

Independence Day Activity Roundup

by Jeff Lysiak

Beginning with a complimentary pancake breakfast, followed by a patriotic parade along Periwinkle Way 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 this year's Independence Day celebration.

On Thursday, July 4, start your day 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 Boy Scout Troop 1740.

Then, all are invited to stay for the parade. There will be free sodas and ice cold bottles of water on the church campus, as well as shaded seating on



The Sanibel-Captiva Rotary Club entry in last year's parade

photo by Jeff Lysiak

the parade route, with chairs provided. Please note: there will be no entrance or exit of the church campus during the parade.

The city's 29th annual Independence Day Parade – themed Seas The Day – starts at 9:30 a.m. It will begin at Tarpon Bay Road and Periwinkle Way (at the

corner next to Bailey's Shopping 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 around 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 its 40th 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

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New Exhibit Features Local Plein Aire Artists

Suzanne Bennett and Carolyn Johns are exhibiting their artwork during July and August at The Community House, located at 2173 Periwinkle Way. The public is invited to view the work from 9 a.m. to 3 p.m. Monday through Friday.

Bennett's primary medium is pastel. With degrees from Rollins College and Parsons School of Design, she worked as a graphic designer in New York City and in Monmouth County, New Jersey. In 2010, Bennett and her husband moved to the Fort Myers area. She has often exhibited at BIG ARTS. In October 2018, she had an exhibition in BIG ARTS Founders Gallery, called Passion for Pastels. She describes her work as loose and impressionistic.

Having always lived by the sea, Bennett uses beaches, waves and reflections on water as frequent subjects. The brilliance and purity of pastels – "those chunks of pure pigment" – are exhilarating for her. Bennett paints regularly with the Sanibel Captiva Art League and the Lee County Plein Aire



Path To The Sea by Carolyn Johns

images provided

Painters and said, "For me, it's an adventure. I'll hike along a path with all my painting equipment in a big canvas bag to find the perfect spot... a place where I can get clouds and shadows to hold still, for just one moment. That's the challenge."

Johns is a retired art teacher and



Beach Scene by Suzanne Bennett

taught art classes in public schools and universities for many years. An award-winning painter working primarily in acrylics, local views of Sanibel and Captiva are frequently featured in her work. Johns has exhibited in numerous solo and group shows regionally and nationally. Her paintings are displayed in

many corporate and private collections throughout the country. As an avid plein aire painter, she feels that "painting nature provides a wonderful challenge in an ever-changing landscape."

For more information, visit www.sanibelcommunityhouse.net or www.sancapart.com.

FISH Seeking Donations For School Supplies

With just over one month to go before students return to school, FISH of SanCap is gearing up for its annual Back-to-School Supplies Drive, which runs from July 8 to 22. Starting school with the proper school supplies promotes learning and helps keep students engaged in school. “For families, especially those with more than one child, back-to-school shopping expenses can become quite large,” said Kathy Y. Monroe, program



Collection bins will be at Bailey’s, CVS and the FISH Walk-In Center photo provided

director at FISH. “We have learned that many parents struggle to pay for school supplies along with the additional cash donations requested for reams of paper, craft supplies, planners and more. With it being low season, many parents are not working as much, which can become financially challenging.” FISH is asking the community for help in making school a better place for students and teachers by donating school supplies. Beginning Monday, July 8, supplies may be dropped off at Bailey’s General Store in the bin near the registers, CVS on Palm Ridge Road, or at the FISH Walk-In Center. Cash donations will also be accepted at FISH, where you can choose to designate your donation.

Through partnerships with Friends Who Care and Captiva Chapel by the Sea, Target gift cards and undergarments will be included when supplies are distributed. With community support, FISH can help defray the expense of back-to-school clothing and supplies for 60 students in grades K to 12. For a complete list of school supplies by grade, visit https://sbl.leeschools.net/our_school/supply_list. Some of the supplies include: #2 pencils and pencil pouches; erasable colored pencils, colored markers and crayons; student scissors, glue sticks and washable bottled glue; wide ruled and college ruled paper; three-ring binders; composition books; spiral notebooks; index cards; head phones or ear buds; scientific calculators; red, black and blue pens; facial tissues; paper towels; and zip closure plastic bags.

“It feels like students need more and more supplies these days, and as a mother of two children, it becomes costly. And, the older they get, the more expensive school tools and computer subscriptions seem to become. I never want my kids to go without, especially when it comes to educational supplies. The restaurant where I work was slower than usual this season, and I didn’t make as much from shifts and tips as I normally do. When I heard FISH had a school supply assistance program for qualified households, I was so grateful,” said an island mother of two attending The Sanibel School.

“Our hope is that every child has exactly what they need to begin the school year,” said Maggi Feiner, FISH president and CEO. “We want our future leaders to have the necessary tools to excel, and it starts with the supplies; it really matters. We are so thankful for our partnerships with Captiva Chapel-by-the-Sea, Friends Who Care and the island community who are so thoughtful in supporting our island youth. Thank you in advance for your support.”

For more information on how to help students with back-to-school supplies, contact Maria Espinoza, FISH Walk-In Center manager, or Anthony Morales, FISH Social Services assistant, at 472-4775. To learn more about FISH, visit www.fishofsancap.org.



“Seas the Day”
Celebrate the 29th Annual
Independence Day Parade
Thursday, July 4, 2019 9:30 a.m.

Presented by:



Independence Day Parade Route Information

The Independence Day Parade Committee has been very busy making plans and arrangements for our ANNUAL INDEPENDENCE DAY PARADE, on Thursday, July 4, 2019. We wish to extend the courtesy of informing you, your family and your guests before the Parade, of the route, parking locations and times that will affect the ingress and egress around the Parade Route.

Periwinkle Way will be CLOSED from Donax Street to Tarpon Bay Road during the hours of 9:00 a.m. to approximately 12:00 Noon.

Independence Day Parade T-Shirts are on sale now at Bank of the Islands and on the 4th at the Parade



PARADE PARKING

- Jerry’s Shopping Center
- Sanibel Community Church
- Tahitian Gardens Shopping Center
- Forever Green/ACE Hardware
- Congregational Church
- Periwinkle Place Shopping Center
- Sanibel Community House
- Sanibel Square
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Kids Cooking Camp begins July 29

photos provided

Children's Painting Classes

On Wednesdays in July, island artist Sissi Janku will offer painting classes for children ages 8 and older. Known for her popular adult classes, Colorful Sips, Janku is now designing classes for younger painters. With bright colors and fun techniques, Janku will show students how to complete a painting in two hours. The subjects will be local tropical wildlife, inspired by the works of famous artists such as Van Gogh. All materials (including aprons) will be provided. Cost is \$50 per class, which runs from 2 to 4 p.m. Sign up online at www.sanibelcommunityhouse.net.



Sissi Janku will instruct young artists in July settings.

Day 1: Equipment orientation, kitchen safety, bread, soups and stews

Day 2: Pizza and pasta

Day 3: Team Challenge: Italian lunch

Day 4: Just Desserts

Day 5: Team Challenge: Desserts

The second session runs Monday through Friday, August 5 to 9 from 9 a.m. to noon. Students will learn professional kitchen etiquette and table settings, standard food safety practices, basic knife skills and proper use of weights and measures. They will also practice a variety of essential kitchen skills with other students who like to cook. Each day's menu is inspired by a different country:

Day 1: Thailand – Fresh Ingredients and Flavors

Day 2: India – Spices and Herbs

Day 3: China – Rice and Noodles

Day 4: France – Cookies, Cakes and Pastry

Day 5: Africa – Cocoa and Spice

Cost is \$50 per class or \$250 for the week. Sign up online. Sponsorships are available. If you would like to sponsor a

child for a day or a week, call 472-2155.

Yoga Classes

On Tuesdays, Vinyasa yoga with Susan Pataky begins at 10 a.m.

Sanibel Yoga for all levels is held at 10 a.m. on Thursdays with Susan Pataky.

Sanibel Yoga Chi (gentle) is held at 11:15 a.m. on Tuesdays and Thursdays with Susan Pataky.

Shell Crafting

Shell craft lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an

adult. Shell Crafters are on site until 1 p.m. on Mondays for those who would like to view or purchase their work.

Honey, Pickles and Jellies

Locally harvested honey is for sale, as well as chutneys, pickles and jellies made by Chef Jarred Harris.

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

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Sanibel Historical Museum And Village

Landmark: Gulf Drive, Typical Sand Road



This week's image features a typical sand road on Sanibel. This is probably Gulf Drive before it was paved.

Learn more about the history of Sanibel at the Sanibel Historical Museum and Village, 950 Dunlop Road (next to BIG ARTS). The village is open Tuesday through Saturday from 10 a.m. to 4 p.m. through April. Full guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge. Beginning May 1, village hours are 10 a.m. to 1 p.m., with one guided tour at 10:30 a.m. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children.

For more information, visit www.sanibelmuseum.org or call 472-4648.✪



Gulf Drive photo courtesy Sanibel Historical Museum & Village

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. www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, Fort Myers, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Barry Fulmer. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

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 afternoon meeting 4:30 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. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and Children's Church in Main Sanctuary; 11

a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch.com, 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. Sunday worship: chapel service at 7:45 a.m.; 10 a.m. blended or traditional service (alternate months). Sunday school and nursery care at 10:00 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

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 (resumes in September). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. (excluding July & August). Prayer and Potluck first Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 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. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.✪

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*Regards,
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located on Casa Ybel and Periwinkle Way



Jerry's July 4th Celebration



Everyone at Jerry's of Sanibel welcomes parade goers to visit their 1700 Periwinkle Way location for their Fourth of July festivities after the parade until 2:30 p.m.

Independence Day Celebration

- Complimentary hot dogs
- Complimentary refreshments
- Complimentary snow cones

A Variety of Activities for the Kids

- Face painting
- Water slide
- Bounce house
- Patriotic fun



Sanibel • Captiva



40th ANNUAL



ROAD RALLY

Sanibel • Captiva



The Sanibel Captiva Optimist Club 2019 Official Entry Form

For an early start time, preregister and mail this form along with entry fee of \$40.00 to:

Sanibel Captiva Optimist Club
P.O. Box 1370 Sanibel, Florida 33957

Additional Info: Randy 239-699-8739, Dani 239-472-0836, Richard 239-292-4631

on-line www.sancapoptimist.org

e-mail info@sancapoptimist.org



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Time Out: Time In: Total Time:

Mileage Out: Mileage In: Total:

Route Score: + Bonus: - Penalties: Total:

Preregistration Fee \$40.00. Walk-in fee day of event \$45.00

Includes: Car, Driver, Navigator, Unlimited Crew, and 1 Official Road Rally T-Shirt.
(Additional T-Shirts will be available for \$15.00)

Penalties:

- Points deducted for each mile over or under computed mileage.
- Points may be deducted for each minute over or under advantage course time at the Committee's discretion.
- Entry disqualified for exceeding posted speed limit or for receiving a moving violation on the course.
- Entry may be disqualified if not at finish point within 2 1/2 hours.
- The Rally Master reserves the right to adjust the time equally for all contestants if conditions warrant.
- Afterglow party in The Sanibel Grill at The Timbers Restaurant!



Registration from end of Parade to 12:00 Noon July 4th,
in the parking lot at Timbers Restaurant
703 Tarpon Bay Road, Sanibel Island, Florida
Conducted by: The Sanibel Captiva Optimist Club

The Sanibel – Captiva Optimist Club is a 501(C)3 Corporation and your donation is fully tax deductible.
Please note that we are an all-volunteer, not-for-profit organization and all of the funds go directly to Helping The Kids

HAPPY ANNIVERSARY



Bruce and Lisa Newmeyer-Cochrane

photo provided

Wow! Married 30 years to the Luv of my life!✱

Preserve Named To Honor Late Commissioner

The Lee Board of County Commissioners recently voted to name the nearly 4,000-acre Conservation 20/20 preserve in south Lee County the Larry Kiker Preserve in honor of the District 3 commissioner who passed away in April.

Lee County closed on the \$42.4 million purchase on December 4, 2017. Upon completion of the purchase, Commissioner Kiker said:

"Lee County citizens have been very consistent with their direction to Lee County: Purchase properties for preservation and conservation. As a result of this strategic purchase, future generations will enjoy and benefit from this historic accomplishment, a legacy for Lee County to be proud of."

The land, often referred to as Edison Farms, is the largest parcel purchased by the board since the Bob Janes Preserve, which is 5,620 acres. That preserve was named for the District 1 commissioner who passed away while in office in 2010.

County commissioners made acquiring Larry Kiker Preserve a top legislative priority for two years before voting unanimously for the purchase, saying it is an example of the type of environmentally critical land that the Conservation 20/20 program was created to protect and that voters overwhelmingly endorsed with an 84 percent majority in 2016.

The preserve is adjacent to Hidden Cypress Preserve, a Conservation 20/20 preserve, and lands maintained by the Corkscrew Regional Ecosystem Watershed. The land includes habitat for listed species such as the Florida panther and the woodstork.

As a Conservation 20/20 property, the Larry Kiker Preserve will:

Protect a significant, diverse population
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Free Concert At Community Church



Corban, a Latin American Christian band and a ministry partner of Sanibel Community Church, will be performing a free concert on Wednesday, July 10 from 5 to 7:30 p.m. in the church's Main Sanctuary. The concert is free, however, a love offering will be

received for the band. All are welcome to attend.

The Corban band was birthed from a group of guys that wanted to use music to take the message of Jesus to others. They wanted to go to small towns and villages and sing for Jesus. They never realized

that after 10 years they would have made it to six countries and done hundreds of concerts in English and Spanish. They have sung in front of 10,000 people in a stadium, and just five people in a small home.

One of the band's favorite experiences was when they went to a town of 600 people in Bramadora, Ecuador and 400 people attended their concert.

Five of Corban's members are full-time Christian workers; three in missions and two in music ministry. The band members

are mostly from Peru, but also have members from Ecuador and Argentina. Their music is a mix of Latino music, salsa, worship music, covers and their own songs written from their life experiences. Corban is a given name meaning a blessing from God dedicated back to God.

Sanibel Community Church is an evangelical, non-denominational congregation with the Church campus at 1740 Periwinkle Way (next to Jerry's Market). For more information, call 472-2684 or visit www.sanibelchurch.com.✱

OBITUARY

ROSEMARY MCCORMICK SMITH

With her family gathered around her, Rosemary McCormick Smith died peacefully on May 29, 2019. She would have been 96 on June 5. A gracious, loving and stylish lady, Rosemary will be deeply missed and will be remembered for her warm smile, deep faith, sense of humor, ability to overcome adversity, her remembrance of birthdays, her homemade bread, and the extraordinary number of people who called her a friend.

Rosemary was born in Stoughton, Massachusetts in 1923 and lived in New Bedford, Massachusetts, Exeter and Barrington, New Hampshire, and then Tucson, Arizona before going to live near her daughter on Sanibel Island, Florida in 2010.

Rosemary was a poet and writer and worked as a secretary and then paralegal for a law firm in Exeter for many years, also staying very involved with her church, her weekend courses at the University of

New Hampshire and her three children's school activities. While living in Tucson, Rosemary took many courses in writing at the University of Arizona and published her life story, *My Journey*, in 2003.

She was preceded in death by her husband of 52 years, William G. Smith (2001), and her four younger siblings, Robert McCormick, Michael McCormick, Anne Fisher and Dee Foerst. She is survived by her daughter Ellen Sloan (Ralph) of Sanibel Island, Florida, Michael Smith (Christine) of Hopatcong, New Jersey and Therese Marie Stripling (Thomas) of Fairfax Station, Virginia; her four grandchildren, Mollie and Emily Smith, and Liam and Kellum Stripling, and her great-grandson Jayden Smith.

A celebration of life will take place on Thursday, July 11 at 11 a.m. at her beloved parish, St. Michael and All Angels Episcopal Church on Sanibel Island, Florida. She will be buried in the Kelley Family plot in Holy Sepulchre Cemetery in Stoughton, Massachusetts.✱

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Lucas Sanders and Teagan Clark are all smiles during their praise and worship time
photos provided



Brynn Selby getting ready to eat an interplanetary pancake and galaxy fruit kebab



Kelyse Schafer and Camille Whalen working with moon sand in the Science Center

Vacation Bible School Mission Accomplished

More than 100 children, ages preschool to fifth grade, attended the interplanetary-themed Vacation Bible School recently at Sanibel Community Church. Throughout the week, the children traveled at warp speed to the Miraculous Mission and discovered how Jesus Saved the World.

A talented team of volunteers brought outer space, complete with planets, rocketships and mission command, to the church each day. As the children blasted off through space and completed their daily missions, they investigated and learned about the Bible through lessons, science, crafts, recreation and music.

Every day, each student was challenged to go to infinity and beyond by completing a mission to serve someone else, memorize Bible verses and help Feed The 5000 Now, a local mission organization to aid people in the community who deal with hunger issues. This year's mission goal for campers was to raise \$1,000 for Feed The 5000 Now.



Kayden Block shows off his artistic talent on his travel cup

The children skyrocketed past the goal and and raised over \$5,000.

Hearts were forever changed in these children and volunteers, as each day was filled with smiles, laughter, music, curiosity and joy from learning about earthly things



Pastor Kevin Schafer demonstrates a color changing experiment in the Science Center

as well as heavenly things.

Sanibel Community Church offers many programs for children and their families in its Children's Ministry and Family Life programs, including children's church, Sunday school, nursery care and

LOGOS. For more information, contact Holly Patton-Roark at 472-2684 ext. 122 or at holly@sanibelchurch.com. Sanibel Community Church is located at 1740 Periwinkle Way (next to Jerry's Market).✱

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Sanibel Christian Preschool 2019 graduates

photo provided

Sanibel Christian Preschool Graduates

Sanibel Christian Preschool celebrated the graduation of three students from its VPK (Voluntary Pre-Kindergarten) program

at the end-of-year party attended by all students and their parents. The graduating students were joined by the other children in singing *This Little Light of Mine*, led by preschool director and VPK teacher Ana Abella. The preschool, which serves ages 2 through VPK, is an outreach of Sanibel Congregational United Church of Christ.*



End-of-year party at Sanibel Christian Preschool

Free Lecture

Zeki Saritoprak, PhD, professor of theology and Nursi Chair of Islamic Studies at John Carroll University, will speak on the topic of People of the Book in Dialogue: Jews, Muslims and Christians in the United States at Sanibel Congregational United Church of Christ on Tuesday, July 2 at 1 p.m.



Zeki Saritoprak

Saritoprak has held the Nursi Chair in Islamic Studies since 2003. He holds a PhD in Islamic theology from the

University of Marmara in Turkey. Prior to coming to John Carroll, Saritoprak held positions at Harran University in Turkey, Georgetown University, the Catholic University of America, and Berry College in Rome, Georgia. He is the founder and former president of the Rumi Forum for Interfaith Dialogue in Washington, DC.

Saritoprak is the author or editor of numerous books and articles, including *Islam's Jesus and the Muslim Theology of the Afterlife* (University of Florida, 2014). He has contributed to a variety of books and encyclopedias, including *World Religions in Dialogue*, ed. Pim Valkenberg (Anselm Academic, 2014) and *The Islamic World*, ed. Andrew Rippin (Routledge, 2008).

The church is located at 2050 Periwinkle Way. For more information, visit www.sanibelucc.org.*

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Preschool Hours: 8:00 a.m.-2:15 p.m.

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Call 239-472-0497 or visit www.sanibelucc.org/preschool to learn more about hours and classes for VPK and 2- and 3-year-olds.



Sanibel Christian Preschool is a community outreach of Sanibel Congregational United Church of Christ, 2050 Periwinkle Way, Sanibel.

DCF# C20LE0116

From page 1

Activity RoundUp

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 colorful, explosive display – best viewed on the bay side of the causeway – is sponsored by the City of Sanibel. Limited parking is available at the end of Bailey Road.

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. To make reservations, call 472-8443.

The Dunes Golf & Tennis Club will host a July 4 celebration featuring a fun-filled evening to include a bounce house, swimming, putting course, music with a DJ and dinner beginning at 5:30 p.m. Menu items include smoked pig, barbecued chicken and ribs, hot dogs, macaroni and cheese, corn on the cob, country baked beans, tropical cole slaw, potato salad, popsicles and watermelon. A cash bar will be available.

Cost is \$50 for members, \$60 for non-members, \$25 for children 12 and under and free to children under age 4. Call 472-3355 to make reservations.

As a friendly reminder, it is illegal to possess or discharge fireworks on Sanibel.*

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Plant Smart

Spanish Bayonet

by Gerri Reaves

Spanish bayonet (*Yucca aloifolia*) is a member of the century plant, or agave, family and a real attention-getter. Needle-sharp leaf tips command you to be cautious if you're anywhere near the plant, and the candelabra of large white flowers arising atop of the foliage are a sight to behold.

If you're looking for a security or barrier plant, you could hardly do better than this Florida native. And, if you want a low-maintenance, wildlife-friendly species, it fits the bill.

It's highly recommended as an accent plant.

This clumping evergreen is also called aloe yucca, mound-lily yucca and Spanish dagger. The stiff dark green leaves taper to dangerous points, thus the terms bayonet and dagger in the common names.

If you want a yard safe for children to play and pets to romp, be sure to exclude Spanish bayonet. Also avoid planting it near walkways or doorways.

It can grow as high as 25 feet with a single sturdy stem or with branching ones. Sometimes tall specimens topple over under their own weight and new branches continue the upward growth.

The dense and overlapping leaves form a rosette around the erect stems. Leaves are one to three feet long and about two inches wide.

Conspicuous clusters of bell-shaped



Native Spanish bayonet, a member of the agave family, produces spikes of large fragrant flowers photos by Gerri Reaves

flowers appear above the highest leaves, each flower hanging on its own stalk. Flowers have three petals and three sepals and measure three to four inches across.

Creamy white and fragrant, the flowers usually bloom in late spring and into summer.

The cylindrical capsule turns black or purple when mature.

The plant's natural habitat is dunes, fields, shell mounds and the edges of salt



The many-seeded fruit turns black or purple when mature

marshes, so it's a good choice for coastal landscapes.

It's a slow-to-moderate grower, tolerant of salt and drought, and wind resistant.

Give it well-drained sandy soil in full sun or shade and avoid dousing it with regular irrigation.

It will grow even in nutrient-poor soil.

It spreads via rhizomes but can be propagated with root suckers, clump division, or seeds.

The species is the larval host for the yucca and the cofaqui giant skipper butterflies and a nectar plant for several other butterflies.

Its sex life and survival are interdependent with that of the yucca moth.

The moth collects pollen, forms it into a little ball and transfers it to the flower of another plant. She lays her eggs near the ovaries and spreads pollen on the stigmas (tips of female organ).

Upon hatching, the caterpillars eat most of the ripened seeds.

Thus, cross-pollination occurs and the



Needle-sharp leaf tips make this species a good barrier

caterpillars have a safe place to develop.

Most of the plant is edible for people. The petals can be eaten in a raw salad or batter fried. The fruit is said to be edible when raw but is unpalatable. Even the stalk can be peeled, boiled and eaten.

The fibrous leaves have been used for centuries in making baskets and clothing.

Sources: *Everglades Wildflowers* by Roger L. Hammer; *500 Plants of South Florida* by Julia F. Morton; *Florida Gardener's Guide* by Tom MacCubbin and Georgia B. Tasker; *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Growing Native* by Richard W. Workman; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *The Shrubs and Woody Vines of Florida* by Gil Nelson; *Wild Plants for Survival in South Florida* by Julia F. Morton; and www.regionalconservation.org.

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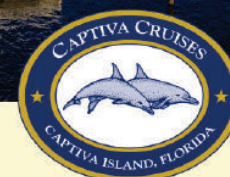
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Cindy Sifton prays a blessing over the fifth graders

photos provided

Graduation At Sanibel Church

submitted by Jamie Senkeleski

Children and Family Life Ministries of Sanibel Community Church recognized this year's fifth graders who are graduating from the LOGOS children's program. It was a special night celebrating Zackary Alonso, Drew Barron, Max Doster, James Doss, Anna Anderson-Kilgore, Siena Lodwick, Caroline Muddell, Audrey Mulka, Brady Sackman, Casey Sackman, Karsten Schafer, Ava Selby, Drake Stroud and Sofi Lee Varmuza.

During the evening, awards and gifts were presented to each graduate. Parents provided table decorations for

the guests of honor. Towards the end of the evening, each student was given an opportunity to share with the younger children what their favorite part of being a LOGOS kid was.

This year's menu – selected by the graduates – included pizza and ice cream sandwiches. The theme for the evening was You Crack Me Up.

Students were invited to share their favorite jokes during activity time. Karsten Schafer was the emcee and interviewed his friends. It was a bittersweet time for all of the leaders and table parents, who will miss these LOGOS attendees.

The students were sent off with a blessing and the volunteers of LOGOS stand of God's promise of Jeremiah 29:11 – "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans



From left, Caroline Muddell, Ava Selby, Siena Lodwick, Anna Anderson-Kilgore, Karsten Schafer, Audrey Mulka, Zachary Alonso and Drake Stroud



Sofi Lee Varmuza being interviewed by emcee Karsten Schafer

to give you hope and a future."
Blessings to all the fifth graders, and

H2O Youth Ministries welcomes these new middle schoolers.✱

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Passes Heat Up



by Capt.
Matt Mitchell

With slow morning outgoing tides this week, we mixed it up and did what we usually do this time of year and fished in the passes. When there is no moving water

anywhere else, you can often find at least a little movement in the inlets. All of our passes offered a wide variety of species and, once the tide finally did flip over giving us a few hours of outgoing water, the bite was on with lots of quality fish.

Whe you're drifting or anchoring in the passes, you will catch fish though when I'm targeting docks I prefer to set up on the anchor. Live shiners, pinfish and grunts got the job done catching snook and redfish. Timing is everything. Depending on which pass you choose, the bite can be best on an incoming or an outgoing tide. Big jacks, bluefish and ladyfish kept clients busy until the snook and redfish found our baits. During the faster moving current, a split shot or even knocker rig will keep the bait down in the strike zone. During most of our fishing this week on the slower

tides, we used freelined baits to get it done.

Starting in spring, pass fishing for snook is usually our go-to fishing. This year, this bite has only started to happen the past few weeks. Along with the passes, the beach snook bite has also turned on which is a real staple for our area all summer long.

Tarpon continued to pop up around the sound though, with the heat of summer really on us, they have been a little harder to locate. While spending the weekend on Cabbage Key, we found fish behind Cayo Costa and managed to jump two fish in two days. The first few hours after sunrise have been the best action and definitely the most comfortable time to be out fishing.

This past weekend marked the start of summer on the calendar, yet by mid afternoon, it was just oppressive to be outside. Staying hydrated is extremely important to avoid getting heat stroke. Get out on the water early or late to avoid the heat of midday. If you are going to head out, sunblock and protective clothing are a must if you wanna spend more than just a few hours out in this heat.

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.✪



Jed Jerozal from San Ramon, California with a 29-inch snook caught while pass fishing with Capt. Matt Mitchell this week
photo provided

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Dave Doane

CROW Case Of The Week:

Red-Shouldered Hawks



by Bob Petcher

The red-shouldered hawk (*Buteo lineatus*) is medium-sized with broad wings, a long tail and a reddish brown chest to match its shoulders. This bird is majestic and distinctive with its checkered wings and breast barring.

There is a difference in the coloring of the heads of these hawks in regards to separate regions. Florida red-shouldered hawks have pale heads, while California hawks are rustier and their northeast cousins are browner.

Interestingly, like the Florida loggerhead, red-shouldered hawks return to the same nesting territory year after year. You can tell when a red-shouldered hawk visits your neighborhood by its distinctive whistle, a pronounced *kee-ra* that carries through the air.

At CROW, two juvenile red-shouldered hawks were admitted from two different Fort Myers areas during a five-day span. Both were suspected to be involved in vehicle altercations, and both suffered head trauma as a result.

On June 15, a juvenile red-shouldered hawk was admitted after it was suspected to have been hit by a car. On June 19, the

second hawk was brought in after it flew into a vehicle.

During the intake exam of the first hawk, veterinarians noted it to have retinal tears and loss of vision in its left eye. The second hawk was noted to have pooling of blood in the front of the left eye, a painful condition known as hyphema.

"Eye injuries as a result of blunt force trauma to the head are not uncommon in raptors," said Dr. Robin Bast, DVM, CROW staff veterinarian. "So far this year, we have admitted 44 red-shouldered hawks for a variety of reasons (trauma, fell from nest, etc)."

Since a hawk relies on binocular vision to hunt, they need good vision in both eyes in order to be released. The first patient may or may not regain enough vision to be back in the wild.

"The evaluation of its health is very guarded, but there is still a chance that the hawk may see well enough to be released," said Dr. Bast. "Because of the way hawks hunt, they need good vision in both eyes in order to survive. The location and size of the retinal tear affects the chances at regaining vision – in this case, time will tell if the bird can recover."

X-rays did not show any fractures for either bird. Both birds were given pain medications and were treated with supportive care.

In regards of the second patient, the pooling of blood in its eye made it difficult to initially assess the back of the eye for retinal tears or detachment.

"Hyphema resolves over time. We do regular eye exams to assess both the front and back of the eye for changes and hopefully progress," said Dr. Bast.



The plight of two injured juvenile red-shoulder hawks yielded one (right photo) succumbing to its initial trauma and the other fighting for a chance to be released

photos by Brian Bohlman

"We supported the bird with systemic pain medication and anti-inflammatories, but topical medications are not able to reach the inside of the eye. Unfortunately, the second hawk passed away due to complications from the initial trauma."

For now, the first young hawk is fighting for a chance to be cleared for release. At this time, it is unknown if enough eyesight necessary for independent living will be regained.

"The first hawk is in an outdoor enclosure to assess its ability to fly, track movement and navigate around objects. We will also have to assess if the hawk

is capable of hunting on its own. If it passes these tests, then it has a chance at surviving on its own in the wild," added Dr. Bast. "It will take a couple of weeks before we will know if the hawk is going to be releasable."

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

Terminal Vitrinella



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

Originally described from Destin, on the Gulf Coast of Florida, *Solariorbis*

terminalis (Pilsbry & McGinty, 1946) is yet another member of the microgastropod family Tornidae found also along the coast of Southwest Florida. Larger shells of the species reach only 2.5 mm (about 0.1 inch). The shell has a low spire, the suture is well-defined, and the last whorl is rounded at the periphery (outer shell "edge"). The sculpture includes four to five spiral cords along the shell periphery. The aperture is rounded, and the umbilicus relatively narrow. Shell color is translucent-white. The shell illustrated was collected in 2008 by Lois Dunnam, near the Sanibel Fishing Pier. Original shell identification by Harry G. Lee. Read more about local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

See truly giant shells. Watch a live Tank Talk. Take a daily beach walk.



The Terminal Vitrinella, *Solariorbis terminalis*

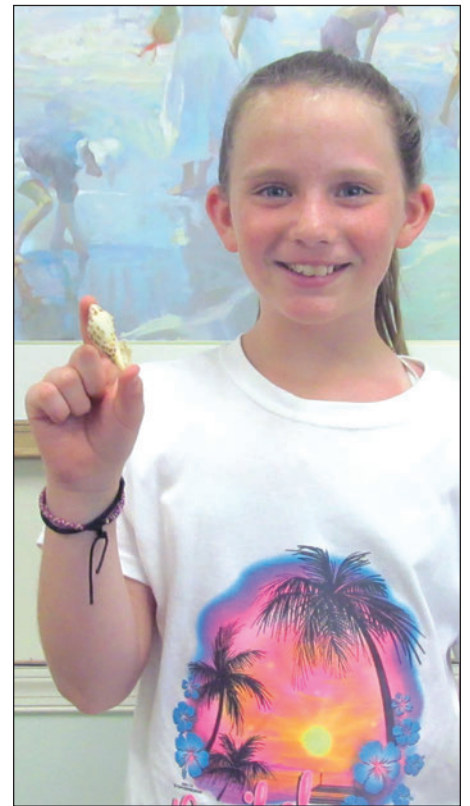
Check out our family programs. We are the only natural history museum in North America devoted entirely to shells. Drop by and let us inform and inspire you. Visit www.shellmuseum.org

photo by Patricia A. Starkey

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.

Shell Found



Shelby Callahan

photo by A. Ziehl

Shelby Callahan from Smithville, Missouri found a junonia at Blind Pass while staying at Duggers Cottages on Sanibel. She found the shell on her 10th birthday.*

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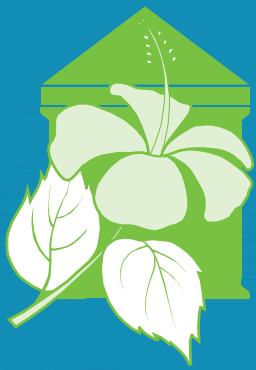
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CROW Calendar Of Events

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 the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations and Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, June 28, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 28, 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 1, 11 a.m. to 12:30 p.m., \$25 per person, advance



registration with payment 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.

Monday, July 1, 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 2, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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 2, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Gopher Tortoises (daily presentation).

The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a keystone species. CROW's presenter explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Wednesday, July 3, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment 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.

Wednesday, July 3, 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.

Thursday, July 4 – Closed

Happy Independence Day!

Check us out in the Sanibel & Captiva Islands Independence Day Parade beginning at 9:30 a.m.*

From page 6

Preserve

of wildlife and plant communities.

Assist with the distribution of freshwater flows in a natural wetland slough system and adjacent uplands that are part of the headwaters to Estero Bay, the state's first aquatic preserve.

Help sustain the region's groundwater levels, a vital component to the area's drinking water supply.

Facilitate the restoration of historic flow-ways in the region, providing flood relief to those impacted from the existing altered system.

Provide opportunities for nature-based recreation in the southern part of Lee County.

Conservation 20/20, which has preserved more than 29,000 acres since its inception, is Lee County's environmental acquisition and management program. Conservation lands help the county protect drinking water, enhance water quality, provide nature-based recreational opportunities, protect areas from flooding and provide wildlife habitat. For more information, visit www.conservation2020.org.*

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Moon Snail Mystery Week At Sea School

submitted by Leah Biery

Sanibel Sea School's Moon Snail Mystery Week campers spent five days learning about Sanibel's fascinating gastropods. They played gastropod-inspired games, made moon snail crafts and explored the island searching for signs of snail predation.

At the organization's Canterbury School campus in Fort Myers, young Bright and Brainy Dolphin Week participants blew bubbles like playful dolphins, played echolocation tag and practiced their dolphin calls. Meanwhile, teens enjoyed a stand up paddleboarding and survival camp, and a fishing camp.

As usual, there was also plenty of surfboard paddling, macramé tying and time spent with camp friends.

Summer camps are scheduled for children ages 4 to 18 and scholarships are available. For more information, visit www.sanibelseaschool.org.



Dillon Barron found a live lightning whelk during Moon Snail Mystery Week at Sanibel Sea School photo provided

American Legion Post 123

American Legion Post 123 is having a fish fry from noon to 8 p.m. this Sunday, June 30.



Every third Thursday of the month is Open Mic Night from 6 to 9 p.m. All are welcome to join in.

The 9 Ball Pool Tournament begins at 5 p.m. on Monday nights.

On Tuesdays, tacos are served all day. Spaghetti and meatballs are 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, you can 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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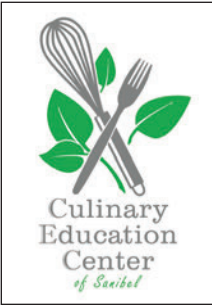
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The Community House
The Kiwi



by Resident Chef Jarred Harris

The kiwi is the fruit of the kiwi vine and is a member of the Actinidiaceae or berry family. It has been around for hundreds of years and originates from China where it was known by the name “Yang Tao” or “Chinese Gooseberry.” Missionaries brought the fruit to New Zealand around the beginning of the 20th century and the New Zealanders renamed the fruit “kiwi” after the small flightless bird native to the island. The fruit has similarities in appearance with the kiwi bird because of its rounded shape and fuzzy brown skin. The fruit gained popularity around the middle of the 20th century and countries such as Italy, France, Chile, South Korea and Spain started growing the fruit commercially. Today, California is the largest producer of the fruit in North America, and Italy, New Zealand and

Chile are the largest producers of the fruit in the world. Kiwi fruit are not just a tasty sweet treat, but they are very good for you. Kiwi fruit contains two times more vitamin C than oranges, as much potassium as a banana and the fiber of a bowl of whole grain cereal. The fruit is also a good source of vitamins E and K, and also contains folic acid, manganese, lutein, iron and magnesium. Kiwi fruit can help improve your immune system and improve your quality of sleep. The fruit also contains the protein actinidain which is a natural meat tenderizer and aids in healthy digestion. Here is a simple recipe to try:

Kiwi Salsa
2 medium kiwi (peeled and chopped)
2 tbsp. red onion (finely diced)
2 tbsp. red pepper (finely diced)
1 tbsp. jalapeno pepper (seeds removed and finely chopped)
1 tbsp. cilantro (finely chopped)
Zest and juice of 1 lime
1 tbsp. honey
1 tsp. cider vinegar
Method
In a large mixing bowl, add all the ingredients and mix thoroughly.
Store in an airtight container for up to three days.

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.✽

Shell Found

Taylor Herring from Rockwall, Texas found a junonia at Blind Pass on June 23. This was her first junonia find.✽

photo provided

ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX of the Islands

Chris Kirchner

Deb Stone

The top producers at RE/MAX of the Islands for May were: Chris Kirchner, top selling associate; and Deb Stone, most productive listing marketer.✽

John R. Wood Properties

Kimberly Powers

Sanibel real estate agent Kimberly Powers has joined John R. Wood Properties. Powers serves the areas of Fort Myers, Cape Coral, Lehigh Acres and Sanibel Island.✽

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Passion Fruit and Orange Margarita

2 ounces freshly squeezed orange juice
4 ounces passion fruit juice
6 ounces tequila
2 ounces orange liqueur
1 ounce freshly squeezed lime juice
1/2 teaspoon vanilla extract
2 tablespoons fresh-cracked sea salt

Preparation

Prepare the glass by running a lime wedge around the rim. Invert glass, and twist rim in salt. Fill cocktail shaker with ice. Pour passion fruit juice, tequila, orange liqueur, orange and lime juices, and vanilla extract in cocktail shaker. Shake the mix vigorously, 50 times or more. Pour into glass; serve chilled.✱



Passion Fruit and Orange Margarita

photo courtesy Fresh From Florida

Road Rally Bonus Answer: Stan Howard

LIVE ON THE ISLANDS

Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

The Jac Sanibel Island Bar & Grille has live entertainment on Friday with David Christian Duo. Neon Summer plays on Saturday. On Sunday, it's Tony G. and The Doc. Ray and Natasha perform on Monday. Sol Rydah plays on Tuesday. Renata and Paul perform on Wednesday. On Thursday, it's James Prather.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvella Marzan. Dusk Duo performs on Saturday and Wednesday. On Thursday, it's Jazz Night with 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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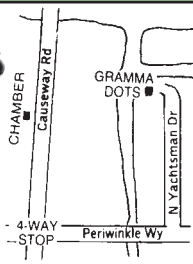
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Live Bats And Galaxy Slime At Sanibel Library

The summer reading program at the Sanibel Public Library is open to all children, from babies to teens. Participants will receive a special gift (quantities are limited). The theme – A Universe of Stories – marks the 50th anniversary of NASA's *Apollo 11* mission when astronauts first set foot on the moon on July 20, 1969.

As in years past, children will read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. The Sanibel Public Library Foundation matches each book "earned" with a book for patients at the Children's Hospital. Since its inception in 2012, participants have helped to contribute more than 8,000 books to the hospital. The program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund. The fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

Instead of paper logs for tracking reading and activities, the library offers the free Beanstack app. Sign up from a smart phone or computer, or stop by the library for assistance.

On Tuesday, July 2 at 3 p.m., Tampa Bay Bats will present an educational program with a discussion on echolocation. Live bats will be a highlight of the program.



A Universe of Stories is the theme for the summer reading program photos provided

Stories and Slime starts at 3 p.m. on Tuesday, July 9. Youth Services Librarian Deanna Evans will lead the program with stories and a snack. Make "galaxy slime" with glue, baking soda and contact solution. Geared for elementary school-aged children.

On Mondays this summer, stop by the library at 1 p.m. to watch family-friendly movies, (some are rated PG-13, check the online calendar for list of films).

If you love dogs and books, you can read to Bessie, a bearded collie and trained reading education assistance dog. At 2 p.m. on rain-free Tuesday afternoons, signup on-the-spot.

Family Storytime (for babies to age 5) is held at 11 a.m. on Wednesdays this summer.



Children and teens can earn books for their own libraries and for patients at Golisano Children's Hospital of Southwest Florida

Sixth through 12th graders are invited to VIP After-hours gatherings on Wednesday evenings from 6 to 7 p.m. All VIP evenings include snacks and games.

No registration is required for weekly children's summer programs, which run through July 24.

During the summer, the library is open from 9 a.m. to 1 p.m. on Saturdays. Sanibel Public Library will be closed on Thursday, July 4 in honor of Independence Day and will reopen on Friday, July 5 at 9 a.m.

There will be virtual reality experiences from 9 to 11 a.m. on Friday, June 28. First come, first served, ages 10 and older.

Experiment with the HTC Vive VR System and Oculus Go headset from

10 a.m. to noon on Friday, July 5. First come, first served, no registration required, ages 10 and older.

The full event schedule is on the calendar at www.sanlib.org.

While you're at the library, stop by the display case near the Book Sale Room to see Ed Sieber's medals and militaria, including the Silver Star and two Distinguished Flying Crosses. Sieber is a Navy veteran Helldiver pilot, who lives on Sanibel.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483 or visit www.sanlib.org.

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Transporting Your SUP



by Kealy McNeal

There are many advantages to stand up paddleboarding, but one of our favorites is the ease of transportation. Paddleboards are often easier than kayaks to carry and lift onto vehicles, especially when paddling solo. This week, we want to share a few things to keep in mind when transporting your board.

An easy detail to miss, nearly all boards have a carry handle located at the center of the deck. Some models are retractable, while others have a groove designed to fit your hand. Remember to protect your back by bending your knees and keeping your back straight when you lift. Be ready for wind – a strong crosswind can catch your board like a sail and throw you off balance. It is best to hold your board on the downwind side of your body.

The type of vehicle you have determines exactly how you'll transport

your SUP. If you have a truck, it's possible to simply put the board deck-side down in the bed with the nose supported by the tailgate. For those who drive other types of vehicles, the only option might be to put the board on the roof, mounted on a rack or set on top of foam blocks designed for this purpose. If you're going to put more than one SUP on your roof, you'll orient them the same way and stack them on top of each other. Start with the longest SUP, then stack the shorter ones on top in order of length.

Put padding between each SUP to prevent damage. Always make sure your equipment is secured to your vehicle. There are many helpful videos available online to show you how to secure your board safely. You are always welcome to contact us if you have questions about transporting your board.

*Ocean Tribe Paddlers is a branch of Sanibel Sea School that helps the local paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org, or follow on Facebook or Instagram to learn more.**

Sanibel Native Earns Degree

Madeleine Lucie Roberts of Sanibel recently received a bachelor of arts degree in communication and information sciences from the University of Alabama in Tuscaloosa, Alabama.*



From left, Kate Stone, Sarah Brent, Lisa Lauther, Valerie Tutor, Phaidra McDermott and Paola Ferrarese with the most recent donation to SCCF photo provided

Real Estate Firm Makes Donation

Kingfisher Real Estate presented its most recent donation to the Sanibel-Captiva Conservation Foundation (SCCF) to further assist with the foundation's efforts to protect the waterways and delicate ecosystems on the islands.*

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So, make plans to eat out, shop and play at these generous local businesses on Wednesdays and support CHR.

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JUNE 19 THE OEC	JULY 3 SANDOLLAR RESTAURANT	JULY 17 MALIA
JULY 31 The Sanibel Sprout	AUG 14 THE GREAT WHITE GRILL	AUG 28 Cheeburger

MAY 1, JUNE 5, JULY 3 AND AUG 7

JOIN US FOR WINE WEDNESDAYS

On the first Wednesday of each month, a portion of all Wine Sales at Bailey's General Store will be donated to CHR!

Bailey's

STAR Scholarship Awarded To Future Scientist

Dahlia Dry is the recipient of the prestigious PEO STAR Scholarship for the 2018-19 academic year. She is a graduate of Fort Myers High School where she achieved the highest GPA of all Lee County high school graduates.

The PEO STAR Scholarship is based on excellence in leadership, extracurricular activities, community service, academic achievement and potential for future success. She was recommended by Chapter FV of PEO International. Linda Uhler and Karen Storjohann chair the chapter's STAR Scholarship committee.

It is fitting that Dry is a STAR scholar because she truly has her future focused on the stars. Dry will attend MIT in the fall to study astrophysics. She intends to become a research scientist working in computational astrophysics with the goal of making astronomy accessible to the general public.

For her research on that concept, she received a first place award at



Members of Chapter FV of PEO International celebrated Dahlia Dry being awarded a STAR Scholarship. Pictured, from left, are Karen Storjohann, Alison Dry, Dahlia Dry and Gwenda Hiett-Clements, Chapter FV of PEO International president. photo provided

the 63rd annual State Science and Engineering Fair of Florida, a second place on the national level at the NASA

sponsored Intel International Science and Engineering Fair, and a fourth place on the international level in physics and

astronomy at that competition. Her project also won her the Best of Fair Award at the 2018 Thomas Alva Edison Kiwanis Science and Engineering Fair.

Dry, the daughter of Alison and Blaine Dry of Sanibel and Fort Myers, is a role model and strong leader in school and in her community. Her goal is to inspire other young women to share her passion for science and math.

PEO is an international philanthropic and educational organization which promotes increased educational opportunities for women. For more information on all PEO scholarships, visit www.peointernational.org.*

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays at 5:30 p.m. and on Fridays at 4 p.m.

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

Sanibel Community Church is located at 1740 Periwinkle Way.*

July Programs At Captiva Memorial Library

The Captiva Memorial Library is offering the following free programs for adults and teens in July:

Adult Programs

Checkers/Tic-Tac-Toe – July 2 to 31 (available during normal library operating hours). Play classic checkers or try other versions such as Fox and Geese, Give Away, Shifting Pyramids, Corner Checkers or Goban. Reverse the field to play Tic-Tac-Toe or Super Tic-Tac-Toe. Instructions included.

Coloring for Grown-ups – July 2 to 31 (available during normal library operating hours). Experience the latest trend in relaxation, adult coloring books. Researchers and art therapists have touted the calming effects of coloring, and adults have found this childhood activity a refreshing way to release their creativity, relieve stress and meet other participants. Coloring pages designed especially for

adults, as well as colored pencils, will be provided.

Teen Program

Art with Zan: Task Party – 2 p.m. Thursday, July 25. This participatory improvisational performance art activity is different every time it happens. Participants choose tasks written on small slips of paper from a box and perform whatever the task instructs them to do. Everyone does their unique tasks simultaneously, making it up as they go along, using whatever random materials are made available. Registration is required.

Normal library operating hours are: Tuesday and Thursday from 10 a.m. to 6 p.m.; Wednesday from noon to 8 p.m.; Friday and Saturday from 9 a.m. to 5 p.m.

The Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. For more information about a program or to register, call 533-4500. Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations. Call the host library or Telephone Reference at 479-INFO (4636) for more information about a specific program.*



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Book Review

The Flight Portfolio



by Di Saggau

Julie Orringer’s debut novel, *The Invisible Bridge*, was a lauded Holocaust epic. Her second, *The Flight Portfolio*, returns to the same era, focusing on Varian Fry, an American who almost single-handedly took on

the task of saving Europe’s creative brain trust, the Jews, Surrealists and general insurrectionists whose “degenerate art” displeased the Nazi party and the Vichy government that marched under their thumb in occupied France. Fry, a Harvard-educated journalist and editor, was a true character. The book is historical fiction based upon his exploits.

With a group of like-minded New Yorkers, Fry formed the Emergency Rescue Committee, whose mission was to help threatened artists and writers immigrate to the States. Those contributing large amounts of money to the case included Peggy Guggenheim. In 1940, Fry flew to Marseille to lead the committee. Amid the chaos of wartime France, and in defiance of the restrictive immigration policies of the United States, he procured false passports, secured visas, sought out escape routes through the Pyrenees and by sea, and made impossible decisions every day about who should be saved. Among his

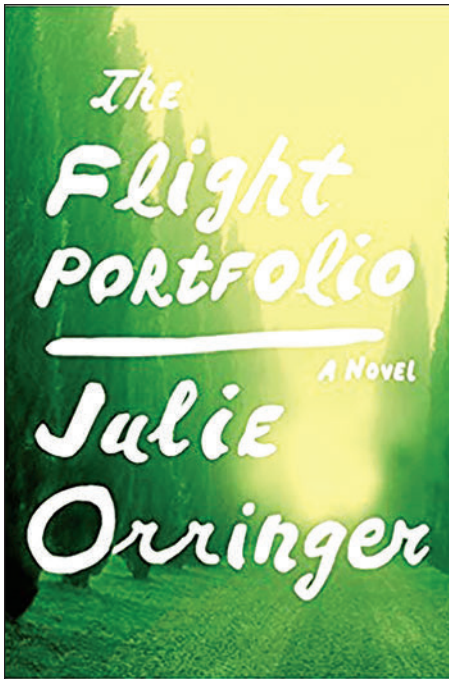


image provided

many clients were Hannah Arendt, Franz Werfel, Andre Breton, Max Ernst and Marc Chagall. The Chagalls were the hardest to convince that they should leave.

The meticulously researched book focuses on the many necessary bribes, smuggling and deceptions necessary to arrange the skin-of-the-teeth escapes. The moral question that is the core of the novel is, How do we weigh human lives? Is the life of a great artist any more valuable than that of an ordinary human being? And how might our personal concerns shape our own actions and the fates of others?

Most of the action takes place in the lawless port city of Marseille, which reeked of underground crime, opportunism, trafficked cocaine and rowdy tavern song, whereas “Paris reeked of sex, opera, art, and decadent poverty. Paris was a woman, a fallen woman in the arms of her Nazi captors; but Marseille was a man, a schemer in a secondhand coat, ready to sell his soul or whatever else came quickly to hand.” There is also the idyllic country villa outside Marseille that doubles as a hideout for various luminaries.

However, it’s the sweeping gay romance at its center, and the daily moral quandaries of Fry’s job – how is one life more worth saving than another? – that make the book classic storytelling about the enduring transformative power of art and love in any form. *The Flight Portfolio* is exquisitely written and hard to put down.✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, I use time-out with my preschool children when they become non-compliant and difficult. Lately, the time-out sessions haven’t worked so well. Could I be

doing something incorrectly?

Alexa E, Cape Coral, Florida

Alexa,

Time-out is an excellent strategy to use for disciplining a young child. Consistency is the key to success with time-out, so you may want to review your process and make sure to include the steps below.

1. Check the behavior and give a warning – If your child misbehaves in a way that calls for a time-out, give a time-out warning. Let your child know in a calm voice that he will go to time-out if he keeps misbehaving. For example, if you tell your child to put away his toys and he does not listen, you might say, “If you don’t put away your toys, you are going to time-out.” Wait about 5 seconds. If your child follows directions after the warning, praise him. You could say, “I really like it when you listen and put away your toys just like I asked.” If your child keeps misbehaving, it is time to follow through with a time-out. Always follow through with time-out when you give the warning and your child does not do what you told him to do.

2. Tell your child why – Tell your child he is going to time-out and tell him why. Tell your child, “You have to go to time-out

because you...” You should say this only once in a calm but firm voice.

When you are telling your child why he is going to time-out:

- Do not lecture, scold, or argue.
- Do not accept any excuses.
- Do not talk to your child while taking him to the time-out chair.
- Ignore shouting, protesting and promises to be good.

3. Have your child sit in time-out – If your child refuses to go to time-out, lead him by the hand or pick him up safely and carry him to the chair. When you get to the time-out space, tell him to sit down and stay in the time-out space until you say he can get up.

When your child is in time-out:

- Do not let anyone talk with him.
- Do not let him play with anything.

Getting children to sit in time-out is often easier said than done and requires patience. If your child gets out of the time-out space, put him back. Do not talk to your child when putting him back in the time-out space. When you first use time-out, you may have to return your child to time-out several times. If you are consistent in putting your child back in the time-out space each time he gets up and in limiting the attention to your child during the process, time-outs get easier over time. Sometimes parents have to stand by the time-out space to get the child to sit. This is okay; remember limit your interactions with your child. Do not talk or give him any attention.

4. Ending time-out – Time-out usually lasts between two and five minutes for toddlers and preschoolers. A good rule of thumb is to give one minute of time-out for every year of the child’s age. This means that a 2-year-old would sit in time-out for 2 minutes, and a 3-year-old would have a 3-minute time out.

Your child should be quiet before he leaves the time-out space – Listen for about five seconds of silence toward the end of time-out. When your child is quiet for five seconds at the end of time-out, tell him he can get up. You may want to remind your child of the behavior you expect. For example, you can say, “Remember our rule: keep your hands and feet to yourself.”

Your child needs to follow your directions, even after time-out. If your child still refuses to do what you have told him to do, he should go back to time-out.

5. Praise the next good thing your child does – Focus on the next positive thing your child does and give him an enthusiastic praise. Sometimes giving your child the chance to follow another direction allows you to praise him for doing something well. If your child does not do what you have told him to do, even after the time-out, you should repeat the time-out. It may take several times before your child learns that you mean what you say.

This article was adapted from CDC parenting.

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.✧

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Sanibel Lime-Elo Frozen Custard Makes Debut

by Jeff Lysiak

Island residents Steven Maxwell and Joey Almeida, longtime friends who have been connected through their faith and fellowship, recently started a business partnership based upon a uniquely flavored frozen treat.

Maxwell, who discovered a naturally-germinated hybrid key lime-Mineola tangelo honeybell tree on his property a decade ago, and Almeida, owner of Joey's Custard in Bailey's Center, unveiled Maxwell's Sanibel Lime-elo Frozen Custard last week at the shop.

"We played basketball together at the (Sanibel) Rec Center back when I was in fifth grade," recalled Almeida.

"I always found Joey to be personable, polite and professional," said Maxwell. "After he opened his shop, that sort of rekindled my entrepreneurial spirit."

In the past, Maxwell has marketed his Lime-elo brand which led to the creation of a number of edible products, including cakes, pies, fudge and sorbet. Of the latter, Melissa Donahue of Sweet Melissa's Café is the exclusive maker of Maxwell's Sanibel Lime-elo Sorbet, which is sold at Bailey's General Store and Jerry's Market on Sanibel, Ada's Natural Market in Fort Myers and Wynn's Market in Naples.

"Melissa has perfected the sorbet recipe... she packages it for retailers," said Maxwell. "And her bartender has developed some drinks featuring Lime-elo



Steven Maxwell and Joey Almeida

photo by Jeff Lysiak

sorbet."

Finally, after a year talking about it, Maxwell and Almeida decided to embark upon a partnership.

"We're both men of God, which has always connected us," explained Almeida. "I know I can always rely on (Steve), so the business side of things is secondary."

Made on site using a vanilla custard base – featuring fresh eggs, cream, milk, sugar and all-natural flavors – the new frozen custard creation incorporates both pure key lime extract and pure tangelo extract, the principal flavors of Maxwell's Lime-elo.

"The first batch came out a little too citrus-y, and there wasn't enough lime flavoring," said Almeida. "But after a few tries, I think we've gotten it just right."

Joey's Custard debuted the new Lime-elo flavor a few weeks ago, with the initial batch of five gallons selling out in less than three days.

According to Almeida, Maxwell's Sanibel Lime-elo Frozen Custard will be available in pints for carry-out and as one of the featured soft serve flavors on a rotating basis.

"Frozen custard will keep in your freezer about 90 days, so every batch we sell is going to be made fresh... every week or two, depending upon supply and demand," Almeida added.

Joey's Custard, open from noon to 9 p.m. Sunday through Thursday and noon to 10:30 p.m. on Friday and Saturday, is located at 2467 Periwinkle Way on Sanibel.✱

Sommelier Announced For Wine Tasting

Bailey's General Store has announced that Kara Logan, brand manager for Villa Maria Estates will be guest sommelier for the Villa Maria Wine Tasting on Friday, July 5 from 5 to 7 p.m. at The Community House, located at 2173 Periwinkle Way on Sanibel.

Logan has 15 years in the wine and hospitality industries and has worked for Villa Maria for more than five years covering the Southeast Region of the U.S. Villa Maria is New Zealand's most awarded winery. The winery employs more than 250 permanent staff, grows 28 different grape varieties and exports wine to over 60 countries worldwide. During the wine tasting, Logan will share her passion for food and wine.

Light hors d'oeuvres will be served and discounted wine prices will be offered. The event features wines rated between 90 to 94 points. The wine lineup includes a 2018 Taylors Pass Single Vineyard Sauvignon Blanc, 2017 Southern Clays Sauvignon Blanc, 2016 Taylors Pass Single Vineyard Chardonnay, 2017 Keltern Vineyard Chardonnay, 2015 Southern Clay's Pinot Noir, 2009 Reserve Pinot Noir and a 2016 Reserve Cabernet Sauvignon Merlot.

A limited number of tickets are on sale for \$10 per person. Call Calli Johnson at 472-1516 or online at www.baileys-sanibel.com/purchase-tickets-now.✱

Wisdom.

Board Members Emeritus, Ginny Fleming and Steve Brown have been serving with The Trust Company team since the firm's beginning. We're grateful for their continued counsel as members of our Advisory Board.

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The Sanibel Captiva Trust Company

Why We Buy And Hold Good Companies

The investing world is forcefully and rapidly reinventing itself. Computer algorithms and artificial intelligence offer efficiencies never before available to wealth managers, yet enable rapid-fire, ruinous trading habits and threaten to remove all critical human judgments from decision-making. Likewise, the craze toward index investing and packaging together low-cost portfolios offers younger generations a chance to participate in market returns as they save for retirement. Yet the same craze ultimately commoditizes the investing process and does away with the diligence and common-sense prudence that have well served parents and grandparents for a century.

Like an old church that wants to incorporate modern music into its service, we think constantly about how to fit in with the changing landscape, and promise that as we grow and adapt, our core footings will continually be strengthened but stay intact. Since inception, The Sanibel Captiva Trust Company has built portfolios around strong, growing companies that we know intimately and that fit your risk profile – for four essential reasons:

Know what you own – Managers are under undue pressure today to cobble together time-efficient portfolios and to paste these “models” across the firm. Often forgotten is that an analyst’s chief role is still to evaluate and forecast the



Local members of The Sanibel Captiva Trust Company portfolio management team, from left, Gary W. Dyer, CFA, senior vice president – senior portfolio manager; Craig J. Holston, chief operating officer – senior portfolio manager; and Joel A. Johnson, vice president – investments photo provided

returns of an asset and make sure that asset can deliver the risk-adjusted returns you require. One cannot forecast the returns of, say, an index fund or ETF that holds dozens of the best, and worst, of an industry’s or country’s corporations.

Control what you can – A common stock investor can control very little, other than what securities to own, and what price to pay for them. Everything else – the economy, interest rates, politics, corporate sales and profits, stock market fluctuations – is subject to exogenous forces. Once a portfolio is completely “packaged” into products, however, all

control is lost. Owning individual stocks remains the best way to try to control clients’ returns, their income and their taxes, and dovetails best into families’ estate plans.

Focus on growth: It overpowers everything – When you own a company that can increase sales and operating profits at respectable rates, a lot of positive things naturally happen to its share price. In the world of finance, this correlation is wonderfully dependable, and drives our thinking. Show us a company growing its sales at, say, six to eight percent annual rates, and we can count on six to eight

percent growth in the value of the firm’s shares over time. Fill an entire portfolio with six to eight percent growers, and you can expect the same result. Often, it’s best to sit back and let executives of growth companies keep working their magic and enlarging their companies for your benefit.

Don’t “di-worsify” – Many of you amassed your wealth, ironically, by concentrating your resources. Now in retirement, the best practices call on you to diversify to temper both the growth and volatility of your wealth. But there are limits. A 100-stock portfolio chosen by a computer serves no end when a 40-stock closely watched portfolio can deliver the same results. Layering endless alternative investments onto a core stock, bond and cash portfolio often just increases fees without enhancing clients’ financial plans. Chasing emerging markets stocks without fundamental justification often has led to disappointment.

Nobel Prize-winning economist Paul Samuelson once remarked that sound investing should be like watching paint dry. “If you want excitement,” Samuelson said, “take \$800 and go to Vegas.” How true. Decades of research, as well as real-life examples, have shown us the value not only of investing heavily in stocks (as opposed to other asset classes), but maintaining a disciplined, patient approach to holding stocks and matching all our investment choices exactly to clients’ needs and goals.

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Rotary Happenings

submitted by Shirley Jewell

Sanibel-Captiva Rotarians are flying high. Our club president, John Danner, senior pastor of Sanibel Congregational United Church of Christ, and 20 church members were part of an inter-faith journey to Israel with Rabbi Dr. Stephen Fuchs and 20 members of Bat Yam Temple of the Islands. All the stories from the trip and personal reflections have yet to be told but, needless to say, it was a trip of a lifetime.

Our club's president-elect, Eldon Bohrofen, just returned from Rotary International's convention in Hamburg, Germany. For the 15,000 attendees at the convention, this is an inspirational and motivational meeting. Rotarians, Rotaracters, Interactors, Rotexers and Inner Wheelers come together in a welcoming atmosphere to exchange ideas, inspire each other and start the new Rotary year – July 1, 2019 to June 31, 2020 – with fresh ideas. In a few weeks, Bohrofen will be giving us an overview of his experiences in Hamburg.

Chet Sadler just made another trip to Guatemala and he was our guest speaker on June 21, so there will be more about this trip further on in this column.

Rotarians Chet Sadler and a team of four other club Rotarians were scheduled



Chet Sadler at De La Gente co-op coffee farm in Guatemala

photo provided

to travel to Haiti on July 5 but that trip has to be postponed because of renewed unrest on the island. On this group trip, the task at hand was to check out an important water project that our club is financially sponsoring on Haiti, and to check Rotary's reforestation and soil conservation program – tree and grass planting. Rotary District 6960 pledged to plant one tree for every District 6960 Rotarian.

An investigation was also scheduled on this trip for a possible new sanitation project supporting the crafting of toilets on Haiti and construction training for

plumbing the toilets in areas of need. This trip is currently postponed until September.

Rotarians seem to travel a lot, sometimes because of professional responsibilities, sometimes for personal pleasure, and many serving Rotary by helping others throughout the world.

Now back to Sadler's recent trip to Guatemala. Sadler joined a group of Rotarians from the states and Guatemalan Rotarians to distribute 160 specially designed wheelchairs adaptable to the rugged mountainous terrain of this country. It took a whole day to arrive at their first distribution point – Colotenang – where

the group distributed 150 wheelchairs. Then it was on to a rather isolated area of the country, straight up in the extremely mountainous region of Ixtahuacan. Here the group delivered 50 children's wheelchairs. Medical investigation is under way on the cause of birth defects affecting the many children in this region. Our own Rotary member, Dr. Michael Rabb, is connecting with doctors and medical researchers in Guatemala to investigate the high percentages of birth defects in Guatemala and how preventive measures can be addressed.

Sadler also made a visit to the La Suiza/De La Gente co-op coffee farm that San-Cap Rotary has supported over the last five years through micro-farming loans. La Suiza is a six-hour drive from where the group was staying, and transportation to the area was in a crowded four-wheel pickup truck. Needless to say, when they arrived at La Suiza, a cup of coffee was in order.

After a meet and greet with their host, Sadler and his fellow travelers participated in a coffee tasting. Coffee tasting is an important part of selecting only the best coffee beans for market (40,000 pounds of coffee beans are sold from the co-op each year with a nine-star rating). The group had to climb one mile on foot to observe the planting and grafting methods used so the plants will continue supplying quality coffee beans. This coffee farming co-op certainly has been a successful investment for Sanibel-Captiva Rotary.

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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4156 West Gulf Drive



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Beautiful 2 BR/2 BA unit with walk-out to the pool and beach. Updated, the kitchen features custom cabinetry, granite counter tops and stainless steel appliances, both bathrooms have been remodeled and the unit has an open floor plan.

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4014 West Gulf Drive



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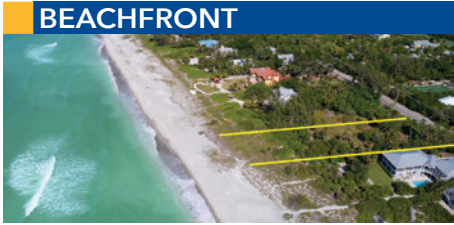
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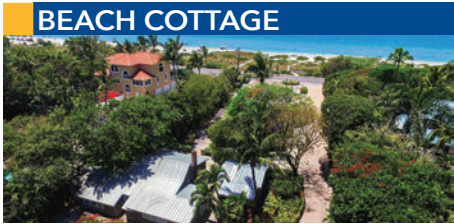




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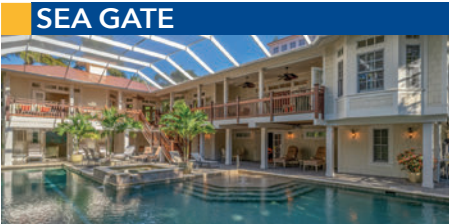
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High: 89 Low: 80



SATURDAY
Few Showers
High: 88 Low: 79



SUNDAY
Few Showers
High: 85 Low: 76



MONDAY
Cloudy
High: 86 Low: 77



TUESDAY
Few Showers
High: 85 Low: 76



WEDNESDAY
Chance Showers
High: 86 Low: 77



THURSDAY
Partly Cloudy
High: 88 Low: 75

Redfish Pass Tides				
Day	High	Low	High	Low
Fri	10:05 am	3:18 am	None	5:20 pm
Sat	12:14 am	3:54 am	10:38 am	6:08 pm
Sun	1:24 am	4:28 am	11:14 am	6:55 pm
Mon	2:27 am	5:01 am	11:53 am	7:41 pm
Tue	3:23 am	5:35 am	12:35 pm	8:27 pm
Wed	4:13 am	6:13 am	1:21 pm	9:13 pm
Thu	4:58 am	7:01 am	2:10 pm	10:00 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	9:10 am	3:20 am	11:19 pm	5:22 pm
Sat	9:43 am	3:56 am	None	6:10 pm
Sun	12:29 am	4:30 am	10:19 am	6:57 pm
Mon	1:32 am	5:03 am	10:58 am	7:43 pm
Tue	2:28 am	5:37 am	11:40 am	8:29 pm
Wed	3:18 am	6:15 am	12:26 pm	9:15 pm
Thu	4:03 am	7:03 am	1:15 pm	10:02 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	9:18 am	3:00 am	10:42 pm	4:46 pm
Sat	9:46 am	3:25 am	11:58 pm	5:46 pm
Sun	10:32 am	3:55 am	None	6:44 pm
Mon	12:59 am	4:36 am	11:40 am	7:41 pm
Tue	1:55 am	6:15 am	12:35 pm	8:36 pm
Wed	3:00 am	7:40 am	1:25 pm	9:29 pm
Thu	4:08 am	8:50 am	2:26 pm	10:17 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	1:03 am	6:34 am	12:15 pm	8:36 pm
Sat	2:24 am	7:10 am	12:48 pm	9:24 pm
Sun	3:34 am	7:44 am	1:24 pm	10:11 pm
Mon	4:37 am	8:17 am	2:03 pm	10:57 pm
Tue	5:33 am	8:51 am	2:45 pm	11:43 pm
Wed	6:23 am	9:29 am	3:31 pm	None
Thu	7:08 am	12:29 am	4:20 pm	10:17 am

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.

The Center 4 Life will be closed on Thursday, July 4 in observance of Independence Day. Normal operating hours will resume on Friday, July 5.

Donations Needed For Trash & Treasures Sale – The center is now accepting donations for the fall Trash & Treasures Sale. Whether you are refreshing your home before returning in the fall or doing some spring cleaning, donate your clean, gently used items. A tax deductible receipt will be provided. Bring your donations – excluding books, clothes, shoes, computers or TVs – to the center Monday through Friday between 8 a.m. and 3 p.m. If you have any questions, call 472-5743.

Kayaking on Tuesdays – July 9 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 required.

Page Turners with Louise Fitzgerald and Ann Hartman – If you would like to be on the list for Page Turners book discussions, email

oceann@comcast.net or contact the center.

The featured book for Wednesday, July 10 is *Boy Erased* by Garrard Conley. Bring your lunch and view the movie at 12:30 p.m. followed by a book discussion at 2:30 p.m.

“The son of a Baptist pastor and deeply embedded in church life in small town Arkansas, as a young man Garrard Conley was terrified and conflicted about his sexuality. When Garrard was a nineteen- year-old college student, he was outed to his parents, and was forced to make a life-changing decision: either agree to attend a church-supported conversion therapy program that promised to ‘cure’ him of homosexuality; or risk losing family, friends, and the God he had prayed to every day of his life. Through an institutionalized Twelve-Step Program heavy on Bible study, he was supposed to emerge heterosexual, ex-gay, cleansed of impure urges and stronger in his faith in God for his brush with sin. Instead, even when faced with a harrowing and brutal journey, Garrard found the strength and understanding to break out in search of his true self and forgiveness.” – Goodreads

Bleu Rendezvous French Bistro – Thursday, July 11 at 5 p.m. Advance registration required. Carpool arrangements for transportation.

Bleu Rendez Vous French Bistro specializes in steaks, seafood and authentic dishes prepared with a French accent. You can order from the Twilight Menu for \$22 or the main menu. Entrée served with house salad and French bread. Drinks, dessert and gratuity are not included. No substitutions and no meal splitting.

Separate checks will be provided.
Sex Please, We’re 60 at Broadway Palm Dinner Theatre – Wednesday, July 17. Cost is \$54 for members, \$64 for non-members and includes lunch and the show. Advance registration required as seating is limited. Carpool arrangements for transportation.

Mrs. Stancliffe’s Rose Cottage Bed & Breakfast has been successful for many years. Her guests, most of which are women, return year after year. Next-door neighbor, “Bud the Stud” thinks they come to spend time with him in romantic liaisons. The fun begins as three women arrive and turn the table on Bud and Mrs. Stancliffe’s suitor, Henry, in a hysterical attempt to show the men who is the smarter sex.

The Bubble Room – Monday, July 22. Advance registration required. Separate checks will be provided. Carpool arrangements for transportation.

The Bubble Room is known for its American eats, fabulous desserts and kitschy décor. All offerings are made fresh daily. The Bubble Room was born in 1979 on its present site with just a few tables in the front room of the Farquarson family home. Today’s famous multi-themed restaurant slowly took shape with old toys, photographs, Christmas decorations and lights.

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. Game begins at 1:30 p.m.

Mahjongg – Monday and Thursday at 12:30 p.m.

Hand & Foot – Thursday at noon.
Hearts – Friday at 12:30 p.m.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$10 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.*



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Another Look At Euthanasia



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

Euthanasia or physician-assisted suicide remains a topic of conversation, particularly among families of those who suffer from dreaded, life-ending diseases, especially those that take a long time to conclude such as Alzheimer’s, ALS, MD and terminal, inoperable cancer. Some of my clients have voiced frustration that the law allows one to put down a pet in grave distress, but a human must suffer until the end. If you’ve ever witnessed a loved one die a slow, painful death, then you probably understand the desire to more freely allow euthanasia.

To that end, Switzerland, Holland and Belgium, as well as a growing number of American states, including California, Colorado and Maine, whose governor recently signed the Death With Dignity Act, have legalized euthanasia. New medical guidance in Canada, where the practice has been legal for three years for terminally ill patients, hints at the troublesome ways that assisted suicide might be expanded in the coming years. I say “troublesome” because of the influence of the need for organ donations taken from individuals who choose to meet their end in this manner. About 30 euthanasia patients in Canada have donated their organs after death since 2016. The Canadian Medical Association issued guidelines for how the

process should work, clarifying that organ removal should not begin until the patient is medically deceased and the heart stops beating. But some experts quarrel with this restriction. In a 2018 *New England Journal of Medicine* article, two Canadian medical researchers and a Harvard bioethicist argued waiting until death occurs reduces the quality of donated organs. The authors suggest killing the patient by removing his organs. After all, the best organs come from live people, like those who donate a kidney. Even a gap of a few minutes that it takes following death to remove the organ makes a difference in its quality. The *New England Journal of Medicine* authors admit to the ghoulishness of their proposal but note “many may want the option of donating as many organs as possible in the best condition possible.” By linking assisted suicide and organ harvesting, those in the medical community ratify the premise that euthanasia can help create a more efficient organ supply chain. An obvious criticism of Canada’s guidance that organs may be harvested only from deceased individuals is that it focuses on the supply of organs while ignoring the demand. One need only look to China to see where this might lead. There, organs are harvested from executed political prisoners. Executions are timed to maximize the organ-harvesting potential. After the sentence is handed down, doctors examine the condemned man to evaluate him as a possible organ donor. If he looks like a good candidate, the date of his execution is put on hold until, say, someone needs a heart transplant.

While you might say that China is the exception, it’s not too hard to imagine the temptation for other countries to link the time of death with the demand for organs. You may recall these conversations over the implementation of Obamacare, where critics suggested that “death squads” might take the need for organ donation into consideration when determining resources allocated to a terminally ill patient. One lesson from Holland’s experience with euthanasia is that doctors and nurses may powerfully influence a person’s decision to end his life. The most vulnerable patients are those who are depressed and dependent upon another’s care. Some patients were reportedly influenced by their caregiver’s cues of being physically, mentally and financially worn out. In many circumstances, slippery-slope scenarios and arguments often seem foolish or unlikely. Here, however, the moral problems warrant serious philosophical discussion. There are two very real sides to the euthanasia coin, and hopefully we arrive at conclusions considering the consequences of each. ©2019 Craig R. Hersch. Learn more at www.sbshlaw.com.

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FISH Hurricane Seminar Covers Storm Essentials

by Jeff Lysiak

Last Friday morning at The Community House, more than 60 people packed the Founders Room to attend the FISH Hurricane Seminar, which provided valuable information about how to prepare for a severe weather event, details about how to register with FISH of SanCap and Lee County for special needs services and critical essentials for your hurricane evacuation kit.

The two-hour session included presentations made by Kathy Y. Monroe, MSG, FISH program director; Sharon Thomas, chair of the FISH Hurricane Committee; Debbie Quimby, Lee County Emergency Management coordinator; Sanibel Police Department Lt. Lance Henniger, Emergency Management Specialist; and Judie Zimomra, Sanibel city manager.

"We've been through a couple of disasters over the past couple of years, like Hurricane Irma in 2017 and the blue-green algae and red tide last year," said Monroe. "Those events directly affected our community, but people were able to come to FISH and receive some assistance."

According to Monroe, the mission of FISH is to lend a helping hand to those who live, work or visit here. Their vision is "to enrich the lives of everyone on Sanibel



Kathy Y. Monroe



Debbie Quimby

and Captiva through an array of food programs, island-based workshops, social services and helping hands programs.

In 2018, FISH responded to 18,713 service requests for 5,786 individuals, a 46 percent increase over 2017. FISH volunteers delivered 3,273 meals across the islands, distributed 1,028 backpacks to needy youth and handled 7,845 visits to its food pantry, utilizing 206,278 pounds of food.

As people entered the seminar, they were given a FISH Hurricane Packet, which contained a list of Lee County shelters/map, a list of hotels (including those with generators), City of Sanibel Hurricane Pass and application, special needs brochure and shelter details, Medicare/Medicaid in disaster/emergency area information, hurricane information phone numbers/websites, emergency supplies checklist along with a checklist for service animal/pet shelters and needs. In addition, every attendee was given a miniature flashlight.

Sharon Thomas, chair of the FISH Hurricane Committee, discussed why islanders should be added to the hurricane



Judie Zimomra

response list of clients. People who are "most vulnerable" – meaning they have health or medical conditions, alone or aging – will be tracked in case of an evacuation, their relatives will be contacted and updated on their whereabouts, and vital information will be shared with the Sanibel Police Department and the Lee County Emergency Management team.

"If you have family up north, contact them and discuss your evacuation plans," said Thomas. "Have a plan and know where you're going to go."

FISH will also provide assistance in filling out forms and offer basic advice on preparing for a hurricane. They also have a checklist of items to be included in a hurricane "Go Pack," which should contain medications/prescriptions, cash, pens/pencils and paper, a first aid kit, flashlights/lanterns and portable radio/TV with extra batteries and other essentials.

To receive a FISH Hurricane Packet, call 472-4775 or stop by the FISH Walk-In Center, located at 2430-B Periwinkle Way on Sanibel.

"Please don't make a hotel your evacuation Plan A," added Monroe.



Lt. Lance Henniger

"Sometimes the power will go out and not every hotel has a generator, food supplies will run out and hotel employees will leave to be with their own families."

Quimby shared the latest hurricane forecast information with the crowd, explaining that this season is expected to bring 13 named storms and five hurricanes, of which two are anticipated to be major hurricanes (Category 3 or higher). She also discussed the dangers of storm surge.

"Living on an island, you really are a target for storm surge," said Quimby. "With Hurricane Irma, which had an extreme storm surge risk, we had the largest evacuation in the history of Lee County."

Last September, more than 300,000 county residents evacuated from their homes, with more than 35,000 taking refuge in the emergency shelter at Hertz Arena in Estero.

"Preparing for a storm is so important, but have realistic expectations and know what you're going to do and where you're going to go," Quimby added.

Henniger offered a comprehensive presentation on how the City of Sanibel plans for weather-related emergencies, shared details about the re-entry program following a storm and why it is essential to have your Hurricane Hangtag Pass on the ready.

"It's not all gloom-and-doom, because we rarely get hit (by a hurricane). But storms can happen, so we must be ready every year," he told the audience. "When it comes to tropical weather, there's a wise saying: Respect the wind, but run

continued on page 36



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Frankly Speaking

by Howard Prager



As a kid, I used to watch Bozo's Circus at lunch. It always started with Ringmaster Ned saying, "who's your favorite clown?" The audience would yell "Bozo!" Two

areas I'd like to look at – one is always up for discussion – and that is favorite ballplayers and the NBA Draft.

We all have favorite ballplayers, sports heroes we admire and respect. Many times it's the hometown players we grew up with (or ones we liked from TV). For me, that would be Cubs stars Ernie Banks, who hit 512 home runs, Billy Williams and Fergie Jenkins, all Hall of Famers. Ernie and Billy were great hitters, and Fergie won 20 games

six seasons in a row for the Cubs and 25 a few years later for Texas. So much for being tired out by day games at Wrigley Field.

There were many athletes I admired during my youth, growing up in the 60s and 70s: Roberto Clemente and Willie Stargell of the Pirates; Johnny Bench and so many pieces of the Big Red Machine; Dick Allen and Bill Melton of the White Sox; Rollie Fingers of the A's; Lou Brock and Ozzie Smith of the Cardinals; and so many more. I was raised in New York, and my mom loved the New York Giants, especially Willie Mays. The greats all had colorful names and nicknames: Yaz and Hammerin Hank, Say Hey Kid and Joltin' Joe.

Today's best players' list has to include Javier (Javy) Baez. If we talk about "five tool players," Javy has seven tools at least. He is not only a great hitter, he does all the little things in the most remarkable ways from his grace and range on defense to how he tags a runner, turns a double play or grabs the corner of a base when stealing or

running. And Mike Trout is without a doubt the best player today, the highest paid non-pitcher with a .307 average over eight years and an all-star every year with the Los Angeles Angels.

Albert Pujols, currently playing for the Angels, returned to St. Louis this past weekend, the first time since he signed with the Angels. He received both a standing ovation and curtain call from the fans there. Classy. He also still keeps a home in St. Louis. That's the relationship we like to have with our local sports heroes.

So talking about sports heroes and highly paid, let's look at the recent NBA Draft. There are only two sports where a draft pick can turn a franchise around the very next season – the NFL and NBA. The recent NBA draft has brought the New Orleans Pelicans the player of the year – Zion Williamson – plus the best big man in the draft, Jaxson Hayes, through their savvy trades. Williamson is supposed to get nearly \$20 million per year by the Pelicans (NBA rookie salary guidelines), which pales in comparison to his projected sneaker deal of nearly \$100

million. Can he deliver as expected after just one year of college? Everyone believes so and paired with Hayes they will have a strong frontcourt. Lots of other moves and trades added to the questions and discussion about this 2019 draft and the wondering of who did well. The Cavaliers got two and possibly three starters with Darius Garland at guard with their five pick and Dylan Windler, a great shooter, and Kevin Porter Jr. from USC, a onetime lottery choice. The Grizzlies were also a consensus winner with Ja Morant at No. 2. And for this Chicago Bulls fan, I was glad to see they did not trade away their spot at No. 7. The team got a very decent point guard from North Carolina. Anyone remember the last guard the Bulls drafted from North Carolina? He had a decent career. Now to wait for next season.

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

SPORTS QUIZ

1. Name either of the two pitchers to record the most Opening Day starts for the Tampa Bay Rays.
2. Colorado's Charlie Blackmon set an MLB record in 2017 for most RBIs in a season (103) while hitting in the top spot in the batting order. Who had held the mark?
3. When was the last time before 2017-18 that the Los Angeles Rams had back-to-back NFL seasons of double-digit wins?
4. There are three current Division I men's basketball coaches with multiple NCAA championships. Name two of them.
5. Who held the record for most points in an NHL season by a Russian-born player before Tampa Bay's Nikita Kucherov tallied 128 points in the 2018-19 season?
6. Mikaela Shiffrin, in 2018, became the most successful female slalom skier (36 victories) in World Cup history. Who had held the record?
7. In 2019, Mark O'Meara became the fourth-oldest winner (62 years, 1 month, 17 days) in the history of the PGA Tour Champions. Name two of the three older winners.

ANSWERS

1. Chris Archer and James Shields, with four each. 2. The Angels' Darin Erstad, with 100 RBIs in 2000. 3. It was 1999-2001 (three seasons) when the team was located in St. Louis. 4. Duke's Mike Krzyzewski, North Carolina's Roy Williams and Villanova's Jay Wright. 5. Alexander Moggi had 127 points for Buffalo in 1992-93. 6. Marlies (Schid) Raich, with 35 victories (2004-13). 7. Mike Fetichik (63 years old), Jay Haas (62 years, 10 months) and Gary Player (62 years, nine months).

From page 35

Hurricane Seminar

from the water."

In addition to monitoring local TV and radio stations before, during and after a storm, valuable information can be accessed online at www.MySanibel.com and www.LeeEOC.com or by calling the Lee County Hurricane Hotline at 1-800-933-6093.

"There are no 'voluntary' evacuations... evacuations are mandatory," said Henninger. "Not only is it the law, but more importantly, your life could depend upon it. Just think... when the government, police and fire department plan to run away, that should tell you it's time to go."

Finally, Zimomra wrapped up

the seminar sharing the three most common questions the city receives in the days leading up to a predicted hurricane landfall are: When will electricity be turned off? When will water be turned off? And when will the Sanibel Causeway be shut down? She answered that the city doesn't shut off electricity or water, and that the causeway has never been shut down. In severe weather, the causeway may become unsafe to use due to high winds or water coming across the roadway.

"Our goal is only to call for an evacuation because it will save lives. And our goal is to get you back to your homes quickly as long as it's safe," said Zimomra. "The main thing is to be safe. We can replace property but we can't replace lives."✱✱

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Organizers Discuss The History Of Unions

submitted by June Sieber

The Progressive Club of the Islands (PCI) hosted two union organizers at its June 20 meeting. Henry Burden, a retired national union organizer, gave a brief history of unions in the U.S. and issues he faced in his over 35 years of organizing. Chris Krupick, union president at Island Water Association (IWA), gave his view of union organizing on Sanibel.

Burden walked the audience through the history of unions beginning in late 1800 with the collapse of slavery and indentured servants. The workers faced low wages, long working hours and unsafe working conditions, and saw organizing as their only solution. Congress became more sympathetic toward the labor force as time passed, which led to the creation of the Department of Labor in 1913. In 1947, Congress passed The Labor Management Relations Act, better known as the Taft-Hartley Act. This federal law restricts the activities and power of labor unions. The powerful unions used their organizations to strike, keeping companies in check, resulting in what Burden called the "Golden years of Unions 1950 to 1960." Since then, the Right to Work laws have chipped away at union membership and the strength



Chris Krupick encouraging attendees to meet and talk to union members on Sanibel
photo provided

of unions. Burden said statistics show that union wages have gone down and the wage gap between workers and management has increased dramatically. The crowd enjoyed Burden's story of his trials and tribulations bargaining with the poultry industry on behalf of its 7,000 employees.

Krupick is a local, born and raised in Fort Myers and Lehigh. He joined the IWA in 2012. Last year, Krupick was the driving force behind organizing the Island Water Association non-administrative employees. Due to current negotiations between the union and IWA, Krupick



Henry Burden explaining the history of unions in the U.S.

could not give details of his unionizing effort. A number of the PCI members attending the annual IWA member meeting were dismayed to hear that the IWA board had taken away a major healthcare benefit and the worker travel reimbursement. It was obvious that this elimination of benefits was the reason the workers organized just three months later.

Current PCI board member Chet Sadler moderated the event and said, "With one of the lowest water rates in the state, the IWA board could increase

rates by one or two dollars to maintain the benefits of the workers." The standing room only crowd at the meeting all agreed with this approach.

At the end of the meeting, Sadler asked the speakers, "What action should those at the meeting take as a result of this discussion?" Krupick called for each person to reach out to union members on Sanibel and get to know them and their views. Burden agreed that communication will go a long way toward understanding the relevance of unions.*

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In fact, if the primary beneficiary does die before the insured and if the contingent beneficiary thus receives the funds at the death of the insured, the fact that there had been a primary beneficiary before the insured died means nothing. It is not as though the funds flow through the deceased primary beneficiary's name or estate to the contingent beneficiary. Rather, the benefit goes by contract directly to the contingent beneficiary. For the purposes of the policy, it is as though the primary beneficiary never existed.

Who should be named as primary or

contingent beneficiary? That depends on many circumstances, family structure, who can handle the money, who can be trusted to use the money for the benefit of others if that is what the insured intended, and a variety of other considerations.

Should a person make the policy payable to his or her estate, that is, name the estate as primary beneficiary? Rarely is that a good idea.

If the policy is made payable to the estate, the money it will be distributed through the county probate court to heirs as one's final will and testament dictates. While that may seem okay, there are several reasons why this is generally not a good move and usually no good reasons to do so.

For one thing, the probate process costs money for expenses such as court costs, legal fees, accounting costs, appraisals, etc. The rule of thumb that I have seen is usually a cost of five percent of probate assets. Depending on the complexity of the estate and the time that it takes to probate the estate, it could cost a lot more. But if the life insurance is payable to a named beneficiary, there is no cost involved in the payment to that beneficiary.

And the probate process takes time, anywhere from a few months to several years, again depending on the complexity of the estate and the types of assets in the estate. Life insurance death benefit payable directly to a named beneficiary will be in that person's hands within days, sometimes weeks, but no longer.

Furthermore, there is no privacy to

the probate process. Whatever property is part of the estate and to whom and how much assets are to be distributed, all this is open to the public to read. Unfortunately, that can give thieves and conmen the information that they look for in choosing their next victims and their recent receipt of inherited property. But the payment of a death benefit to a beneficiary is an entirely private transaction between the insurer and the beneficiary.

Moreover, wills can be challenged in court, sometimes successfully. I rarely hear of a payment to a beneficiary being challenged.

A few more observations:

If someone dies without a will, the state writes one for him or her and distributes property to relatives in shares dictated by state law. The named beneficiary of a life insurance policy avoids that problem.

When in doubt, call an experienced insurance agent or attorney for guidance in setting up a beneficiary designation.

One can almost always change the policy's designation down the road if changed circumstances dictate it.

This topic is not at all related to federal estate tax.

*J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.**

Superior Interiors

Using Greenery Throughout The House



by Linda Coin

You shouldn't just enjoy the lush greenery on the outside of your house; now is the perfect time to add fresh house plants to your current design scheme to liven up the space. Even

if you don't necessarily have a green thumb, a few artificial plants can add the same bright and bustling feeling to a home as that real greenery.

Instead of placing a succulent on your desk and calling it a day, consider these tips for adding house plants to your space.

Bar carts are great statement pieces of furniture that offer versatility, style and function. Beyond jazzing up your beverage selection and bar accessories, consider creating your own indoor garden. Use pots of different patterns and sizes, and plant a variation of greenery to spruce up a corner in your kitchen, dining or living room.

Dried eucalyptus can add a gorgeous subtle splash of color to any mantle, coat rack or bookshelf. Therefore, this plant can be added seamlessly throughout the

house, whether you want to place it in your bedroom, down the hallway or even in the laundry room.

Much like the eucalyptus, stems and leaves can make a soft, chic statement if you don't want to place pots of plants on shelves in your home. You can lay out a few faux bundles of long stems or place large live leaves in glass vases for a sophisticated look.

Looking for a statement piece to add to the entryway so your guests fall in love with your home the second they walk through the front door? Place a small glass case on top of an accent table and fill it with small succulents and flowers to create a cute indoor greenhouse.

If you happen to have a hanging pot rack in your kitchen, consider placing a few of the kitchen accessories to the side and hanging plants in their place. This is a subtle and simple way to mix up the decor in the kitchen while making it lively and inviting. Just make sure to choose plants based on the amount of natural light that enters your kitchen so the plants can thrive.

If faux plants and fresh greens aren't quite your style or if you're looking for an easier way to spruce up your space, floral artwork can make a bold and beautiful statement. Arrange the wall pieces among other decorative hangings or create a shrine to greenery by creating a walled garden dedicated to plants, leaves, trees and flowers. This is a great idea for the bare wall in the hallway you've been dying to decorate.

*Linda Coin is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coindeciden.com.**

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dearRPharmacist

Five Tremendous Medicinal Benefits For Mullein



by Suzy Cohen, RPh

Dear Readers: Mullein is known botanically as *Verbascum thapus*. It has soft fuzzy leaves as well as gorgeous yellow flowers towering at the top. Mullein is misunderstood and

assumed to be an unwelcome weed, but it simply isn't true. Mullein has many generous offerings for us, and the medicinal properties rival that of many other so-called weeds like stinging nettle, plantain, Japanese Knotweed (resveratrol) and yarrow.

Your grandma might have even steeped the leaves of mullein to make you a cough syrup or hot tea, which is great for colds and flu. This natural remedy has a strong anti-viral effect of mullein. Harvesting mullein is pretty easy, I just recommend that you get it from a trusted source where it was grown in nice, clean soil and preferably organically. You can buy the dried herb on Amazon.

Five benefits of Mullein root are:

1. Relieve Ear Aches – Thanks to mullein's strong anti-inflammatory effect, it can help with ear aches and infections for humans, and possibly dogs. If you browse health food stores and e-tailers, you'll find mullein and mullein/garlic ear drops.

2. Increase Lymph Flow – Mullein may be useful for bruises and skin infections. Some people take the large leaves and utilize them as compresses. The leaves can be picked off, and steeped gently and then, when cool, applied directly on to the bruise. This reduces inflammation and pain. Likewise, an easier remedy is to purchase a cream, tincture, supplement or tea and use (or ingest) as directed according to your package.

3. May Reduce Goiter – Mullein is a strong anti-inflammatory and has been studied for its effect in reducing glandular inflammation of the thyroid. Mullein can be extremely useful in some cases but not all, as it may help reduce goiter. Another popular supplement for goiter

is iodine-iodide. Check with your doctor, but mullein dietary supplements may be useful for this. Furthermore, the beneficial compounds of mullein can be mixed into jojoba or apricot oil and rubbed onto the thyroid gland area (goiter area). FYI, another popular supplement for goiter is iodine.

4. Helps Breathing – Leaves from mullein are helpful with lung congestion and mucus production. It appears to work by dilating capillaries and therefore increasing circulation. This helps relieve stagnancy and congestion making it an interesting adjunctive remedy to people with COPD, bronchitis, asthma and dry coughs.

5. Soothe Skin, Cold Sores and Hemorrhoids – Mullein leaves can benefit your skin and be used as a compress for external hemorrhoids, cold sores and skin wounds. One way to make use of this benefit is to make tea with a commercial tea bag or the dried herb itself. Cool the steeped liquid and apply directly to the site. I have a more comprehensive version of this article which includes a DIY recipe for a skin (hemorrhoidal) cream as well as my Mullein Elderberry Tea recipe. I'll email you this longer, exclusive article if you sign up for my free newsletter at www.suzycohen.com.

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

New Structure For Lee Health Board

The Lee Health Board of Directors recently announced its new governance structure establishing committees to assist the board in its responsibility for oversight of the health system's performance.

The publicly elected Lee Health Board of Directors is responsible for one of the nation's largest public health care systems. Its duties include ensuring the mission and vision of Lee Health are carried out. It does so through policy and goal setting, development of strategy, and oversight of the health system's clinical quality, patient experience and financial performance.

"Much is changing in the delivery of health care both locally and nationally," said Dr. Steve Brown, chairman of the

continued on page 40

Doctor and Dietician

The Power Of The Pool



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

As you may know, I (Marion) suffered a pretty severe bike crash along San-Cap Road back in February. The injuries were many, including a broken pelvic bone. I had to learn how to walk again, as well as transfer in/out of bed, go to the bathroom and other activities of daily living. The great news is that I am recovering well, and I am actually back on my bike. Well, a new bike, because my bike was totaled! What actually accelerated my healing was the fact that I was able to get into our pool on day 4 post-accident. Yes, I had to use a wheelchair to get there, but I did it.

I rented a big wheel from Billy's Bike Shop on Sanibel.

Do not underestimate the power of "water walking." Water walking is easy on the joints. The water's buoyancy supports the body's weight, which reduces stress on the joints and minimizes pain. You can imagine how great I felt in the water. And you can too! For those of you with various aches and pains and/or joint stiffness – get in the pool. Water provides 12 times the resistance of air, so as you walk, you are strengthening and building muscle. And talk about a heavenly feeling. I had no idea how great it would feel to get into the pool and feel somewhat normal. I started by walking with assistance and soon was walking on my own. I then added lunges, jumping jacks, leg lifts and a myriad of other exercises, including arm exercises.

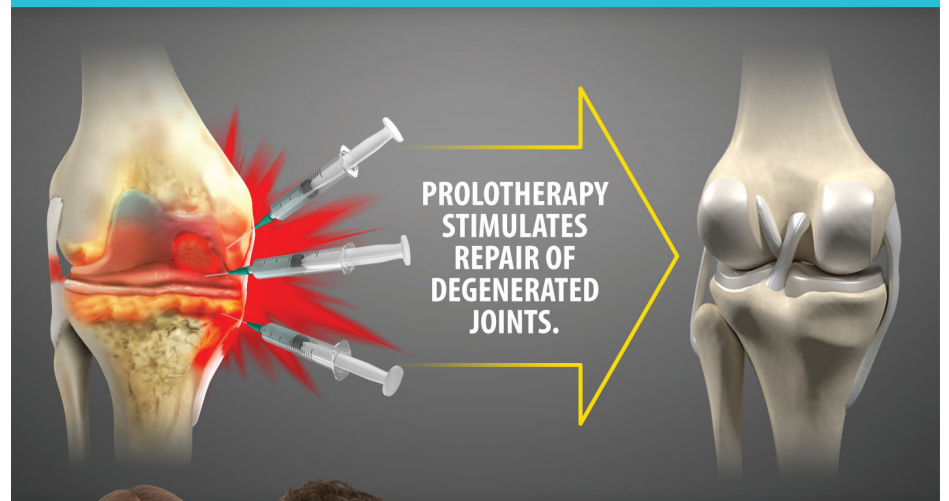
For those of you who may be suffering from stiff joints, chronic pain or post-prolotherapy treatments, I cannot encourage you enough to get in the pool. Working out in the water can help improve cardiovascular as well as balance and range of motion.

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. ✨

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Fort Myers, FL 33908

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you offer some advice on how to live with everyday spirituality? I tend to get off course.

A: Being human offers daily challenges, and we all tend to get

off our path. Everyday spirituality can mean different things to us all. Perhaps by looking at it as not an escape from your daily life in search of someone or something special, rather a surrender to the fullness of every experience. As author Ram Dass states, "We are not human beings having a spiritual experience. We are spiritual beings having a human experience."

You may want to look at all of life being a spiritual experience, therefore, you won't be searching and seeking the how too. Practice embracing your humanness, not running from it, and look within at the gift you already are just by being you. Being human is not a loss of spirit, rather an opportunity for spirit to enjoy this life in the physical plane. You are not separate from spirit in your human body. You are here because you are loved and you chose to be here. You are connected to all life. That, in itself, is living with everyday spirituality.

There is a saying I like to use with my clients and in my seminars:

"The Earth is my Mother,
The Sky is my Father,
I am a child of Universal Love."

The next time you want to feel connected to the world around you, go outside, sit down on the earth, and repeat this to yourself silently, or out loud, and between each repetition, take a deep breath, and you will feel your connection to wholeness, and you will

know peace and everyday spirituality.

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.✱

Beautifulife:

Independence Day



by Kay Casperson

What does this day mean to you?

What traditions do you have that you continue to celebrate each year on this day? When I was a little girl growing up in Minnesota, I spent every 4th of July at

my family lake home surrounded by all of my relatives that would come from near or far. We would all bring something to share, we cooked out, mingled with everyone, did some swimming and water sports and then enjoyed a fireworks show that we created ourselves or watched from abroad. This was a special time that happened only once a year and no matter where you lived, you made an effort to come and to be together.

We are all aware of the history of Independence Day and the importance of it to our country. It is such an amazing celebration each year on the 4th of July as we celebrate in our own special way, whether it be with family and friends or a simple quiet salute to the document that gave us the right to "Life, Liberty and the Pursuit of Happiness."

Freedom means something different to everyone, but on this day, it seems that so many of us will come together to stand on common ground to celebrate this right that we have and we cherish. From parades to picnics to parties, all ending with a fireworks show, if we are lucky enough to

see one with those that we love.

So, how will you celebrate your Independence Day? Have you created a tradition for yourself or your family? If not, here are a few suggestions for you that might fit into your beautiful life:

Get up early and take a nice walk to pray, be thankful and to appreciate the freedoms that you get to experience every day.

Go to your local parade to celebrate and support the people that help the community thrive. This will give you a sense of appreciation and gratitude for your surroundings.

Gather with family and friends to celebrate all that you have to be grateful for and share special memories that make you happy.

Find a place to watch some fireworks or watch them digitally. There is something special about a fireworks show on the 4th of July, unlike any other time of the

year. This is a symbol of what we are celebrating, which should be ended with a big bang!

No matter where you are or what your traditions entail, I hope you are taking the time to appreciate and cherish your freedom, your happiness and the beautiful life you are creating for yourself.

My affirmation for you this week is:

"I will take a special look at what Independence Day means to me, and will celebrate my freedom, embrace my happiness and cherish all that life has in store for me."

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

From page 39

Lee Health Board

Lee Health Board of Directors. "The board recognizes the need to evolve its governance to incorporate the voice and input of our medical staff and community so that the health system continues to meet the health care needs of the community."

Last fall, the board of directors commissioned a Governance Task Force to make recommendations to optimize the board's structure and function. After extensive review and discussion of its oversight functions, the board voted to create a committee structure to improve information flow and enhance decision-making through direct participation of medical staff members and community representatives.

The creation of a committee structure provides the board members with a greater opportunity for consideration of significant agenda items and further engages physicians and community members in its work. About 90 percent of public health system boards of directors in the U.S. have a committee structure and they are widely considered a best practice.

"Our new governance structure will leverage the unique skills of a diverse set of physicians and community members to advise the board of directors in its deliberations," said Brown. "Moving to this new model is a substantial change that will allow the board to be more responsive to the changing health care needs of our community as we continue to pursue the improvement of outcomes, reduction of costs and enhancement of the patient experience."

The new structure establishes five committees to serve in an advisory role to the board of directors. The committees are: Community Health Improvement; Finance; Quality, Safety and Patient Experience; Audit; and Governance. The membership of each committee varies and includes a mix of elected board members, physicians and members of the community.

The public is notified of committee meetings, which they conduct in accordance with Florida's open meeting law, as are the meetings of the full board of directors. Members of the public may attend committee meetings. Public comment will be allowed as usual at the full board meetings.✱

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PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Celeste And Sandi

Hello, my name is Celeste. Just one look at my big, amber eyes and you will fall in love. I am a 2-year-old female domestic shorthair who is very inquisitive and loves to explore. My petite stature allows me to go in and out of just about anywhere. My tortie pattern is very unique. and I love to have it brushed. Stop by the shelter today and meet me, a loving little gal.



Celeste ID# A782418

My adoption fee is \$10, and you can adopt get a feline friend at no additional charge.

Hi, my name is Sandi. I am a 4-year-old female staffordshire terrier who is a pocket-sized

pittie that loves to run around the play yard after tennis balls. Sorry, I just don't like to bring them back to you. If you have a pool, I will definitely take advantage of using it. I am a loveable gal that will take advantage of a free belly rub at every turn. I am learning sit, shake and down with the team of volunteers.



Sandi ID# A781960

My adoption fee is \$20.

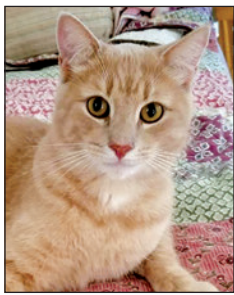
*The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.**

Haven on Earth Animal League

Chester And Dallas

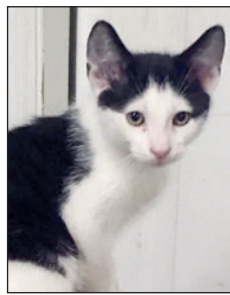
Hi, I'm Chester and I'm a sweet, quiet guy. I'm very good with other cats and only about 3 years old. I'm looking for a home to call my own. Come see me at Petco in Gulf Coast Town Center. I'm up-to-date on vaccines, neutered and have a microchip. My adoption fee is \$100.

Hello, I'm Dallas. I'm



Chester

only 3 months old and I'm looking for someone to love me forever. I'm a cute little black-and-white boy and I look like I'm wearing a hat. I'm neutered and up-to-date on vaccinations. I'm currently staying at Petsmart on Six Mile Cypress. Come see me and take me home. My adoption fee is \$125.



Dallas

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

PAWS Of Sanibel

Two Kittens And Momma

PAWS has two beautiful kittens (left out of a litter of four) and their mother up for adoption. They are just over 9 weeks old, and their momma is approximately 7 to 12



One of the kittens with momma, Sweetie

months old. Momma has had her shots, combo-tested negative, treated for fleas, wormed and had spay surgery.

The kittens had their first FVRCP immunization, wormed, were treated for fleas and were completely checked out by the vet. Consider adopting both, as it is so important for them to have a companion when their people aren't

around to entertain them.

Call Pam at PAWS at 472-4823 to see these beautiful babies.*

PAWS Of Sanibel

Paris



Paris, formerly Perry Winkle

PAWS has a 6- to 12-month-old kitten at Coral Veterinary Clinic in Fort Myers. Paris was captured using a humane trap at Periwinkle Park.

Paris weighs 6.5 pounds, has no microchip and appears to be in good health, just very frightened. She is spayed and was given injections for rabies and FVRCP. She has tested negative for FIV/FelV. If you recognize this kitten, or you would consider fostering or adopting her, call Pam at 472-4823.*



Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department - Sanibel	472-5525
Fire Department - Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
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Naples Philharmonic	597-1111
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CROW - Clinic For The Rehabilitation of Wildlife	472-3644
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FISH OF SANCAP 24-hr service	472-0404
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Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie ..	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
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Sanibel-Captiva Shell Club	facebook.com/sancapshellclub 267-7291
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SCCF Sanibel-Captiva Conservation Foundation	472-2329

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PUZZLES

Answers on page 47

Super Crossword

CATCHING FISH

- ACROSS**

1 Like Rambo

6 Reporters' tablets

14 Gets into some 1940s jazz

20 Sidestep

21 Professors' milieu

22 Quarter-mile, for many tracks

23 Compound of elements #29 and #17

25 Deceived with a fib

26 Lamb raisers

27 Irish Gaelic language

28 Hosp. ward

29 Extend as far as

30 Flamenco dance shout

31 Bedroom furniture with a low seat and a high back

33 Large shrimp

37 Kissing pair

39 "I see what you're up to!"

40 Some NFL blockers

41 Effort toward a law degree, informally
- 43 Irish whiskey brand

47 Coliseum

48 "First Take" channel

49 Watson of "Colonia"

50 French version of an Oscar

54 Photos

56 Freshening up of a baby

59 — -Cola

62 Go well with

64 AL-to-OH dir.

65 Big name in taco kits

66 Bobby of the NHL

67 Cessna Skyhawk competitor

71 Give relief to

72 Long past

74 Conjuror Geller

75 Pale tan hue

76 Fruit-flavored drinks

77 Spicy dairy product

81 Large asteroid

83 Funny-woman Fields

84 Red-ink entry

85 Grad

87 Colt bearers

91 Joins up
- 93 Mag for some auto enthusiasts

95 Donkey

98 Crackerjack

99 Quail group

100 Juvenile cow

101 Smaller house in a legislature

106 Pesci of film

107 "Sorry, you missed it"

108 Bar brew

109 Ponied up

111 Lane of song

115 "I found it!"

116 What to go through when following protocol

119 Online newsgroup system

120 Burn balm

121 Gnawed on persistently

122 Dwell

123 Five-star

124 Fish "caught" nine times in this puzzle
- 6 Abalone shell lining

7 Protest singer Phil

8 Bit of lore

9 Tokyo, formerly

10 Dangers

11 Friends, in Italian

12 Prepared fancily

13 RSVP encl.

14 Triple-time Spanish dances

15 Pioneering '40s computer

16 Tree with prickly burs

17 Out of date

18 Peppermint — (York product)

19 Wild animal tracks

24 Old object

29 Try again, as a case

30 Celebrity with a book club

31 Use up

32 — de terre (potato, in Paris)

33 Scrub offerer

34 Road vehicle

35 Simian beast

36 High-IQ crew

37 TV collie

38 AOL or MSN
- 42 All excited

43 Dixon of astrology

44 Unit of current

45 Earthy colour

46 In tidy order

51 Golfer Sam

52 Texas A&M athlete

53 Interprets

55 Willow used in basketry

57 "He's Got the Whole World — Hands"

58 — d'Alene, Idaho

59 Use as one's own

60 "— ed Euridice" (1762 opera)

61 Burial place

63 Least false

67 Fuss over feathers

68 Pungent green

69 Dwell in

70 Krispy —

73 Andy Taylor's kid

76 Japanese brand of 112-Down

78 Tired saying

79 Biblical book after Daniel

80 Mitigator

82 Intro offerer
- 86 Adore, on candy hearts

88 NHL official

89 Just-prior time

90 Med. nation

92 Secrete milk

94 1974-78 sitcom

95 Distinctive filmmaker

96 Wife, e.g.

97 Pollen bits

99 Paging device

102 1985 title film role for Kate Nelligan

103 Did a leaf-gathering job

104 "That Girl" star Thomas

105 Short, arcing baseball hit

106 Fierce crusade

109 — -à-porter

110 Lot measure

111 Cost to play

112 Bar brew

113 — Chyna (model with the makeup line Lashed)

114 Bible bk. after Nehemiah

116 Bit of butter

117 Actress Green

118 Forty winks

1	2	3	4	5		6	7	8	9	10	11	12	13		14	15	16	17	18	19		
20						21									22							
23						24									25							
26						27				28					29							
					30					31				32								
33	34	35	36				37	38					39						40			
41							42				43	44				45	46					
47							48				49					50			51	52	53	
					54		55				56	57				58						
59	60	61				62				63		64				65						
66					67					68					69	70				71		
72				73					74				75					76				
77							78	79				80		81			82					
83							84					85	86				87		88	89	90	
												93				94						
95	96	97				98					99					100						
101				102	103					104	105				106							
107									108					109	110				111	112	113	114
115									116				117				118					
119									120								121					
122									123								124					

King Crossword

- ACROSS**

1 Church section

5 Gangster's girlfriend

9 GPS forerunner?

12 Contemptible

13 Met melody

14 Expert

15 Grand

17 Scooted

18 Baltimore athlete

19 Luxurious fabric

21 Rocky Balboa's greeting

22 Native New Zealander

24 Lowers the lights

27 Proscription

28 Make a sweater

31 Historic time

32 Table scrap

33 Id counterpart

34 Zinger

36 Anat. or biol.

37 Fermi's bit

38 Nothing

40 My group

41 Money under the table

43 Star-related

47 Knock

48 Bread spread

51 Greek H

52 Reed instru-
- ment

9 Strict disciplinarian

10 "Super-food" berry

11 Teller's partner

16 "Xanadu" band, for short

20 Clumsy craft

22 Parade

23 Opposed

24 Society newbie

25 401(k) alternative

26 Almond confection

27 Variety of 2-Down
- 29 "Where did — wrong?"

30 Huck's pal

35 Baby's cover-up

37 Off

39 Lousy car

40 "Born in the —"

41 Raised

42 Assess

43 Census statistics

44 Anger

45 Unsigned (Abbr.)

46 Dregs

49 Lawyers' org.

50 Burgle
- DOWN**

1 Magazine contents

2 Orchard fruit

3 Ganges garment

4 Representative

5 Guy

6 Plata partner

7 Lucy of "Elementary"

8 Cow catcher

MAGIC MAZE THE — : JOHN GRISHAM NOVELS

S B M J S H R F R R C R A Y W

U R R P N N L E E E E J H F D

B E O Z X V O L N B K T R T R

R T T T Q O T M M T M O N K E

I H H A A S F A M D R E R B E

Z R Y W I G H R L U M A V B T

T E R H Q C I O J A S N P L E

K N W I H F O T T N E I L C K

F (C O N F E S S I O N) P D C C

A Z X W V A E U S L S R P Q A

O N M K L T R E K A M N I A R

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

- Appeal

Associate

Brethren

Broker
- Chamber

Confession

Firm

Last Juror
- Litigators

Partner

Racketeer

Rainmaker
- Summons

Testament

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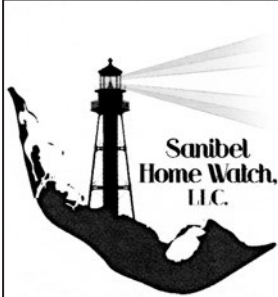
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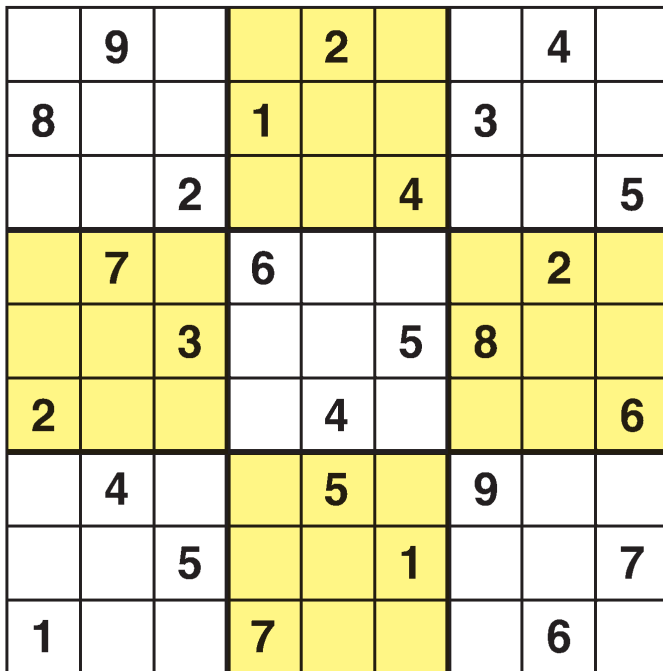
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**SUDOKU**

answer on page 47

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.



"I never get jealous about having such a _____ wife — it's the bills that will be coming that worry me."

answer on page 47

SCRAMBLERS

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

Swift
GAILITY

Sparse
EARGEM

Bowl
ABINS

Vocalist
ROCNR

TODAY'S WORD

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increased their aggression.

- The first telephone book ever issued was published by the New Haven District Telephone Company and was distributed in New Haven, Connecticut, in February 1878. It contained a grand total of 50 names.
- You may know that on October 4, 1957, the Soviet Union earned the distinction of putting the first human-made object into space with the launch of the satellite Sputnik 1. You may not know, though, that in Russian, the word “sputnik” means “fellow traveler.”
- The outermost layer of the skin on your face is made up almost entirely of dead skin cells.
- In the Scandinavian country of Norway you can find 1,800 lakes that contain no fish whatsoever.

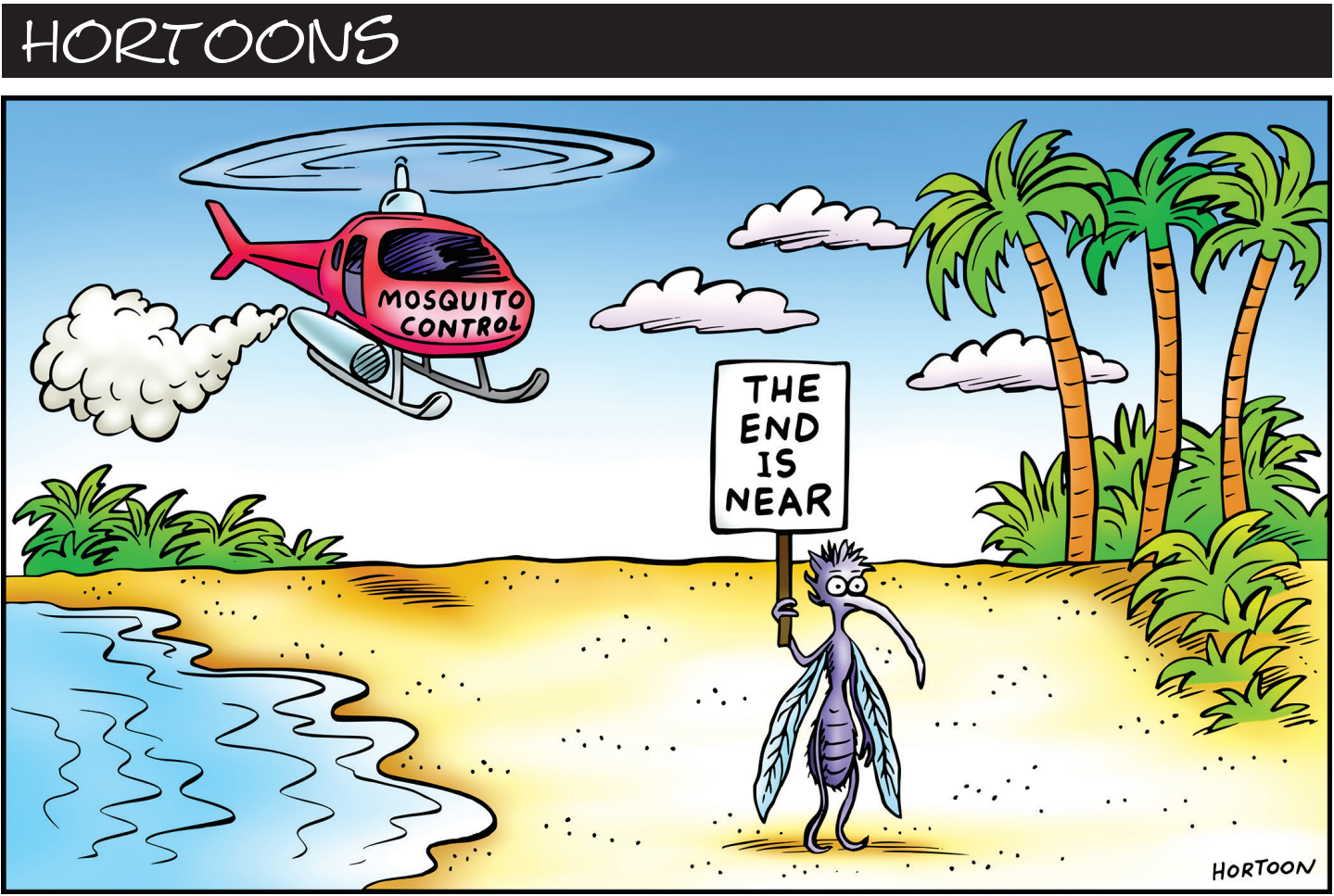
THOUGHT FOR THE DAY

“Instead of giving a politician the keys to the city, it might be better to change the locks.” – Doug Larson

SCRAMBLERS

1. Agility; 2. Meager;
3. Basin; 4. Crooner

Today's Word
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	SHOTS	DIAPER	CHANGE
COCA	SUIT	NNE	ORTEGA
ORR	PIPER	CHEROKEE	AID
OFYORE	URI	ECRU	ADES
PEPPER	CHEESE	CERES	
TOTIE	LOSS	ALUM	MARES
	ENLISTS	SUPER	CHEVY
ASS	ACE	BEVY	HEIFER
UPPER	CHAMBER	JOE	
TOOLATE	ALE	PAID	ABBE
EUREKA	PROPER	CHANNELS	
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RESIDE	TOPRATED	PERCH	

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

MAGIC MAZE

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RR

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AR

SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Harbour Preserve	Cape Coral	2006	6,936	\$2,600,000	\$2,350,000	479
Edgewater	Fort Myers	1997	5,468	\$2,575,000	\$2,300,000	8
Jonathan Harbour	Fort Myers	2003	6,045	\$1,999,000	\$1,880,000	113
Siesta Isles	Fort Myers Beach	2004	5,830	\$1,899,000	\$1,775,000	56
Tahitian Shores	Fort Myers	1977	2,595	\$1,150,000	\$1,025,000	8
West Rocks	Sanibel	1977	1,873	\$995,000	\$980,000	65
Island Harbors	Matlacha	2004	2,821	\$995,000	\$995,000	21
Quail Creek	Bonita Springs	2019	2,701	\$899,900	\$850,000	60
Sanibel Estates	Sanibel	1986	1,840	\$897,000	\$845,000	45
Longlake	Bonita Springs	1993	2,925	\$869,000	\$795,000	123



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