

Independence Day Activity Roundup

by Jeff Lysiak

Starting with a patriotic pig roast and concluding with the traditional fireworks display in the skies above the Sanibel Causeway, there will be plenty of activities offered on the islands throughout the Fourth of July celebratory weekend and on Independence Day.

This Saturday, June 30, the Sanibel Community Association will be hosting the 2nd annual Holiday Hog Roast – dubbed “Smoke On The Island” – at The Community House, located at 2173 Periwinkle Way. The gathering will take place from 5 to 8 p.m.

The menu will include show-roasted pig, Resident Chef Jarred Harris’ special barbeque mango sauce, tomato and fresh mozzarella salad, baked beans and yucca fries, paired with lemonade and iced tea.

As part of the festivities, an All American Red, White and Blue Dessert contest will be held. Awards will be presented for the best tasting, best



One of last year’s most patriotic Independence Day Parade entries, from American Legion Post 123, featured the flags representing each branch of the United States military

photo by Jeff Lysiak

presentation and best representation of the holiday theme. Judging will take place at 7 p.m. Guests are also invited to bring a second dessert, to be auctioned

off as a fundraiser for the Culinary Education Center of Sanibel. Tickets, priced at \$15 per person, are available at The Community House and

at Bailey’s General Store. An ice cream sundae bar is also being offered for \$5. Alcoholic beverages will be available for purchase. Proceeds from the evening will help support The Community House.

July 4, Independence Day, will begin with a free all-you-can-eat pancake breakfast, served from 7 to 9 a.m. at Sanibel Community Church, located at 1740 Periwinkle Way. The breakfast includes hotcakes, sausage, fresh fruit, juice and coffee. The breakfast is free, but donations are gladly accepted to benefit the Summit Christian Preschool at Sanibel Community Church Scholarship Fund.

Then, all are invited to stay for the parade. There will be free colas and ice cold bottles of water on the church campus, as well as shaded seating on the parade route, with chairs provided. Please note: there will be no entrance or exit of the church campus during the parade.

The 28th annual Independence Day Parade – themed Wild About America – starts at 9:30 a.m. It will begin at Tarpon Bay Road and Periwinkle Way (at the corner next to Bailey’s Shopping

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National Seashell Day Stunt Shatters Guinness World Record



To commemorate the 3rd annual National Seashell Day, more than 1,000 people gathered at the Outrigger Beach Resort on Fort Myers Beach in an attempt to break the world record for Largest Human Image of a Seashell. Here, one of the final groups of participants is escorted to their designated zone.

photo by Jeff Lysiak

As part of the 3rd annual National Seashell Day festivities, organized by the Lee County Visitor & Convention Bureau (VCB), hordes of shelling enthusiasts gathered on Fort

Myers Beach last Thursday morning in an attempt to break the world record for Largest Human Image of a Seashell. On June 21, more than 1,000 people gathered at the Outrigger Beach Resort, where VCB officials, event volunteers



The official world record image, taken with a drone camera by NJF, captured the human junonia

photo courtesy Lee County VCB

and a representative from the Guinness Book of World Records helped coordinate the new record attempt. “Currently, this record is held by the Shell Oil Company. It consisted of 855 participants and was achieved on October 17, 2017,” a press release from the VCB reads, in part. “As the seashell capital of the world, the VCB believes this record should be held by The Beaches of Fort Myers & Sanibel.”

Several days prior to the event, the VCB announced that they had reached maximum capacity of 1,500 participants. Beginning at 9:30 a.m., organizers called for groups of approximately 50 people – clad in either white or turquoise National Seashell Day T-shirts – to be escorted out onto the sand, where they stood in place while other groups were

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Members of Zonta and SalusCare at Tarpon Bay Explorers aboard *Explorer IV*

photo provided

Zontians Explore Back Waters Of Tarpon Bay

On June 16, members of the Zonta Club of Sanibel-Captiva and SalusCare of Fort Myers ventured to Tarpon Bay Explorers for a Nature and Sealife Cruise provided by Tarpon Bay Explorers free of charge for the fourth consecutive year.

Led by the experienced naturalist-captain combo Donna and Steve Yetzko, the group was able to learn about the rich mangrove estuary from top to bottom.

"Outings like these are such a unique

opportunity to allow these women to connect with nature," said Zontian Phyllis Gresham. "It is a great way to learn about things we take for granted in a relaxing environment."

The trip began at Tarpon Bay Explorers' aquarium touch tanks, where the women were able to learn about benthic wildlife up close and personal. After their hands-on experience, they boarded Tarpon Bay Explorers' pontoon boat, *Explorer IV*, for a calm cruise through the bay. Luck was on the womens' side as the wildlife sightings were ample.

"There are a lot of baby pelicans on the islands this time of year and are quite a sight to see," said Donna Yetzko. "We had a dolphin mom and calf swimming next to

the boat. Couldn't have had a better trip."

After the boat tour, the women were treated to a picnic and barbecue at Lighthouse Park, with goodies provided by Zontians.

Zonta established a chapter on Sanibel and Captiva since 1987 with the goal of making a difference in womens' lives on the islands and Lee County through fund-raising, service & advocacy. In this case, Zonta has provided service and funding for many years to women at SalusCare (formerly SWFL Addiction Services) in Fort Myers. Club volunteers offer activities that include womens' health education, creative arts and more, adding special value to activities of women dedicated to recovery from substance abuse.

"The entire group had a marvelous time," added Gresham. "We cannot thank Wendy Schnapp (Tarpon Bay Explorers part-owner and general manager) enough and we are already looking forward to next year."

For more information on the Zonta club and member services, visit www.zontasancap.com. For more information about Tarpon Bay Explorers' tours and rentals, call 472-8900 or visit www.tarponbayexplorers.com.✱

Seminars Feature Scholars Filmed In The Holy Land

On Sunday, July 1, Sanibel Congregational United Church of Christ will begin a 12-week

series entitled *Eclipsing Empire: Paul, Rome and the Kingdom of God*. The programs are part of the Living the Questions curriculum that explores Christianity from a progressive perspective.

Each one-hour session in the Summer Sunday Seminar Series features a high-definition video and discussion guided by either Rev. Dr. John H. Danner or the Rev. Deborah Kunkel. Classes are held every Sunday at 9 a.m. in Heron Hall, on the lower level of the church, which is located at 2050 Periwinkle Way. All seminars are free and open to the public. Because each class stands alone, participants may attend as many as they wish.

Those who attend *Eclipsing Empire* will join preeminent New Testament scholars Marcus Borg and John Dominic Crossan on location in Turkey as they trace the Apostle Paul's footsteps throughout the Roman Empire. This DVD and web-based study explores fresh insights into Paul's message of the Kingdom of God, its challenge to Roman imperial theology, and the apostle's radical relevance for today. Take-home materials will be provided each week.

In July, the church offers traditional worship services at 10 a.m. The *Eclipsing Empire* Summer Sunday Seminar Series, offered before each week's service, will continue through September 16. For more information, contact the church office at 472-0497 or visit www.sanibelucc.org.✱

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OBITUARY



PETER MUELLER SCHLUTER

Peter Mueller Schluter, born May 24, 1933, in Greenwich, Connecticut, died peacefully at home in Little Silver, New Jersey, on June 22, 2018, surrounded by loving family members. He had suffered briefly from Alzheimer's and other neurological diseases.

A brilliant entrepreneur, Peter graduated in 1951 from Philips Exeter Academy and in 1956 from Cornell University, where he majored in mechanical engineering. He was also a member of the crew team and Kappa Sigma fraternity. He began his career

by working as a rocket scientist, and his efforts on Thiokol's Minute Man Missile earned him various patents, one of which was on the space shuttle.

Creating innovative technology was not foreign to Peter, whose maternal great grandfather, Hieronymous Mueller, invented the plumbing joint that made fire hydrants possible. Mueller fire hydrants, with their distinctive caps, are still in wide use today. Hieronymous also produced the Mueller Benz, which William Jennings Bryan used in his 1896 presidential campaign.

After Thiokol, he went to work for a consulting firm that focused on business development in Africa. He volunteered to spend about six months a year in Africa, learning the geography, cultures and business opportunities. In his view, a young greenhorn could take on such a task since no one else in the company knew much more about Africa than he did. In time, Peter had an opportunity to buy the consulting firm, which he later sold successfully. Although his future employment did not concern Africa, the insight he gained through these experiences helped to broaden his worldview and to shape the international scope that he brought to his new company.

In the mid-1970s, Peter bought into Buck Engineering (later renamed Lab-Volt) in Wall Township, New Jersey. At the time, the U.S. was deeply involved in the space race inspired by the launch of Sputnik; Peter harnessed the wave of enthusiasm for technological innovation at the time and used the momentum to build the company into a worldwide leader in

the field. Over time, he modified its focus to emphasize technology education and, eventually, took the company private.

Peter's major innovations included pursuing countrywide upgrades for technology globally. He was convinced that it was easier and more cost efficient to persuade an entire country to invest heavily in technology education than to pursue many separate Requests for Proposals (RFPs). Guided by this approach, he traveled extensively to establish and strengthen ties between Lab-Volt and ministries of education across the world. Moreover, Lab-Volt marketing staff worked closely with field representatives of various international technology groups to implement and upgrade training programs. These representatives benefitted from his heavy investment in sales and marketing; he offered contracts that allowed top salesmen to earn more than the very top executives of the company. Indeed, for Peter, the importance of taking care of his employees and improving education eclipsed a desire for personal profit. Finally, he moved manufacturing to Canada. Able to characterize his company as Canadian, he gained the support of the Canadian Ministry of Education and managed to sell his products in many different countries, including those that may have otherwise been hesitant to work with Americans.

Lab-Volt products were recognized internationally for their innovation and excellence, which were reflected by the numerous gold and silver awards they received from World Didact, the international professional organization. As

Lab-Volt grew in stature and power, Peter was elected to various boards, including vice president and president elect of World Didact. His accomplishments were further honored by such awards as the Golden Osprey Outstanding Business Award in 1995. Peter sold Lab-Volt to Festo Didactic in 2014.

Peter was the son of Frederick E. and Charlotte M. Schluter. He grew up in Princeton, New Jersey, on a family dairy farm that became the home of the Educational Testing Service.

Peter is survived by his wife, Christine Moon Schluter; his daughters, Jane Schluter, Charlotte Schluter Bashforth (Paul) and Anne Schluter (Sasha Jonas); stepdaughters, Heather Van Ness (Sam Won) and Hilary Westdijk (Wibo); and grandchildren, Sotirios and Panayiotis Amitsis, Lucy and Tom Bashforth, Corinna and Cecilia Won, and Jack and Joop Westdijk. He is also survived by his brother Bill Schluter (Nancy), his ex-wife Jacquelin Turbidity, and numerous nephews and nieces. He was predeceased by his parents and his brothers John and Frederick Schluter.

The family requests that donations in his name be made to Hospice (see information below) in lieu of gifts:

Visiting Nurse Association Health Group Hospice, c/o Foundation Office, 23 Main Street, Suite D1, Holmdel, NJ 07733.

Services are private under the direction of the Wilson Apple Funeral Home, 2560 Pennington Road, Pennington, NJ 08534.

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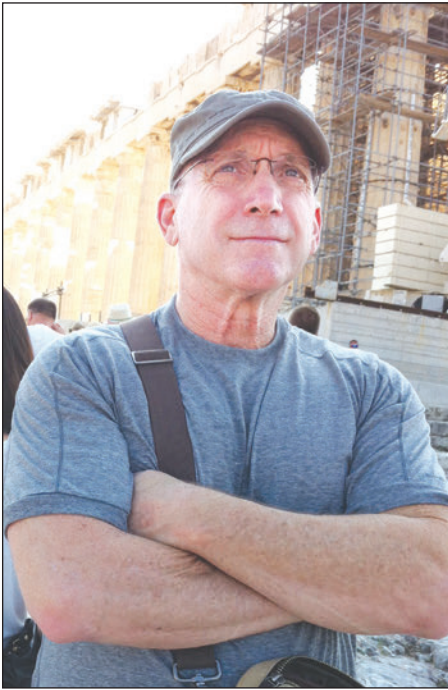
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OBITUARY



DAVID LEE MARTINDALE

David Lee Martindale passed away peacefully in his sleep at the age of 64 on June 15 at his home on Sanibel. David, or "Captiva Dave," as he was known to some, was born in Detroit, Michigan. He became a longtime resident of Harbor Springs, Michigan, where he raised a family and was a registered nurse at McLaren

Hospital in Petoskey, Michigan.

For years, Dave and his family had been vacationing on Captiva until he and his wife decided to make Southwest Florida their home. Living on both Captiva and Sanibel, he resumed his operating room responsibilities at HealthPark Medical Center in Fort Myers. His days were spent helping others and forming lasting and meaningful friendships with his colleagues.

Dave's passion for health and well-being translated to his personal life. An avid cyclist, Dave was skilled on a bike and could often be seen putting in miles on the popular routes of Sanibel and Captiva. His fitness was his favorite hobby alongside following sports. Dave was a fan all sports, but nothing came close to his lifetime devotion to the Detroit Lions, which would have tested the will of any lesser man.

Along with his wife, David was committed to protecting the natural ecosystem of these islands. The JN "Ding" Darling National Wildlife Refuge and CROW were two of his favorite places on the island. He could also be seen jumping out of the car to help a turtle cross San-Cap Road or stopping traffic to make sure a stray egret made its way across Periwinkle Way.

Dave is survived by his beloved wife, Jeanette (Jan); children, Christopher and Jennifer; son-in-law Desmond LaVelle; granddaughter Cora LaVelle; sister-in-law Marie Athans; and his siblings, Richard Jr., Terry, Wade and Lisa.✱

Lions Receive Library Update



Guest speaker Margaret Muhundro
photo provided

Sanibel Public Library Executive Director Margaret Muhundro gave members of the Sanibel Captiva Lions Club an update on the year-long Your Library Reimagined project as guest speaker at the June 20 dinner meeting.

The library was built 25 years ago, with the computer lab added 12 years ago. Obsolete infrastructure and

responding to the ever-changing needs of users are two areas the library's board of commissioners analyzed when it started planning the major upgrade in 2015.

"It's our goal to be finished in early fall, but there will be an announcement when we know for sure," said Muhundro.

Your Library Reimagined plans include rearranging the floor plan for greater service and to include more modular options. There will be both behind-the-scenes remodeling to maximize efficiency and lower operating costs, plus functional updates to both public and staff spaces.

Those improvements include larger windows to maximize the natural light and views; four new study rooms;

enhanced catalog searching with more material to borrow; digital signage; two computer labs with the fastest internet available; a flexible Maker Space; mobile shelving and furniture that can be moved to host large events; updated spaces for children and teens; plus revised outdoor courtyard space.

There will also be a new Archives Room with digitization capabilities for easier scanning of local and historic photos. A bike-up and walk-up book drop off box will be added. However, Muhundro said the expanded reading porch has a lot of library patrons excited. "You can now sit out there quietly, without the several loud air conditioning units kicking on," she said.

Lions also learned the library has been recognized as one of the best libraries in the country and named a five-star library by *Library Journal*,

which awards rankings to 260 libraries out of more than 7,000 nationwide. The Sanibel Public Library holds an integral place in the community. It's a place where islanders and visitors go to read, learn and interact.

"It's all due to the support of our community, which we appreciate," said Muhundro. "We must also contribute the library's success to our great staff."

The next guest speaker will be Sanibel-Captiva Conservation Foundation Education Director Kristie Anders on Wednesday, July 18. Meetings start with cocktails and appetizers at 6 p.m. and dinner, catered by Sanibel Catering Company, is served at 7 p.m. Visiting Lions and anyone interested in joining are welcome. Those wishing to have dinner should contact Lion Steve Schulz at stevensschulz@comcast.net.✱

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Shell Museum's Van Visits Children's Hospital

Have you seen the one-of-a-kind van adorned with a snail on a skateboard being propelled by a rocket on its back cruising the streets of Sanibel and Captiva lately? The Bailey-Matthews National Shell Museum's Mollusks on the Move wheels have been making waves throughout Southwest Florida.

The Mollusks on the Move program was developed in 2017 with the mission of connecting local children with the natural world through their love of seashells. To date, Mollusks on the Move has reached more than 3,000 students in Lee, Collier, Hendry and Sarasota counties at schools, festivals, camps and county parks. Thanks to great partners like Golisano Children's Hospital of Southwest Florida, Mollusks on the Move will bring their touch tanks to young hospital patients each month. Most recently, on May 7, June 12 and June 19, the program provided several very special children with the unique opportunity to experience these animals firsthand.

Golisano Children's Hospital of Southwest Florida is a new partner for the museum. Its support of the Mollusks on the Move educational platform is yet another example of its commitment to children. The only children's hospital between Tampa and Fort Lauderdale,



Museum educator Leigh Gay teaching two patients about live shells

photo provided

Golisano Children's Hospital is the region's leader in pediatric medicine, and focuses on the health and well-being of children and their families, from infancy through age 21. The leadership team at Golisano Children's Hospital, America's newest children's hospital, found it easy to partner with such a unique and enterprising project focused on educating children.

"This mobile program keeps children close to home and connects them to our environment in an exciting and innovative way," said Armando Llechu, Golisano Children's Hospital Chief Administrative Officer. "Keeping

children close to home is our mission at Golisano Children's Hospital, too, so we are proud and excited to support the Bailey-Matthews National Shell Museum and the Mollusks on the Move program. We are certain the program will pique interest, inspire curiosity and creativity, and enrich the lives of children throughout Southwest Florida."

Mollusks on the Move focuses on mollusk ecology, behavior and reproduction to foster lifelong learning and respect for the sciences. The program includes an introduction to Southwest Florida shells and touch tank demonstrations with live mollusks,

and provides students with a keepsake shell and their own laminated Bailey-Matthews National Shell Museum Shell Guide.

Museum educator Leigh Gay has the privilege of driving the new van to visit the patients at Golisano. "Mollusks are a great way to distract patients from whatever ails them," Gay said. "The kids are immediately mesmerized by these slimy, odd and shelled creatures. I am looking forward to each of our upcoming visits at Golisano."

After meeting the mollusks, many patients have fun describing their favorites:

"The Shark Eye is so slimy!"

"My favorite part was when the Fighting Conch flipped over with its foot. It was really fast!"

One patient was so enthusiastic about mollusks that she vowed to find them at the beach and show her parents as soon as she gets out of the hospital. "I didn't even know they were out there!," she added.

Mollusks on the Move benefits children and parents alike. Many of these families never get a chance to explore the beach, so meeting the live mollusks who create the beautiful shells can be a life-changing experience. The program represents hands-on science at its best and inspires all ages to learn more about the natural environment around us.

To learn more about Mollusks on the Move, contact Leigh Gay at the museum at lgay@shellmuseum.org or 395-2233.✧

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Outreach Project Involves Students And Educators



Students look at fish photo provided

Middle School Students enrolled in The Immokalee Foundation’s Summer Academy Program recently took part in a No Child left On Shore (NCLOS) Environmental Education Outreach Project Field trip.

Departing McCarthy’s Marina on Captiva aboard Captiva Cruises’ motor catamaran *The Playtime*, students and Immokalee Foundation teachers cruised the waters of Pine Island Sound en route to Cayo Costa State Park. In addition to having fun in the Gulf of Mexico, students observed some of the inhabitants of the Gulf Beach and Tidal Zone habitats, including sand dollars, mole crabs, coquina clams, horseshoe crabs as well as the variety of mollusk shells.

For some of these students it was their first experience being in ocean water and being on an island. Part of the cruise experience included using a trawling net for a random sample of marine life within the Back Bay Estuary. Captiva Cruises’ Educator Richard Finkel described characteristics and adaptations of the fish and other marine life pulled up in

the net, which included sea stars, hermit crabs, pin fish, grunt fish, trigger fish, all of which were released back into the shallow sea grass habitat. Students were amazed at the abundance and variety of life.

The Immokalee Foundation is dedicated to building pathways of success for the children of Immokalee. The NCLOS is a collaborative endeavor of The Sanibel-Captiva Conservation Foundation (SCCF) and Captiva Cruises which strives to provide the opportunity for the younger generation of Southwest Florida to gain a firsthand learning experience and exposure to our coastal environment.

SCCF and Captiva Cruises have been partners in many environmental education programs over the past 25 years. SCCF, founded in 1967, is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva and in the surrounding watershed. Captiva Cruises, established in 1987, is a multi-faceted boat tour company offering a variety of excursions in Pine Island Sound.

For more information about the No Child left On Shore Environmental Education Outreach project, including sponsorship opportunities, contact SCCF at 472-2329 or visit www.sccf.org or contact Captiva Cruises at 472-5300 or visit www.captivacruises.com.

Waiver Granted For Bookstore Project

by Jeff Lysiak

During Tuesday’s Sanibel Planning Commission session, an application for a waiver to allow a 40-square-foot addition to the front of a commercial building to be within the minimum required front yard setback was unanimously approved.

The applicant, owners of Gene’s Books, is proposing to redevelop the lot, located at 2422 Periwinkle Way (formerly the longtime home of She Sells Sea Shells), and bring a number of nonconforming elements of the property into conformity.

“The applicant’s proposed site

improvements include new driveway and parking areas, an onsite stormwater retention system, connection to the central sewer system, and new landscaping compliant with buffer standards,” the planning department staff reports reads, in part. “The building improvements include the replacement of windows/doors, the addition of a second floor, and the addition of two store front window display areas – one of which will encroach within the minimum required 100-foot front yard setback.”

According to Roy Gibson, senior planner and acting director of planning, told commissioners that all proposed building improvements – including the planned additions – will comply with height and floor area limits for the TCL Town Center Limited Commercial District. While the waiver application was the only item before the commission on June 26, the applicant will submit a development permit short form application, which will be reviewed by planning department staff.

“The applicant is investing in bringing this property into conformity, including parking, stormwater drainage and a substantial landscaping plan,” said Gibson.

During deliberations on the application, commissioners learned that the proposed parking plan includes a single handicapped-designated parking space in the front of the building, near the bookstore entrance, with all standard parking spaces located in the rear.

Arthur Monahan, contractor for the project, explained that the proposed addition to the existing building is a “four-foot bump out” to be utilized as a book shelf display, which is basically “only an aesthetic change” to the structure. He also reported that the proposed second floor addition will create a balcony space with railings to overlook the sales floor.

“The owners wanted to create an old English feel,” said Monahan, who noted the building’s interior will include cherry wood polished with a high-end finish.

Several members of the commission expressed their pleasure in reviewing the application. “It’s nice to see a project like this come before us,” said Karen Storjohann. “I think it’s a great plan and a great use of the property,” added Matt Kirchner.

Following some additional discussion, Commission Vice Chair Dirk deWerff made a motion to approve the waiver application, which was seconded by

Commissioner Roger Grogman and passed by a 6 to 0 vote. Commissioner Chuck Kettman was absent and excused from the meeting.*

Signup Now For Optimists July 4 Road Rally

It is not too soon to get your crew together and to fill out and send in your Sanibel-Captiva Optimist Club 4th of July Road Rally registration form, available at Bailey’s General Store, Sanibel Captiva Community Bank, The Sanibel Café, in local newspapers, at the starting line or from the club’s website at www.sancapoptimist.org. The entries are limited to 50 vehicles and registrations are filling up fast.

As usual, all vehicles will be ranked at the finish by points awarded for the most correct answers to the Road Rally questions based on sights seen along the designated route, for a finishing time closest to the committee’s calculated times, for the distance driven closest to pre-determined route distance, and extra points for other answers. Clues to extra credit answers will be published in local newspapers in the weeks prior to the Road Rally. Prizes are awarded to the winners.

Each year, the Road Rally committee selects and discloses its choice of the Best Decorated Vehicle entered in the vehicular scavenger hunt, and is awarded a significant prize.

Starting times, following the end of the parade, are every two minutes beginning at noon from the parking lot at Timbers Restaurant, located at 703 Tarpon Bay Road on Sanibel. Early registrants can select their starting time by calling Randy Carson at 699-8739.

The proceeds from this fun activity are used to support the club’s six college scholarships, and many other benefits for local youth.

Sponsors are still needed for this year’s Road Rally. Sponsor names will be displayed on participants’ vehicles and in local newspapers.

Further information to become a sponsor or for participants is available on the club’s website or from Randy Carson at 699-8739, Richard McCurry at 292-4631 or Dani Howard at 472-0836.*

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Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. 8210 Cypress Lake Drive, Fort Myers, annunciation.fl.goarch.org, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Congregation of Bat Yam Temple of the Islands meets for Friday night services at 7 p.m. in the Fellowship Hall of the Sanibel Congregational United Church of Christ, 2050 Periwinkle Way. Rabbi Stephen Fuchs. President Alan Lessack 579-0296.

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019 11580 Chapin Lane, Captiva 472-1646
FIRST CHURCH OF CHRIST, SCIENTIST Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday evening meeting 7:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson 284-6709.

SANIBEL COMMUNITY CHURCH

Dr. Daryl Donovan, Senior Pastor Sunday Worship 8, 9 and 11 a.m. Traditional in historic Chapel, 8 a.m.

Contemporary and childrens church in the main sanctuary, 9 a.m. Traditional in the main sanctuary, 11 a.m. Childcare available at all services. 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. 10 a.m. Worship Service with Sunday School and nursery care 2050 Periwinkle Way 472-0497 www.sanibelucc.org.

ST. ISABEL CATHOLIC CHURCH

Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., Sunday May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Holy Days call. 3559 San-Cap Road,

472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School 9:30 a.m. (until May 20). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. Prayer and Potluck first Wednesdays 6 p.m. 2304 Periwinkle Way, saintmichaels-sanibel.org, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the second Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. 2050 Periwinkle Way, ryi39@aol.com, 433-4901.✧



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Church Artist Of The Month

Each month throughout the year, Sanibel Congregational United Church of Christ exhibits the work of one or more fine artists with local ties. Watercolors by Betsy Conrad will be on view in Fellowship Hall throughout July and August.

“I started painting twelve years ago when I accompanied a friend to her watercolor class,” said Conrad. “The teacher loaned me her palette, brushes and some paper, as I had no supplies...and that day was the beginning of my love for watercolors. I took classes and workshops to hone my skills and joined the Southern Arizona Watercolor Guild in Tucson, Arizona, where I lived at that time. I participated in many of the guild’s shows and served as treasurer on their board of directors.”

Conrad, who now lives at the Shell Point Retirement Village in Fort Myers, is a member of both the Painters Guild at Shell Point and the San-Cap Art League.

“While watercolors are my main joy, I also love to experiment with acrylics, collage and whatever other materials I can use to achieve the creative results I envision,” she added.

Sanibel Congregational United Church of Christ is located at 2050 Periwinkle Way. Conrad’s paintings are for sale, with a portion of the proceeds benefiting the church. The exhibit may be seen during office hours when Fellowship Hall is not otherwise being used and on Sundays after services. The church offers services at 10 a.m. in July and August in a traditional format in July and a blended format in August. For more information, call the church office at 472-0497.✽



Betsy Conrad’s colorful watercolors will be on view and for sale at Sanibel Congregational United Church of Christ

image provided

ATTENTION High School Graduates



Please email the following information to press@islandsunnews.com so we can include you in our graduation pages:

Your name and photo

Name of high school

Names of your parents

School you will be attending in the fall

Any questions, call 395-1213

The Community House

Smoke On The Island Hog Roast

Tickets are now on sale for the Smoke on the Island Hog Roast, scheduled for Saturday, June 30 from 5 to 8 p.m.

Residents and guests are invited to mingle with friends as Resident Chef Jarred Harris prepares slow roasted pig, Sanibel mango barbecue sauce, tomato and fresh mozzarella salad, baked beans and yucca fries. There will be a children’s dessert contest, an auction for a limited number of desserts plus a \$5 ice cream sundae bar featuring Chef Jarred’s homemade sauces. Cost is \$15 per person and a limited number of tickets are on sale now at Bailey’s General Store and The Community House.

Summer Kids Cooking Camp

Kids Cooking Camp is scheduled for the week of July 30 to August 3 from 9:30 a.m. to 1 p.m. Chef Jarred will continue his tour around the world with young chefs. Cost is \$50 per child per day. Sign up for all or any day. Prepaid registration required by noon on Friday, July 20. Some scholarships are available from Rotary, Kiwanis and private citizens.

Call for information on summer cooking classes on first Mondays from 2:30 to 5:30 p.m., scheduled for July 2 and August 6.

French Baking With Chef Andre

Professional French baker Andre Gratesol will teach a baking class on Thursday, July 5. There is a maximum 16 students for this hands-on class, so sign up early. Cost is \$50 per session. Registration required by Thursday, June 28.

Community Shredding Day

A Community Shredding Day will be held on Saturday, July 14 from 9 a.m. to noon in the north lot, across the street from The Community House. Enter at the driveway next to Dunlop Road and exit by the driveway closest to The Sanibel Bean. Cost is \$5 per box or bag. All

large paperclips or binder clips must be removed.

Community Social

On Wednesday, July 25, a Community Social will be held at The Community House starting at 6 p.m. Enjoy our first social with a Taco Night buffet featuring beef, chicken and fish tacos, complete with all the fixins. Char-grilled vegetables and beans and rice will also be served. Adults are \$15, children 10 and under are \$10. For those with a sweet tooth, \$5 more gets you delectable churros (a Mexican fritter dessert) served with ice cream and Chef Jarred’s homemade sauces. Alcoholic beverages will be available for purchase.

Chef Jarred Cooking Demo

Chef Jarred’s next Cooking Demo, Just Desserts, will take place on Friday, July 27 from 4 to 6 p.m. Enjoy watching our chef in his element, teaching easy to learn cooking techniques. This fun and interactive program will feature Chocolate and Avocado Mousse, Vegan Tiramisu, Roasted Pineapple with Mango and Coconut Custard. Cost is \$25 per member and \$30 per guest. Register early, please.

Yoga And Shell Crafting

Yoga classes continue throughout the summer on Tuesdays and Thursdays at 10 a.m. with Dr. Susan Pataky. Shell crafting lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult.

Save The Date

The Sanibel Community Association will hold a 1927-themed gala, entitled *A Night to Remember*, on Friday, January 25. This red carpet event will include fine dining, camaraderie and nostalgia in the very place that family, friends and neighbors built together nearly a century ago. Sponsorship opportunities are available. For more details, call 472-2155.

The Community House is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.✽

★

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Depleted F.I.S.H. Food Pantry during the summer season

Please REMEMBER – our neighbors need your help more than ever this SUMMER.

- Work hours are cut, so households have less income
- 85% of F.I.S.H. volunteers have left for the summer, and
- Most importantly, Food Pantry donations decrease

You can help fill empty shelves and hungry tummies this summer. Please drop off non-perishable food items to Bank of The Islands' Sanibel and Captiva offices as often as you can.

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Small-leaf viburnum's flowers attract bees and butterflies photos by Gerri Reaves

Plant Smart

Name That Cluster

by Gerri Reaves

When deciding what to include in a low-maintenance wildlife-friendly landscape, you can choose from an abundance of native shrubs, wildflowers, vines and trees in an array of colors and forms.

Pictured here are only three possibilities. Can you identify them by their flower clusters?

Helpful hints: One is a shrub, one is an endangered species, and one is usually a volunteer in the landscape, not a nursery purchase.

That cluster of creamy white five-petaled flowers belongs to small-leaf, or Walter's, viburnum (*Viburnum*



Pineland lantana is listed as endangered in Florida. Its tubular flowers bloom throughout the year and attract butterflies and other pollinators.

obovatum), a member of the honeysuckle family.

This semi-evergreen highly drought-tolerant shrub or small tree has become very popular for residential and commercial landscapes.

The leaves are basically oval, often with irregular edges.

The flowers appear winter to spring and attract bees and butterflies.

Birds eat the small black berries and the twiggy foliage provides nesting habitat and cover for them.

Use this versatile plant as a border, hedge, screen, or accent plant.

Pineland lantana's (*Lantana depressa*) creamy pale tubular flowers attract bees



March fleabane attracts birds and butterflies and blooms all year long

and butterflies too.

Also called Florida or rockland lantana, this species is highly salt- and drought-tolerant.

A member of the verbena family, it is low-growing with woody stems. It prefers full sun and produces delicately scented blooms throughout the year.

Virtually no maintenance is required, except occasional cutting back.

This species is listed as endangered in the state, a result of the destruction of its native habitat, Florida pine rocklands.

Adding to the plant's woes is the contamination of its gene pool by non-native lantanas, specifically the invasive *Lantana camara*.

Be sure to purchase pineland lantana from a reputable native-plant nursery to help safeguard this native from extinction.

Numerous tiny buds make up the

tight flat pink clusters of marsh fleabane (*Pluchea odorata*).

Those fuzzy flowers are a familiar sight in South Florida, for the wildflower is wind-dispersed, readily reseeds and volunteers in yards, as well as in a wide range of wild and disturbed sites.

This member of the aster family has oval or elliptical aromatic leaves. Another of its common names, cure-for-all, refers to the plant's numerous medicinal uses.

It prefers full sun but will grow in almost any conditions and even tolerates salt and salt spray.

The profuse blooms attract bees, wasps and butterflies all year, so consider letting it stay if it shows up in your yard.

Seeds are available from native plant enthusiasts and cooperatives.

Plant Smart explores the diverse flora of South Florida.✧

Join SCCF For Turtle Tracks

Every Thursday at 10 a.m., join SCCF to learn about the sea turtles that are nesting now on island beaches. SCCF volunteers and staff monitor every inch of our beaches daily looking for new nests laid the night before. Some of the early nests are beginning to hatch.

For only the second time in recent

history, one of the world's most endangered sea turtles, the Kemp's ridley, nested on Sanibel and the nest has hatched. Even though Kemp's grow up in our local backbay waters, all of the adult females usually nest only on the northern Mexico and southern Texas beaches in mass nesting events called arribadas.

The SCCF Nature Center is located at 3333 Sanibel Captiva Road. Cost to attend the Turtle Tracks program is \$5, with SCCF members and children admitted free.✧

SCCF Sea Turtle Nesting Statistics

As of June 20, 2017

Sanibel East: 77 loggerhead nests, 1 green nest, 151 loggerhead false crawls*, 0 green false crawls

Sanibel West: 225 loggerhead nests, 7 green nest, 33 loggerhead false crawls*, 5 green false crawls

Captiva: 109 loggerhead nests, 0 green nest, 97 loggerhead false crawls*, 1 green false crawls

As of June 20, 2018

Sanibel East: 40 loggerhead nests, 0 green nest, 88 loggerhead false crawls*, 0 green false crawls

Sanibel West: 205 loggerhead nests, 1 green nest, 403 loggerhead false crawls*, 0 green false crawls

Captiva: 72 loggerhead nests, 0 green nest, 93 loggerhead false crawls*, 0 green false crawls

*false crawl – a failed nesting attempt

If you have questions, or would like to know more about nesting stats on Sanibel, contact seaturtle@sccf.org or call SCCF at 472-2329.✧

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Girl Scout Troop 210 members, from left, Courtney Dingerson, Delaney Blackwell, Mia Sedorchuk, Isabella Lauzon and Zoe Sedorchuk delivered a donation of supplies to Sanibel Sea School photo provided

Girl Scouts Donate Supplies To Sea School

submitted by Leah Biery

Girl Scouts from Cape Coral-based Troop 210 recently visited Sanibel Sea School to deliver a donation of supplies for the organization's camp and ocean outreach programs. Donated items included art supplies and campus necessities like toilet paper and cleaning products. Troop 210 chose Sanibel Sea School as their 2018 nonprofit to support because many of the members had participated in camps and field trips there and wanted to give other students a chance to have meaningful ocean experiences as well.

"Each year, Girl Scout troops donate a portion of their cookie profits in the form of material goods to a local nonprofit that is important to them," said group leader Michelle Sedorchuk.

Troop members are invited to make presentations about potential organizations they would like to support, then the group votes to select a favorite.

"Our service unit has partnered with Sanibel Sea School for programs these

past two years, and has plans in the works for future programs," Sedorchuk added. "Many of the girls in our troop have participated in those programs and have attended camps on their own. They truly love what Sanibel Sea School is all about, its mission and its employees."

Although Girl Scouts prohibits troops from making monetary donations to other 501(c)3 nonprofits, the group was excited to shop for craft supplies and other essentials that would help support Sanibel Sea School's summer camps, Free Community Camp Days, ocean outreach programs for landlocked kids and more.

"Our troop chose to donate to Sanibel Sea School because of their programs for kids and adults. They wouldn't be able to run these programs without help from the community," said ninth grader Zoe Sedorchuk.

"We are so grateful for Troop 210's donation," said Sanibel Sea School's executive director, Dr. Bruce Neill. "We truly rely on our community to help us provide meaningful ocean experiences for all. This group really thought about what we might need, and delivered supplies that will absolutely be used. And now we will be able to bring more landlocked kids to Sanibel to explore with us."

To learn more about Girl Scouts of Gulfcoast Florida, visit www.gsgcf.org.

Campers Learn About Marine Science Topics



Baby Plover Week Campers played tag on the beach photo provided

Campers at Sanibel Sea School spent the second week of summer camp learning about nudibranchs and plovers – two very exciting marine science topics. Nudibranch Week at the organization's Flagship Campus was all about the tiny, vibrantly colored marine gastropods, and Baby Plover Week at Canterbury School offered a chance for younger campers to celebrate some of Sanibel's most adorable birds.

Nudibranchs absorb their colors and defensive toxins from their food, so Nudibranch Week campers painted their faces with the colors of their favorite snacks, then tie-dyed T-shirts to express their own vibrant personalities. Nudibranch tag and searching for sea slugs in the intertidal zone were also some of

participants' favorite activities.

Plovers are tiny birds with elaborate mating rituals that nest on Sanibel's beaches. During Baby Plover Week, children ages 4 to 6 did their best baby bird impressions, practicing beach camouflage and protecting their nests. They also tried using binoculars and made some beautiful plover art.

As usual, both weeks included plenty of time for surfing, macramé tying and hanging out with camp friends. Sanibel Sea School also hosted Have Paddleboard, Will Survive Week – a paddling and survival camp for teens.

Sanibel Sea School is a 501c3 nonprofit whose mission is to improve the ocean's future, one person at a time. For more, visit www.sanibelseaschool.org.



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Barramundi Fishing In Florida



by Capt. Matt Mitchell

Barramundi is a close relative of the snook and native to northern Australia. They can grow to over 100 pounds and have been a bucket list fish for me for a long time.

A few months ago, I came across a place in St Cloud, Florida that has Barramundi-stocked ponds and offers anglers a chance to catch these very cool fish without traveling thousands of miles. This is the only place in the U.S. – in fact the northern hemisphere – that you can catch one. Without knowing what to expect, I pulled out the credit card and booked the trip online.

After a spending the night in Orlando, it was about an hour drive. Upon arrival, we met the owners, Kim and her husband Byron, on this large spring-fed property that for several generations had farm-raised, fresh water aquarium fish. The story goes that an Australian company went into business with them to farm-raise

Barramundis for food until the freeze of 2010 wiped it all out. At the time of the freeze, they had fish in these ponds as large as 22 pounds..

I had never been on a fishing trip anything like this before. Kim loaded us on a decked-out golf cart set up for fishing and away we went around a man-made lake. It did a little while to get these fish dialed in on what and how they wanted to eat. After slow-bouncing a chartreuse soft-plastic jig with a barbless hook, the action started. These fish suck a bait down just like a snook and make the close to the same powerful strong runs and jumps. On closer inspection, they not only have a resemblance to a snook, but mouths and gill plate rackers a lot like a tripletail and large scales like a tarpon.

The 4,000 Barramundis they have now have only been in this pond since November when Byron and Kim went back into the Barramundi business for themselves. These fish were purchased and released as one pound fish. In the seven months they have had them, they have already grown to an impressive average size of three to five pounds with some as large as seven pounds. Their plan is to keep this first pond as a larger trophy fishery as they are now starting another pond as a sustainable fish farm. Barramundi is excellent to eat and very close to the taste of snook.

This unconventional fishing from the



A Barramundi caught while fishing at Osceola Outdoor Adventures

photo provided

bank was a blast with us hooking more fish in a few hours than I can count. Many of the fish throw the barbless hook when they jump. Keeping a tight line on them was key to staying hooked up. Being close to Orlando, I had no idea what to expect and had my fingers crossed this would not be like a theme park of fishing. Kim and Byron have this operation set up really well with only one group fishing at a time. I'm already looking forward to taking another

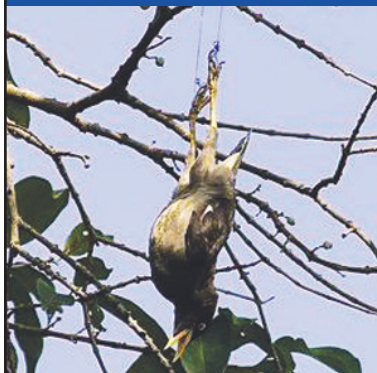
trip up and enjoying their pets as they continue to grow. Maybe next time on a fly rod.

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.✪

Send Us Your Fish Tales

We would like to hear from anglers about their catches. Send us details including tackle, bait and weather conditions, date of catch, species and weight, and include a photograph with identification. Email to press@islandsunnews.com or call 395-1213.

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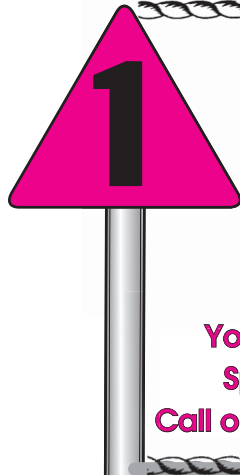


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CROW Calendar Of Events

The Clinic for the Rehabilitation of Wildlife (CROW) has specialty programs available for residents and visitors. Meet the staff and learn what it takes to rescue, rehabilitate and release wildlife in Southwest Florida.

For reservations, contact David Waszmer, Visitor Education Center and gift shop manager at 472-3644 or dwaszmer@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations are offered at 11 a.m. only. Wildlife Walk hospital tours are offered on Wednesdays, Thursdays and Fridays at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, June 29, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Friday, June 29, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Why Animals Come to CROW (daily presentation).

Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Monday, July 2, 11 a.m., adults



\$12, ages 4 to 12 \$7, age 3 and under no charge – CROW Case of the Week (daily presentation).

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

Tuesday, July 3, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Tuesday, July 3, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Species Profile: Snakes of

Southwest Florida (daily presentation).

Florida is home to 46 species of native snakes, only six of which are venomous. Although there is a widespread fear and misunderstanding of this animal, most species are harmless to humans and form vital links in the ecosystem. Snakes are extremely valuable because they are efficient at monitoring pest populations without relying on chemical pesticides which can degrade the environment and harm other animal species. One of CROW's animal ambassadors will be present.

Wednesday, July 4, Closed – Happy Independence Day!

Come check us out as the grand marshal for the Sanibel-Captiva Islands Independence Day Parade. The parade begins at 9:30 a.m.

Thursday, July 5, 11 a.m. to 12:30 p.m., \$25 per person, advance registration required – Wildlife Walk with Rehabilitators and Staff (hospital tour).

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Thursday, July 5, 11 a.m., adults \$12, ages 4 to 12 \$7, age 3 and under no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member

of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.✱

Hurricane Film At Science Center

Hurricane 3D is now playing at IMAG History & Science Center in downtown Fort Myers. The film introduces audiences to the strength of the Atlantic hurricane, one of the most powerful hurricanes. *Hurricane 3D* gives insight into the science behind this phenomenon, as well as a sense of the visceral impact experienced by those affected.

Learn how hurricanes are monitored to keep people safe, and the ways rescue teams mobilize to help. Discover that, although hurricanes are shatteringly destructive, they play a surprisingly beneficial role in revitalizing earth's ecosystems. Entrance to the film is included in museum admission. Guests can choose from eight show times throughout the day.

Filmmakers teamed up with NASA to follow the footsteps of a hurricane, which begins its journey as a sandstorm in Senegal, heads west across the Atlantic, building momentum, then blows into the jungles of the Caribbean. With winds up to 124 mph, impacting 12 countries in its path, the hurricane is the film's main character. The supporting cast consists of the men,

continued on page 21

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CROW Case Of The Week:

Black-Crowned Night Heron



by Bob Petcher

The black-crowned night heron (*Nycticorax nycticorax*) is unlike most herons in appearance. Instead of being thin and rangy like that of a blue heron, it is more

or less stocky and compact. It has a thick neck that gets tucked into its body to create a hunchback look. When in flight, this heron tucks in its neck so much that it can appear neck-less.

Black-crowned night herons often spend their days perched on tree limbs or hidden among foliage and branches. Also unlike most herons, this species forages in the evening and at night, usually in water, on mudflats and on land. Studies say they do so to avoid competition with other herons that use the same habitat during the day.

Regarded as the most widespread heron in the world, the black-crowned night heron breeds in colonies and nests in groups that include other herons, egrets and ibises.

They are so widespread that they are called a cosmopolitan species due to their ability to nest on every continent

except Australia and Antarctica.

The black-crowned night heron adult has a dark-colored cap and backside to contrast its pale white or gray underside and wings.

The appearance of juvenile black-crowned night herons is in complete contrast. They have less of a hunchback posture, and their plumage is more brown and streaky. Young black-crowned night herons leave the nest at the age of one month but cannot fly until they are six weeks old. They often move through the vegetation on foot and join foraging flocks at night.

At CROW, a juvenile black-crowned night heron was admitted from Fort Myers after reportedly falling out of its nest. The finder reportedly did see the bird falling from a high nest onto the ground and suspected that the heron could have suffered trauma.

Upon examination, it was noted that the heron was thin, and its right leg was bruised and slightly bent. Radiographs confirmed it had sustained a fracture to the tarsometatarsus bone of the injured leg.

"The tarsometatarsal bone is common in most bird species," said Dr. Malka Spektor, CROW veterinary intern. "It is the long bone above the foot and below the hock joint. The hock joint is what looks like a bird's knee, but is more comparable to a human ankle."

CROW medical staff noted the fracture had already begun to heal, but not enough that the fracture was stable.

"The fracture showed signs it was healing prior to the bird being admitted



Patient #18-2311 pictured while still sporting a splint on its injured leg. Inset: The x-ray of the injury. photos by Brian Bohman

to the clinic. It had radiographic evidence of healing, but it was not 100 percent stable, so a splint was used for added stability," said Dr. Spektor.

Veterinarians placed its leg in a splint, and the bird was provided with subcutaneous fluids and pain medication. After two weeks in the clinic, the patient appears to be recovering nicely.

"The splint was removed over the weekend," added Dr. Spektor. "The patient will continue with further cage

rest while it continues to heal, and then will need continued care until it reaches an age where it can hunt and survive on its own."

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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Shell Of The Week

Gulf Dove Snail



by José H. Leal,
PhD, Bailey-
Matthews National
Shell Museum
Science Director
and Curator

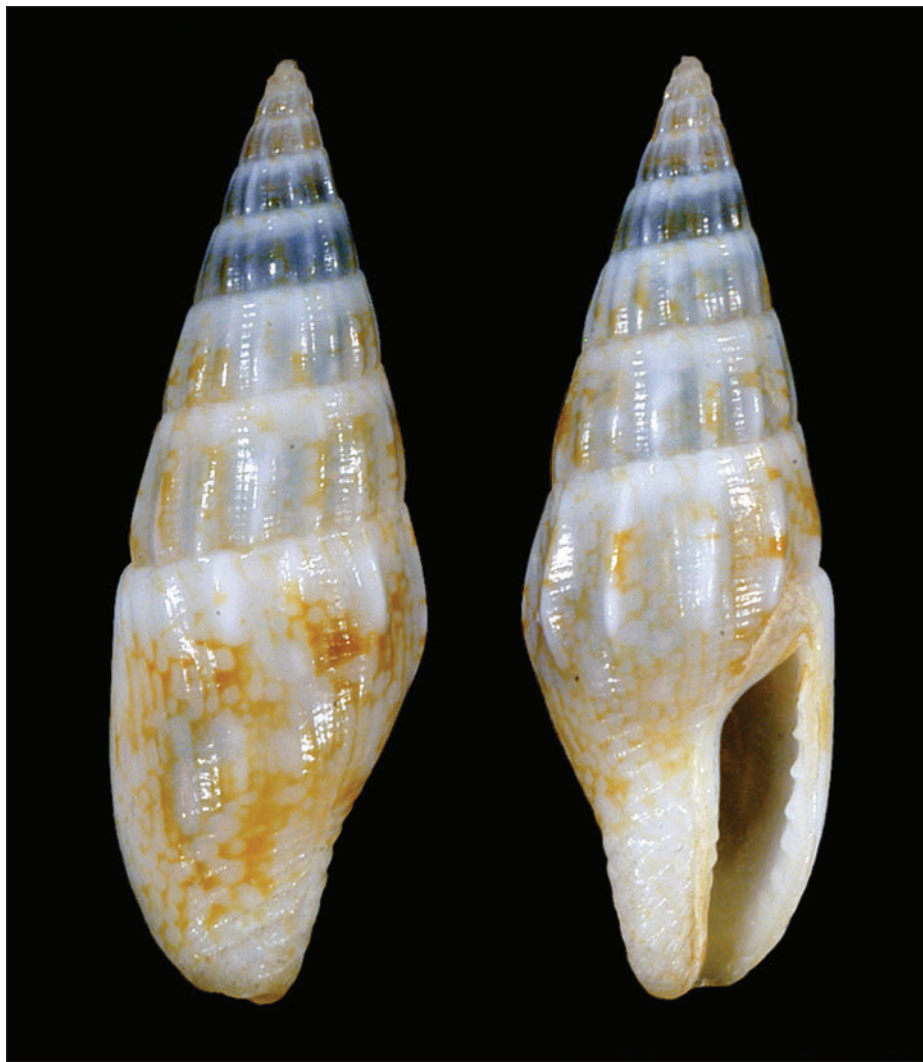
The Gulf
Dove Snail,
*Costoanachis
semiplicata*
(Stearns, 1873), is
one of the largest

local dove snails (family Columbellidae), reaching about 16 mm (about 0.6 inch). It is also one of the most elegant; its shell is fusiform, slender, with straight sides, with a sculpture of about 12 ribs per shell whorl (one-turn). The shell aperture (opening) is narrow, with denticles (little teeth) on its outer lip. The color is usually light-grayish, or light grayish-brown, with reddish-brown markings. Learn more about local mollusks and their shells at www.shellmuseum.org/shells/southwest-florida-shells and <https://shellmuseum.org/blog>.

Shell Museum Events

See truly giant shells. Watch a live Tank Talk. Take a daily beach walk. Check out our family programs. We are the only natural history museum in North America devoted entirely to shells. Drop by and let us inform and inspire you! Visit www.shellmuseum.org or call 395-2233.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.*



The Gulf Dove Snail, *Costoanachis semiplicata*, from Sanibel

photo by José H. Leal

American Legion Post 123

American Legion Post 123 will be serving corned beef and cabbage this Sunday, July 1 from 1 to 8 p.m.

On Wednesday, July 4, stop by Post 123 for free hot dogs served all day long.

On Sunday, July 8, barbecued ribs and chicken will be served from 1 to 8 p.m.

On Wednesday, July 11, the legion will conduct their annual Installation of Officers meeting. The evening begins with cocktails at 5 p.m. and the installation at 6 p.m. A lasagna dinner will follow.

On Tuesdays, tacos are served all day. Country fried steak is served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

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

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.*



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Junior Anglers Fish For Fun At Blind Pass



Members of the Junior Optimist Angler Society, during their weekly outing as part of the Sanibel Recreation Center's Summer Day Camp, visited the beach on the Sanibel side of Blind Pass on June 18. The youngsters fished for two hours with help provided by members of the Sanibel-Captiva Optimist Club, led by Stan Howard, third from left, and Mark Steger, sixth from right.

photos by Jeff Lysiak



Camp participants Nikolas Bakos, left, and Adeline Nickerson, right, receiving assistance in baiting their fishing lines from Mark Steger



Landon Palfi caught the first fish of the day, a yellowtail

Community Housing & Resources is excited to announce our new fundraising series
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Junior Anglers Zackary Alonso and Paige Lyons wading in shallow water while fishing



Lead camp counselor Sarah Wittine also reeled-in a small yellowtail



Adeline Nickerson almost caught a fish, but lost her bait in the process

The Long Haul

by Dr. Bruce Neill

We recently hosted a camp for teenagers that included an epic paddle – from the Causeway Park to Fort Myers Beach. That's quite a distance for young teenagers who are new to paddling.

I was driving the chase boat, providing a safety net if necessary, along with water and words of encouragement. I spent most of my time with two young ladies who were determined to complete the five-and-a-half-mile paddle, but realized that it was going to be hard.

For these two, the paddle was probably close to 5,000 paddle strokes, and all after they had spent the night on Picnic Island, sleeping fitfully while avoiding bugs and coping with heat and rain.

Very quickly, they developed a cadence and began to realize that their success was a function of how efficient they could make each paddle stroke. From their experience, we can learn and think about paddling efficiency.

With each stroke, try a few things. First, pretend your arms are as soft as cooked pasta. This helps you use your larger and more efficient core muscles. At the end of every stroke, relax your bottom hand as you bring the paddle back to the forward position. Never grasp



Paddlers prepared to head out for their epic paddle to Fort Myers Beach from Causeway Islands Park photo provided

the paddle with a tight grip. Think about inserting your paddle into the water, then pulling yourself past it. Work diligently to make every stroke as silent as possible. A noisy paddle is an inefficient paddle.

I am a dedicated paddler, and I focus on form and cadence to maximize my

speed and distance. Most of the time, I paddle for aerobic exercise and a little quiet time with the ocean. I'm not suggesting that you must do that, but if you spend some time on every trip focusing on paddling techniques, you will find that you will soon be able to more

easily explore a larger area of the ocean with less effort.

These two young ladies were successful in their long voyage and earned the pride that comes with a hard challenge well accomplished.

Ocean Tribe Paddlers is a club that helps the Southwest Florida paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org or follow on Facebook to learn more.✱

From page 16

Hurricane Film

women, plants and animals it encounters on its journey.

As *Hurricane 3D* explores the chaos and disruption of homes and lives, it reveals the amazing stories of emergency management teams and first responders, who bring hope to those living in the path of the hurricane, and the strength of new purpose in their recovery efforts. With visions of resilient nature and rainforests revitalized by the storm, *Hurricane 3D* captures a timeless cycle of destruction and renewal.

The film was shot over 280 days, in 12 countries, and took five years to produce. *Hurricane 3D* is an nWave Pictures Distribution release of a Ouragan Films production. The film is produced by Jacqueline Farmer, directed by Cyril Barbançon, Andy Byatt and Jacqueline Farmer. It features music by Yann Tiersen.✱

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Grouper Sliders with New Potato Salad

- 8 (3-ounce) grouper fillets, sliced thin
- 1 teaspoon Cajun seasoning
- 8 small rolls
- 1 small head romaine lettuce, shredded
- 2 tomatoes, sliced
- 1 red onion, sliced thin
- 1 tablespoon oil for cooking
- 1/3 cup mayonnaise
- 1/2 lemon, juiced
- 1 teaspoon paprika
- Cayenne pepper to taste
- Sea salt and fresh ground pepper to taste

Preheat a large sauté pan over medium-high heat. Lightly season the grouper fillets with Cajun seasoning, salt and pepper. Put the cooking oil in the preheated pan, and carefully add the seasoned fish fillets to the pan.

Cook fillets for about 2 minutes on each side depending on thickness until golden brown and cooked throughout. Place fillets on cut open rolls.

In a small bowl, combine mayonnaise, lemon juice, paprika and cayenne. Taste and adjust seasoning with salt and pepper.

Assemble sliders using lemon mayo, lettuce, tomato and red onion. Use a bamboo skewer if needed to keep sliders standing.

Serve with potato salad.

New Potato Salad

- 6 cups new potatoes, quartered, cooked and cooled
- 2 tablespoons rice vinegar
- 1 tablespoon olive oil
- 2 tablespoons mayonnaise
- 1/2 cup assorted color bell peppers, diced
- 1/2 cup red onion, diced
- 2 tablespoons fresh parsley, chopped
- Sea salt and fresh ground pepper to taste

Combine all ingredients into a medium-sized mixing bowl. Stir ingredients to completely combine. Taste potato salad and adjust seasoning with salt and pepper. Serve cold.✪



Grouper Sliders with New Potato Salad photo courtesy Fresh From Florida

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Shells Found



Natalina Leite photos provided

Natalina Leite, 13, visiting from Union Beach, New Jersey, found a plethora of interesting shells during her first visit to Sanibel on June 20. "I wanted to find unique shells, and Tarpon Bay Beach had so many,"



Some of the shells found on Tarpon Bay Beach

said Leite. "It was amazing how many shells I saw – I could have spent all day looking at all of the beautiful and different ones. Sanibel is definitely a place I want to visit again."✱

Shell Found



Ryan Ludemann photo provided

Ryan Ludemann, 18, visiting from Sauquoit, New York, found a junonia while shelling on the Sanibel side of Blind Pass on June 20.

"This is our third vacation to Captiva," said Ludemann.✱

Shell Found



Lorie Comley photo by A. Ziehl

Lorie Comley, visiting from Pittsburgh, Pennsylvania, found a junonia on Sanibel Beach #7 while staying with her mother in Fort Myers. "My first whole junonia! The feeling of finding one is amazing," said Comley. "It was just sitting on the shore on a pile of shells."✱

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Artist Tim Macko, who created the famous islanders mural at Cip's Place in 2000, returned to the restaurant last week to discuss the painting with members of the Island Seniors
photos Jeff Lysiak

Restaurant Mural Captures Faces Of Islands' Past

by Jeff Lysiak

During last week's Leisure Lunchers outing with the Island Seniors, artist Tim Macko shared the story of how he created the now-iconic mural painted on the main wall inside Cip's Place, who came up with the idea for adding the portraits of Sanibel and Captiva notables at the restaurant, and the enduring legacy of the artwork.

According to Macko, the notion of installing a mural at the restaurant was the brainchild of Katie Gardenia, the longtime island artist, author and entrepreneur.

"Katie came up with the idea of a mural after visiting a restaurant in San Antonio, Texas," said Macko, who told the group he was commissioned to create the painting for Gardenia's Mermaid Kitchen eatery back in 2000. "She just handed me a folder with a bunch of photos, drawings and newspaper

clippings in it."

Other than a list of 60 historic notables to be included in the mural, which includes many nationally known figures (including inventor Thomas Edison, author Anne Morrow Lindbergh, Spanish explorer Ponce deLeon and United States President Theodore "Teddy" Roosevelt), island icons (including Captiva fisherman Andy Rosse, realtor Priscilla Murphy, fisherwoman Esperanza Woodring, the Bailey brothers – John, Francis and Sam – and handyman/fisherman Edmund Gavin) and lesser known folks (such as Unknown Fisherman, as he is identified in the official identification "map" distributed to restaurant patrons), Macko was given complete creative freedom for the project.

"The first thing I thought was 'How am I going to do this?'" Macko recalled. "I wasn't a portrait painter, but I became a portrait painter after doing this."

Using 11 colors in his acrylic palette, Macko and fellow artist Jill Baugher spent three months working on the mural. The first portrait he painted on the wall was Jay Norwood "Ding" Darling, the renowned political cartoonist and conservationist.



Portrait of Jay Norwood "Ding" Darling



Portrait of Robert Rauschenberg



Image of the three Bailey brothers – John, Francis and Sam – riding a mule

In between the portraits, Macko weaved a garland of gardenias – as a tribute to Katie Gardenia – along with other native vegetation and wildlife.

Asked by one member of the Island Seniors which portrait gave him the most difficulty, Macko offered a quick response. "I was really stressed about painting Robert Rauschenberg," he said with a laugh. "He was still alive at the time, so I knew there was a chance he would probably see it."

Although a majority of people included in the mural have long since passed, there are several famous islanders who are still living. They include Charles LeBuff, Porter Goss, Ralph Woodring, Dick Muench and Willard Scott.

Now, nearly two decades after creating the painting, Macko stated that he remains very pleased with his artwork and the attention it has garnered over the years.

"It's really held up well, but I have come back a few times to touch it up,"

said the artist, who noted that the mural now contains 79 portraits. "The whole thing really transpired organically. I'm so grateful to have had the opportunity to do this."

Cip's Place is located at 2055 Periwinkle Way on Sanibel.

The next Leisure Lunchers outing with the Island Seniors will be held on Tuesday, July 10 at Sweet Melissa's Café. Advanced registration is required; separate checks will be provided.

A special lunch excursion to The Off Broadway Palm Theatre will be held on Wednesday, July 18. Following lunch at Cristof's on McGregor Boulevard in Fort Myers, the group will take in a production of The Savannah Sipping Society. Cost is \$39 for members and \$49 for non-members. Limited seating is available and advanced registration is required. Transportation will be via carpool.

For more information about these Leisure Lunchers outings or to sign up, call the Center 4 Life at 472-5743.✽



Dorothy Sawyer flipping through one of Cip's scrapbooks of historic images and newspaper clippings



Tampa Taiko Drummers on stage

photos provided

Sanibel Library's Upcoming Programs

Sanibel Public Library invites babies, preschoolers, children and teens to register for the annual Summer Reading Program. Participants will receive a special gift (quantities are limited). As in years past, kids can read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. Children who participate in the Summer Reading Program can receive

books they can keep for their own personal library. The Sanibel Public Library Foundation matches each book "earned" with a book for the hospital.

Locals and visitors can register for the library's Summer Reading Program in person or online. Logging reading time and activities can be done via paper or online with Beanstack; a link is on the children's page at www.sanlib.org. This year, Beanstack is now offered as a smartphone app. The app not only logs reading time, but also delivers personalized book recommendations.

Family Storytime, for baby to age 5, is held at 11 a.m. on Wednesdays at the library. On Fridays in June and July, stop



Taylor Szymanczyk and Grant Muddell registered for summer reading

by at 2 p.m. to sing along with family-friendly musical movies.

Sixth through 12th graders are invited to VIP After-Hours gatherings on Tuesday evenings in June and July from 6 to 7 p.m. All VIP evenings feature snacks and games.

From 9 a.m. to 3 p.m. on Monday, July 2, representatives from Lee County Supervisor of Elections will be available

for voter information. No registration is required.

Tampa Taiko Drummers will be performing on Tuesday, July 3 at 3 p.m.

The Sanibel Public Library will be closed on Wednesday, July 4 in observance of Independence Day.

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

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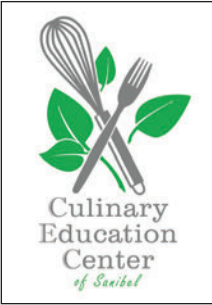
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The Community House

Passion Fruit



by Resident Chef Jarred Harris

Passion fruit, also known as grenadille, maracuja or parcha, is the fruit of a certain type of vine native to South America. This round, sweet, seedy fruit is actually a berry and considered an aphrodisiac. The vine of this delicious fruit also produces a beautiful flower and that's where the story behind its name comes from. Around the early 1700s, Christian missionaries landed in South America and discovered the passion flower. The missionaries believed that the flower signified their success and the passion of Jesus. The five petals of the flower represented the crucifixion wounds of Christ and the corona of the flower symbolizes the crown of thorns around Christ's head.

There are two varieties of passion fruit, and they are generally purple or yellow in color. The purple variety are smaller in size, have more flavor and the most common type found in the United States. Florida, California and Hawaii produce purple passion fruit commercially. The yellow passion fruit is the most cultivated variety in the world and is grown in Australia and throughout tropical parts of Asia. Passion fruit has been growing in popularity among the health conscious. The fruit contains powerful antioxidants, vitamins A and C, dietary fiber, iron, potassium, magnesium, riboflavin and niacin. The fruit also contains anti-inflammatory properties and is used to treat asthma and osteoarthritis. Having trouble sleeping or feeling anxious? Passion fruit and passion flowers contain an alkaloid called harman. Harman has a mild sedative effect and is used as a sleep aid. If you have never eaten passion fruit, buy a couple and try this recipe:

Passion Fruit Crème Brulee

Ingredients

- 1 quart heavy cream
- 1 vanilla bean (split and scraped)
- 1/2 cup sugar (plus 1/2 cup sugar for burning)
- 6 large egg yolks
- 1/4 cup passion fruit pulp
- Hot water

Method

Preheat the oven to 375 degrees F.

Place the cream, vanilla bean and its pulp into a medium saucepan set over medium-high heat and bring to a boil. Remove from the heat, cover and allow to sit for 5 minutes. Remove the vanilla pod. In a medium bowl, whisk together 1/2 cup sugar, egg yolks and passion fruit, until well blended. Add the cream to the yolk mixture, a little at a time, stirring continually until all the cream is combined. Pour the liquid into six (6 to 8-ounce) ramekins. Place the ramekins into a large cake pan or roasting pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins. Cover the pan with foil and bake just until the crème brulee is set, but still trembling in the center (approximately 30 to 40 minutes). Remove the ramekins from the roasting pan and refrigerate for at least 2 hours and up to 3 days. Divide the remaining 1/2 cup sugar equally among the six dishes and spread evenly on top. Using a torch, melt the sugar and form a crispy top. Allow the creme brulee to sit for at least 5 minutes before serving. Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

LIVE ON THE ISLANDS

Il Cielo has live entertainment with Scott McDonald on Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday. Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey. Sea Breeze Café at Sundial Beach Resort & Spa has live island style entertainment on Mondays. Traders Gulf Coast Grill & Gifts has live entertainment on Tuesday and Thursday with the Danny Morgan Band. Chris Workman plays on Wednesday. Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker. Dusk performs on Saturday. Dean Winkelmann plays on Wednesday. On Thursday, it's Woody Brubaker.

Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandsunnews.com or 395-2299.*

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Poet's Corner



We invite submissions from local poets. Anyone interested may submit their work via email to Islandsunpoetry@gmail.com. Each week, an individual poem will be showcased.

by Hannah Star Rogers

Morning on Sanibel Island

by Crystal H. Rogers

Early,
when the sun makes a golden path
across the water
clouds build cities on the horizon
blue and grey, with pink skies,
treasures from the surf
scatter in the whack line.
Inch by inch the sun climbs,
path across the water turns silver,
gulls and terns collect at the water
line,
sanderlings and sandpipers race up
and down,
legs running in a blur,
in the surf a heron and egrets stand
and look
longingly across the water,
pelicans fly past in groups of five or
six.

Three women carrying shell scoops
walk among the egrets in the
shallows,
heads down. Neither women nor
egrets
seem aware of each other. One
woman leans
on a cane as she checks the contents
of her scoop.
Some, hoping to mend their health
power walk the beach.
I stroll leisurely,
waiting for the stillness
after surf and wind and sky
clear the detritus
from my soul

Hannah Star Rogers holds an MFA from Columbia University and a PhD from Cornell University. Her writing has appeared in the Kenyon Review, LA Review of Books, Carolina Quarterly and Southern Women's Review.✱

Volunteers Needed For July 4 Parade

The Sanibel-Captiva Independence Day Parade Committee is looking for volunteers to help out with a variety of tasks before, during and after the parade, which will be held on Wednesday, July 4.

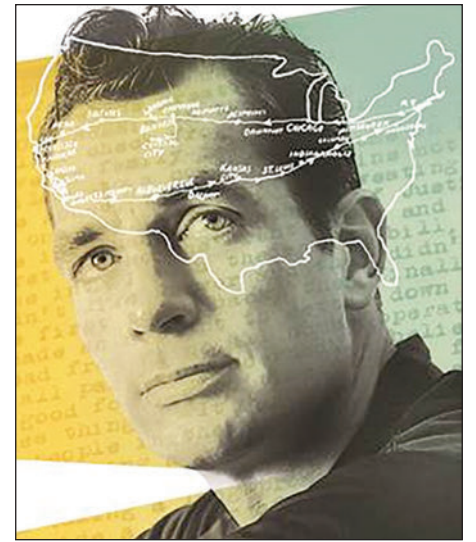
For more information, contact Mary Bondurant at 839-3633.✱

Groundbreaking Exhibition At Gallery June 29

Florida SouthWestern State College is honored to announce an opening reception and public preview of Jack Kerouac & Ed Ruscha: On the Road at the Bob Rauschenberg Gallery with a public preview reception on Friday, June 29 from 6 to 7 p.m. There will also be a special performance by legendary Kerouac-collaborator David Amram from 7 to 9 p.m.

Pairing renowned West Coast Pop/Conceptual painter Ed Ruscha's illustrated edition of the classic Kerouac novel with the author's original 1951 manuscript for the first time, this groundbreaking exhibition brings together two of 20th Century America's most visionary and influential artists.

Single-spaced without paragraph breaks on a continuous 120-foot-long paper scroll, the late, great writer Jack Kerouac completed this first draft of *On the Road* and forever defined the restless Beat Generation with his 1928 Underwood Portable typewriter at over 100 words per minute in just 20 caffeine- and Benzedrine-fueled days. It is praised by Allen Ginsberg as "a magnificent single paragraph, several blocks long, rolling, like the road itself." "It's about a group of crazy young people who just travel back and forth across the United States," said Ruscha.



Jack Kerouac

image provided

"Sometimes they hitch-hike and sometimes they drive cars. They steal cars and just want to be on the road..."

At age 18, Ruscha rolled into Los Angeles in a customized 1950 Ford to study painting, photography and graphic design at the Chouinard Art Institute (now CalArts). A friend and collaborator of Bob Rauschenberg, Ruscha's work has been widely collected and shown extensively by major museums around the world – including representing the United States in Italy at the 2005 Venice Biennale.

As is evident in this exhibition, Ruscha's entire career has offered an

continued on page 46

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Book Review

The Crooked Staircase

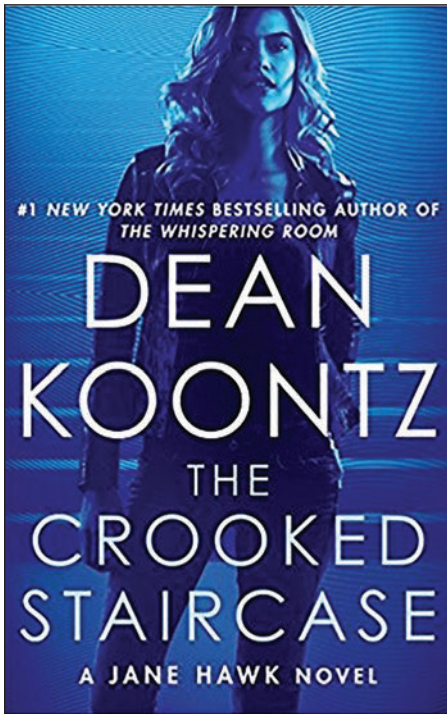


by Di Saggau

Jane Hawk is at it again, risking her life to find who is behind a terrifying conspiracy that threatens the freedom and free will of millions. Dean Koontz's *The Crooked Staircase* is the second book

about Jane's search for the mind-control conspiracy that caused the suicide of her decorated Marine husband, and many others. Jane is living on borrowed time because there is a slew of powerful people who want her dead, and they seem to have the means to carry this out. In the meantime, she continues her one-woman war against the conspiracy that is escalating across the country. Jane is a rogue FBI agent, a wanted fugitive, relentlessly hunted by the government and by the secret cabal behind the plot.

High on her list to capture is Booth Hendrickson, a corrupt Department of Justice figure who uses sophisticated surveillance technology to track both Jane and her young son. He is a cunning man with connections in high places, a twisted soul of unspeakable depths. Wait til you hear about his mother-from-hell who is high up in the



group that is planning a new world order. Its goal is a fully corrected civilization that can be kept stable more easily if a significant part of its population is motivated to perform only as they are instructed to perform and are shorn of any incentive to achieve more than others.

Jane makes her way from Southern California to the snow-swept slopes of Lake Tahoe to confront head-on the lethal forces arrayed against her. She's propelled by her righteous fury

and implacable insistence on justice, but nothing can prepare her for the chilling truth that awaits when she descends the crooked staircase to the dark and dreadful place where her long nightmare was born.

The Jane Hawk thrillers represent Dean Koontz at his best with heart-stopping suspense, unparalleled characters and atmosphere, and twisting, chilling storylines. *The*

Crooked Staircase is an excellent read, however it still doesn't tell us who is at the head of the conspiracy. I am hopeful that the next book in the series, *The Forbidden Door*, will answer that question. Having read a few paragraphs of this book that was included in my copy of *The Crooked Staircase*, I look forward to reading it with high hopes that the story will finally come to a conclusion.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, My son just completed third grade, and he seems to be a very good reader. He can sound out most of the words that he sees and

has high test scores. His teacher has said that he should practice reading fluency this summer because this skill needs improvement. This is confusing to me. Is he a good reader or not? Will his grades go down?

Alisha W, Fort Myers

Alisha,

I can understand why you are feeling confused about your son's reading skills since you are hearing two different messages about them. Reading fluency is the next major step or skill after

decoding that makes for a proficient reader. It's wonderful that your son is successful with decoding as sounding out words can be quite difficult but he must also have strong reading fluency to become a competent and fluid reader.

Reading Rockets, an online reading site defines fluency "as the ability to read with speed, accuracy and proper expression. In order to understand what they read, children must be able to read fluently whether they are reading aloud or silently. When reading aloud, fluent readers read in phrases and add intonation appropriately." The National Reading Panel (2000) describes the fluent reader as "students who can decode text accurately, read at an acceptable rate and read aloud with appropriate expression".

Fluency skills include the ability to read text accurately and quickly. Fluency bridges word decoding and comprehension. Comprehension is understanding what has been read. Fluency is a set of skills that allows

continued on page 43

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Jean Le Boeuf, News-Press

ABWA Honorees To Take Part In July 4 Parade



Julie DeBord

photos provided

The Sanibel Captiva American Business Women's Association is proud to feature Lifetime Achievement Award winner Nancy Barnes of Bob's Island Graphics at the annual Sanibel-Captiva Independence Day Parade.

Barnes was an early advocate for business women on Sanibel, joining ABWA in 1984. She served twice as the group's president and was elected Woman of the Year. The parade marks the start of the chapter's celebration of 40 years on the island.

Julie DeBord of Kennedy Construction, a 25-year member of



Nancy Barnes

ABWA, will be featured along with Barnes. The pair will ride atop the vintage 1948 Jeepster convertible lovingly maintained by Lisa Cochran-Newmeyer of Dorado Property Management.

"It's a privilege for ABWA to honor these women leaders on Independence Day as the launch our 40th year celebration," said Gloria Garrett of HMG, incoming chapter president. "ABWA is excited to start the year-long Women in Leadership Speaker Series on August 28, featuring the amazing depth of talent on the islands."

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



Patty and Shah Hadjebi

photo provided

Local Business Wins National Award

Rabbit Road Property Management has earned Accredited Member status from the National Home Watch Association (NHWA).

Shah and Patty Hadjebi opened Rabbit Road Property Management shortly after moving to Sanibel. Previously, Shah owned and operated a full-service property management company in Boston, Massachusetts for over 20 years. Patty was in real estate. They bring their knowledge

and expertise in managing investment properties and condominium associations to their newly established and growing Home Watch service.

The NHWA was formed in 2009 in order to establish and maintain the highest industry standards for Home Watch and absentee homeowner services throughout the United States and Canada. Home Watch is a service that "keeps an eye on things" at your vacation or primary home while you are not in residence.

Rabbit Road Property Management serves Sanibel, Captiva and Fort Myers. You can reach them at 558-5733 or 617-875-0664, or via email at rabbitrdmgt@gmail.com. Learn more at www.rabbitroadmgt.com.✱

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Seashells of Sanibel #36



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3832 Coquina Dr.



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Seashells of Sanibel #43



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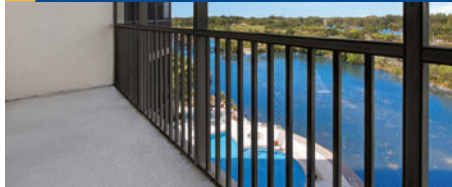
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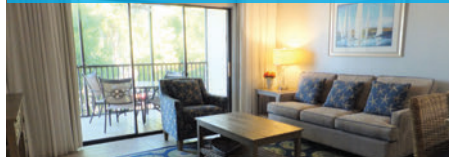
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- One of a Kind Waterfront Opportunity
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FT. MYERS BEACH

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- Newly remodeled 6BR/6BA premier golf course residence
- Ultimate location situated on multi parcels
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- Beautiful Florida Style within Heart of Village
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- Great Curb Appeal, Steps to Beach & Village Lifestyle
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VACANT LOT IN CAPTIVA VILLAGE

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Refuge Ranger Receives 20-Year Service Award

On June 19, JN “Ding” Darling National Wildlife Refuge manager Paul Tritaik presented Toni Westland, supervisory refuge ranger at the refuge, with her 20-year award for service to the U.S. government.

Westland joined the staff of “Ding” Darling in 2002 as environmental education specialist. She transferred to the refuge from a position as environmental educator for the Corps of Engineers at the Lake Okeechobee Waterway, which she began in 1998 as a graduate of the University of Wisconsin Stevens Point with a major in natural resource management, emphasis on environmental education.

In 2009, “Ding” Darling administration promoted Westland to her current position. She remains intrinsically involved in environmental education through her work overseeing visitor services at the refuge.

Westland has received many awards along the way, including a U.S. Fish & Wildlife Service Regional Director’s Award for her curriculum design and proactive approach to resolving student transportation problems to the refuge. With the help of “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) and contributions, she arranged private



Ranger Toni Westland with Wildlife Refuge Manager Paul Tritaik photo provided

busing for thousands of kids each year, a private-public partnership program that continues to this day.

Earlier this year, Westland accepted the Florida chapter of The Wildlife Society’s (FLTWS) 2018 Outstanding Educator Award.

“Toni has demonstrated exemplary service to her country in the past 20 years,” said Tritaik. “Her contributions to ‘Ding’ Darling have been immeasurable. It has been an honor to serve with her and present her this milestone award.”✧

Meals-By-FISH Assists Islanders

The Meals-by-FISH program delivers one hot nutritious meal per day, up to five days per week, including extras for the weekend to island neighbors. Working in partnership with Bailey’s General Store, Chefs Karl and JT work tirelessly preparing the Meals-by-FISH menu, while their staff sorts, bags and labels each meal on a daily basis. Each meal consists of a protein, starch and vegetable and runs on a two week set menu cycle. Meals may include oven roasted bone-in chicken with rice and vegetable, broiled Atlantic salmon with rice and vegetable, grilled chicken caesar salad, and more. Based on preferences or allergies, items may be substituted for a sub or salad, and the menu can be slightly modified to accommodate those with diabetes or other health conditions.

This service is provided to anyone who requests meals. Many are older individuals who no longer cook; some are younger singles recovering from an illness or injury. Individuals may receive meals for any length of time and may opt in or out of the program as needed. Meals are picked up at 11:30 a.m., and delivery time varies depending on traffic, season and number of deliveries. Generally, meals are delivered approximately one hour after pick-up.

All meals are subsidized and FISH charges \$7 per meal for self-paying individuals, including delivery by FISH volunteers. While many pay for the cost

of the meal themselves, others cannot afford to do so. On a case-by-case basis, FISH may subsidize a larger part or the entire cost of the meal, depending on the household situation. “We have had some older folks suffer from poor nutrition because they were opting to pay prescription bills rather than buy food,” says Maggi Feiner, FISH president and CEO. “We are glad to be able to provide some financial assistance for instances like these.

Jane, a neighbor utilizing the meals program five days per week, said: “I want you to know what your program means to me. I’m old, and it’s hard enough for me to get out and about these days, much less cook a meal. I cannot do the shopping, cause I’m not moving around like I used to do. I am grateful to your group who delivers the meals and those wonderful people who cook them. Meatloaf with those mashed potatoes are so good. I could eat them every day. And I could visit with the people who bring the meals to me for hours, but I’m sure they have better things to do than gab with an old lady. I want to you know that I have not taken what you, and all your wonderful volunteers, do for granted. Thank you FISH.”

Jane was referred to the Meals-by-FISH program by a concerned neighbor. Others are referred by community partners, and some simply call in to inquire or request meal delivery. To learn more about The Meals-by-FISH program, call 472-4775.

For more information, visit www.fishofsancap.org.✧

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Day, U.S.A.**



Belle Meade Single-Family Home Lot

One of the last vacant parcels on Kincaid Court with conservation land across the street. Handy to wildlife refuge, school, recreation center, bike path, & shopping, yet private. Great spot for year-'round living, vacations or 2nd home. \$149,000



East-End Deepwater-Canal Home

Easy-living Lighthouse Way 3 bedrm on protected canal with boat dock & 2 lifts. Central great room with 2 bedrms on lower level & another large suite with waterside balcony up. New windows/doors, multi-story cage with jetted spa & more. \$1,395,000



Private & Just Steps to Beach Access

Convenient east-end ground-level split-plan 3 bedrm with remodeled kitchen/baths plus new electric, plumbing, windows/doors, floors & more. On Anchor Dr cul-de-sac with dock & tropical view of mangrove-fringed canal. Room for expansion/pool. \$899,000



Lowest-Priced Near-Beach Condo

Spanish Cay income-producer, 2nd floor 950 sq. ft. with screened balcony that views Sanibel River. Community pool & docks. Parking areas getting pavers now. Deeded beach access across street between Gulfside Place/Chelsea Place. \$274,000



Build Your Own Paradise Here

One of the last vacant parcels in mid-island Gumbo Limbo, established community of year-'round residents/families & snowbirds. ~170'x155' backing to preserved land & convenient to causeway, bay & gulf beaches, shopping, bike paths. \$249,000



Sanibel Condo Just \$239K

1st floor 1 bedrm at pet-friendly Captains Walk. Remodeled bath, galley kitchen, new HVAC, impact windows, & furnished. East-end with docks on Sanibel Estates canals. Use as primary residence, 2nd home, or vacations (monthly rental minimum).



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Garden Center To Close For Renovations

In The Garden, Sanibel's Retail Garden Center & Outdoor Showroom, will be closed for renovations for the month of July and will reopen on Wednesday, August 1.

"Summer is the time we refresh the garden center," said Lisa Walsh, owner of R.S. Walsh Landscaping and In The Garden. "We will redo the gardens and plant display areas, update the interior of the garden shop and come up with fresh ideas for season. If you are planning to buy plants to update your summer landscape, stop in before July 1."

R.S. Walsh's In The Garden is located at 3889 Sanibel Captiva Road, across from The Sanibel School. Customers that need assistance during the renovation can call 768-5655 or visit www.rswalsh.com.



In The Garden entrance sign photo provided

Water Quality Monitoring Efforts Expanded

The Lee Board of County Commissioners unanimously approved agreements with the Florida Department of Environmental Protection and the U.S. Geological Survey that will expand water monitoring efforts in the Caloosahatchee watershed.

New monitoring sites will be located in the Orange River near Buckingham, Telegraph Creek and Popash Creek. The additional stations within the Caloosahatchee watershed will enhance the county's understanding of water flow and basin nutrient loads in fulfillment of achieving the state-required Total Maximum Daily Load (TMDL) for the Caloosahatchee Estuary. The sites also will assist future

flood response efforts by providing real-time flow information and calibration data for hydrologic/hydraulic modeling and analysis.

The U.S. Geological Survey is paying for the installation of the three new water monitoring sites at a cost of \$128,880. The Florida Department of Environmental Protection will reimburse Lee County for the operation and maintenance costs of two of the sites at a cost of \$57,400 annually and the county will pay for the operation and maintenance of the third site at an annual cost of \$28,700. Installation is expected to happen in late summer or early fall.

The expansion brings the total number of monitoring sites in the basin to 12.

For more information on Lee County Natural Resources' efforts to protect and improve water quality, visit www.leegov.com/naturalresources/waterquality.

From page 1

Independence Day



Sanibel-Captiva Optimist Club members Stan Howard and Richard McCurry at the start of last year's Road Rally photo by Jeff Lysiak

Center) and ends at the intersection of Periwinkle Way and Casa Ybel Road (next to Jerry's Shopping Center). A celebration is also being held at Jerry's, located at 1700 Periwinkle Way, starting at 10:30 a.m.

Parade prize categories include best float (small entry), best float (family), best float (commercial), best float (not-for-profit), best nature theme, best salute to the U.S. military, most patriotic, best original design and best music.

Also on July 4, the Sanibel-Captiva Optimist Club will stage their 39th annual Road Rally. The "automobile scavenger hunt," with vehicles deployed every two minutes, starts at noon from The Timbers' parking lot, located at 703 Tarpon Bay Road. Registration forms are available at Bailey's General Store, Sanibel Captiva Community

Bank, Sanibel Café, at the starting line or from the club's website at www.sancapoptimist.org. Early registrants can select their starting time by calling Randy Carson at 699-8739.

For more information or to become a Road Rally sponsor, call Richard McCurry at 292-4631, Dani Howard at 472-0836 or Randy Carson at 699-8739.

After dusk, the fireworks display above the Sanibel Causeway will begin at 9 p.m., rain or shine. The display is sponsored by the City of Sanibel.

Adventures In Paradise is offering a July 4 fireworks cruise, departing at 7:30 p.m. from "G" dock at Sanibel Marina. Admission is \$59 per passenger, which includes tropical music and complimentary snacks, bottled water and soft drinks. BYOB. To make reservations, call 472-8443.

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CANAL-FRONT HOME WITH BEACH ACCESS!



Beautiful canal front home with boat dock and beach access on Sanibel's east end! Walk to the beach or take your boat out to the Gulf of Mexico to fish and explore. Relax and enjoy this happy home with 3 bedrooms, 2 baths on an over sized lot with wood floors, volume ceilings, updated kitchen and baths, lots of storage, workshop, studio and so much more. This lovely beach home is a dream come true with wonderful canal views!

Asking price is \$979,000

BEST CONDO INVESTMENT ON SANIBEL!



Perfect opportunity to have a gorgeous 1 bedroom, 1 bath Gulf-Front condo in the popular Casa Ybel Resort. Incredible rental income is approximately \$50,000 NET per year! Cottage Colony West 132 has an awesome top floor, corner location with gorgeous views of the Gulf of Mexico. So many amenities including 2 large pools, fun pool bar serving food and drink, great entertainment, boat and bike rentals, tennis centers, kids programs plus top rated Thistle Lodge Restaurant. Great way to relax and enjoy life.

Asking price is \$654,900 Furnished

GULF-FRONT CONDO ON SANIBEL



Cottage Colony West 108 is a Gulf-front 1 bedroom, 1 bath condo with a popular top floor, corner location. An investment you can count on! Fantastic rental income with NET proceeds of approx. \$50,000 per year! The premier Casa Ybel Resort on-site rental office takes care of everything. Plus incredible amenities include huge pool, separate kids pool, fun pool bar with entertainment, tennis center, boat and bike rentals, exciting kids programs and Thistle Lodge Restaurant. Enjoy walking on the beach and soaking up the sun!

Asking price is \$644,900 Furnished

BEACH DUPLEX ON SANIBEL



So close to the Gulf you can hear the waves! Great Rental income and located on a beautiful stretch of beach on Sanibel with private beach access seconds away.

Owner financing available
Asking price is \$629,000

PRIVATE DUNES LOCATION W/ GORGEOUS LAKE VIEWS!



This is the home you have waited for! Wonderful great room design with vaulted ceilings, large florida room plus a spacious 3 bedrooms and 2 baths plus den. The screen enclosed pool and spa is elevated to the living level overlooking the 10th green with expansive water views! Enclosed 3 car garage with separate air conditioned garage. Great family home!

Asking price is \$768,900

 *Happy Fourth of July!* 



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Rotary Happenings

submitted by Shirley Jewell

The great speaker at last Friday's San-Cap Rotary Club meeting was one of our own: Dorrie Hipschman, executive director of the Bailey-Matthews National Shell Museum. Dorrie's topic for the day wasn't really devoted to the museum per se, but on a related topic: The Importance of Natural History Museums. Just to name drop a little, like the Field Museum in Chicago, the New York Museum of Natural History, the Smithsonian and of course the granddaddy of them all, the London Museum of Natural History.

Hipschman made it a point to ardently tell us that natural history museums are "libraries of the natural world." They keep irreplaceable samples of all the life found on earth. Most of us are familiar with the display case dioramas of animals and their habitats beautifully displayed it a virtual world just inside those glass cases or display collections of unusual and exotic taxidermied animals. However, that is not all that lies within the walls of a natural history museum. Take the elevator up or down from the public rooms in these museums and you will find collections of specimens of all sorts of animals, plants, geology, paleontology, etc. used for scientific study, along with current and historical records pertaining to these



Dorrie Hipschman photo provided

specimens. Rooms devoted to species of preserved squirrels, birds, beetles, draws of rattlesnakes, boxes of corals, packets of herbs and plants, etc. You name it, if it had a presence on earth, there is a collection of these species in a natural history museum. I like this description: "cabinets of curiosities."

Why? Because specimens can be studied, and a baseline established, species can be examined for changes due to natural environmental factors and human contributions to the environment. Some of these museums have what is called a "type," the #1 specimen of a new life form. This is the specimen against which all other finds are measured. "There's a type for just about everything, except the para type of the American Buffalo," said Hipschman. "Somehow, the Denver

Natural History Museum lost type #1 and now its base type is American Buffalo #2."

Whenever a new animal is found that maybe looks like a similar species, scientists go back to the original type to study similarities and differences. Of course, they check DNA. What are these scientists looking at? Well here are a few things: Environmental contaminants, introductions of diseases, the wide-spread use of pesticides (i.e. DDT) or anything that may affect and change the evolution of animals during their lifetime. When and why animals become extinct – remember trilobites and dinosaurs, and why there might be an evolution regarding changes to an animal species and their habitants?

"A recent National Research Council report states that one priority of a defense plan should be to develop reference specimens and other taxonomic information for pests or pathogens likely to be used in bioterrorist attacks against U.S. agriculture," noted Hipschman.

Now for the Bailey-Matthews National Shell Museum, a natural history museum that increases knowledge of, and appreciation for, mollusks and their shells using collections, programs, and expertise to inspire learning, support scientific research, and tell the story of mollusks' importance to people and the natural world.

"The museum has researches from around the world that work with the Shell Museum's collection – about 500,000 specimens of 18,318 species," she said. Mollusks are some of the most endangered animals on the planet and the museums research can help identify the causes of natural and man-made dangers that are

present and contributing toward their demise.

From Wikipedia: "The term seashell usually refers to the exoskeleton of an invertebrate (an animal without a backbone), and is typically composed of calcium carbonate or chitin. Most shells that are found on beaches are the shells of marine mollusks, partly because these shells are usually made of calcium carbonate, and endure better than shells made of chitin.

Apart from mollusk shells, other shells that can be found on beaches are those of barnacles, horseshoe crabs and brachiopods. Marine annelid worms in the family Serpulidae create shells which are tubes made of calcium carbonate cemented onto other surfaces. The shells of sea urchins are called tests, and the molted shells of crabs and lobsters are called exuviae. While most seashells are external, some cephalopods have internal shells."

How very lucky we are in Sanibel to have such a prestigious natural history museum – the Bailey-Matthews National Shell Museum – right here on island. The study and research going on at the museum helps identify what is happening in our oceans and water ways and helps plan for corrections based on information garnered from scientific study done.

Big plans are ahead for the museum in the very near future, and Hipschman's talk helped us understand why these plans will include increasing research capabilities at the museum.

The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.✪

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4. Shell Seekers – Captiva

- 6BR/7.5 BA Olde Florida architecture style home offering stunning 180degree direct views of the Gulf of Mexico
- Stunning coastal décor, 2 story coffered ceilings in the living room, gorgeous master suite & fantastic outdoor living
- **\$8,475,000** EUR €7,303,629

5. Sundial West Gulf View Unit

- 1 BR/1 BA remodeled condo with screened in lanai
- Gulf views from almost every room, excellent rental
- **\$465,000** EUR €400,730

6. Across street from Beach, Views of Sanibel River – Sanibel

- 3 BR/ 2 BA home located directly across the street from beach with views of Sanibel River & Beachview Golf Course & a short walk to several restaurants & tiki bars'
- Recently remodeled, south facing screened in pool, all new kitchen and baths
- **\$1,095,000** EUR €943,654



10. White Pelican – Captiva

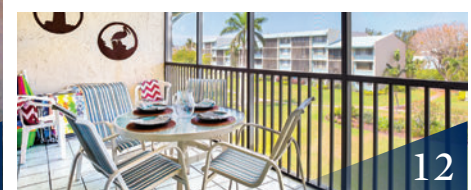
- 6BR/5BA home plus art studio situated on oversized Gulf front lot
- Located in Captiva village, \$400k per year rental income with owner usage
- **\$6,999,000** EUR €6,031,634

11. Canal front Condo on Sanibel's East End

- 2 BR/ 2.5 BA condo located off East Gulf Drive in Seawind Community
- Community pool, tennis courts, boat docs, and steps to nearby beach access
- **\$512,500** EUR €441,664

12. Loggerhead Cay – Sanibel

- 2 BR/ 2 BA East End condo located just a short walk from the beach
- Large screened lanai, this perfect vacation condo is a perfect pallet for your finishing touches
- **\$499,000** EUR €430,030



1. Jensen's Marina & Cottages – Captiva

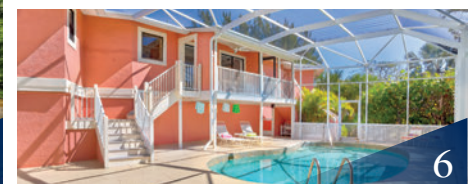
- Rare opportunity to own this truly iconic resort and marina. Stunning & timeless property located in the Heart of Captiva. Over 1 acre along the sparkling Intracoastal Waterway, 35 slip marina with fuel dock, 14 quaint and comfortable cottages and a ship store
- **\$19,850,000** EUR €17,106,435

2. Golf Course and Lake Views in the Dunes – Sanibel

- 3 BR/2 BA updated pool home in near beach community
- Open kitchen, new cabinets, SS appliances, granite countertops
- **\$799,000** EUR €688,566

3. Ventura Captiva

- 3 BR/3 BA townhome style condo with Bay views
- Conveniently located in Captiva Village
- **\$919,000** EUR €791,980



7. Sanibel Estates Canal Home

- 5 BR/4.5 BA remodeled home on navigable canal
- Unique, charming, with private enclosed swimming pool
- **\$1,099,000** EUR €947,101

8. Remodeled Lake Front Home – Sanibel

- 3 BR/ 2 BA Old Florida style home on West End with pool, spa, and 2 story pool cage
- Private master suite with sun porch and just a short walk to the beach
- **\$995,000** EUR €857,476

9. Sunsets over Clam Bayous – Sanibel

- 3 BR/2BA home located in gated community Heron's Landing
- Featuring private elevator, enclosed & open lanai for unobstructed bayous views
- **\$1,099,000** EURO €947,101

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Tiffany, Jeff, Joan & Joe Burns



Kathy Haungs, Denice & John Beggs



Steven V. Greenstein and Robin L. Cook
photo provided

Trust Advisors Presentation On Wealth Transfer

Cypress Cove, a life plan community in Fort Myers, recently hosted a program on wealth transfer to approximately 40 residents. Wealth Services Advisors Robin L. Cook and Steven V. Greenstein of The Sanibel Captiva Trust Company presented How

to Talk to Your Heirs About Managing Wealth, designed to outline what steps can be taken to prepare the next generation for inheriting significant assets.

"It is better to have a conversation about inheritance with your heirs sooner rather than later," said Cook. "It allows your children to prepare for possibly substantial responsibilities, which may accompany the estate for which they will be responsible." She stresses that one of the most important steps in the process is a family meeting, which may include a variety of advisors, such as a trust and estate attorney, accountant, insurance agent and professional wealth manager.

"By introducing your heirs to your team of advisors, your children and grandchildren, as appropriate, can become familiar with the fiduciary care and guidance you have received over the years, leading to a less stressful transfer of wealth in the future," Greenstein explained. "We are here to help them, as well." It is often critical for parents to have custom designed investment management for the next generation taking into account potential life changes, individual family circumstances, special needs, business succession, unique assets and strategic philanthropy.

Cook and Greenstein coordinate family meetings for their clients now with the goal of heirs experiencing the best possible outcomes in the future.

For more information, visit www.sancaptrustco.com or call 472-8300.*

Superior Interiors

Your Personality – Your Design Style



by Jeanie Tinch

Do you consider yourself a conservative person, or one who lives a little closer to the edge? Given a choice, would you choose to dress in a suit, khakis and a sweater, or do you

go for more of a Bohemian look? Are you very detail-oriented, or do you prefer not to be bothered with the details? And lastly do you find it easy or difficult to envision something that doesn't exist yet?

There are no right or wrong answers to these questions, however your individual responses are pretty good indicators of some basic personality characteristics. Those characteristics are accurate predictors of decorating style and how you will approach the decorating process in your home.

This column is not a comprehensive study of the topic, but here are some examples of how your personality affects how you decorate. We may fit into some general decorating stereotypes but each of us are individuals, and those details make our homes reflect who we are.

Let's look at the use of color. Those of us who are generally conservative tend to choose colors for our home that are "safe." Soft tones are good, and neutrals are even better. Take note that there is a difference between safe and boring and sometimes that difference can be tricky.

A person who lives a life a bit more on the edge is usually drawn to a color scheme that is more dramatic. Bolder and highly contrasting colors will be much more interesting to these people.

The degree of formality that you choose for your home is also directly related to how formal or casual you are as a person.

Are you most comfortable knowing that your appearance is very well-coordinated, tailored and traditional? Do you leave the house without your hair and make-up done?

Or do you live in sweats whenever possible, and tend more towards attitude of "What you see is what you get"? The more readily you fall into this latter group, the more likely it is that you will prefer a very casual decorating style and vice versa.

Our personalities are influenced by the way our brains function, i.e. which side of your brain is dominant. Strong left-brain thinkers tend to be very good at analytical processes while those with right brain dominance are more comfortable with creative thinking. This characteristic not only influences our likes and dislikes, but also has a huge impact on how we make decisions.

People drawn to careers in engineering, finance or accounting are usually examples of strong left-brain thinkers. For these individuals, ambiguity is unsettling, and there may be difficulty in visualizing how something will look when it is done.

If you fall into this category, you will want detailed design plans and illustrations of how the final product will look like. It will also be important that you have all the facts and have considered the options before making a decision.

On the other hand, strong right brain thinkers tend to have no trouble conjuring up a mental image of the way a particular fabric will look on a window treatment, but prefer not to involve themselves with how it is constructed. They will make decisions based more upon how a design plan makes them feel rather than its factual details.

It's a good idea to keep these principles in mind when you prepare to embark on a decorating project. If you will be tapping into the expertise of a design professional, their knowledge and sensitivity to your personality traits will assist them in facilitating a process that will insure a beautiful result.

Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindeciden.com.*

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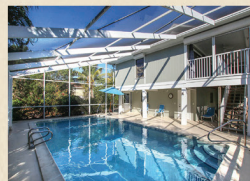
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Sen. Benacquisto shared that her interest in the issue was sparked by a news story about coerced child marriage Florida victim Sherry Johnson as well as a troubling case involving a teenaged constituent in her district. “I was honored to be joined by Leader Wilton Simpson and Rep. Jeanette Nunez as we worked to protect our children from the horrible abuses that were happening across the state,” she said. “We took strong action to protect Florida’s children from forced marriages.”

Florida's Child Marriage Act, which bans marriage for anyone under 17 and prevents 17-year olds from marrying a spouse more than two years older, among other protections, will take effect on July 1, 2018. Prior to this legislation, Florida had no true protections restricting the marriage of minors.✱



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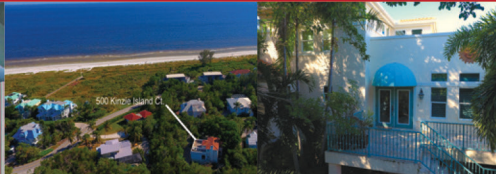
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	4:19 am	6:47 am	1:38 pm	9:20 pm
Sat	4:46 am	7:26 am	2:15 pm	9:54 pm
Sun	5:12 am	8:13 am	2:56 pm	10:29 pm
Mon	5:39 am	9:08 am	3:39 pm	11:05 pm
Tue	6:11 am	10:12 am	4:29 pm	11:43 pm
Wed	6:45 am	11:25 am	5:26 pm	None
Thu	7:21 am	12:22 am	6:35 pm	12:46 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	3:24 am	6:49 am	12:43 pm	9:22 pm
Sat	3:51 am	7:28 am	1:20 pm	9:56 pm
Sun	4:17 am	8:15 am	2:01 pm	10:31 pm
Mon	4:44 am	9:10 am	2:44 pm	11:07 pm
Tue	5:16 am	10:14 am	3:34 pm	11:45 pm
Wed	5:50 am	11:27 am	4:31 pm	None
Thu	6:26 am	12:24 am	5:40 pm	12:48 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	3:22 am	8:29 am	1:49 pm	9:43 pm
Sat	4:14 am	9:11 am	2:26 pm	10:21 pm
Sun	4:55 am	9:50 am	3:19 pm	10:55 pm
Mon	5:30 am	10:28 am	4:17 pm	11:26 pm
Tue	6:04 am	11:06 am	5:06 pm	11:57 pm
Wed	6:36 am	11:50 am	5:52 pm	None
Thu	7:07 am	12:27 am	6:42 pm	12:47 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	6:29 am	12:03 am	3:48 pm	10:03 am
Sat	6:56 am	12:36 am	4:25 pm	10:42 am
Sun	7:22 am	1:10 am	5:06 pm	11:29 am
Mon	7:49 am	1:45 am	5:49 pm	12:24 pm
Tue	8:21 am	2:21 am	6:39 pm	1:28 pm
Wed	8:55 am	2:59 am	7:36 pm	2:41 pm
Thu	9:31 am	3:38 am	8:45 pm	4:02 pm

Island Seniors
At Center 4 Life

Meet your friends and make some new ones at the Center 4 Life. Browse through the following activities, then stop by to sign up.

Center 4 Life Closed July 4 – In observance of the Independence Day holiday, the Center 4 Life will be closed on Wednesday, July 4. It will resume normal operating hours on Thursday, July 5.

Donations Needed for the Trash & Treasures Sale – Clean, gently used items are needed for the annual Trash & Treasures Sale. You may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. A tax deductible receipt will be provided for your donation. Books, clothing, shoes, computers or old TVs cannot be accepted. If you have any questions, call 472-5743.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list, and wish to be, email ocean@comcast.net or contact the center.

The featured book for Wednesday, July 11 is *The Bone Collector* by Jeffrey Deaver. The movie will be shown at 12:30 p.m. followed by the book discussion at 2:30 p.m. Bring your own lunch.

Leisure Lunchers Trip to Sweet Melissa's Cafe – Tuesday, July 11. Experience the award-winning Sweet Melissa's Cafe. Executive Chef Melissa Talmage challenges your tastebuds to explore a creative menu with a wide array of different tastes, textures and eclectic ingredients. We will have an

opportunity to speak with the chef and have her share with us her creative cooking style. Separate checks will be provided. Register at the front desk. Limited seating available.

Savannah Sipping Society at The Off Broadway Palm

Beginning with an afternoon lunch at Cristof's on McGregor Boulevard (dutch treat), the group outing to The Off Broadway Palm Theater will take in the comedy *Savannah Sipping Society*. In the play, four Southern women, strangers to each other, are drawn together by fate and turn weekly happy hours into a mission to renew the enthusiasm for life they've lost through the years. Their raucous humor and collective strengths see them through unexpected challenges and to their surprise; they realize it's never too late to make lifelong friends. Carpool arrangements for transportation. Limited seating available and advanced registration is required. Call 472-5743 for more information.

Gelli Printing with Bea Pappas – Fridays, June 29 and July 6, 13, 20 and 27. Cost is \$20 for members and \$25 for non-members. Beginners welcome.

You can do monotype or make papers for collage use. Supplies needed: paper towels, acrylic paints, water container and one-inch brush. The instructor will provide all other supplies.

Games
Cost for all games is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

Bridge – Monday and Wednesday. Registration begins at noon; the game begins at 12:30 p.m.

Mahjongg – Monday and Thursday

at 12:30 p.m.

New: Rummikub – Tuesday at 1 p.m.

Hand & Foot – Thursday at 12:00 p.m.

New: Canasta – Thursday at 12:30 p.m.

Hearts – Friday at 12:30 p.m.

Kayaking on Tuesdays – July 10 and 24 at 8:30 a.m. (weather permitting). There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration is required.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$7 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong. Hand weights, stretch cords and your body weight will be used. The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is required. Connie DeCicco is the instructor

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m.

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Bring a towel. Kim Kouril is the instructor.

Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

For more information, call 472-5743 or stop by the Center 4 Life, located at 2401 Library Way on Sanibel.✪

Top Ten Books
On The Island

1. *The Woman in Cabin 10* by Ruth Ware
 2. *The Lying Game* by Ruth Ware
 3. *Cooper's Moon* by Richard C. Conrath
 4. *My Southern Journey* by Rick Bragg
 5. *The Marsh King's Daughter* by Karen Dionne
 6. *Camino Island* by John Grisham
 7. *The Other Einstein* by Marie Benedict
 8. *May I Come In?* by Marsha Diane Arnold
 9. *The Tea Girl of Hummingbird Lane* by Lisa See
 10. *Next Year in Havana* by Chanel Cleeton
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Officer Of The Year Nominees Announced

The Rotary Club of Fort Myers South is excited to announce the nominees for the 2018 Officer of the Year award, recognized annually at the Law & Order Ball. Now in its fifth year, the Law & Order Ball pays tribute to seven of Lee County's local law enforcement agencies for their commitment to public safety.

Participating agencies may nominate up to five officers for the Officer of the Year award. To be considered, a nominee must be a full-time sworn officer who is employed by and in good standing with their nominating agency. Nominees must also consistently go beyond the call of duty, as characterized by serving as a role model for others, the totality of their contribution to the agency and community throughout the year, and extraordinary actions considered beyond their expected job responsibilities.

The following law enforcement officers were nominated to be the 2018 Officer of the Year:

K-9 Officer Stephen Scrobe, Cape Coral Police Department
 Detective Nick Jones, Cape Coral Police Department
 Sergeant Domonic Zammit, Fort Myers Police Department
 Officer Emelia Lock, Fort Myers Police Department
 Patrolman Lamar Campbell, Fort Myers Police Department
 Detective Joe Anderson, Florida Gulf Coast University Police Department
 Sergeant Sylvester Smalls, Lee County Sheriff's Office
 Deputy First Class Michael B. Elkady, Lee County Sheriff's Office
 Deputy Sheriff Michael Truscott, Lee County Sheriff's Office
 Deputy Sheriff Alexander Aguilar, Lee County Sheriff's Office
 Deputy First Class Richard Castellon,

Lee County Sheriff's Office
 Officer Kory McCloughen, Sanibel Police Department

Five finalists will be announced in advance of this year's Law and Order Ball, and one officer will be announced as the prestigious Officer of the Year at the gala. Nominees were selected from the following Lee County agencies: Cape Coral Police Department, Florida Gulf Coast University Police Department, Florida Southwestern State College Police Department, Fort Myers Police Department, Lee County Port Authority Police Department, Lee County Sheriff's Office and Sanibel Police Department.

The Law & Order Ball will take place on Saturday, September 15 at Germain Arena. Individual registration for the evening celebration is \$175 per person and \$1,750 for a table seating 10 guests. Now in its fifth year, the black-tie optional gala is hosted annually by the Rotary Club of Fort Myers South and is open to the public. Paying tribute to Lee County law enforcement officers, the event raises funds for the Rotary Club of Fort Myers South Foundation, which provides grants to Lee County law enforcement agencies and local non-profit organizations.

Creighton Construction and Development has returned as the Law & Order Ball's presenting sponsor. Additional sponsors include: The Eventful Company, RapidPrint, Edison National Bank, Fort Myers Police Department, Henderson, Franklin Attorneys at Law, Siesta Pebble, Southwest Florida Public Service Academy, Suncoast Credit Union, Aubuchon Team of Companies, Bank of the Ozarks, Finemark Bank, Florida Power & Light, Markham Norton Mosteller & Wright, Millennium Physicians Group, Round Table Provisions and Pushing the Envelope.

Sponsors, silent auction items, and other contributions are still needed for this year's program. For more information about the event, to become a sponsor, or to make a contribution, visit www.lawandorderball.org or contact info@lawandorderball.org.

From page 28

School Smart

readers to rapidly decode text while maintaining high comprehension.

There are some very simple and effective strategies to help students increase their reading fluency. In fact, practice with reading fluency also helps increase the reader's accuracy and reading comprehension according to the National Reading Panel (2000).

Here are some practice strategies. Increasing reading fluency requires very little except a quiet location, a good book, the reader and the parent or other proficient adult reader.

1. Sit with your child in a quiet location without too many distractions. Position the book selected for the reading session so that both you and the student can easily follow the text. (Or get two copies of the book so that you each have your own copy).

2. Ask your child to begin reading out loud, encouraging her or him to "do your best reading."

3. Follow along silently in the text as your child reads.

4. If your child mispronounces a word or hesitates for longer than 5 seconds, tell him the word. Have her or him repeat the word correctly and then ask her or him to continue reading aloud through the passage.

5. Occasionally, praise your child in specific terms for good reading (e.g., "You are reading with such good expression!").

Practice this technique with your son 3 to 4 times a week for about 10 to 15 minutes per reading session. You, and your son, will see results quickly and as a side benefit you and your son will have built a wonderful reading bond between each other.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.✱



Seahorse Shopping Center

photo provided

Seahorse Shopping Center On Sanibel Sold

John Naumann & Associates recently listed and sold the iconic Seahorse Shops, originally built in 1957 and

located on the eastern end of Sanibel. The listing agent was Linda Naton, and the selling agent was Alan Fisher. Both are island residents.

The buyers are planning several improvements to the center, which is on schedule to be completed by late summer 2018.✱



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Former Miracle Manager Having Great Success With A New Team And A New Organization



by Ed Frank

Remember Doug Mientkiewicz, the former highly successful manager of the Fort Myers Miracle baseball team who was uncerimoniously fired by the Minnesota Twins last fall? Mientkiewicz, one of only five American ballplayers to win an Olympic gold medal and a World Series championship (Boston), managed the Miracle to their only Florida State League Championship in 2014 and Double A Chattanooga to a league title in 2015.

In 2014, he was a finalist to become manager of the Twins, a job that eventually went to Paul Molitor.

For reasons never fully explained, Mientkiewicz was dumped by the Twins organization last fall. But it didn't take long for the fiery and talented manager to be hired by another organization – an interesting one at that.

Shortly after former Twins manager Ron Gardenhire was named manager of the Detroit Tigers, Mientkiewicz was hired as manager of the Tigers Triple A Toledo Mud Hens of the International League. So the two are joined together again in the same baseball organization.

And Mientkiewicz has his Mud Hens in first place in the West Division of the International League.

It's obvious that one day soon, the former Miracle Manager will be managing in the big leagues.

Season Nearing Half-Way Point; Update On The Red Sox And Twins

As the Major League baseball season approaches halfway, we should review just where the Red Sox and Twins, the two teams that train here, stand.

It's no surprise that the Red Sox and New York are locked in a tight race in the American League Eastern Division, with Boston trailing the Yankees by a mere half-game at the week's end.

Boston's offensive power was fortified with the pre-season acquisition of slugger JD Martinez, who had belted 23 home runs at week's end and was hitting well above .300.

He's just what the Red Sox needed with the retirement of David Ortiz at the end of the 2016 season.

However, many feel the team is in need of bullpen help with the season-ending injury to Carson Smith and the uncertainty of Tyler Thornburg, who is in rehab from thoracic outlet syndrome.

In his first two years with Boston, Dave Dombrowski, president of baseball operations, bolstered his bullpen with late-season acquisitions of Brad Ziegler and Addison Reed.

So don't be surprised if the smart Dombrowski does the same this year.

Anyway you look at it, the Red Sox and Yankees are more than likely to battle each other to the very end of the season with one winning the division title and the other grabbing the wild card slot.

As for the Twins, it's a different story – and not a happy one.

After a historic 2017 season in which they became the first team to advance to the playoffs after losing more than 100 games the season before, there was much anticipation that 2018 would be even better, particularly when they improved their roster with several preseason moves.

However, as the week began, the Twins were 33-40, eight games behind first-place Cleveland.

While there's plenty of time remaining to reverse course, there are discouraging signs on several fronts.

Two of their prized young players, Byron Buxton and Miquel Sano remain big question marks.

The often-injured Buxton is expected to continue a long rehab assignment at Triple A Rochester, and Sano is back here with the Miracle in the hopes of correcting his batting woes.

The fact is, Sano has shown he cannot hit big league sliders. Perhaps his stint here

will correct the problem.

Adding to the problem mix is the suspension to shortstop Jorge Polanco who is serving an 80-game suspension for testing positive on performance enhancing drugs.

The season's second half must be far improved for the Twins if postseason play is a possibility.✱

Free Balance Screenings

Have you fallen or lost your balance recently?

Does performing sports, dancing, or doing household chores increase your problem?

Do quick movements of your head or looking up increase your symptoms?

Do you have trouble getting up from a chair without using your arms?

Can you stand on one leg without losing your balance?

Does your problem restrict your participation in social or recreational activities?

Are you afraid of falling?

If you have answered "yes" to any of these questions (or have a friend or family member who does) then attend the Balance and Dizziness Workshop at FYZICAL Therapy and Balance Centers on Tuesday, July 10 from 10:30 to 11:30 a.m. It may be a life-changing event for you.

Loss of balance, falling or dizziness can drastically decrease your quality of life. It can make you fearful and cause you to limit your activities. Falling can cause other injuries including fractures and concussions. Loss of balance can make you dependent on others. It can force you to limit travel and social activities. It can take away your

focus from spending time playing with and enjoying children and grandchildren.

Less activity and exercise can lead to depression, increased stress and a sedentary lifestyle. Less activity often leads to other larger medical problems and life problems.

If you are confused and unsure of what to do or the cause of your problem and are looking for answers, here is some points that you will learn at the workshop: the top common types of dizziness; the three key body systems that are involved in balance; how balance problems impact how we walk and move; how to determine the cause of your problem and what can be done to improve your condition; what is involved in successful treatment and how to gain relief naturally with use of proper exercises and physical therapy.

To register for the Balance and Dizziness Workshop, call the FYZICAL Therapy and Balance Centers office at 395-1097. When you register you will be sent a Balance and Dizziness worksheet which you will bring with you to the event. There are only 20 seats available for this event, so register quickly. You are encouraged to bring a friend or family member. All attendees will have the opportunity to have a balance screening and consultation with a certified balance specialist physical therapist.

FYZICAL Therapy and Balance Centers is located at 4301 Sanibel-Captiva Road on Sanibel.✱

SPORTS QUIZ

1. In 2017, Dallas Keuchel became the second Houston Astros pitcher to win five games in April. Who was the first to do it?
2. Who was the last player before Washington's Anthony Rendon in 2017 to drive in 10 runs in a game?
3. In 2016, Le'Veon Bell set a Pittsburgh Steelers record for most rushing yards in a game (236). Who had held the record?
4. Who was the last No. 1 overall NBA draft pick before Markelle Fultz in 2017 to have his last season in college end with a losing record?
5. Name the last time before the 2017-18 NHL season that the Pittsburgh Penguins swept in-state rival Philadelphia during the regular season?
6. In 2017, Stanford became the second men's collegiate soccer team to win three consecutive national championships. Which school was the first to do it?
7. When was the last time a horse won the Kentucky Derby in less than 2 minutes?

ANSWERS

1. Roger Clemens, in 2004. 2. The Angels' Garret Anderson, in 2007. 3. Willie Parker ran for 223 yards in a game in 2006. 4. LaRue Martin of Loyola (Ill.), in 1972. 5. It was the 2006-07 season. 6. Virginia won four straight, 1991-94. 7. It was Monarchos in 2001, at 1:59.97.



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Brian Bohlman and Rachel Rainbolt of the Clinic for the Rehabilitation of Wildlife (CROW)
photos by Jeff Lysiak

From page 1

Seashell Day

added to the throng. Slowly, the human mass began to take the shape of a giant junonia.

"The reason we're doing this today is to show the whole world what a great community we live in," Tamara Pigott, executive director of the VCB, told the crowd who began arriving at the event shortly after 6:30 a.m. "And when you post on social media, you can say you live in the most beautiful place in the world!"

Finally, after more than an hour of funneling participants into an area cordoned off in the designated shape of a junonia, the group was required to stand in place for five minutes while cameras – attached to drones hovering high above the crowd – took pictures to document the attempt.

It took about a half hour to confirm the results.

"After reviewing all of the evidence and verifying the measurements and



Fort Myers resident Sarah Kersten sporting a SHELL YEAH! temporary tattoo

the head count, I am ready to announce the official results," Christina Conlon, official adjudicator for the *Guinness Book of World Records*, told the crowd around 11:30 a.m. "With a confirmed total today of 1,093 participants, we have set the world record!"

According to VCB officials, the youngest registered participant was 6-week-old Quin Simpson of Lehigh Acres. Attendees came from as far away as Germany and Switzerland.

All participants received a commemorative 2018 National Seashell Day T-shirt, hat and seashell necklace for taking part in the record attempt. Participants were also encouraged to bring a canned food or nonperishable item to benefit the United Way's support of area food banks.

National Seashell Day was sponsored by The Beaches of Fort Myers & Sanibel, The Outrigger Beach Resort, Fort Myers Beach Chamber of Commerce, LeeTran and AIM Engineering & Surveying, Inc. Participating local attractions, organizations and businesses included



From left, Dorrie Hipschman, Debbie Labade, Lori Fanning, Michelle White and Leigh Gay of the Bailey-Matthews National Shell Museum

the Bailey-Matthews National Shell Museum, the Clinic for the Rehabilitation of Wildlife (CROW), Costco, Kona Ice, Key West Express, The Bagel Factory, DirecTV, Turtle Time, Inc., United Way and Conchalele Bob MacPhail.

Holly Smith, Sanibel City Councilwoman and local business owner, was among the crowd participating in the world record attempt.

"I came certainly to support the VCB, but also to have fun and be a part of the record," said Smith. "I thought it was great, seeing so many people having fun. There were just so many smiling faces."

Last week's event wasn't the first time that locals attempted to shatter

a shell-related world record. Back in 2012, as part of the Sanibel Shell Festival's 75th annual Shellabration, more than 800 people gathered at Bowman's Beach on Sanibel while attempting to shatter the existing record mark in the Largest Treasure Hunt Game category.

For more than the required 30 seconds, the mass of shell seekers bent over on the sand, performing the "Sanibel Stoop" under the watchful eye of *Guinness Book of World Records* representatives and volunteer witnesses to the display.

Sanibel's record for Largest Treasure Hunt Game stood for several years until a gathering in Greece, held in February 2017, established the new mark with 1,384 participants.✱

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Treatment For Back Pain



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

Almost everyone has dealt with back pain at some point in their life. Back pain is often due to injury, which may occur from repeated heavy lifting or a sudden awkward movement that strains back muscles and spinal ligaments. At times, just the muscle is tweaked, and a few days later, the muscle is healed and you're back to normal. But when pain becomes chronic, low back pain can be disabling, interfering with life as you know it. There are numerous treatments aimed at providing relief for nagging back pain. Cortisone and steroid injections are common, but unfortunately, these injections provide only temporary relief and are harmful to the soft tissue over the long-term. Pain medications

are also common, and although they provide pain relief, they do not repair the underlying issue and can lead to an endless and possibly dangerous dependency cycle.

The underlying, and frequently missed, problem is often ligament damage causing joint instability. Ligaments aid in the stability of the back, so when they are injured, instability results. When standing, bending and turning, the ligaments in the back work to keep motion in check, allowing the vertebrae to move, but not letting them move too much. Injured ligaments become weak and stretched out, like an overstretched rubber band, void of elasticity and unable to efficiently do their job. Ligaments are also full of nerves, so when you go about your daily activities and bend or twist or even sit too long, those nerves get tweaked.

The treatment used to repair ligaments in the lower back is known as prolotherapy. It is a regenerative method for long-term stability, unlike cortisone, which is temporary and degenerative over the long term. Popular prolotherapy solutions can include a person's own healing cells, such as platelet rich plasma (PRP) or stem cells.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.✱

Beautifulife: Be Free



by Kay Casperson

What does it mean to be free? I am curious as to what your answers would be as I am quite sure that response to this question will vary depending on your age, your responsibilities in life, your location in the world and where your heart is.

My personal belief about being free is to be happy. That seems way too easy, but is it? Happiness and freedom are a choice that you have to make for yourself, and then you have to make it happen. There will be days where this is easier said than done, no doubt, but if you do everything in your power to free yourself from just a few of my suggestions below, you will find more happiness, and the result will be a step closer to your most beautifulife!

Here are a few of my suggestions for freedom in the following areas of your life:

Emotional – Free yourself from worry and self-condemnation. Keep joy in your life by smiling more often and telling yourself how awesome you are. Remember, you are smart and can make significant decisions that will also make great things happen.

Physical – Explore ways to stay healthy and fit. It is tough to be free when illness or physical ailments are encompassing your life. Make wellness and physical activity a high priority.

Spiritual – Have peace and stay calm even in the midst of chaos. Take time to pray or meditate daily to keep order in your life and to continue to enjoy your freedoms.

Environmental – A big part of being

free is loving where you live and what you do each day. There are little things that you can do to make your environment more comfortable, clean and inspiring. Your work environment should be a place that you are excited to be at since this is a big part of your day. Don't rely on anyone but yourself to make the changes necessary to create a home and work environment that inspires you every day.

Social – Free yourself to give more love to others, open your heart to forgive so you can move ahead without restraint. Surround yourself with positive and inspirational people so that you can continue to grow and flourish.

Financial – Being financially free is different for everyone. For some, it means having enough money to pay the bills each month without worry. To others, it is to have the ability to travel and spend on outside interests without sacrificing other things. Regardless of what financial freedom means to you, there are ways to attain it if you want it. I believe that you should look for ways to create an income stream outside of your primary job. There are companies like my own that provide a method for individuals to make money by just sharing our products and inspiration with their social network of people. These other opportunities are also a fantastic way to prosper while continuing to do what you love.

My affirmation for you this week is: "I will find new ways to be free in all aspects of my life and know that ultimately doing what makes me happy and being where I want to be is my freedom of choice."

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




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From page 27

Exhibition

artistic corollary to Kerouac's linguistic portrait of the American landscape. Acknowledging the romantic vision of the road as epitomized by the Beats, Ruscha invented the "artist's book" in the 1960s with his inexpensively printed and self-published deadpan photographic musings on the evolving urban environment of Los Angeles. His aptly-titled *Twenty-six Gasoline Stations, Every Building on the Sunset Strip* and *Royal Road Test*, which documents the prankish destruction of a vintage typewriter as tossed at 90 mph along US Highway 91 from a '63 Buick LeSabre, perfectly compliment the car parts, jazz instruments and sandwich stacks that Ruscha found, appropriated or photographed to illustrate his 2009 limited edition update of Kerouac's *On the Road*.

Amram is an American treasure who started his musical career in the early 1950's playing in the National Symphony Orchestra in Washington, DC, as well as in the legendary jazz bands of Charles Mingus, Dizzy Gillespie and Lionel Hampton. In 1957, he created and

performed in the first ever Jazz/Poetry readings in New York City with novelist Jack Kerouac, a close friend with whom Amram collaborated artistically for over 12 years. From 1964-66, Amram was the composer and music director for the Lincoln Center Theatre (until Leonard Bernstein appointed him as the first Composer in Residence at the New York Philharmonic). Regularly crisscrossing the United States and Canada, Amram has traveled the world extensively, working as a musician, conductor and multi-lingual storyteller in over 35 countries including Cuba, Kenya, Egypt, Pakistan, Israel, Latvia and China.

The subject of the feature-length documentary film *David Amram: The First Eighty Years*, and author of three highly acclaimed memoirs, *Vibrations*, *Nine Lives of a Musical Cat* and *Offbeat: Collaborating With Kerouac*. As a composer, Amram has collaborated with Elia Kazan, Eugene Ormandy, Arthur Miller and Langston Hughes, and as a musician with Thelonious Monk, Odetta, Bob Dylan, Willie Nelson, Betty Carter, Arlo Guthrie, Pete Seeger, Tito Puente, Hunter S. Thompson and Johnny Depp.✱

dearRPharmacist

Six Ways To Relieve Itchy Red Eyes



by Suzy Cohen, RPh

Dear Readers: My eyes are driving me crazy, and I thought I'd share what I know with you in case you are feeling the same way right about now. For me, it's a triple hit from the smoke generated by fires

nearby in Colorado, the ragweed pollen and some drywall dust kicked up when I demo'd a fireplace in my new home.

Here's a sample of what I've been doing to tame the red so that people stop asking if I was up all night drinking, lol, which I was not I assure you! I can't list everything here due to space considerations, so if you'd like the complete list of my home remedies, sign up for my newsletter at www.suzycohen.com and I'll email it to you on Tuesday.

1. Dry up:

Take an oral antihistamine such as Loratadine (Claritin). I am taking about a half tablet daily with a natural supplement that I'll tell you about in my longer article on my website. Now that you've got your antihistamine on board, proceed to step 2.

2. Wash your eyes:

Irrigate your eye with saline and a sterile eye cup. Your local pharmacy, department store or online e-tailer has Bausch & Lomb's brand of "eye wash" or "irrigating eye wash" or a similar brand of saline that comes with an eye cup. You do not want contact lens cleaner, you want to basically rinse your eye out. It's similar to opening your eye underwater in a pool, you just have to do it.

3. Apply a cold compress:

Take a clean washcloth, dip it in ice water and wring out, then apply. I like to take them and fold the washcloth in

half, then roll it up tightly. The ends of the washcloth will now 'fit' into your eye socket, and it is such sweet relief! Be intelligent and apply sparingly, you just want to cool your eye for a few seconds, so don't hurt yourself.

4. Get the red out:

You can choose what you like, or can afford. I use various ones including Zaditor because this lasts 12 hours, and contains a histamine blocker only (Ketotifen), whereas most eye drops contain an antihistamine as well as a vasoconstrictor. If you're looking for that type of combination, try Opcon or Visine, or their store-brand generic equivalents which will save you money.

5. Lie down and breathe:

Buy an eye pillow, preferably unscented and put it in the freezer for 15 minutes. You can always store yours in there, that's what I do. Put it on your eyes and just breathe. Mmm.

6. Look like a diva:

Cucumber slices on the eyelids... you see this all the time in spa pictures and the reason is that cucumbers reduce eye inflammation and they'll temporarily hide the fact that you pulled an all-nighter last night, played with your neighbor's cat or went horseback riding through ragweed. You can apply them topically, or better yet, juice cucumbers along with some carrots and celery and drink it.

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.✱

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 132 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 9 a.m.

For more meeting information, visit www.southwestfla.org.

Sanibel Community Church is located at 1740 Periwinkle Way.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Do you have any suggestions how to not worry so much about aging?

A: Wouldn't it be nice if aging could just feel natural and we didn't see it as a struggle or negative? Many people

dread their birthday instead of seeing it as a celebration of life and feelings of a greater connection with themselves. Of course, aging is a part of life and instead of feeling fearful about the aging process, what would it be like to surrender to a feeling of comfort in handling the changes in life that are inevitable?

What would it be like to embrace each birthday and feeling as though you have acquired more wisdom and love of self and others? I think part of the issue is that society has an aging phobia. It's easy to buy into this especially if you hear others negativity about their own aging and discussing what they "can't" do anymore. Truthfully, worrying about aging only makes you more prone to age faster. If you see yourself as old, you will be. Research has linked negative perceptions of aging to people with a life span that is seven years shorter.

Perhaps we can begin to look at aging as a beautiful radiance we have had since we were born and that, through the years, we are becoming more radiant through our beliefs that aging can be a beautiful thing.

The reality is that aging is determined by numerous variables including genetics, lifestyle, attitude and karma. However, your spirit within you can choose how you accept your aging process, and you can defy the western stereotypes and not buy into them. The great poet Rumi wrote that the stream you stepped into yesterday is not the same stream you stepped into today. It is the same place but the water that rushes by your feet is new.

You may pass one age, but your states of mind may be the same. You can surrender to many of the misconceptions of aging and contain within you all the wisdom of every year you have experienced.

I like to think of the aging process as a contribution to many chapters of my beautiful book of life each year. No regrets, only lessons and learning.

There is nothing to worry about when it comes to aging, especially when we learn to surrender old beliefs and embrace the optimism of aging.

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

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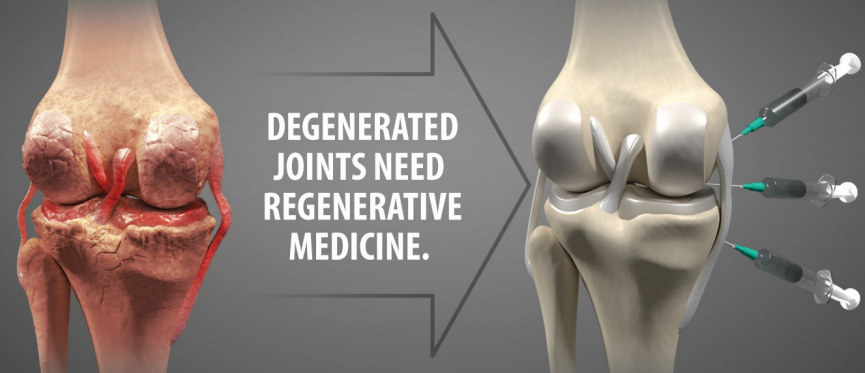
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- What is involved in successful treatment and how to gain relief naturally with use of exercises & physical therapy



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Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
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Naples Philharmonic	597-1111
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CLUBS & ORGANIZATIONS	
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Sanibel-Captiva Republican Caucus	395-1202
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub
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ISLAND ATTRACTIONS	
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PETS OF THE WEEK

photos provided

Haven on Earth Animal League

Kristmas And Biscuit



Kristmas

Hi there! We are Kristmas and Biscuit. We are both 8-years old, neutered and up to date on all vaccines. We are about to lose the only home that we have known our entire lives. Our human mother has to move into an assisted living facility, and she can't take us with her. We need to stay together because all we have now is each other. We are very friendly and well-behaved boys. Our scratch posts, toys, food and litter boxes will come with us, and it will help us feel at home to have our own things.



Biscuit

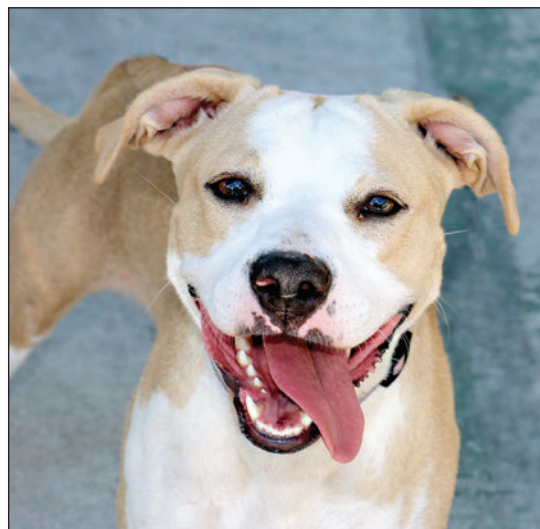
Biscuit is a dark tabby with beautiful, bright, green eyes and a cute little, white chin. I am a red tabby, with four white paws and an adorable face.

Call Marcy with Haven on Earth Animal League at 410-9983 to learn more about us.

We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.*

Lee County Domestic Animal Services

Lexi And Mia



Lexi ID# A653115

Hello, my name is Lexi. I am a 3-year-old female American staffordshire terrier mix who was found wandering around inside a Publix. Remember the book and movie "Because of Winn-Dixie" about a little girl who finds a dog inside a grocery store? The little girl's life changed for the better because of that loveable mutt and yours can too if you come and fall in love with me. I have a positive "Life is Good" attitude that is infectious.

My adoption fee is \$30.



Mia ID# A741975

Hi, I'm Mia. I am a 1-year-old female domestic shorthair who came to Lee County Domestic Animal Services with three of my sisters. Whenever we pass each other, we bump heads to greet each other. I am very affectionate and like to be next to you. Right now, all cats are adopt one get a feline friend free so you can take one of my sisters home as well.

My adoption fee is 20.

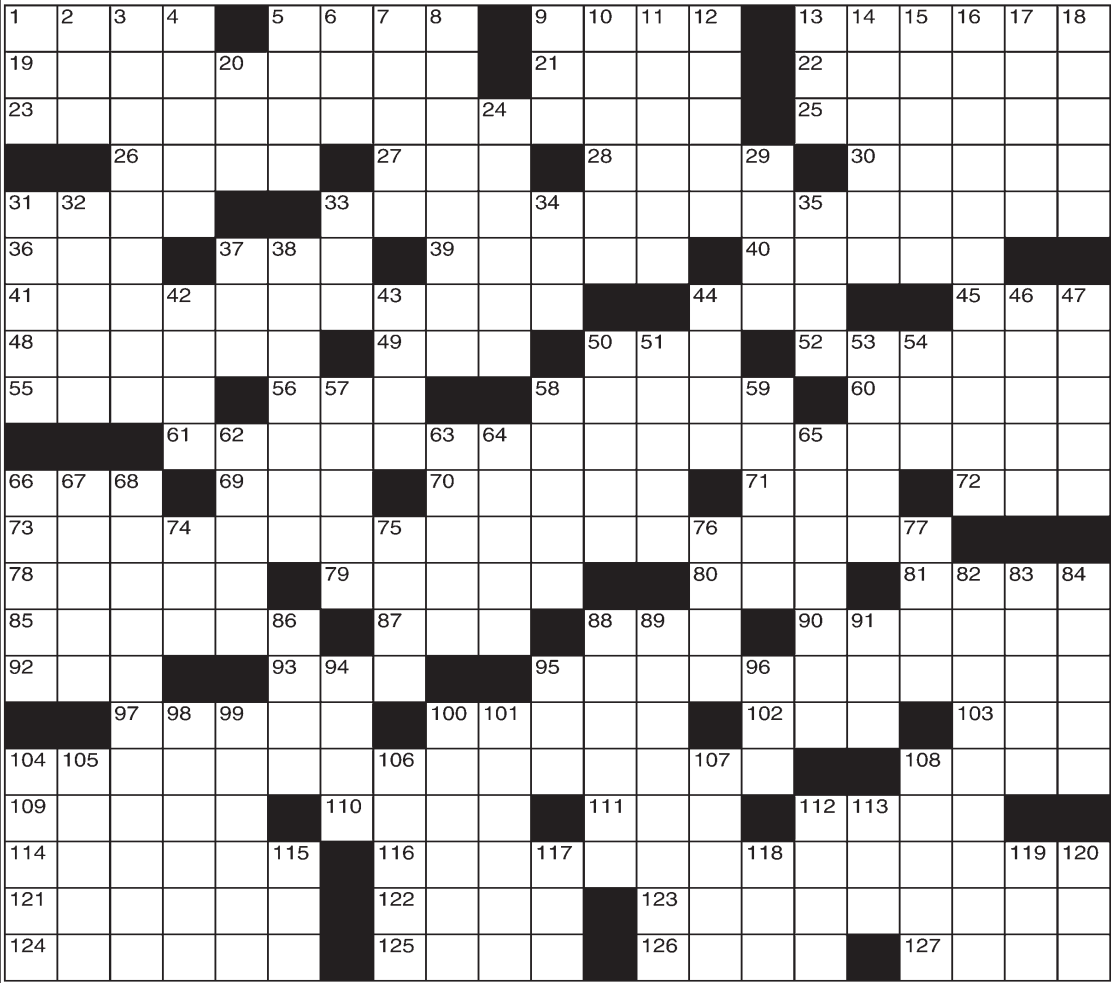
The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.*

PUZZLES

Answers on page 53

Super Crossword "IF THE SHOE FITS ..."

- ACROSS
- 1 Gillette razor brand
 - 5 Sled in the Olympics
 - 9 "Hey, you over there"
 - 13 Sermon deliverer
 - 19 Debuted
 - 21 Choral voice
 - 22 Like a lie
 - 23 Car riders' jolters, to a shoe collector?
 - 25 Buccaneer
 - 26 Kingly name of Norway
 - 27 IRS money
 - 28 Highly eager
 - 30 Paradigm
 - 31 Rakish sort
 - 33 Treasure hunters, to a shoe collector?
 - 36 Everybody
 - 37 Part of ENT
 - 39 Direct (to)
 - 40 Hot-rod rods
 - 41 "I'm Walkin'" singer, to a shoe collector?
 - 44 Week- — glance
 - 45 Tree with samaras
 - 48 More neat
 - 49 Suffix with lyric
 - 50 Covertly add to an email
 - 52 One of the Brady girls
 - 55 Not veiled
 - 56 Nametags, e.g.
 - 58 Blend on high, maybe
 - 60 They may be irregular
 - 61 What Romeo and Juliet were, to a shoe collector?
 - 66 Not cooked
 - 69 Itty-bitty
 - 70 Put on — (fake it)
 - 71 506, in old Rome
 - 72 "Kwon do" or "Bo" lead-in
 - 73 Fleeing, to a shoe collector?
 - 78 Quarterback Kyle
 - 79 Pivots on an axis
 - 80 The "A" of ETA: Abbr.
 - 81 Title girl in a J.D. Salinger story
 - 85 Jenny Craig patron
 - 87 Antiquated
 - 88 Midpoint: Abbr.
 - 90 Slacks off
 - 92 Ending for mountain
 - 93 Amazed feeling
 - 95 Snoring, to a shoe collector?
 - 97 LaBelle or LuPone
 - 100 "— the Champions"
 - 102 Big U.K. lexicon
 - 103 Comic
 - 104 Emerson's metaphor for art, to a shoe collector?
 - 108 "... that try — souls"
 - 109 Chef
 - 110 Brooches
 - 111 Plains native
 - 112 Slant
 - 114 Ad-lib
 - 116 Some cooked taters and peppers, to a shoe collector?
 - 121 Book after Nehemiah
 - 122 One-named New Ager
 - 123 Threatening like a lion
 - 124 "— Rides Again" (1939 film)
 - 125 Lip off to
 - 126 Be in a choir
 - 127 Picnic intruders
 - 33 Partner of to
 - 34 Sci-fi carrier
 - 35 This is a test
 - 37 Ending for Milan
 - 38 Flemish painter
 - 42 Sardine cans
 - 43 Various stuff: Abbr.
 - 44 Got 100% on
 - 46 Zodiac sign
 - 47 Billiards shot
 - 50 Anheuser- —
 - 51 Minos' island
 - 53 Benefit
 - 54 Court arbiter
 - 57 Bottom-of-barrel stuff
 - 58 H.S. junior's hurdle
 - 59 Village VIP
 - 62 Bakery string
 - 63 French painter Dufy
 - 64 One way to turn right
 - 65 Too old to qualify
 - 66 — Island (U.S. state)
 - 67 Condor nest
 - 68 Aquatic flora
 - 74 Colon half
 - 75 Big ice mass
 - 76 Mata —
 - 77 Barking sea creature
 - 82 "Yes, we're open," e.g.
 - 83 Actress Mullally
 - 84 Dangerous curves
 - 86 Fixed charge
 - 88 Dangling enticement
 - 89 Noisy birds
 - 91 Three past A
 - 94 Bit of hair
 - 95 Used a chair
 - 96 Anti votes
 - 98 Deplane, e.g.
 - 99 More eensy
 - 100 Ryder of "Mermaids"
 - 101 Pieces from pundits
 - 104 Was gabby
 - 105 Beethoven title name
 - 106 Gets stuck in the mud
 - 107 "Likewise"
 - 108 — Carta
 - 112 Big ice mass
 - 113 Despot
 - 115 Hear legally
 - 117 Swedish carrier
 - 118 Pasty-looking
 - 119 Dine
 - 120 Relatives of aves.



King Crossword

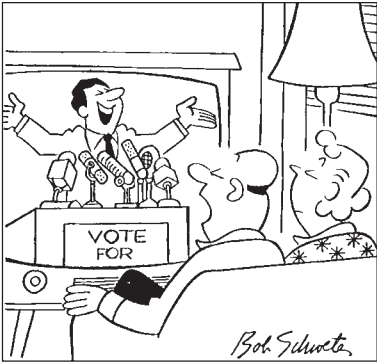
- ACROSS
- 1 Talent
 - 6 Clinton-era housepet
 - 11 Origin
 - 12 Consecrate with oil
 - 14 Green club
 - 15 Say under one's breath
 - 16 "Eeewww!"
 - 17 Down in the —
 - 19 Spell-down
 - 20 Actress Perlman
 - 22 Zilch
 - 23 Stunned sensation
 - 24 Bra part
 - 26 Floods
 - 28 Yon bloke
 - 30 Operated
 - 31 Poison in a 1939 play
 - 35 "Caribbean Queen" singer Billy
 - 39 Titleholder's proof
 - 40 Apprehend
 - 42 Facility
 - 43 Sternward
 - 44 Went outwith
 - 46 Bus bldg.
 - 47 Bowling alley border
 - 49 Bread spread
 - 51 Intertwine
 - 52 Earth tones
 - 53 Redcaps' workplace
 - 54 Jurors, in the-ory
 - 8 Barracks bed
 - 9 Knapsack of a sort
 - 10 Earn a blessing?
 - 11 Boot attach-ments
 - 13 Kilmer poem
 - 18 Central
 - 21 Oohed and —
 - 23 Conical-cap wearer
 - 25 Wrestling win story?
 - 27 "7 Faces of Dr. —"
 - 29 Mosque tower
 - 31 Saw
 - 32 Money back
 - 33 Resolve
 - 34 Garfield, for one
 - 36 Festive spring day
 - 37 Michaelmas daisies
 - 38 Approaches
 - 41 Jazz style
 - 44 Art —
 - 45 Mussolini title
 - 48 Spigot
 - 50 Commonest English word
- DOWN
- 1 Battled
 - 2 Part of MLK Jr.
 - 3 Illustrations
 - 4 On the rocks
 - 5 Same old
 - 6 Embroidery creation
 - 7 Responsibility

MAGIC MAZE ● — TITLE

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|---------|-----------|-------------|---------|
| Batting | Clear | Heavyweight | Rushing |
| Book | Corporate | Honorary | Song |
| Car | Flyweight | Magazine | Sub |
| Chapter | Good | Movie | |



"One thing about this candidate, I'll bet he's never met a _____ he didn't like!"
answer on page 55

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!

Impress _____
ZEAMA

Area _____ _____
GREAN

Blunt _____ _____
TRICED

Guard _____ _____
PORTAL

TODAY'S WORD

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

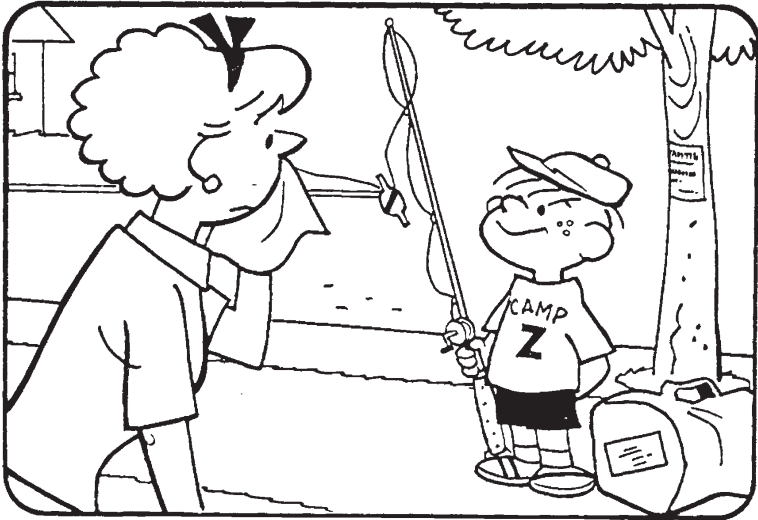
SUDOKU

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.

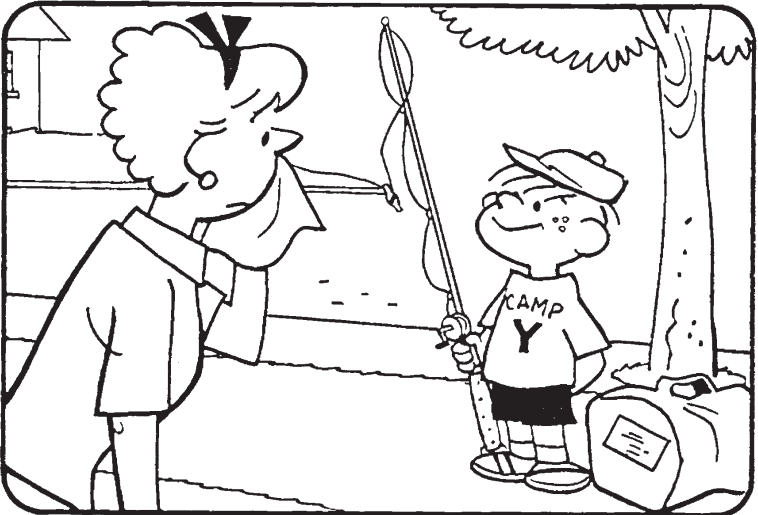
answer on page 53

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Hair is different. 2. Arm is moved. 3. Float is smaller. 4. Letter is different. 5. Poster is missing. 6. Luggage tag is moved.

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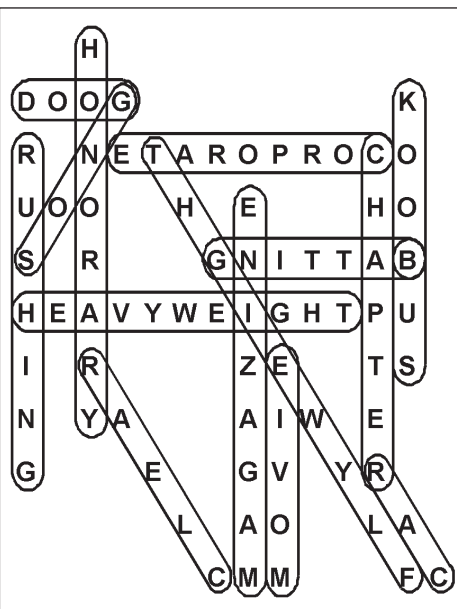
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A	T	R	A	L	U	G	E	P	S	S	T	P	A	S	T	O	R					
P	R	E	M	I	E	R	E	D	A	L	T	O	U	N	T	R	U	E				
P	U	M	P	S	I	N	T	H	E	R	O	A	D	P	I	R	A	T	E			
		O	L	A	F	T	A	X	A	G	O	G	M	O	D	E						
R	O	U	E			F	O	R	T	U	N	E	S	N	E	A	K	E	R	S		
A	L	L	E	A	R	R	E	F	E	R	A	X	L	E	S							
F	L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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

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LEGAL NOTICE

NOTICE TO CREDITORS

The administration of the estate of Suzanne H O'Connor, deceased, whose date of death was December 9, 2017, is pending in the Circuit Court for Lee County, Florida, Probate Division, the address of which is Justice Center, 1st Floor, 1700 Monroe Street, Fort Myers, Florida 33901. The names and addresses of the personal representative and the personal representative's attorney are set forth below. All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court ON OR BEFORE THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM. All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE. ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES SECTION 733.702 WILL BE FOREVER BARRED. NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED. The date of first publication of this notice is June 22, 2018. Attorney for Personal Representatives: Richard J. Miller, Jr., Morris & McVeigh LLP, 540 Broadway, Albany, NY 12207. Personal Representatives: Kathleen Donovan, 703 Great Oak Lane, Kennett Square, PA 19348, Denis O'Connor, 1296 Bruynswick Road, Gardiner, NY 12525, and Cynthia Gamble, 20 Cedar Street, Charlestown, MA 02129. Date of Pub: June 22 & 29, 2018.
6/22 ★ 6/29

Shore Fishing: Don't Harm The Fish



by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish.

Hold the fish in the water while you unhook it if you're going to release it.

The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift

it out of the water – and do it quickly.

Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off.

Florida just recently changed the regulations on fishing from shore. Florida residents as well as out of state visitors need a fishing license to fish from shore.

My Stars ★★★★★

FOR WEEK OF JULY 2, 2018

Aries (March 21 to April 19) Before you adventurous Arians charge right into those new projects, take a little time to learn where you'll be going so you can avoid getting lost before you get there.

Taurus (April 20 to May 20) Your time is devoted to career demands through much of the week. But Venus, who rules your sign, might be planning how (and with whom) you'll spend your weekend.

Gemini (May 21 to June 20) Don't be put off by the surprising turn in the way your project is developing. You've invested enough time in it to know how to make all the necessary adjustments.

Cancer (June 21 to July 22) The work week goes smoothly for the most part. But a weekend visit to a place in your past could hold surprises for your future, especially where romance is involved.

Leo (July 23 to August 22) A sudden attack of shyness for the usually loquacious Lion could be a sign that deep down you're not sure enough about what (or whom) you had planned to talk up in public.

Virgo (August 23 to September 22) Deal with that job-related problem on-site -- that is, at the workplace. Avoid taking it home, where it can spoil those important personal plans you've made.

Libra (September 23 to October 22) It's a good time to let those favorable comments about your business dealings be known to those in a position to be helpful. Don't hide your light; let it shine.

Scorpio (October 23 to November 21) Avoid added pressure to finish a project on deadline by steering clear of distractions. To put it somewhat poetically: Time for fun -- when your tasks are done.

Sagittarius (November 22 to December 21) You might be uneasy about an offer from a longtime colleague. But before you reject it, study it. You might be surprised at what it actually contains.

Capricorn (December 22 to January 19) Deal firmly with a difficult family matter. It's your strength they need right now. You can show your emotions when the situation begins to ease up.

Aquarius (January 20 to February 18) A recent dispute with some co-workers might not have been completely resolved. But other colleagues will be only too happy to offer support of your actions.

Pisces (February 19 to March 20) Let go of that Piscean pride long enough to

allow someone to help you with a surprising development. That could make it easier for you to adjust to the change.

Born This Week: Your willingness to open up to possibilities is why people like you are often among our most popular political leaders.

STRANGE BUT TRUE

- It was noted 20th-century American novelist, short story writer and journalist Ernest Hemingway who made the following sage observation: "When you stop doing things for fun you might as well be dead."
- You might be surprised to learn that the largest irrigated crop in the United States isn't soybeans, wheat or even corn; it's grass -- mostly in lawns, parks and golf courses.
- The next time you see a shampoo commercial and note how creamy and frothy the lather seems to be, keep this

in mind: The model in the advertisement probably has either laundry detergent or frothed egg whites on her hair.

• You may be among those people who think good deeds and selfless acts are on the decline. If so, consider this story: In 2010, an employee at a recycling company came across 23 U.S. savings bonds while sorting through a bin of discarded papers. Instead of trying to cash the \$22,000 worth of bonds himself, Mike Rodgers decided to track down the owner. It turned out that the woman who had bought the bonds, Martha Dobbins, had been dead for almost two decades. Rodgers didn't give up, though; he began a search for Robert Roberts, who was also named on the bonds. Though the name is common and Rodgers hit many dead ends, he eventually located the correct Robert Roberts, the son of Martha Dobbins. Roberts hadn't even been aware of the bonds' existence. Rodgers, his good deed

finally being done, refused a reward.
• Ever wonder what the opposite of reverse is? It's obverse -- the front or principal part of an object. On a coin, for instance, the obverse is "heads" and the reverse is "tails."

THOUGHT FOR THE DAY

"The secret of life is to appreciate the pleasure of being terribly, terribly deceived."

SCRAMBLERS

1. Amaze; 2. Range;
3. Direct; 4. Patrol
Today's Word
CAMERA

HORTOONS



Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Hercules Park	Fort Myers Beach	2015	3,774	\$3,398,000	\$3,300,000	39
Cape Coral	Cape Coral	2016	5,144	\$2,750,000	\$2,650,000	152
Sanibel Estates	Sanibel	2002	2,962	\$1,495,000	\$1,413,000	84
Cape Coral	Cape Coral	2002	5,487	\$1,150,000	\$1,050,000	31
The Dunes	Sanibel	2003	2,986	\$1,149,000	\$975,000	126
Goldcrest	Bonita Springs	1992	3,216	\$1,075,900	\$985,000	353
Imperial Shores	Bonita Springs	1975	2,377	\$799,900	\$790,000	13
Sanctuary	Bonita Springs	2000	3,422	\$739,000	\$675,000	332
Palm Acres	Fort Myers	1987	2,264	\$699,000	\$677,030	149
Town And River	Fort Myers	1971	2,444	\$695,000	\$661,700	102

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LUNCH
DINNER**