where they've lived for the last 19 years. They loved their island paradise, where Brent worked for many years as a volunteer with the Clinic for

the Rehabilitation of Wildlife (CROW) on Sanibel, both in the areas of rescuing wildlife and driving into Fort Myers to pick up injured wildlife to take them to the CROW clinic.

Brent had a passion for children and animals, especially the many cocker spaniels the family had through the years. It delighted him to be in a restaurant or some place else on Sanibel watching happy vacationing families with their children. Brent made friends easily, and many are the people who have mentioned loving his happy spirit and great sense of humor. He had a great way of perking up people. He loved his neighbors.

After retirement, he and Carol traveled extensively and they've felt blessed to have seen so much of the world - from Australia to South Africa, from Europe to South America, to Singapore and Thailand. Brent enjoyed reading, watching the news and baseball on TV, Wake Forest sports, gardening and, most especially, walking dogs with the neighbors.

He was a faithful member of Sanibel Community Church.

The apples of his eye were his two granddaughters, Katy and Lucy McRae. He leaves behind sons Steven McRae (Libby) of Cullowhee, North Carolina, and Scott McRae of Tampa, Florida, as well as Katy and Lucy of Cullowhee. He also leaves behind half-brothers Marty McRae (Mary) of Rochester, New York, Douglas McRae (Maggie) of Richmond, Virginia, and Theresa McRae (wife of deceased half-brother Brad McRae) of Corvallis, Oregon. And, in addition, many nieces and nephews.

He had struggled with Type 1 diabetes since the age of 16, but he didn't let it get him down, and had been in residence at Arden Courts since January of 2021 due to the worsening of his Alzheimer's. They were wonderful to him there and the family sends them many thanks.

A memorial service will be held on Island A of the Sanibel Causeway on Monday, September 26 at 11 a.m.

In lieu of flowers, donations in memory of Brent may be made to the Juvenile Diabetes Research Foundation (www.JDRF.org), CROW (www.crowclinic.org) or H2O Teen Youth Group at Sanibel Community Church, 1740 Periwinkle Way, Sanibel, FL 33957.*

Boat Ramp Ordinance To Increase Rates

by Wendy McMullen

A draft ordinance designed to increase the availability of parking at the Sanibel Boat Ramp on weekends and holidays for residents and property owners on Sanibel was discussed and approved at the September meeting of Sanibel City Council.

Fees for parking at the boat ramp facility are to be increased from \$20 to \$40 a day and the penalty for a parking violation will increase from

\$150 to \$250. That penalty will include commercial use of the boat ramp.

The permit is issued for "use," which includes launching and retrieving a boat, even if no parking is involved.

These changes will involve minor revisions to the residential beach parking permit and changes to the title of the permit from "restricted" to "non-residential."

Day parking permits will not be available on any of the public holidays recognized by the city.

The proposed ordinance is a pilot program to establish changes for one year with periodic review throughout the year.

The ordinance will be discussed again at the October city council meeting.*



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Roll With It In October



by Capt. Matt Mitchell

Now that October is just around the corner, we can already feel the change of season has begun. We experience big transition times for our fishery both in

the spring and again in the fall. Throw in the annual bait migration, which happens northbound in spring and southbound in fall, and fishermen have insane amounts of species options.

When clients ask me what's the best time to fish, without hesitation, October immediately comes to mind. Although spring is amazing too, it's generally windy which makes it tough to target all the available options. What also makes October outstanding is the lack of boat traffic and pressure on these fish.

Fall – when conditions are right – gives us the best tarpon fishing of the year. Light east winds will put lots of these tarpon out along the beaches and gorging on the massive schools of fry bait. Yes, there are more tarpon here in the spring, but these fish just feed better in the fall. Multiple hook-up mornings once you locate the fish are common. All the fish that seem to refuse a well-presented bait pitched to them in the



Dr. Larry with a redfish caught while fishing with Capt. Matt Mitchell

photo provided

spring simply feed in the fall. Last year, an early cold front in late October put an end to what was the most wide open tarpon bite of the year. In years past, this big cold front generally does not happen

until at least Thanksgiving.

Expect to find king mackerel, Spanish mackerel and bonita feeding on the mass bait migration out along the beaches.

The amount of food and life that will move up and down our beaches is crazy. Feeding birds mark the way to this nonstop action. The larger the areas of bait and life you find, the more diverse the species can be, with cobia, sharks, blackfin tuna and big jacks all apt to show up at the buffet. The all-out feeding blitzes can happen from within casting distance of the beach and out past a few miles.

In the sound, schools of redfish will be the main target the entire month of October. Schools of bait will also move through the sound. Spotting feeding birds can also lead to a crazy mixed bag of fish. Though the birds usually mark Spanish mackerel, trout and ladyfish, it's not unusual that a school of hungry redfish are in these same places. Snook will also start to move from the beaches and passes slowly to the backcountry for the winter months.

You should have a variety of tackle and rigs set up when heading out to fully take advantage of what Mother Nature will give you. A spinning rod with a long casting spoon or soft plastic is a must as fish will disappear as fast as they show up. What I think I like the most about our fall fishing is being able to switch it up and take advantage of what species pops up.

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

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From page 1

Cleanup

Fishing Team and Scuba Quest.

Local guides from Santiva Saltwater Fishing Team will lead the community of island boaters in efforts along the coastal habitats. Local law enforcement from the Lee County Sheriff's Office on Captiva and Florida Fish and Wildlife Conservation Commission's Division of Law Enforcement (FWC LE) will provide officers on boats for the safety of participants. Scuba Quest is providing diving equipment to professional scuba divers for underwater cleanup in and around Redfish Pass, and scuba operations will be further supported by FWC LE's agency dive team.

Volunteers are encouraged to bring their own watercraft, including boats, kayaks, canoes or paddleboards. Those without means of water transportation who wish to volunteer can contact event organizers for support. A free barbecue lunch from Pop's BBQ & Catering, sponsored by Captiva Rod & Gun Club, will be provided to volunteers at 1 p.m.

Captiva Coastal Cleanup will begin at Captiva Cruises, located out of McCarthy's Marina at 11401 Andy Rosse Lane on Captiva. Dockage for boats and parking for cars is available.

For more information or to sign up to volunteer, visit www.signupgenius.com/go/805094aaaaa2ca4f49-3rdannual or contact event organizers at 872-6383. ✨

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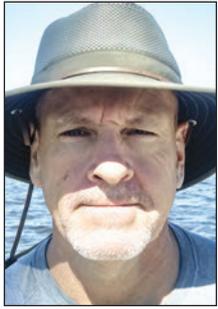


Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Florida Scrub Jay

by Bob Petcher



The Florida scrub jay (*Aphelocoma coerulescens*) is the only bird species that lives exclusively in the Sunshine State. This songbird has a sturdy bill and is colored light blue on its head,



Patient #22-4454 was released after a two-week stay for neurological reasons

photo by Haillie Mesics

wings and long tail while sporting gray underparts. Because of its exclusivity to Florida, this scrub jay is known to be strongly sought by birders.

Florida scrub jays are sometimes mistaken for the more common blue jays, but the latter is distinguishable by its darker blue coloring, black markings and crest. A Florida scrub jay may have a whitish forehead but no dark markings, while its head is smooth without a feather crown.

At CROW, an adult Florida scrub jay was admitted after being found unable to fly. Upon initial examination, veterinarians noted the scrub jay was demonstrating slow mental activity and acting neurologically inappropriate.

"We don't know exactly what caused the scrub jay's neurologic signs," said Dr. Melanie Dittmer, CROW veterinary intern. "A vehicle strike is certainly possible, or it could have been a window

strike, or another physical trauma."

Based on the patient's symptoms, veterinarians suspect the bird suffered head trauma. The scrub jay was placed in an oxygen chamber for support.

"Head trauma patients almost always receive supplemental oxygen. The physiology behind that is a little bit complicated but, in summary, the brain uses about 20 percent of the body's oxygen and, if it doesn't have enough, the vessels in the brain expand and can cause even greater damage because of high intracranial pressures," said Dr. Dittmer. "Also, many head trauma

patients have pulmonary contusions, lung bruising, so their lungs may not be functioning as well as usual."

The scrub jay's neurological state improved quickly, causing it to have a shorter stay in the oxygen chamber.

"We have three desktop-sized oxygen chambers in our critical care unit that are supplied by oxygen concentrator machines. At most, our patients stay in oxygen for three days and then are weaned out slowly," said Dr. Dittmer. "The scrub jay did not need oxygen for that long, as neurologic function improved more quickly, and was moved

to a soft side enclosure the next day."

The patient did receive medication and was under close monitoring during recovery.

"The scrub jay received meloxicam and gabapentin – pain medications – as well as azithromycin – an antibiotic," said Dr. Dittmer. "The scrub jay was monitored closely for signs of respiratory distress by looking at the respiratory rate and effort. Daily neurologic exams were performed to evaluate neurologic function. Appetite and activity levels were monitored as well."

After 14 days in care, the scrub jay was making good flights and was cleared for release back to the wild.

"The length of time in treatment was based on the patient's neurologic status and signs of infection on bloodwork. We treated the infection with antibiotics and rechecked the bloodwork every four days until the signs of infection were gone," said Dr. Dittmer. "Then, the scrub jay was moved to an outside enclosure for two days before release, and we communicated closely with the Florida Fish and Wildlife Conservation Commission. The scrub jay was released right near where it was originally found."

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

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Few Concerts Remain In Shell Point Fall Series

Shell Point Retirement Community Fall Concert Series concludes with three performances in October in Connie Brown Hall at Tribby Arts Center.

Isaac Fernández Hernández will perform Colors in Rhythm on Tuesday, October 4 at 7 p.m. Hernández received his master of music degree from Boston University under the supervision of timpanist Tim Genis and completed his undergraduate studies at Oberlin Conservatory of Music. He was appointed as section percussionist of Southwest Florida Symphony in 2014 and, in 2015, made his Carnegie Hall debut as principal timpanist of the International Youth Philharmonic Orchestra. He performs regularly with Naples Philharmonic, Jacksonville Symphony, Sarasota Orchestra, Sarasota Opera, Orlando Philharmonic, The Florida Orchestra and Palm Beach Opera.

On Tuesday, October 13 at 7 p.m., the Southwest Florida Symphony String Quartet brings another creative and educational TinyConcert to Tribby Arts Center. This performance features a small ensemble, so the audience has an opportunity to become acquainted with individual musicians and the unique and beautiful sound they each contribute to



Isaac Fernández Hernández photo provided the full orchestra.

The Ben Rosenblum Trio will perform on Tuesday, October 18 at 7 p.m. Described as an impressive talent by All About Jazz, Rosenblum is a New York City-based jazz pianist, accordionist and composer, and a recent graduate of the joint program between Columbia University and The Juilliard School of Music. His work has garnered numerous awards, including the ASCAP Young Jazz Composers Award and two Downbeat Student Music Awards for composition and arrangement. He has performed at Carnegie Hall, Dizzy's Club Coca-Cola,

Allen Room at Lincoln Center, Ryles Jazz Club, Webster Hall, Symphony Space and The Blue Note.

Tickets are \$40 for each concert. Tribby Arts Center is located in Shell Point Retirement Community at 17281 On Par Boulevard in Fort Myers. Visit www.tribbyartscenter.com for tickets or call 415-5667 for more information.*

Resort Hosting Fishing Event For Military Veterans

South Seas Island Resort will host the Fish With A Hero South Seas event, sponsored by First Nation Group, from September 27 to 30. The four-day fishing clinic will bring together 58-plus disabled U.S. military veterans, First Nation Group employees, South Seas staff and volunteers.

"In 2017, we didn't let a little Category 3 hurricane stop South Seas from helping our wounded and disabled veterans, and we're happy to continue this relationship with Fish With A Hero now," said Verdell Ekberg, sales and marketing director of South Seas Island Resort. "Our venue allows for easy access to the waters, dining and a number of outdoor activities to help support this important program, allowing veterans to relax, recharge and connect with other veterans."

Veterans and volunteers from Florida and Tennessee will participate in a trip of a lifetime. From shore fishing and fly fishing from skiffs and Hobie kayaks to fly tying and casting lessons, there will be an activity for all participants.

"Fish With A Hero and its partners are proud to offer this world-class opportunity to create lasting memories for our wounded and disabled heroes and provide an outlet for healing on the water," said Larry Kendzior, executive director of Fish With A Hero. "We love collaborating with other veterans

services organizations who are essential in creating an environment for our veterans to thrive. Outdoor recreational therapy has proved to be an effective treatment in helping our heroes deal with the effects of PTSD and other wounds of war, one of the main reasons we continue to provide experiences like this for our veterans."

Organizations and programs sending participants to the event include Heroes on the Water of Southwest Florida, Operation Outdoor Freedom and Veterans Health Administration facilities in Bay Pines and Miami, Florida.

Fish With A Hero, First Nation Group, and South Seas Island Resort would like to thank the over 15 professional guides and captains who will donate their time, vessels and expertise to ensure this event is a success. As in the past, contributions made by local fishing guides and captains are critical in making memories that last a lifetime.

For more information, visit www.fishwithahero.com.*

Gold Sponsor For School Fundraiser

Adventures in Paradise is a gold sponsor for the Seahorse Social, the October 21 fundraiser benefiting The Sanibel School.

"We are happy to support The Sanibel School, and we encourage others on the island to do so too," said Adventures in Paradise co-owner Joshua Stewart. "We have always felt it to be important for the island. These students are going to be Sanibel's ambassadors to the next generation. We know this because we were once enrolled there ourselves."

This year's Seahorse Social will be a speakeasy casino theme and is open to the community; 1920's attire is encouraged. To purchase tickets, visit www.sanibelspeakeasy.com.*



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Bailey-Matthews National Shell Museum
Shell Of The Week

Stimpson Murex

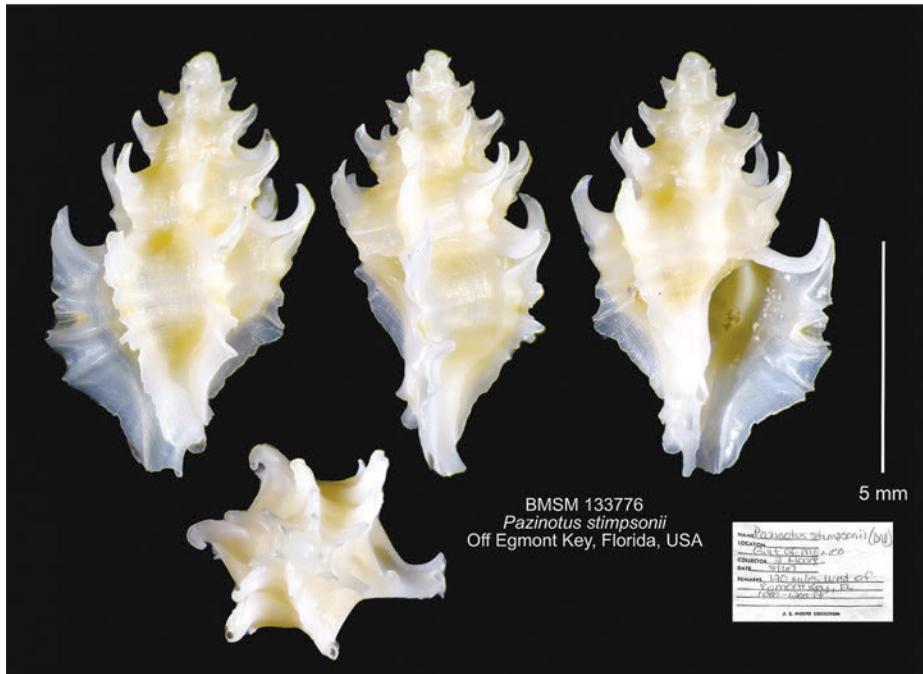


by José H. Leal,
PhD, Science
Director and
Curator

Pazinotus
stimpsonii
(Dall, 1889)
reaches about 12
mm (about 0.5 inch)
in height. The shell
has a sculpture of
about six to seven

strong varices per whorl. The size and shape of these varices varies within the species; the varices may be upturned, or “rolled,” in younger individuals. The color is whitish to cream-yellow, but some younger shells can be translucent and delicately colored. The species is found from the Gulf of Mexico, east coast of Florida and into the Caribbean Sea south to Barbados. Thanks to Roland Houart of the Royal Belgian Institute of Natural Sciences for confirming the identification of this shell. It was dredged between 305 to 366 meters off Egmont Key, Florida. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Bailey-Matthews National Shell Museum is open daily from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Road. For more information, www.sanibelmuseum.org.



The Stimpson Murex, *Pazinotus stimpsonii*, from off Egmont Key (Gulf of Mexico)

photo by José H. Leal

Increased Sewer Rates

by Wendy McMullen

Sanibel City Council approved a three percent increase in sewer rates at its September meeting. The new rates are based on a sewer

system sufficiency study, increased personnel expenses and operating supplies, and an increased capital improvement plan due to needed repairs and renewal of aging infrastructure.

The city is also required to meet projected operating and capital costs to maintain investment in the treatment plant and sewer system, and enable it to meet its debt requirements. ✨

City Manager’s Move Delayed

by Wendy McMullen

City council approved an amendment to City Manager Dana Souza’s contract allowing an additional 12 months of off island residency. Souza requested this due to the extraordinarily low number of homes for sale on the island and the dramatic increase in prices.

One of the provisions in the contract signed by the city manager last year was that he live on the island. Souza told council that his intention is for him and his family to become residents of the City of Sanibel as soon as they possibly can. ✨

City Monitoring Coastal Erosion

The City of Sanibel began surveying the beaches on September 14 to monitor coastal erosion and accretion. This work will not interfere with access or usage of any of the beaches and will take approximately three weeks to complete.

This year’s monitoring project was awarded to Humiston & Moore Engineers. The project is half funded by the Tourist Development Council with the remaining half being funded by beach parking fees. The project is part of a continuing effort to collect and analyze beach profile data. For questions, call 472-6397. ✨

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Boutique Store Pups Part Of New Management



by Allison Havill Todd

Many patrons are familiar with the long-standing Classic Collections store located in Periwinkle Place Shops on Sanibel. However, most are not aware that it

has been under new management for the last four months with a very dedicated team at the helm. General Manager Pamela Sparkle, with years of experience in the boutique retail market, moved to the area recently from Siesta Key to run the shop and is accompanied by her two co-workers, Ramble and Rosa.

In fact, part of Sparkle's agreement with the owner in accepting the position was being able to include her dogs in the deal. The three are inseparable and have worked together for the past five and a half years. Growing up on a farm surrounded by a myriad of animals, Sparkle has always had a special place in her heart for dogs. She discovered Ramble and Rosa by accident when a dog rescue group in Arkansas, Gail's Second Chance Pets, posted some information about a



Ramble and Rosa

photos by Allison Havill Todd

litter of puppies that had recently come under their care. The mother of the litter had been found on the side of the road a few days before Thanksgiving on the verge of giving birth to the brood. Sparkle shared that she had only intended to adopt one of the pups but fell in love with a pair of black-coated siblings and has been a doting dog mom ever since.

Having previously worked in the field of mental health care, Sparkle would bring Ramble and Rosa to work with her to different geriatric facilities where the two acted as therapy dogs for the residents. It seems Ramble has a special gift for sensing



A young customer enjoying time with Rosa

areas in a human's body that are unwell and goes directly to those sites to soothe the person by placing her small body on the area of discomfort.

After leaving this line of work due to pandemic cutbacks, Sparkle knew that Ramble and Rosa needed a job where they could provide comfort and support to others. And they do just that in their new roles at Classic Collections. The small pair comes to work every day with Sparkle, and

they are quite unobtrusive unless someone wants to engage with them – then they are happy to gently approach and share their sweet dispositions by lifting the spirits of patrons who enter the store. They seem to know who the dog lovers are, and Sparkle described how some customers will sit on the floor and spend time with them after having just lost a pet of their own.

During my visit with them, I got down to their level, and Rosa quietly approached and came right up to my face to look into my eyes as if to see the depth of my soul. These two impeccably behaved dogs are always focused on Sparkle but will gladly share their love and receive belly rubs from strangers. Sparkle shared that "providing them with the best life gives me a better life."

In addition to an impressive array of home décor, artwork, unique gifts and exquisite jewelry, visitors at Classic Collections will have the chance to visit with Ramble and Rosa who are sure to lift the moods of all who choose to engage with them.

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.*

Interfaith Outreach Hosting Memory Café

Interfaith Outreach of SanCap will hold its monthly Memory Café on Tuesday, September 27 from 10 to 11:30 a.m. at The Community House. The event is designed and facilitated by the Dubin Center for individuals with memory issues and their loved ones to attend together.

This will be a time to reminisce about your school days. Participants

are encouraged to bring their school yearbooks, school memorabilia or school pictures.

There is no charge to attend but reservations are requested and can be made by contacting the Dubin Center at 437-3007 or riley@dubincenter.com.

Interfaith Outreach of SanCap is a partnership of Captiva Chapel by the Sea, Sanibel Congregational United Church of Christ, St. Michael and All Angels Episcopal Church and Bat Yam Temple of the Islands

The Community House is located at 2173 Periwinkle Way on Sanibel.*

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Jean Le Boeuf, News-Press



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The 14-karat gold mangrove-inspired pendant designed by Congress Jewelers photos provided

Drawing For Custom Pendant

In honor of The Watch Party – a fundraiser supporting the Sanibel-Captiva Conservation Foundation (SCCF) marine conservation program Coastal Watch – Congress Jewelers designed a custom mangrove pendant, which has a retail value of \$1,300.

Made of 14 karat gold, the pendant will be given away in a drawing at the September 30 event. The party is sold out but you can purchase tickets for the drawing at \$20 for one chance or \$50 for three chances (select “Tickets” at coastalwatchparty.eventbrite.com). The design will be available at Congress Jewelers after the event and can be made



Scot and Melissa Congress of Congress Jewelers

with or without diamonds.

Supporting partners include Bailey’s General Store and Superior Title Services of Sanibel, which were named Watch Sponsors.

“Bailey’s has a rich history as SCCF’s partner in protecting the nature and wildlife on Sanibel, and the Johnson family continues to play a strong leadership role in supporting Coastal Watch initiatives. In addition, Superior Title Services has furthered SCCF’s mission by generously assisting our land acquisition efforts,” said SCCF CEO James Evans. “We’re pleased to see continued buy-in from the business community as stewards of our islands.”

The six additional Watch Sponsors are Doc Ford’s Rum Bar & Grille, Island Inn, South Seas Island Resort, the Gaudreau family, Pete and Kriss Squibb, and realtor Valerie Tutor of Kingfisher Real Estate.✪



From left, Bailie, Richard, Mead, Dane and Calli Johnson of Bailey’s General Store



Amanda Curran and Dustyn Corace of Superior Title Services of Sanibel with their dog, Bodie



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The Community House

Peas



peas became fashionable in the 1700s when an English amateur plant breeder created the first garden peas or sweet peas.

Working in the solitude of an Austrian monastery, one 19th-century holy man managed to unravel the basic principles of heredity with just a handful of pea species that he bred and crossbred, counted and catalogued with monastic discipline. Gregor Johann Mendel was born on July 20, 1822 in a region of Austria that is now part of the Czech Republic. He grew up on the family farm and worked as a gardener. He also studied beekeeping. Despite working for a time as a primary and secondary school teacher and studying at the University of Vienna, Mendel was first and foremost a full-time monk. Today, Mendel is revered as the father of genetics, but the Austrian's work on heredity didn't initially make the kind of big splash in the science world achieved, for example, by his contemporary, Charles Darwin. The importance of Mendel's work wouldn't be recognized for another 40 years, well after his death. The monk's relative obscurity in scientific circles meant that few institutions took notice of his original published results.

The popularity of the vegetable soon grew throughout Europe, however, the "French" thought it was ridiculous to eat fresh green peas. Green pea varieties became popular in the U.S. around the early 1900s. Because peas lose their sweet taste shortly after the harvest,

they must be quickly frozen. The first frozen peas were produced in the 1920s by Clarence Birdseye.

Green peas are a very good source of protein, vitamin K, dietary fiber, vitamin

B1, copper, vitamin C, phosphorus and folate. They are also a good source of vitamin B6, niacin, vitamin B2, zinc, magnesium, iron, choline and potassium. Here is an easy recipe to try:

by Chef John Wolff

Peas are one the earth's oldest vegetables, in fact, the oldest pea ever found was over 3,000 years old. They are members of the "legume" family and one of the most important plants in the human diet worldwide. The cultivation of peas became widespread so early in history that it's uncertain where peas actually originated. The word "pea" originates from the Latin word "Pisum," and the Greek word "Pison." Both words were translated into English as "Pease."

There are hundreds of varieties of peas and most are grown for their dry seeds. The exceptions are the "green pea" varieties. Green peas are green because they are picked while they are still immature.

Until the 16th century, people were only eating dried peas. Eating green

Risotto With Fresh Peas, Lemon And Tarragon

Ingredients
 1 cup fresh green peas (English peas)
 4 cups homemade chicken stock
 2 tbsp. extra-virgin olive oil
 1 1/2 cups chopped leeks (half-moons), about two medium leeks
 1/2 cup chopped shallots
 1 cup uncooked Arborio rice
 3 tbsp. dry white wine
 1/2 cup (2 oz.) grated fresh Parmigiano-Reggiano cheese
 1 tsp. grated lemon rind
 2 tbsp. fresh lemon juice
 1/2 tsp. salt
 1/3 tsp. freshly ground black pepper
 2 tbsp. chopped fresh tarragon
 1 tbsp. butter

Method
Step 1
 Bring a small saucepan of water to a boil. Add peas and boil 1 minute. Drain and rinse with cold water to cool; drain well. Bring homemade chicken stock to a simmer in a small saucepan (do not boil). Keep warm

over low heat.
 Heat extra-virgin olive oil in a large saucepan over medium heat. Add leeks and shallots to pan; sweat 7 minutes or until just tender, stirring frequently (do not over-cook or caramelize). Add rice; cook 1 minute, stirring constantly. Add wine; cook 30 seconds or until the liquid is nearly absorbed, stirring constantly. Stir in 1 cup stock; cook 4 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining stock, 1/2 cup at a time, stirring constantly until each portion of stock is absorbed before adding the next portion (about 25 minutes total). Stir in peas; cook 1 minute. Stir in cheese, rind, juice, salt and pepper. Remove from heat; stir in tarragon and butter. and serve.
*John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.**

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City Votes To Reject Gas Tax Agreement

by Wendy McMullen

Sanibel City Council voted to reject a proposed amendment from Lee County that would cut the city's share of the gas tax, complaining that the funding formula does not consider the impact that growth in other parts of Lee County has on Sanibel.

Some city councilmembers mentioned the contribution Sanibel residents make to the county coffers through property taxes.

"I would love to see a formula that looked at the economic impact of a community such as Sanibel or Fort Myers Beach to Lee County in terms of fairness in generating tax distribution agreements," said Councilman Dr. Scott Crater, "because certainly Sanibel's contribution is more than 1.4 percent of the economy of Lee County."

"I don't think the formula accurately represents all of the municipalities within Lee County, and I think you can judge that by the other municipalities that are being negatively impacted by this change," added Vice Mayor Richard Johnson. "In addition, the state formula looks at it differently."

Lee County's proposal to cut the city's current share of the gas tax from 3.5 percent to 1.34 percent is a loss

of more than \$600,000 to the city's budget for 2023 and \$800,000 for 2024.

Council is instead requesting that all the other cities in the district of Lee County collaborate to develop an alternative distribution formula. The current formula is based on the population and road miles of each jurisdiction.

Despite the vote to reject it, city councilmembers may still be bound by the amended interlocal agreement and receive a distribution of 1.34 percent.

Prior to 2019, the City of Sanibel received five percent of local option gas tax revenue generated in Lee County. The 2019 agreement proposed a new distribution reducing Sanibel's revenue from five percent to 1.42 percent.

After negotiations, Lee County and Cape Coral agreed to supplement the decrease in revenues on Sanibel, Fort Myers and Fort Myers Beach. As a result, Sanibel's revenue distribution increased from the proposed 1.42 percent to 3.5 percent.

The interlocal agreement with the county and other municipalities distributes the gas tax revenues between Bonita Springs, Cape Coral, Estero, Fort Myers, Fort Myers Beach and Sanibel. The current interlocal agreement was approved in 2019 and expires at the end of 2022.

Funds received from the local option gas tax are used to maintain the transportation systems in these jurisdictions.*

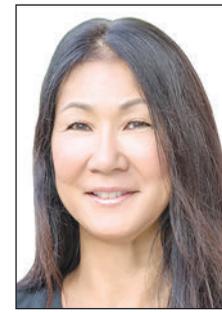
ISLAND SUN BUSINESS NEWSMAKERS

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The top producers for August at VIP Realty Group were: Dan Cohn, top sales; the team of Glen Simmons and Tina DiCharia, top listings; and Karen Bell & the Bell Team, top producers.*



Dan Cohn



Tina DiCharia



Glen Simmons



Karen Bell & the Bell Team

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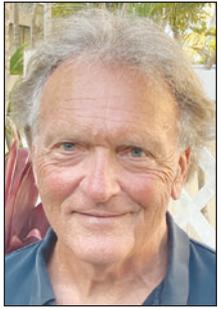
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Poetry Corner



by Clay C. Ewell

The Garden At Dohany

The I that defined each of us, that made for our bodies
 A sense of inner and outer and in its beating heart,
 Created a rhythm of days and nights that in the end
 Began to fade away to what we feared to be oblivion.
 But as the sun has risen above and fallen below the
 The horizon, taking each time, another measure of memory
 We have found here in this violated earth a separate peace.

The we that defined us, that made for our spirits,
 A place, a unity, a well of hopes and visions in common, Countless threads of
 memory entwined in our sense of
 Belonging to a living thing larger than our finite selves.
 That too has faded as the years have passed, as the countless
 Footfalls above and around have tamped us downward,
 Where we remain in the recesses of the wounded soul of the world.

And what of all you above us in the world of light and noise
 In the reflected, glittering sparkle of rampaging otherness,
 Of conscience grown numb in the torrent of nothingness
 That has followed in the wake of slaughter and mayhem.
 Such a facile, cleanly slouch from beneath the dark shadows of
 Abomination and into the feverish glow of self proclaimed absolution,
 While we languish in our forgotten tomb of bones and lost dreams.

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.

Shell Crafting

Sand Dollar Magnets



by Anne Joffe

One of the simplest things that can be done in shellcraft is a magnet. You can always just take a single shell or starfish and glue a magnet on the back, or you can

do something a little more creative. The directions here are for a sand dollar collage magnet.

- Materials**
 1 sand dollar
 Small assorted shells
 1 magnet; these come in various sizes but the best size is the size of a dime
Directions

Begin to glue your shells in the center of your cleaned sand dollar. The shells need to fit into each other like a puzzle. Glue in enough shells to make a circular area about the size of a 50-cent piece.

Let shell arrangement dry completely, then turn the sand dollar over and glue on your magnet in the center.

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*



Sand Dollar Magnet photo by Anne Joffe

*Scientific categories at shell shows throughout the country, leads shelling trips worldwide, and is a public speaker on shells and shellcraft.**

Grief Support

GriefShare sessions are held in the Family Life Center at Sanibel Community Church on Tuesdays from 5 to 7 p.m. The program runs through November and is open to anyone who is grieving. There is plenty of room for social distancing. Sessions feature a video, book and support.

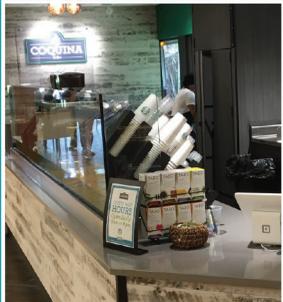
Sanibel Community Church is located at 1740 Periwinkle Way. For more information, call Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.*



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Book Review

Damnation Spring



by Di Saggau

From *The Washington Post* in 2021 about *Damnation Spring*: “An absorbing novel... I felt both grateful to have known these people and bereft at the prospect of leaving them

behind.” With all the praise I had read about the book, I figured I should read it. It is a stunning novel about Colleen and Rich Gundersen, who are raising their young son, Chub, on the rugged California coast. The novel takes place in forest territory between 1977 and 1978. Life in this Pacific Northwest logging town is not what it used to be. The community has lived and breathed timber for generations, and now life is threatened.

Colleen is an amateur midwife and Rich is a fourth generation logger. He’s just purchased a stretch of land, full of old-growth redwoods, and is ready to make a big profit that could provide security for his family. As the story opens, Colleen has had another in a string of miscarriages. Other crises also emerge. Anti-logging protesters are suspected of leaving a child’s skull in the forest to prompt an

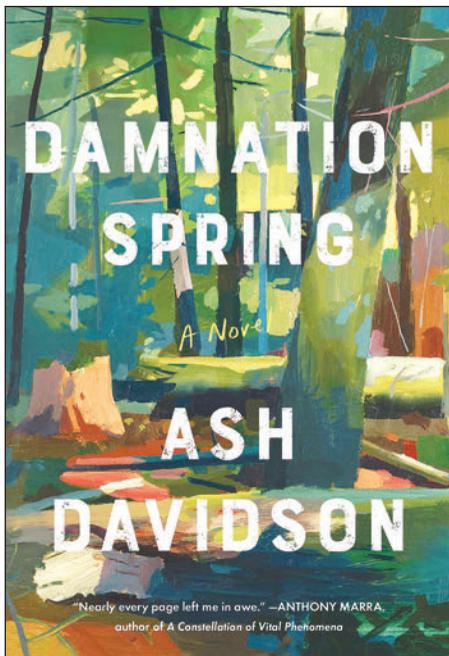


image provided

investigation and halt work there.

Colleen is witness to an increase in stillbirths and her ex-boyfriend, Daniel, a researcher, suspects chemicals sprayed by the timber company are responsible. Any delay threatens Rich’s plans to cut down and sell his redwoods. Big business, protesters and working-class loggers clash in this environmentally savvy debut.

Davidson carefully researched everything with an eye toward making every discovery feel natural. By shifting perspectives among the family, she reveals

not just the conflicts among loggers, protesters and companies, but the growing stress within the family.

Damnation Spring is a work of climate

fiction, an incredibly moving epic about love, work and marriage that asks how far one family and one community will go to protect their future.✪

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, School was not a great experience for me, so I get very nervous when I have to go to a conference at my daughter’s school. I have a conference

coming up soon. Do you have any ideas on how to make these conferences better for me? What should I ask and say?

Paul M, Cape Coral

Paul,

You are not alone in having some anxieties when facing a teacher conference. Many parents feel uncomfortable when attending school conferences. Remember that when you are invited to a conference, it doesn’t mean your child is in trouble. Teachers try to meet with all parents. You and the teacher both want the very best for your child.

Teachers like to learn about students from their parents. No one knows your child better than you do. You can help the teacher by talking about what your child likes to do, events that may affect your child (such as a new baby, divorce, or death) or special medical or learning needs.

Your child’s teacher will probably talk about your child’s grades, class work, homework and behavior. You will learn more about your child’s classes and find out if your child is having any problems.

If you have any scheduling issues, make sure that the teacher knows ahead of the conference what times you are available. If you are uncomfortable speaking English, you have the right to request that an interpreter attend the conference. You can also bring a friend or relative to interpret. It is important that your child does not translate for you.

Here are some great checklists from the American Federation of Teachers to help you make the most of your time with the teacher and to help your child with any information you receive:

Before the conference

Ask your child how she/he feels about school.

Ask your child if there is anything that she/he wants you to talk about with his teacher.

Tell your child that you and the teacher are meeting to help her/him.

Make a list of topics that you want to talk about with the teacher.

Prepare a list of questions such as:

1. What are my child’s strongest and weakest subjects?
2. Does my child hand homework in on time?
3. Does my child participate in class?
4. Does my child seem happy at school?
5. What can I do at home to help?

During the conference

Be on time (or early) for the meeting. End the meeting on time. Other parents will probably have a conference after yours.

Relax and be yourself.

Stay calm during the conference.

Ask the most important questions first.

If your child receives special services such as English classes, ask about your child’s progress in those classes.

Ask for explanations of anything you don’t understand

Ask your child’s teacher for ways that you can help your child at home.

Thank the teacher.

After the conference

Talk about the conference with your child.

Talk about the positive points and be direct about problems.

Tell your child about any plans you and the teacher created.

Keep in touch with the teacher during the school year.

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

Fun Days At Rec

Registration is open for October Fun Days at Sanibel Recreation Center on Wednesday, October 5 and Friday, October 14. The Fun Days will offer a variety of athletic games, craft projects and swim time. Enrollment is available for children in kindergarten through eighth grade. Each child needs to bring a bag lunch, water bottle, sunscreen, swimsuit and towel.

Register in advance and receive a discounted rate. Financial assistance is available to families based on individual need. For more information, call 472-0345.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, visit www.mysanibel.com.✪

Trimming Notice

Vegetation trimming is taking place on both sides of the road along Sanibel-Captiva Road from Bowman’s Beach Road to Pine Avenue through Friday, September 30 from 8 a.m. to 5 p.m., weather permitting.

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

Call 472-6397 with any questions.✪

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Superior Interiors

Design Tips For Creating A Neutral Palette



by Katie Frederick

A neutral color palette can help you create a cohesive look that's easy to maintain. It also allows you to add pops of color in other areas like artwork, accessories and even furniture

fabrics, making it easier for you to change things up as needed.

If you're indecisive about what colors go together, a neutral color scheme is a great place to start. Here are five reasons why:

1. They create a calm and tranquil atmosphere.

When you're choosing a color palette, it's essential to consider what effect you want your home to have on people. A peaceful environment is always a welcome change from the hustle and bustle, especially if you're trying to create a space that feels relaxing and inviting.

Enter neutral paint shades, which can be used in any room of your house to create a calm and tranquil atmosphere. They don't compete with each other

or the room's other features, making it easier on the eye.

Cool neutrals such as light blue or gray are particularly known for their ability to create a soothing effect. However, you can also consider a pale pink or lavender if those fit your style more.

2. They give you the opportunity to play with colors in the decor.

If you're a fan of color, then you'll love the way neutral colors can help you play with decor. Since they have such a lighthearted feel, it's easy to incorporate eye-catching accessories like bright rugs, throw pillows and accent chairs into your home.

This gives you the opportunity to make unique pieces stand out in your space without taking away from the overall feeling of tranquility that a neutral palette provides. Your hardest decision? Which piece deserves the spotlight.

You can also try combining neutral paint colors with metallic shades such as gold and silver, which adds a modern touch. This will help balance out the space and showcase the personality of your rooms.

3. They serve as a blank canvas for creativity.

Neutrals are a great way to start your decorating journey. They're easy to work with and can be mixed and matched with other colors and patterns to create a beautiful space that's all your own.

As the seasons pass or your tastes change, you can switch out the accessories for new ones and make your

room feel brand new again.

That's why you shouldn't think of neutrals as dull or lifeless. Instead, think of them as a blank canvas that can be customized to your style.

4. They brighten up your living space.

In the world of interior design, light is a vital element. And while fixtures are beautiful and can be a great addition to your home, they're not always enough.

If you're looking to really brighten up a room and make it feel more spacious, then consider adding some neutral paint colors to your walls. Light near neutrals such as off-white or cream are great for this purpose because they reflect light from outside sources and bounce it throughout your home.

5. They provide you with flexibility in design.

When you follow a neutral color palette, you give yourself the flexibility to change your mind. You're not stuck with a color scheme that you can't easily alter, and you can experiment with different styles and trends as they come along through statement pieces and accessories.

Additionally, you can move furniture around your home without worrying about if it only matches one room. For example, if your family grows, you can move the living room sofa into your bedroom or office, as the neutral paint and drapery won't clash.

Overall, following a neutral color palette may not be the first thing that comes to mind when you think about decorating your home. But when you

consider the many benefits of this approach, it's easy to see why it's so popular.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coincdecen.com.

Shell Found



Amanda Allen and Heather Lacrouts

photo provided

Amanda Allen and Heather Lacrouts of Lehigh Acres found a junonia at the south end of Blind Pass Beach on September 3 while staying at Castaways Beach & Bay Cottages.



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Shrimp Citrus Sauté
 1 pound shrimp (peeled or unpeeled)
 ¼ cup white wine (optional)
 1 cup seafood, chicken, or vegetable stock
 1 lemon, thinly sliced
 1 tablespoon garlic, minced
 2 teaspoons smoked paprika
 1 teaspoon cumin
 ½ teaspoon coriander
 2 tablespoons fresh parsley, roughly chopped
 4 tablespoons butter
 2 tablespoons vegetable oil
 Sea salt and fresh ground pepper, to taste

Preheat a large skillet over low heat. Do not add any butter. Add spices to dry pan and toast for 2-3 minutes or until you begin to smell the spices. Do not leave pan unattended if you opt to perform this step, certain spices are prone to burn quicker than others. Remove spice mixture from pan and set aside.

Preheat a large sauté pan over



Shrimp Citrus Sauté

medium-high heat. Add butter and oil and allow to melt. Now add shrimp, garlic, and toasted spices; stir to coat shrimp. Season with salt and pepper.

Carefully add white wine and stock. Bring to a boil and reduce heat to low and simmer for 1-2 minutes. Finish with lemon slices and fresh parsley, serve

with crusty bread for dipping. Fresh tip: Feel free to sauté fresh seasonal vegetables using same pan to make a complete meal.*

photo courtesy Fresh From Florida

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Will Power

Myths About Estrangement



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

From time to time, a client will not tell me about a child because they have become estranged, and they don't want to leave anything to that child or to that child's children in the estate plan. When I don't know that the child even exists, problems can arise since it is usually proper form to mention the child and specifically disinherit him or her in the will and/or trust. Otherwise, the child might successfully claim a portion of the estate.

I suppose that some clients who fail to discuss the relationship do so because of feelings of guilt or shame. They might feel that they'll be judged if someone knows about the estrangement. Other

times, it might be out of pain. The client doesn't want to even think about the issue, so they would rather pretend that the relative doesn't exist.

A *New York Times* article sheds some light on the subject. Broadly speaking, estrangement is defined as one or more relatives intentionally choosing to end contact because of an ongoing negative relationship. The article points out those relatives who go long stretches without a phone call because of external consequences like a military deployment or incarceration don't fall into this category.

Lucy Blake, a lecturer at Edge Hill University in England, published a systematic review of 51 articles about estrangement in the *Journal of Family Theory & Review*. This body of literature, Blake wrote, gives family scholars an opportunity to "understand family relationships as they are, rather than how they could or should be."

As more people share their experiences publicly, some misconceptions are overturned. Assuming that every relationship between a parent and child will last a lifetime is as simplistic as assuming every couple will never split up.

Myth: Estrangement Happens Suddenly

It's usually a long, drawn-out process as opposed to a single blowout. A parent and child's relationship typically erodes over time, not overnight. It is usually an accumulation of hurts, betrayals and other factors that accumulate, undermining the sense of trust between family members.

Failure to visit a parent and then not doing so once that parent becomes sick and hospitalized, for example, can be the proverbial straw that breaks the camel's back. A parent who cuts off a child financially while he is in college despite having resources can be another triggering event after a lifetime of perceived indifference.

Kristina Scharp, an assistant professor of communications studies at Utah State

University, states that estrangement is "a continual process. In our culture, there's a ton of guilt around not forgiving your family. So achieving distance is hard, but maintaining distance is harder."

Myth: Estrangement is Rare

In 2014, a United Kingdom study found that eight percent of roughly 2,000 adults said they had cut off a family member. This translates to more than five million people. An additional 19 percent reported that another relative was no longer in contact with family.

In a 2015 Australian study of 25 parents cut off by at least one child found three main categories of estrangement. In some cases, the son or daughter chose between the parent and someone or something else, such as a spouse or partner. In others, the adult child punished the parent for "perceived wrongdoing" or a difference in values. Additional ongoing stressors like domestic violence, divorce and failing health were also cited.

In-laws who keep the grandchildren away were common issues, as were perceived slights over child-raising, house cleaning/maintenance and even cooking. These slights can escalate into feelings of cumulative disrespect between the parties.

Myth: Estrangement Happens on a Whim

In another Australian study, 26 adults reported being estranged from parents for three main reasons: abuse (physical, emotional, or even sexual), betrayal (over secrets), and poor parenting (being overly critical, shaming or scapegoating). The three were not always mutually exclusive and commonly overlapped.

Most of the participants noted that their estrangements followed childhoods in which they had already had poor communications with parents who were physically or emotionally unavailable. One participant said that because he was always responsible for two younger siblings, he decided never to have children of his own. After years of growing apart, the final straw was his wedding day.

In 2014, he and his longtime girlfriend decided to marry at city hall for practical reasons. He didn't invite his family, in part because it was an informal gathering. But also because a brother had recently married in a traditional ceremony, during which his father backed out of giving a speech. He worried that his father might do something similarly disruptive, so he did not invite him or the rest of the family.

The family found out about the marriage on Facebook. One brother told him he was hurt that he wasn't even told, and the sister messaged that she and the father would no longer speak to him.

These are all sad tales. It's interesting that family estrangement is so common. But when planning your estate, it's usually important for your estate planning attorney to be aware of these issues and to, as delicately as possible, include necessary language in the legal documents.

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Broker/Owner

Vacant Lot buyers... BEWARE! Here is what is happening.

Recently several lots have been listed for sale on National websites such as Zillow as being for sale "By Owner" at attractive below market prices by people who are not owners of the property. If you come across a property for sale that the asking price seems too good to be true, odds are, it is a fraudulent Seller. If are a current lot owner, it is not a bad idea to monitor some of the websites. I called on a couple of the lots, as I have lot buyers, and I could tell immediately that the person I was speaking to was not the current owner. One of the "By Owners" even sent me two driver's licenses to prove they were the owners. We do not get a lot of Sellers marketing their own properties, so not only was that a red flag to me, but also the low prices on the lots. At this point, they have all been removed from the online sites.

Current real estate market conditions continue to be influenced by our lack of inventory. Prices continue to be stable, however, we are experiencing fewer numbers of Unit sales. For example, 26 Condos and Homes sold during August of this year compared to 39 sales during the same period last year. My husband John and I make it a goal to see new listings as they appear on the market. Let our experience benefit you. We have been on the Island since 1983.

Thank you for reading my column.

One Home Sale Going Back One Week:

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

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From left: Roger Timm, race committee; Leigh Gevelinger, owner of Coastal Vista Design; and Kerri Maw and Nicole McHale, race committee photo provided

Design Firm Sponsors Race

Coastal Vista Design is supporting the 10K Race 4 FISH, in support of programming and services offered by FISH of SanCap. The Sanibel-based landscape architecture studio was established in 2016 by Leigh Gevelinger. Her passion for community service began while she was a student.

Gevelinger's design approach revolves around her appreciation for south Florida

ecosystems and the unique challenges of coastal subtropical design.

"It's great to have the support of Coastal Vista as a 10K sponsor," said Nicole McHale, race committee co-chair.

The 10K race will begin at 7:30 a.m. on Saturday, October 22 at The Community House. Register for the in-person or virtual format at www.ftmyerstrackclub.com.

For more information on the race or sponsorships, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com.✪

Bank Shows Support As Sponsor



From left, Kelsey Hamilton, Susan Schulte, Nicole McHale, Kerri Maw, Jennifer Esparza, Roger Timm and David Lowden photo provided

Bank of the Islands signed on as a silver sponsor of the 14th annual 10K Race 4 FISH, in support of FISH of SanCap. "Bank of the Islands continues to be a strong supporter of FISH, our 10K race and the islands," said Nicole McHale, co-chair of the race committee. "We're so grateful to partner with them again this year."

"FISH is such an important lifeline for so many members of our community," said Bank of the Islands Vice President David Lowden. "We are honored to be a longstanding drop-off location for its food

pantry and a sponsor for its annual 10K."

Bank of the Islands encourages residents to donate non-perishable food items at the drop-off baskets located in the Sanibel and Captiva bank lobbies.

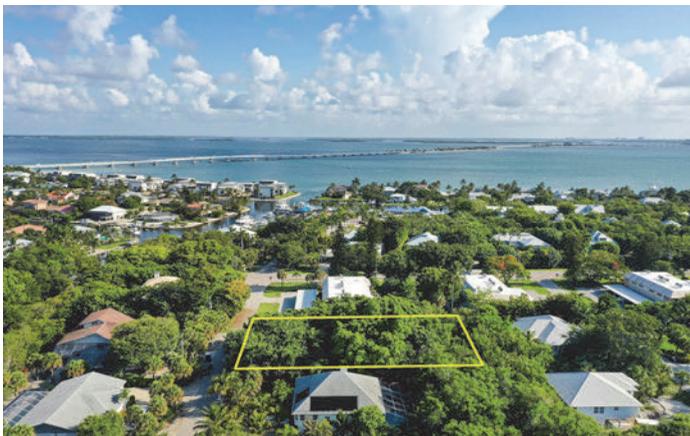
The race will begin at 7:30 a.m. on Saturday, October 22 at The Community House, as an in-person event with an option to participate virtually. Registration is open for the event at www.ftmyerstrackclub.com. For information, contact Nicole McHale at noel2me@icloud.com or Diane Cortese at dianerc10@gmail.com.✪



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Frankly Speaking

by Howard Prager



As fun as it would be to report on home run counts, I'm going to wait until baseball players break the record (which could happen between writing and publication).

But there's another home run hitter setting a record. Munetaka Murakami is a phenomenon in Japan. You may remember Sadaharu Oh, the Babe Ruth of Japan? From MLB News: "Murakami, a 22-year-old third baseman, has hit 55 home runs this season for the Tokyo Yakult Swallows. With 17 games to play, he tied the legendary Sadaharu Oh's record for the most homers in a season by a Japanese-born player in Nippon Professional Baseball. He stands beside Oh after a two-homer game on Tuesday against the Yomiuri Giants, Oh's longtime team. "He's a special human being and everything you want in a superstar," said Swallows outfielder Patrick Kivlehan, formerly of the Padres, Reds and D-backs. "He's humble and respectful. He's still so young, and he's taken the whole country by storm. There are Murakami jerseys everywhere. People are waiting at hotels just to get a glimpse of him. It's like

playing with a rock star."

Speaking of rockstars, welcome Becky Hammons, the first coach in the WNBA to win a championship in her rookie year. Becky came to the Las Vegas Aces from the San Antonio Spurs, where she was an assistant to coach Gregg Popovich for eight years and long-rumored to become the NBA's first female head coach. But the WNBA came calling instead and she was "off to the Aces!" She didn't dispel those rumors winning Coach of the Year for her work with the Aces, who were dominant all season at 26-10, ranked No. 1 in the playoffs and won the in-season Commissioner's Cup. They had a superstar in A'ja Wilson winning MVP and Defensive Player of the Year. But this is about Becky, who is also the first former WNBA player to win a championship as head coach. From Axios, "Now that she has won in the WNBA after making some key changes to the Aces' offense and defense, some will say it's because she had great players, such as MVP A'ja Wilson, or that the WNBA title isn't as difficult to win. Even though with all the top talent in the world concentrated into 12 teams as opposed to the NBA's 30, Hammon thinks it is just as hard, if not harder, to get a WNBA championship."

"You knew she was going to coach," said Sun coach Curt Miller, who was an assistant at Colorado State during Hammon's senior season in 1998-99. "She was so X's and O's smart, and savvy. She overachieved her whole playing

career, in part due to being an incredible shot maker, but also her knowledge. Understanding and seeing things before they happened."

Said WNBA Finals MVP Chelsea Gray, "I think especially with a first-year head coach, our bond got even a little tighter and stronger. For the organization to understand what it takes to not just do it one year, but try to do it multiple years, that's when you're talking about a more legendary franchise. Hopefully, that's what we can be."

Speaking of repeating, Roger Federer is following Serena Williams into retirement after this weekend's Laver Cup in London, with Europe vs. the world. Players highlighted include the big four: Roger Federer, Andy Murray, Novak Djokovic and Rafael Nadal. From ESPN, "He (Federer) holds an array of incredible records: His total of eight men's singles titles from Wimbledon sits out on its own, while his 369 victories in Grand Slam tennis are a record too. But now, at 41 years old, his body is no longer answering his mind's on-court expectations. He has finally reached the finish line. 'I know my body's capacities and limits, and its message to me lately has been clear,' Federer said in his retirement statement. 'I have played more than 1,500 matches over 24 years. Tennis has treated me more generously than I ever would have dreamt, and now I must recognize when it is time to end my competitive career.' His legacy is far more than the 20 Slams he won, though -- without the annual joy of seeing him at home on Centre Court at Wimbledon, tennis feels different. And a little empty." I agree. A classy guy, who during the pandemic surprised two little girls playing rooftop tennis in Italy and got to play and have lunch with their favorite star. The video is online; look up Roger Federer Rooftop Tennis. "The last 24 years on tour have been an incredible adventure," Federer said in his retirement statement. "While it sometimes feels like it went by in 24 hours, it has also been so deep and magical it seems as if I've already lived a full lifetime. I have laughed and cried, felt joy and pain, and most of

all, I have felt incredibly alive. When my love of tennis started, I was a ball kid in my hometown of Basel. I used to watch the players with a sense of wonder. They were like giants to me, and I began to dream. My dreams led me to work harder and I began to believe in myself. Some success brought me confidence, and I was on my way to the most amazing journey that has led to this day. "So I want to thank you all from the bottom of my heart, to everyone around the world who has helped make the dreams of a young Swiss ball kid come true. Finally, to the game of tennis: I love you and will never leave you."

From the Good News Network comes this week's good news sports story. "An Australian mechanic has smashed the world record for most push-ups in an hour -- completing a staggering 3,182. Daniel Scali took on the Herculean task in April and managed to surpass the previous total cranking out 51 push-ups every minute for a solid hour, and officially confirmed as the second Guinness World Record achieved by the 28-year-old, following his record-breaking stint last year when he spent nine hours and 30 minutes in an abdominal plank position.

And, incredibly, he has done all this while suffering from a condition which can cause excruciating pain. Daniel has suffered from a condition called Complex Regional Pain Syndrome (CRPS) since age 12. It developed when he broke his arm, and it's virtually his brain telling his left arm that there's pain there. "Anything from a soft touch or a slight movement can cause unbearable pain," he said. "I wanted to prove to myself that I have learnt how to deal with and manage pain." Daniel's efforts to beat the push-ups record took three attempts, but he has also raised \$61,000 for the Australian Pain Management Association. Thanks Daniel for your perseverance and effort, showing us all what mind over matter can do.

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@islandsunnews.com. ✨

SPORTS QUIZ

1. What member of the Boston Red Sox Hall of Fame was nicknamed "The Greek God of Walks" because of his patience at the plate?
2. How many times was Houston Texans quarterback David Carr sacked during the 2002 season?
3. What annual motorsports event in Colorado is known as "The Race to the Clouds"?
4. The Avco World Trophy was awarded to the season champion of what professional ice hockey league that operated from 1972-79?
5. Name the Lithuanian immigrant who adapted basketball rules for women in the late 1800s and was the first woman inducted into the Basketball Hall of Fame in 1985?
6. Name the brothers who played center in the NFL and were both on the New Orleans Saints' roster in 1993.
7. What driver beat Kurt Busch by 0.002 seconds -- the closest margin of victory in NASCAR Cup Series history -- at the 2003 Carolina Dodge Dealers 400 at Darlington Raceway?

ANSWERS

1. Kevin Youkilis. 2. 76, an NFL record. 3. The Pikes Peak International Hill Climb. 4. The World Hockey Association. 5. Senda Berenson Abbott. 6. Jay and Joel Hilligensberg. 7. Ricky Craven.

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From page 1

Zonta

enthusiasm our members bring to each new project."

Since 1987, the club has grown, as has its ability to effect positive change. Membership grew from 15 at the start to around 60 this year. Fundraising also evolved, becoming more ambitious and successful. From 2002 to 2019, Peek at the Unique, the annual home tour, was the club's signature event, on hiatus since March 2020 due to the pandemic.

Since 2020, Zonta has turned to online auctions -- a safe, efficient way to raise funds -- and hosted a successful forum on home design, remodeling and furnishing. The next auction is coming up on Saturday, October 1. Watch for details in the newspapers and on social media. Every dollar in proceeds is awarded in grants to nonprofits.

Among service activities, Zonta members teach sewing and English to immigrant women; help finish or

rehabilitate homes for Habitat for Humanity's Women Build; organize Women's Health Forums; raise awareness about human trafficking; and work as mentors within organizations seeking to empower women and girls. Members advocate for the Equal Rights Amendment; promote the national initiative Zonta Says No to Violence; engage in efforts to eliminate child marriage; and support legislative initiatives such as Period Poverty. For more information, visit www.zontasancap.org.

In her letter, Scholz added, "Around the world, women and girls face increasing challenges due to COVID-19, climate change and threats to their human rights. However, we are a proud Zonta community of strong and committed individuals working together at the local and global levels to fight for gender equality and address these challenges... with the more than 1,100 clubs around the world, the Zonta Club of Sanibel-Captiva has contributed significantly to building a better world for women and girls." ✨

Rotary Happenings



submitted by
Cindy Carter



Jill Palmer

Last week, we heard from Jill Palmer who leads the American Red Cross Florida Gulf Coast to Heartland Chapter as executive director, serving more than one million residents of Collier, Glades, Hendry, Highlands and Lee counties. The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families.

The American Red Cross responds approximately every 20 hours to an emergency or disaster across the region, from home fires, floods and weather related emergencies. It also helps members of the U.S. military, veterans

and their families. For about 140 years, the organization has assisted the military by providing emergency communications services, rehabilitation and morale programs, and comfort, care and therapy items at hospitals and medical facilities.

Training is another important part of the American Red Cross. Over 4.5 million people each year receive life saving training in CPR, First Aid and AED, babysitting and caregiving, swimming and water safety.

A former healthcare executive, Palmer is a graduate of University of Central Florida with a master of science degree in health science focused on health services administration, gerontology and legal studies. She is a nonprofit professional bringing over 20 years of experience in volunteer management and community service. Prior to joining the Red Cross senior leadership team in 2017, Palmer served as a board member for the local Red Cross chapter while working for Lee Health as director of volunteer services, auxiliary development and arts in healthcare.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email william.harkey@gmail.com by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit www.sanibelrotary.org.

New Brew To Help Restaurant Staff

Fort Myers Brewing Company is releasing a limited edition Moo Crew Brew to support employees of The Island Cow restaurant. Available from noon to 11 p.m. on Saturday, September 24, the American IPA will be sold exclusively at Fort Myers Brewing Company's taproom.

The Sanibel restaurant recently experienced an after-hours kitchen fire, and while The Island Cow is working to rebuild, its 50 employees are facing unemployment. All proceeds from the limited-edition craft beer will go directly to benefit restaurant employees.

"Employees are family, and our hearts go out to The Island Cow as their team begins to rebuild this beloved island restaurant," said Jen Whyte, co-owner of Fort Myers Brewing Company. "As fellow business owners, we want to do our part, and we encourage the community to join us in helping relieve the financial burden and 'Help the Herd' so that they can

continue providing for their families."

"We are so grateful to Fort Myers Brewing and everyone else who has stepped up to offer their support during this difficult time," said Elke Podlasek, owner of The Island Cow. "We are working to reopen as soon as possible, but this process could take a year or more. Some of our team members have worked for us since we first opened our doors and have known no other job since they were teenagers, and we're thankful for all who are contributing to help our Island Cow family navigate this transition."

Design and printing services for the Moo Crew Brew label, which features The Island Cow's cow mascot, were donated by Priority Marketing and Blue Label Packaging Company.

The launch will also feature a live performance at 7 p.m. by Ben Clifford and food from Cuban Connection and Vesuvius Wood Fired Pizza.

Fort Myers Brewing Company's taproom is located at 12811 Commerce Lakes Drive in Fort Myers. For more information, call 313-6576.

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Health First

Health Risks Of Binge-Watching



by Julie Rosenberg, MD

Binge-watching is defined as watching between two and six episodes of a TV show in one sitting. Binge-watching is one of the most popular ways of spending free time.

About 73 percent of Americans claim that they have binge-watched TV shows. This percentage is higher in younger age groups; 90 percent of millennials claim that they binge-watch.

Binge-watching gained popularity over the past 10 years when multiple on-demand streaming platforms (such as Netflix, Hulu, Amazon Prime and Apple TV) became available. Viewers can watch an entire season (or several seasons) of a TV show at once; they do not have to wait for the release of the next episode. Binge-watching increased during the COVID-19 pandemic as people had limited ways to cope with their psychological needs. Binge-watching was one option.

Binge-watching is a highly immersive behavior that provides immediate gratification. Thus, it may lead to the loss of self-control and spending much

more time immersed in a TV series than originally planned. Excessive binge-watching can lead to addiction. The aim of this article is to present key health-related concerns that are associated with excessive binge-watching.

Lack of physical activity – Binge-watching does not involve physical activity and is a form of sedentary behavior. Sedentary lifestyle is linked to several poor health outcomes, including heart disease, diabetes, high blood pressure, stroke, obesity and mood disorders.

Damage to relationships – Binge-watching is typically a solitary activity. Spending too much time watching TV takes time away from the meaningful relationships in your life. When people binge-watch, they may neglect important social activities and reduce their social interactions. Important relationships can become strained and potentially damaged.

Poor sleep – Binge-watching excites your brain and can disrupt your natural circadian rhythms, making it difficult to fall asleep and stay asleep. People who binge-watch often report fatigue related to poor sleep.

Unhealthy food consumption – Binge-watching is associated with distraction eating, which usually involves food choices that are not healthy, such as eating junk foods or drinking sugary or alcoholic beverages. Eating and drinking this way on a routine basis eventually leads to weight gain and increased risk for related health conditions such as high blood pressure and diabetes.

Psychological distress – Studies have

shown that you're more likely to binge-watch if you're feeling stressed, lonely or depressed. Binge-watching may offer some immediate relief from these symptoms, but it won't help your emotional state in the long run. After binge-watching, individuals may feel regret, distress and unhappiness. Binge-watching can also worsen feelings of isolation and loneliness.

Behavioral addiction – Excessive binge-watching may be considered a behavioral addiction. Having a behavioral addiction means you are dependent on and crave a particular behavior.

Binge-watching may affect the pleasure centers of the brain, giving a person a sense of satisfaction and causing them to overindulge to the point that binge-watching negatively affects daily activities and commitments.

Cognitive Decline – Binge-watching may affect brain health. A 2019 study of 3,000 adults over age 50 who watched more than 3.5 hours of TV daily showed that binge-watching could lead to cognitive decline in the long term. Researchers found that watching this amount of TV was associated with poor verbal memory after six years. This effect was strongest for people who had initially performed better at the start of the study.

How to break the habit – To reduce the effects of binge-watching, limit TV watching. If you are watching a series, watch one or two episodes at a time and then turn off the TV and engage in a different activity. If you watch TV in the later evening, don't sacrifice sleep. Set a bedtime alarm if you are inclined to lose

track of time. If you typically snack while watching TV, have healthy snacks on hand and opt for them instead of junk food.

Conclusion – Binge-watching is commonplace and can become a highly addictive behavior. Prioritize self-care and other tasks above watching TV. During each week, allot yourself specific viewing times to watch an episode or two of your favorite shows. Stick with the plan. You'll be glad you did.

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

Free Workshop At Rec Center

Sanibel Recreation Center is offering a free workshop, entitled Calming Your Mind, on Monday September 26 from 11 a.m. to 12:30 p.m. Led by Joyful Living coach Jenny Li, the workshop will help participants shift their anxiety to peace. Begin with breathing and grounding exercises from the Divine Love method to help soothe your mind, and discover the underlying layers of anxious thoughts. Walk-ins are welcome.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345.*



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Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have been feeling very out of balance this past year. Can you offer some suggestions on getting back into balance?

A: Many people have felt out of balance in this

pandemic time. Much was lost and so many changes occurred. Often, when this happens, we can feel as though we've been hit with a two-by-four.

You, like many others, wish to reset your life back into balance. It is important that you learn all of the lessons you can and take stock of your past. It may take some resiliency skills (bouncing back from adversity) to help you more successfully navigate change in your world. The following are suggestions to help you

reset and successfully navigate your life for a new and healthy beginning.

1. Allow for healthy grieving – Many things were lost in the pandemic from loved ones to jobs, to housing, consistent income, to restarting one's life to adapt to a new one.

At some level, we all lost personal freedoms. While you can acknowledge those losses, a person needs time for grieving. There is no time frame in which to come to acceptance and growth from these losses. Just recognize them and grieve them, regardless of how large or small. Unhealthy grieving manifests in many ways including anger, complaining, whining, victimization and maladaptive coping.

The process of healthy grieving invites us to go through the pain and come out on the other side. Resiliency then conveys strength and courage. It also manifests self-compassion, something we all need to have.

2. Tickle your funny bone daily – In simple terms, laugh. Humor is such a necessity, and we adults forget about laughing. We get way too serious when

we need to be laughing daily and seeing the humor and funny in life. I know... you may be thinking how can we see anything funny in our crazy world these days? Keep an eye out for silly moments, and, yes, there are many.

Don't take yourself too seriously. Create a tiller notebook and start gathering funny jokes, watch your favorite comedians and learn to be your own best audience.

3. Spend time in nature – Cities and urban areas have parks, or you can take a drive to a wooded area or beach to spend time in nature. Nature is healing and realize that we are a part of nature. Spend time with an animal in nature if you can. A walk or a swim can be so relaxing and meaningful. Get outside daily in the fresh air and sunlight. It's good for your soul. Watch a sunset or sunrise and revel in the beauty of nature.

4. Minimize social media – Unfortunately, social media has taken on an addiction all in itself. We are glued to our phones, computers and Internet, and we have truly lost our humanness. Unplug. Take time away from it all and

talk with one another, write hand-written notes and, as mentioned above, be in nature, and reconnect with the beauty all around you.

5. Get a good night's rest and exercise your creative muscle – Sleep is essential for healthy day-to-day functioning. Try and go to bed at the same time each night and get up at the same time each morning. You may need a guided meditation to get to sleep and that is fine. Regarding creativity, get those creative juices flowing by putting a photo album together, planting herbs in a garden, or creating a new music playlist. At any given moment, we all have a choice to return to a lifestyle that reduces stress, so choose joy and happiness. Hopefully one or some of these suggestions will help you with returning to balance and wholeness.

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

dearRPharmacist

The Four Biggest Problems With Face Creams



by Suzy Cohen, RPH

Dear Readers: Everyone likes to look youthful, and face creams are a quick way to smooth out fine lines and add hydration to your face. Even if this

doesn't apply to you, and you yourself don't use any skincare, someone you know does. I know that because the face cream market is expected to hit \$8 billion in the next few years. That's a lot of face cream. And I can tell you from personal experience, that many of them are not useful and are sometimes harmful.

By harmful, I mean they may contain

ingredients that are aging you faster. There are four major problems with using certain face creams:

1. They Can Often Feel Greasy – When you apply your face cream, you may wake up in the morning to a greasy face print on your pillow. Or you might apply your makeup (on top of your face cream) and just end up with an oily-looking face. The reason is that most moisturizers contain oils that don't match your skin, so they sit on top of the skin rather than getting absorbed. The biggest brand names are often the biggest culprits for cheap ingredients because they use their money to pay influencers and celebrities to brainwash you that it's amazing stuff. The ingredients often come up short, or very chemically.

2. The Ingredients Can Increase Risk of Cancer – Many face creams today contain parabens and other cancer-causing preservatives. If you read the ingredient list and see any word that ends in "paraben" such as methylparaben, then you should choose something different. If you apply a cream with parabens even once daily, you are exposing yourself to endocrine disruptors that are thought to cause many cancers.

If you don't know you have a little microscopic (yet-to-be-seen) tumor, and you use parabens, you may be making yourself worse because of the cream you are using. Everyone who has integrity will avoid putting parabens in their skin care products.

3. The Vitamin C They Use is All Wrong – I see very pricey moisturizers

boasting vitamin C in their formulas. While it's true that this nutrient is beneficial for skin care, it is also true that most forms of C do not even work on the skin as advertised.

4. Steroids are Hidden in Some Face Creams – Many people will apply a daily moisturizing cream without realizing

continued on page 32

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It's Whole Grains Month



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

Whole grains sometimes get a bad rap. When you say whole grains, people often think of Metamucil and wheat bran which equal cardboard in taste. Not so. Whole grain options are plentiful, healthy and can definitely be delicious.

Whole grains are foods that are in their natural state where they grow – as in the entire seed of a plant. You may recall from science class that the seed contains three parts: bran, germ and endosperm. The germ is the embryo of the plant, and the endosperm provides the nutrients, where the bran is the outer layer.

Have you heard the term “white flour nasties?” That’s what we call

products made with refined white flour. Americans consume a lot of white flour. Unfortunately, there is much evidence that its consumption in the amounts that most Americans consume is extremely unhealthy. Why?

First, white flour products made here in the U.S. are processed in multiple stages, which leads to accumulation of chemicals such as pesticides, bleaching agents and/or preservatives. These substances are toxic to the body. We all know that consuming processed foods in high quantities can increase risk of diseases such as cancer, autoimmune disorders, diabetes, heart disease and more.

Secondly, processed refined flour just provides empty, non-nutritional calories. They have little to no vitamins and/or minerals and lack any fiber that helps control conditions such as heart disease and diabetes. These products also lead to inflammation, especially in the gastrointestinal (GI) tract. Do you ever wonder why cases of Celiac disease increased over the last 50 years? Gluten is part of the issue, but refined, processed carbs also contribute, because they ferment when digested and cause cramping and GI distress.

So, let’s stop talking about the bad stuff and get to the good stuff. There are so many wonderful flours available now, making it much easier to make whole grain, nutrient-dense, as well as gluten-free, products. Some of our favorites are almond, coconut and cassava flour. Substituting 1:1 may take

some trial and error, but we have made some delicious products with these flours.

Whole grains have been shown to reduce risk of cancer, diabetes and heart disease – the top three killers. They keep the GI tract healthy as well. Here are some of our favorite sources of whole grains: oats (steel cut, whole, or rolled), rye, buckwheat, bulgur wheat (also known as cracked wheat), millet, whole barley, spelt, quinoa, brown rice, corn, popcorn (not the movie theater kind), and whole grain breads and pastas.

Here is a recipe favorite to get you started on your whole grain quest: Quinoa Avocado Salad: What you need: 1 cup uncooked quinoa; 1 cup cherry tomatoes, halved; 1 large cucumber, diced; ¼ cup red onion, chopped finely; 2 large ripe avocados; ¼ cup chopped cilantro. Dressing: ¼ cup olive oil; 2

tbsp. red wine vinegar; 2 tbsp. lime juice; 1 tsp. Dijon mustard; 2 garlic cloves, minced; ½ tsp salt. What to do: Cook quinoa per package instructions. Make dressing while quinoa cooks, whisking together all the ingredients. Place cooked quinoa in a bowl and add salad ingredients, pour dressing on top and stir gently to combine. Serve at room temperature or chilled.

We encourage you to reduce your intake of those white flour nasties and substitute whole grains. Start today. It will do your body good.

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

Beautifulife:

Somebody’s Hero

by Kay Casperson



These past few weeks were significant in remembering and honoring some of the heroes that have touched our lives. We had the passing of Queen Elizabeth II and the anniversary of

the tragedy of 9/11 within a week, and we realized again how many lives are touched by heroes daily.

Queen Elizabeth II was Queen of the United Kingdom and other Commonwealth realms from 1952 until her death on September 8, 2022. Her 70-year and 214-day reign is the longest of any British monarch, female head of state, and any sovereignty in history. This was significant as she was indeed a hero for so many individuals for many years. My husband is Australian; therefore, she was his Queen as well, and it was pretty surreal for him and so many others when she passed. She was a solid rock for so many. At age 25, she committed to being a hero and leading in the best way she knew without thinking twice about it.

On September 11, when we were attacked by terrorists most horrifically, the heroes came out in droves, from firefighters, EMTs and the police force to security guards, hospital staff and the entire community helped rescue people and lend a helping hand. The heroes on the flights that diverted to save others and the air traffic controllers who helped land incoming flights from overseas all deserve medals and lifetime honors; we should never forget what they did and how they sacrificed without thinking about the consequences.

These events have made me realize how important it is for everyone to be a hero to somebody at some point in our lives. Everyone wants and needs someone to look up to, to get inspired

by, and to believe in. We all need a hero, and we should all strive to be one. Whether you are a mother, father, mentor, coach, friend, teacher or preacher, you are a hero. You may be an employer, manager or trainer, so you are a hero to those around you. The point is that you can be a hero right where you are, but you need to take that to heart and ensure that you inspire in the best way possible.

There are many ways that you can continue to be a hero for someone every day. Be strong, brave, honest, helpful, kind and determined. Your heroism will shine through and touch someone’s life before you know it.

My affirmation for you this week is: “I am somebody’s hero and will continue to inspire those surrounding my life.”

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

From page 31

Face Creams

that they contain steroids. You may be aging yourself. These creams are often sold at the dermatologist’s office, or online. The reason is that use of steroids on the face for more than a few weeks will cause thinning of the skin, and fungal infections which can become very severe.

The best way to apply moisturizer is to use a nickel-sized amount for your entire face and don’t forget your neck. If you’d like to read the longer version of this article, visit www.suzycohen.com, and I will give you the solution to these problems, as well as a free ebook.

*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.**

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- Fire Department, Captiva 472-9494
- Florida Marine Patrol 332-6966
- Florida Highway Patrol 278-7100
- Poison Control 1-800-282-3171
- Chamber of Commerce 472-1080
- City Council 472-4135
- City Building Department 472-4555
- City Manager 472-3700
- City Planning & Code Enforcement Department 472-4136
- City Public Works 472-6397
- Library, Sanibel 472-2483
- Library, Captiva 239-533-4890
- Lee County Mosquito Control 239-694-2174
- Post Office, Sanibel 472-1573
- Post Office, Sanibel (toll free) 800-275-8777
- Post Office, Captiva 472-1674
- Sanibel Community House 472-2155
- Center 4 Life, Senior Center 472-5743
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- BIG ARTS 395-0900
- Broadway Palm Dinner Theatre 278-4422
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- Gulf Coast Symphony 277-1700
- Herb Strauss Schoolhouse Theater 472-6862
- Lee County Alliance for the Arts 939-2787
- Naples Philharmonic 597-1111
- Sanibel Music Festival 336-7999
- Sanibel-Captiva Art League sancapart.org
- Southwest Florida Symphony 418-0996
- Symphonic Chorale of Southwest Florida 560-5695
- CLUBS & ORGANIZATIONS**
- ABWA <http://abwasanibelcaptiva.org>
- American Legion Post 123 472-9979
- Angel Flight SE 1-877-4AN-ANGEL
- Audubon of SWFL <https://www.audubonswfl.org/>
- Audubon Society 472-3744
- Bailey-Matthews National Shell Museum 395-2233
- CHR Community Housing & Resources 472-1189
- Community Foundation of Sanibel-Captiva 274-5900
- COTI Committee of the Islands coti@coti.org
- CROW, Clinic For The Rehabilitation of Wildlife 472-3644
- FISH OF SANCAP Neighbors Helping Neighbors 472-4775
- FISH OF SANCAP 24-hr service 472-0404
- JN "Ding" Darling National Wildlife Refuge 472-1100
- Kiwanis Club 677-7299
- League of Women Voters sanibelLWV@gmail.com
- Master Gardeners of the Islands 472-6940
- Military Officers Assc. of America, Alex MacKenzie .. 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club 472-0836
- PAWS, Protection of Animal Welfare Society 239-699-6310
- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
- Sanibel Beautification Inc. 470-2866
- Sanibel-Captiva Lions Club, Steve Schulz 239-233-6261
- Sanibel-Captiva Orchid Society 472-6940
- Sanibel-Captiva Power Squadron www.sancapboating.club
- Sanibel-Captiva Republican Caucus 395-0819
- Sanibel-Captiva Shell Club 267-7291
- Sanibel Historical Museum & Village 472-4648
- Sanibel Island Fishing Club 472-8994
- Sanibel Youth Soccer 395-2040
- SCCF Sanibel-Captiva Conservation Foundation 472-2329
- SCCF Sea Turtle Hotline 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 433-2000
- Zonta Club 728-1971

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PUZZLES

Answers on page 39



"I've hired a great new lot attendant. Used to work at the _____ plant."

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!

Mute

TINSEL

Pure

SCATHE

Rubble

BRIDES

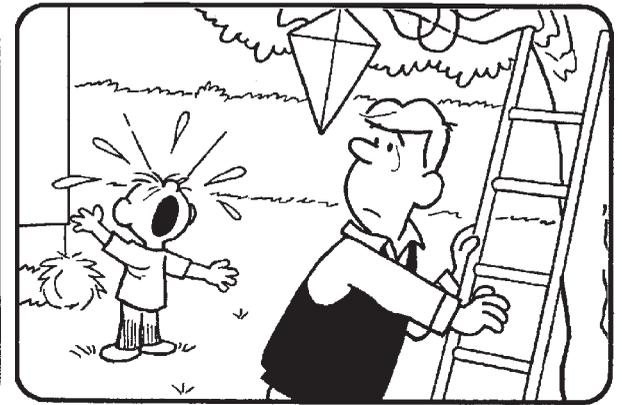
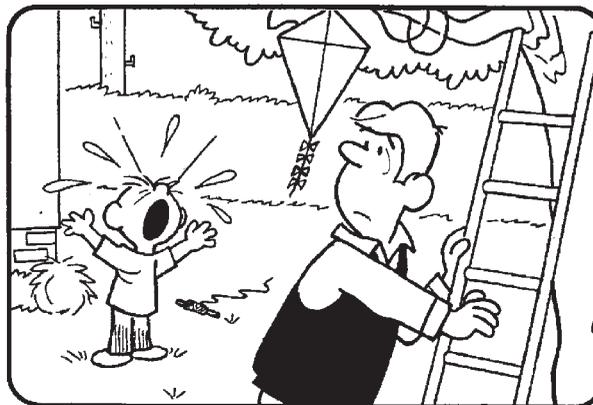
Redeem

NEATO

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Pole is missing. 2. Bricks are missing. 3. Arm is moved. 4. String holder is missing. 5. Kite tail is missing. 6. Hair is different.

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

To Play Sudoku:

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

PUZZLES

Answers on page 39

Super Crossword

BEASTLY SNACK

- ACROSS**
- 1 Tea and ale
 - 6 Brunch menu items
 - 13 Difficult to pin down
 - 20 Newswoman Shriver
 - 21 Ancient Italian region
 - 22 Like adoptees and swindle victims
 - 23 Start of a riddle
 - 25 French scholar Peter
 - 26 Buddy
 - 27 Sly-fox link
 - 28 Passenger-screening org.
 - 29 Shallowest Great Lake
 - 30 Crocheted coverlet
 - 33 Mess up
 - 36 Retina spot that might degenerate
 - 38 Chou En- —
 - 39 Riddle, part 2
 - 42 Running herd
 - 45 Marked with stripes
 - 46 "Alfie" actress Long
 - 47 Ghana's capital
 - 51 Whiz
 - 52 Printing proof, informally
 - 56 Riddle, part 3
 - 61 Jinx
 - 62 Whim
 - 63 A single time
 - 64 Eastern "way"
 - 65 Shirt tag information
 - 66 Andre of tennis
 - 67 Application to thinning hair
 - 69 Give a job to
 - 71 Zip
 - 72 Abbr. on military mail
 - 74 Lip
 - 75 Almond confection
 - 76 Food fish
 - 77 Riddle, part 4
 - 80 Very little, in recipes
 - 82 — -mo
 - 83 Syrian president since 2000
 - 84 Scottish seaport
 - 85 Skin art
 - 88 Carts away
 - 92 End of the riddle
 - 98 Prefix with lingual
 - 99 Novelist or dramatist
 - 100 Professors' privileges
 - 101 Provo or Orem native
 - 104 Doily material
 - 105 Belly muscles
 - 107 Old Russian space station
 - 108 "Trinity" novelist Leon
 - 109 Barge in
 - 111 Riddle's answer
 - 117 Cleaned thoroughly
 - 118 Runs in
 - 119 Gads about
 - 120 Draft horse's gear
 - 121 Person icing a cake
 - 122 Fashion flair
 - 10 Natural gas component
 - 11 Knotted neckwear
 - 12 Declare
 - 13 Approx. for short
 - 14 Ritchie Valens hit
 - 15 Small guitar, for short
 - 16 One drafted for service
 - 17 Trapped by habit
 - 18 Manly affection of
 - 19 Win the
 - 24 Pound fraction
 - 28 Shorten
 - 30 Capone and Pacino
 - 31 Pudgy
 - 32 Big black-and-white mammal
 - 33 "Yuck!"
 - 34 Football's Cowboys, on scoreboards
 - 35 Big 1940s computer
 - 37 Crooning cowboy Gene
 - 40 Set — (start wedding plans)
 - 41 R&B singer — Marie
 - 43 Operate wrongly
 - 44 Ratchet wheel engagers
 - 48 When doubled, tot's train
 - 49 Versatile stoves
 - 50 Peaceful, simple place
 - 53 "Goodbye, Columbus" author
 - 54 Divide into different districts
 - 55 Some daisies
 - 56 Activist Jagger
 - 57 "No more for me, thanks"
 - 58 NBA Hall of Famer Thomas
 - 59 Stoops (to)
 - 60 Go-getters
 - 65 Spreads apart
 - 67 Public unveilings of products
 - 68 Fishing tools
 - 70 Agra's Taj —
 - 73 Basil-based green sauce
 - 75 Propel a bike
 - 77 Allowance
 - 78 Unconfined
 - 79 Big laughs
 - 81 Like some lotteries and liquor stores
 - 86 Diatribes
 - 87 Part of SFPD
 - 89 Take forcibly
 - 90 Monkly title
 - 91 Fish part
 - 92 Like a wise bird
 - 93 Lingua —
 - 94 One who triumphs
 - 95 Uno or dos
 - 96 Spring blooms
 - 97 Most minimal
 - 102 Wedding cake layers
 - 103 Knotted neckwear
 - 106 Mattresses' places
 - 108 Pre-'91 superpower
 - 110 Suffix with script
 - 111 U.K. military fliers
 - 112 Mess up
 - 113 Beatified Fr. woman
 - 114 Wall-climbing plant
 - 115 Food fish
 - 116 Dir. from Fresno to L.A.

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									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							114	115	116
117									118								119		
120									121								122		

King Crossword

ACROSS

- 1 Listening device
- 4 Iota
- 7 Bright star
- 11 Shapeless mass
- 13 Get older
- 14 Eden evictee
- 15 U2 lead singer
- 16 Sailor
- 17 Air outlet
- 18 Attempts
- 20 Judicial garb
- 22 Gaiety
- 24 "Weeping" tree
- 28 Macaroon ingredient
- 32 Wilderness Road pioneer
- 33 Unoriginal one
- 34 Actress Arthur
- 36 Hindu royal
- 37 Gold-loving king
- 39 Country named for an imaginary line
- 41 Eye, slangily
- 43 Tax form ID
- 44 One of the Fab Four
- 46 Cairo's nation
- 50 Hoosgow
- 53 Perched
- 55 Slithery
- 56 Shrek, for one
- 57 Part of TNT
- 58 Dance move
- 59 Pitch
- 60 Chatter
- 61 Wedding words
- 8 Poetic tribute
- 9 Moving day rental
- 10 Invoice fig.
- 12 Partake in a Halloween game
- 19 Day light?
- 21 Clothing protector
- 23 Gist
- 25 Burden
- 26 — account (never)
- 27 Dam
- 28 Bivouac
- 29 Mayberry moppet
- 30 Give up
- 31 Golf prop
- 35 Rm. coolers
- 38 Salty expanse
- 40 Exploit
- 42 Out of practice
- 45 Zhivago's love
- 47 Bigfoot's cousin
- 48 Begged
- 49 Printing error
- 50 Scribble (down)
- 51 Past
- 52 Apr. check cashier
- 54 Gratuity

DOWN

- 1 Recedes
- 2 Oodles
- 3 Novelist Jaffe
- 4 Purse
- 5 Composer Stravinsky
- 6 Former quarterback Tim
- 7 Easy-to-peel citrus fruits

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

MAGIC MAZE ● INSERT AN "N" TO MAKE A NEW WORD

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

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

- Aloe
- Area
- Booked
- Covert
- Crows
- Divided
- Fried
- Metal
- Moths
- Price
- Sack
- Split
- Turkey
- Violet
- Widow

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Redfish Pass Tides

Day	High	Low	High	Low
Fri	1:23 am	5:46 am	12:16 pm	6:54 pm
Sat	1:31 am	6:24 am	12:58 pm	7:19 pm
Sun	1:39 am	7:01 am	1:39 pm	7:41 pm
Mon	1:49 am	7:38 am	2:20 pm	8:02 pm
Tue	2:04 am	8:18 am	3:05 pm	8:23 pm
Wed	2:24 am	9:02 am	3:56 pm	8:43 pm
Thu	2:50 am	9:52 am	4:56 pm	9:00 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	12:28 am	5:48 am	11:21 am	6:56 pm
Sat	12:36 am	6:26 am	12:03 pm	7:21 pm
Sun	12:44 am	7:03 am	12:44 pm	7:43 pm
Mon	12:54 am	7:40 am	1:25 pm	8:04 pm
Tue	1:09 am	8:20 am	2:10 pm	8:25 pm
Wed	1:29 am	9:04 am	3:01 pm	8:45 pm
Thu	1:55 am	9:54 am	4:01 pm	9:02 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	1:04 am	6:18 am	12:25 pm	7:12 pm
Sat	1:25 am	7:13 am	1:11 pm	7:49 pm
Sun	1:49 am	7:57 am	1:54 pm	8:23 pm
Mon	2:13 am	8:37 am	2:39 pm	8:55 pm
Tue	2:34 am	9:14 am	3:28 pm	9:26 pm
Wed	2:50 am	9:50 am	4:18 pm	9:55 pm
Thu	3:05 am	10:27 am	5:05 pm	10:20 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	3:33 am	9:02 am	2:26 pm	10:10 pm
Sat	3:41 am	9:40 am	3:08 pm	10:35 pm
Sun	3:49 am	10:17 am	3:49 pm	10:57 pm
Mon	3:59 am	10:54 am	4:30 pm	11:18 pm
Tue	4:14 am	11:34 am	5:15 pm	11:39 pm
Wed	4:34 am	12:18 pm	6:06 pm	11:59 pm
Thu	5:00 am	1:08 pm	7:06 pm	None

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PETS OF THE WEEK

Lee County Domestic Animal Services

Lauren And Lexi

Hello, my name is Lauren. I am a 5-year-old female English Bulldog Mix. I am a sweet senior that is a low-rider with a big personality. Adopt me into your family, and you will definitely be getting more, not less.



Lauren ID# A937418
photos provided

get a feline friend at no additional charge for me to play with. My adoption fee is \$25 with a feline friend at no additional charge.

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

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



Lexi ID# A933741

My Stars ★★★★★

FOR WEEK OF SEPTEMBER 19, 2022

Aries (March 21 to April 19) This week could offer more opportunities for ambitious Lambs eager to get ahead. But, don't rush into making decisions until you've checked for possible hidden problems.

Taurus (April 20 to May 20) Some light begins to shine on professional and/or personal situations that have long eluded explanation. Best advice: Don't rush things. All will be made clear in time.

Gemini (May 21 to June 20) Although you might want to protest what seems to be an unfair situation, it's best to keep your tongue and temper in check for now. The full story hasn't yet come out.

Cancer (June 21 to July 22) Work prospects are back on track. But, watch what you say. A thoughtless comment in jest — could delay or even derail your progress.

Leo (July 23 to August 22) A colleague might try to goad you into saying or doing the wrong thing. It's best to ignore the troublemaker, even if they rile your royal self. Your supporters stand with you.

Virgo (August 23 to September 22) Be careful not to let your on-the-job zealotry create resentment with co-workers, who might feel you shut them out. Prove them wrong by including them in your project.

Libra (September 23 to October 22) Although it's not quite what you hoped for, use your good business sense to make the most of what you're being offered at this time. Things will improve down the line.

Scorpio (October 23 to November 21) A more positive picture of what lies ahead is beginning to take shape. But there are still too many gaps that need to be filled in before you make definitive plans.

Sagittarius (November 22 to December 21) Continue to hold onto the reins so that you don't charge willy-nilly into a situation that might appear attractive on the surface, but that actually lacks substance.

Capricorn (December 22 to January 19) The Sea Goat's merrier side dominates this week, and this means that, despite your usual busy schedule, you'll be able to squeeze in parties and all sorts of fabulous, fun times.

Aquarius (January 20 to February 18) You'll find that people are happy to help you deal with some difficult situations. And, of course, knowing you, you'll be happy to return those favors anytime. Won't you?

Pisces (February 19 to March 20) Give that special someone in your personal life a large, loving dollop of reassurance. That will go a long way toward restoring the well-being of your ailing relationship.

Born This Week: You are a delightful paradox. You like things neat and tidy. But, you're also a wonderful

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.

You forgot sunscreen, here.
Thank you so much,
you're so kind.



—a student from *The Sanibel School*

FISH 40th Anniversary

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MOMENTS IN TIME

• On Sept. 30, 1868, the first volume of Louisa May Alcott's beloved coming-of-age book *Little Women* is published. Alcott dedicated most of her life and writing to supporting her family after her father's failure at running a school.

• On Sept. 28, 1901, Ed Sullivan, who will become the host of the long-running TV variety program *The Ed Sullivan Show*, is born in New York City. During the peak of its popularity in the 1950s and 1960s, Sullivan's program showcased a wide range of entertainers.

• On Oct. 1, 1920, Scientific American magazine reports that the rapidly developing medium of radio would soon be used to broadcast music. Experimental concerts were being conducted from the Radio Laboratory of the Bureau of Standards with local radio operators being used to see if the transmissions could be heard hundreds of miles away.

• On Sept. 27, 1930, Atlanta golfer Bobby Jones wins his fourth major tournament of the year, making him the first person ever to win the Grand Slam of golf. Jones had the picture-perfect swing of every golfer's dreams, despite never having taken a lesson.

• On Sept. 26, 1945, Lt. Col. Peter Dewey, a U.S. Army officer with the Office of Strategic Services in Vietnam, is shot and killed in Saigon. Dewey was the head of a seven-man team sent to Vietnam to search for missing American pilots.

• On Sept. 29, 1954, Willie Mays,

center fielder for the New York Giants, makes an amazing over-the-shoulder catch of a fly ball hit by Cleveland Indians first baseman Vic Wertz to rob Wertz of extra bases in game 1 of the 1954 World Series. The catch has gone down as one of the greatest in the history of baseball.

• On Oct. 2, 1965, a team of scientists invent Gatorade, a sports drink to quench thirst, in a University of Florida lab. The name Gatorade was derived from the nickname of the university's sports teams. A coach had asked for something to help his players who were negatively affected by the heat during play, and the salt and sugar drink was developed.

NOW HERE'S A TIP

• "If you have a fish tank, you can use the fish tank water to fertilize your rose bushes. I do this, and it's rich in minerals that the bushes love."

– AU in Alabama

• Make your own bed buddy hot pad with a long sock and rice. Use a sock that's knee high, and fill it about two-thirds with plain, uncooked white rice. Knot it an inch or two from the top of the rice, so it's nice and loose. Once it's secure, you can stick the sock into the microwave for 1-2 minutes. The rice heats up and the heat is stored in the rice. It's wonderful for aches and pains – or just for keeping toes toasty.

• Shower caps can be placed over a planter and used to make a kind of greenhouse for planting cuttings. Just water and place it in a sun-filled window. Be sure to check it often, because even though it may moderate or even cool

out, your little greenhouse can get pretty hot with only a few hours of sun.

• "Loosen tight jeans with a cutting board. First, wash in cold water, then button them around something that's about an inch wider than the waist, say, a cookie sheet, chair top, cutting board, etc. Air dry. It's magical."

– VL in New York

• "When I was a kid, the side of my yard was soft sand, but it's where my brother and I kept our bikes. I liked my bike to stand up, because it kept the sand out of my gears. The kick stand was sinking in the sand, and my dad gave me an old tennis ball that he had poked a hole into. I put it on the kick stand, and from then on, it stayed standing up. Thought I would share."

– MN in Florida

STRANGE BUT TRUE

• A town in Washington has a treetop bridge over a busy road that's just big enough for squirrels, called the Nutty Narrows Bridge.

• Russian author Vladimir Nabokov came up with the idea for smiley emoticons in 1969.

• Now here's a great way to "go green": Residents of Surabaya, Indonesia, can pay their bus fare with plastic waste, which will earn them two hours of travel time. The dual aim is to reduce waste as well as the number of cars on the road by encouraging the use of public transportation.

• A U.S. constitutional amendment was proposed in 1893 suggesting that the country be renamed The United States of Earth.

• If you've ever questioned the

idea that smartphone addiction is real, consider the case of computer programmer Maneesh Sethi, who hired a woman (at \$8 an hour) to slap him in the face every time he tried checking Facebook during working hours.

• The average MLB baseball lasts for just 5-7 pitches. In the beginning of a game, at least 90 balls are required on hand, with about 60-70 used per the average game.

• When Apple purchased rural land for a new data center in Maiden, North Carolina, an older couple refused to sell the one-acre plot they'd originally purchased for \$6,000 more than three decades earlier. After all offers were rejected, Apple finally asked them to name a price. Success at last. For just a cool \$1.7 million.

• The Spice Girls' nicknames were created by *Top of the Pops* magazine in a 1996 article.

• Monopoly, originally called *The Landlord's Game*, was invented by Lizzie Magie to share her views on the dangers of capitalism.

THOUGHT FOR THE DAY

"Knowing trees, I understand the meaning of patience. Knowing grass, I can appreciate persistence."

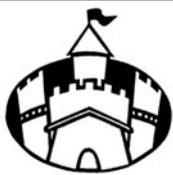
– Ralph Waldo Emerson

TRIVIA TEST

1. **Geography:** Which European country has the largest population?
2. **History:** The storming of the Bastille took place in which country in 1789?
3. **Astronomy:** What is the brightest star in any constellation called?

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1/26 * TFN

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6/15 * TFN

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9/2 * 9/23

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Light maintenance and repairs, event setup and take down, oversee landscaping and janitorial services.

Competitive wages, benefits, and a positive work environment.

Please inquire/send resume to operations@sanibelchurch.com.

9/23 * TFN

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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

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

9/16 * 9/30

FICTITIOUS NAME

FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under The fictitious name of Bubbly Latitude, located in Lee County, FL, with an address of 2340 Periwinkle Way A-2, Sanibel, FL 33957 has registered said name with The Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 8th Day of July 2022.

Kathleen Zembrod

Sarah Jacobson

9/23 * TFN

4. **Mythology:** Who is Thor's father in Norse mythology?
5. **Comics:** Where is the superhero Aquaman from?
6. **Movies:** How many characters does Mike Myers play in the *Goldmember* movie?
7. **Literature:** How many lines does a haiku poem have?
8. **Television:** What was the name of the ranch on the 1960s western *Bonanza*?
9. **U.S. States:** Which state's official animal is the raccoon?
10. **Business:** What is the Ford Mustang automobile named after

HORTOONS



TRIVIA ANSWERS

1. Russia. 2. France. It is celebrated on July 14. 3. Alpha. 4. Odin. 5. Atlantis. 6. Four (Austin Powers, Dr. Evil, Fat Bastard and Goldmember). 7. Three, with a total of 17 syllables. 8. The Ponderosa. 9. Tennessee. 10. A WWII fighter plane.

SCRAMBLERS ANSWER

1. Silent
2. Chaste
3. Debris
4. Atone

Today's Word
SARDINE

PUZZLE ANSWERS

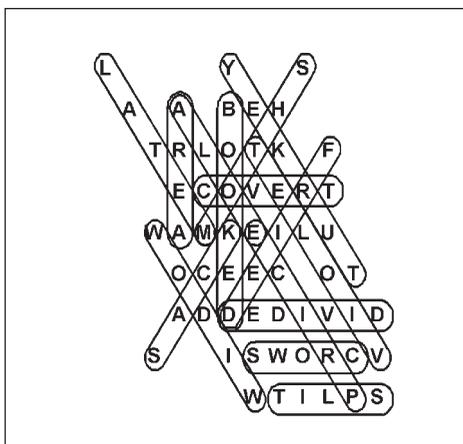
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Deerwood	Bonita Springs	1995	8,777	\$5,999,900	\$5,400,000	266
Wildblue	Fort Myers	2022	3,100	\$1,872,080	\$1,872,080	0
Palaco Grande	Cape Coral	1988	4,005	\$2,350,000	\$1,850,000	43
Wildblue	Fort Myers	2020	3,178	\$1,859,000	\$1,800,000	45
Fairview Isles	Fort Myers Beach	1979	2,007	\$1,599,000	\$1,599,000	29
Sweet Bay At Shadow Wood	Estero	2005	2,941	\$1,575,000	\$1,575,000	0
Cape Coral	Cape Coral	2022	2,428	\$1,394,900	\$1,394,900	243
Pienza	Bonita Springs	2003	2,285	\$1,350,000	\$1,350,000	41
Imperial Shores	Bonita Springs	1971	1,936	\$1,424,000	\$1,300,000	76
Little Lake Murex	Sanibel	1986	1,676	\$1,299,000	\$1,299,000	0

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