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VOL. 27, NO. 1

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 5, 2019

JULY SUNRISE/SUNSET:

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Meet Gigi, CROW's Opossum 'Superhero'

by Jeff Lysiak

The newest member of the Clinic for the Rehabilitation of Wildlife (CROW) Animal Ambassador program is Gigi, a 6-month old female Virginia opossum who came to the Sanibel facility with her two siblings back in April. Last week, she was featured in the latest Patient Profiles presentation, drawing a small crowd curious to learn more about the mysterious marsupial.

The lecture on opossums, delivered by Michaela Baker, currently at CROW on a fellowship, shared interesting facts and valuable information about the species.

"Opossums are living dinosaurs," Baker told the standing room only audience on June 26. "They've been around longer than most other mammals."

According to Baker, Virginia opossums (*Didelphis virginiana*) are found in eastern, central and west coast states in North America. Since 1900, they have expanded their range northward in the eastern United States. However, they are absent from the Rockies, most western plains states and parts of the northern United States due to their susceptibility to



Michaela Baker holding Gigi, a 6-month-old Virginia opossum photo by Jeff Lysiak

frostbite, which causes tissue damage and infection.

They, like other marsupials – including kangaroos, wombats and Tasmanian devils – raise their young in pouches.

"They're super cool – they're like superheroes, because they don't get rabies, are immune to Lyme disease, distemper and the Zika virus, and they're

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Junior Anglers Becoming Fishing Pros



Strolling along the shoreline, the Junior Anglers searched for the perfect fishing spot

photo by Jeff Lysiak

by Jeff Lysiak

Last Monday morning, 13 youngsters enrolled in the Sanibel Recreation Center's Summer Day Camp, along with two camp counselors, joined members of the Sanibel-Captiva Optimist Club on Sanibel Causeway Island B for a

few hours of fishing the shoreline along San Carlos Bay.

A camp tradition for more than a decade, the weekly fishing excursion is part of the Optimist-sponsored Junior Anglers Club program. Throughout the summer, the group will travel to different

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Magic Show Delivers Laughs, Inspires Reading

by Jeff Lysiak

On June 25, the Sanibel Public Library hosted a high energy, laugh-a-minute magic show with entertainer Jim Chartier, who delivered a 55-minute presentation on The Great Space Adventure: A Universe Of Stories. The show brought together word games, balloon animals, slight-of-hand magic tricks and a fuzzy orange puppet that delighted all of the children and adults in attendance.

In front of a colorful, space-themed backdrop, Chartier began his program performing the classic water-poured-into-a-newspaper gimmick, astonishing the younger kids sitting in the front row. He then explained that he needed everybody's assistance in helping his friend, Wally the Wacky Word Bird, return home from outer space.

Using his Word Converter device,



Magician Jim Chartier with Wally the Wacky Word Bird

photos by Jeff Lysiak

Chartier took random groups of letters, placed them into the magical machine and cranked out several words – including Preposterous and Prestigation – that would offer clues as to how they could help Wally get back to earth. He also created a few inflated birds (while

comically inflating several elongated balloons) that would assist the group with their task, including Rudy the Reading Roadrunner and Pinky the Pink Flamingo.

Throughout the performance, a few children were called up to the stage to assist Chartier with his magic tricks, which



Jim Chartier asked Blake Walsh for assistance during one of his tricks

included the disappearing knot illusion and a card gimmick that helped youngsters pick out a space-themed book, available

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A DAHLMANN PROPERTY

From The Pen Of 'Ding' Darling



This cartoon published in 1941

image provided

This week we once again honor the 75th anniversary of the JN "Ding" Darling National Wildlife Refuge with one of Jay Norwood "Ding" Darling's Pulitzer Prize-winning cartoons. Darling created the refuge, originally named the Sanibel National Wildlife Refuge, in 1945. This cartoon, titled *A Nice, Quiet Fourth*, published on July 4, 1941, addresses the nation's complacency shortly before the U.S. became involved in World War II.✱



Independence Day Activities

On Thursday, July 4, there will be a free pancake breakfast, served from 7 to 9 a.m. at Sanibel Community Church, located at 1740 Periwinkle Way. Donations will be accepted to benefit Boy Scout Troop 1740.

The 29th annual Independence Day Parade 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.

Also on July 4, the Sanibel-Captiva Optimist Club will stage its 40th annual Road Rally beginning at noon from The Timbers parking lot, located at 703

Tarpon Bay Road.

The fireworks display will begin at 9 p.m., rain or shine. The display – best viewed on the bay side of the causeway – is sponsored by the City of Sanibel.

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

The Dunes Golf & Tennis Club will host a July 4 celebration featuring a bounce house, swimming, putting course, music with a DJ and dinner beginning at 5:30 p.m. 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 reminder from the City of Sanibel, it is illegal to possess or discharge fireworks on Sanibel.✱



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Captiva Island Historical Society

Looking Back: Early Settlers On Captiva



This week's image is James W. Carter (1866-1945) and Rhoda Spargo (1879-1962), who were early settlers on Captiva.

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. Call 533-4890 for information.

Visit the website at www.captivaishistoricalociety.org/archives/research to view many more images to bring you closer to Captiva.✱

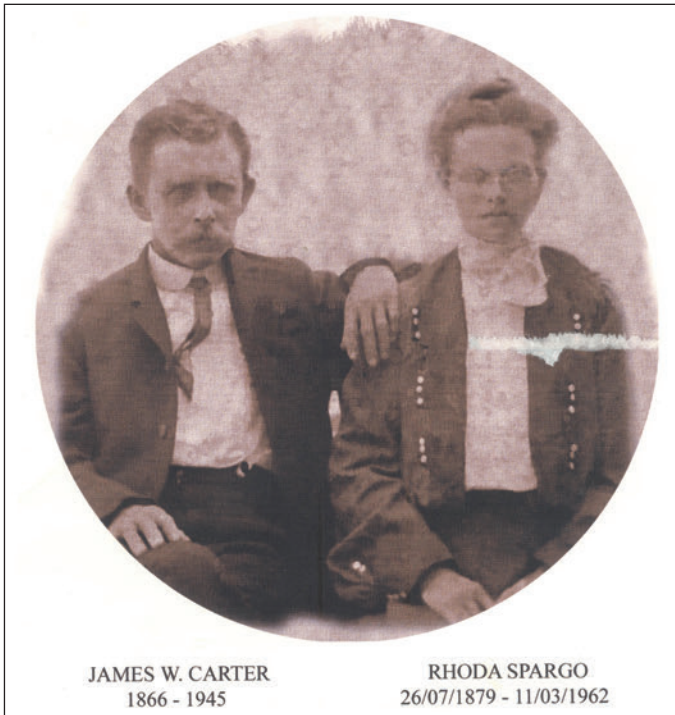


photo courtesy Captiva Island Historical Society Archives

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 10 a.m. blended or traditional service (alternate months). Sunday school and nursery care at 10 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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The Community House



Salli and Billy Kirkland participating in a couples cooking class with Resident Chef Jarred Harris photo 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.

Community Socials

Monthly community socials will be held throughout the summer featuring different themes: Saturday, July 6 is Rib Night from 6 to 8 p.m.; Wednesday, August 14 is Greek Night from 6 to 8 p.m. Cost is \$15 per person, additional \$5 for sundae bar. Alcoholic beverages will be available for purchase.

Culinary Social Classes

Learn, socialize, eat and drink during Saturday Culinary Social Classes. Cost is \$25 per person. The schedule is:

- July 13, 10 a.m. to noon - Pickling
 - July 20, 4 to 6 p.m. - Curry 101
 - July 27, 10 a.m. to noon - Simply Desserts
 - August 3, 10 a.m. to noon - Quick Breads
 - August 17, 4 to 6 p.m. - Simple Pasta
 - August 24, 10 a.m. to noon - Soups & Stews
- Sign up online or call 472-2155.

Kids Cooking Camp

The first session of Kids Cooking Camp runs Monday through Friday, July 29 to August 2 from 9 a.m. to noon. Resident Chef Jarred Harris will teach young chefs the fundamentals

and help them develop their cooking skills. Students will learn kitchen safety and classic culinary techniques in team 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

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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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The Sanibel Historical Village will close for the off-season on July 31 and reopen on October 15. Meanwhile, it remains open during the BIG ARTS construction project. The project will continue through the remainder of the historical village's season and into next season, but parking and access for guests and volunteers will be available throughout that time.

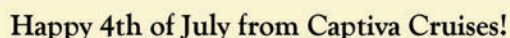
and a new, temporary entrance has been made available down the road to the west at what was the exit drive. That drive will now function as both an entrance and exit access. Signage has been added at both places.

For the month of July, the village will be open Tuesday through Saturday from 10 a.m. to 1 p.m. Full guided tours take place at 10:30 a.m. at no additional charge, depending on docent availability. The village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to the buildings. Admission is \$10 for adults over 18; no charge for members and children.

For more information or to make a donation, visit www.sanibelmuseum.org or call 472-4648 during business hours. ✨

photo provided

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From page 1

Gigi likes to groom herself and her handler

photo by Jeff Lysiak

also immune to snake venom,” noted Baker. “They are also good to have around your home, because they take care of pests in your yard, clean up road kill and are a valuable pollinator species.”

Opossums will den nearly anywhere that is dry, sheltered and safe from predators. Their den sites include burrows dug by other animals, rock crevices, hollow stumps, logs and trees, woodpiles and spaces in or underneath buildings (like sheds). To avoid predators, they move to a different den every few days.

Because their fur doesn't provide much insulation, opossums fill their dens with dried grass, leaves and other available soft materials. They carry these elements in their coiled tails.

One common misconception is that they frequently attack domestic pets. This is untrue, since opossums prefer to avoid confrontation with other animals. Escape is often their first instinct.

At CROW, opossums are admitted for a variety of reasons, including vehicle strikes, mite infestation, attacks by other animals, dehydration, miscellaneous infections/disease and – in the case of newborns – abandonment by their mother.

At the end of Baker's presentation, she brought out Gigi, whose name is derived from the common name for her species, the Virginia opossum. The juvenile marsupial, among a trio of newborns found huddled in a corner along the

outside of a house in Cape Coral, was discovered to be missing the majority of her tail. Veterinarians at CROW surgically cleaned the site where her tail had been traumatically amputated and sutured it closed.

Since opossums use their tails for balance while climbing, Gigi cannot be released back to the wild. Therefore, she will remain at the Sanibel wildlife clinic for educational purposes.

“She’s very prissy... she’s constantly cleaning herself,” said Baker, who was at CROW the day Gigi was admitted. “She even likes to clean my hands even when they’re not dirty. She’s an absolute love bug.”

CROW began its Animal Ambassador program in 2012 to provide an educational home for animals who are unable to be released into the wild. Current ambassadors include Lola, an American kestrel; Mina, a great horned owl; Billy, a nine-banded armadillo; and Talon, a red-tailed hawk. These animals are part of presentations and programs offered daily.

CROW's Patient Profiles presentation on Virginia opossums will be repeated on Monday, July 8 and Wednesday, July 17 starting at 11 a.m. at the Visitor Education Center, located at 3883 Sanibel-Captiva Road (across from The Sanibel School). For more information, call 472-3644 or visit www.crowclinic.org. ❖

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Frigatebird Week campers discovered a pirate during their treasure hunt photo provided

Sea School Campers Study Pirates Of The Sky

submitted by Leah Biery

Frigatebirds – the pirates of the sky – were the theme of summer camp at Sanibel Sea School's Flagship Campus last week. Participants learned that frigatebirds are an unusual type of seabird that dislikes getting wet. Instead of diving for their food, they steal meals from

other birds in flight, so we played pirate attack tag to illustrate that behavior. We also used stencils and chalk to find out just how big these birds are (they can have a wingspan of up to eight feet), went on a treasure hunt, and made our own pirate costumes.

On the other hand, campers at Canterbury School in Fort Myers celebrated creatures that thrive under water. Sharks and Fishes Week offered a look at the differences between bony and cartilaginous fishes, and activities included a fish dissection, sharks and minnows tag, and a build-your-own-fish challenge.

An all-female group completed a variety of epic paddling and survival challenges during Wahine Toa Week. After a camping excursion to Picnic Island in San Carlos Bay, they made their way to Fort Myers Beach via stand-up paddleboard for a final celebratory lunch at Doc Ford's.

As usual, there was also plenty of

surfboard paddling, macramé tying and time spent with camp friends.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. Summer camps are scheduled for children ages 4 to 18, and scholarships are available. To learn more, visit www.sanibelseaschool.org.✱

OBITUARY



LOUIS FARELL MAZZA

Louis Farrell Mazza, 95, of Warwick, Rhode Island died on Saturday, June 29, 2019. Born in Providence, Rhode Island, he was

a son of the late Carmine L. and Catherine T. (Farrell) Mazza. He was the loving husband of the late Eleanor M. (Pagliarini) Mazza.

Louis was a graduate of LaSalle Academy in Providence. He served as a supervisor for Narragansett Brewery until his retirement in 1981 and later worked as a bartender at 20 Water St. in East Greenwich, Rhode Island.

He is survived by his beloved children Louis F. Mazza, Jr. (Daryl) of North Kingstown, Rhode Island; Eleanor E. See (Dieter Vogtland) of Sanibel, Florida; and Sheila A. Marchand (Charles) of Warwick, Rhode Island; seven grandchildren and eight great-grandchildren.

He was a brother of the late John P. Mazza and Joseph Mazza, Sr.

His Mass of Christian Burial will be offered at Sts. Rose and Clement Church, 111 Long Street in Warwick, Rhode Island on Friday, July 5, 2019 at 10 a.m. Interment will take place at St. Ann Cemetery in Cranston, Rhode Island.

In lieu of flowers, gifts in his memory to the Alzheimer's Association, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601 are greatly appreciated.✱

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Steve and Donna Brown
FGCU



Hannah Carroll
Fort Myers High School IB
Jeff and Sarah Carroll
Northwestern University, Medill



Brandin Celestin
Cape Coral Christian High School
Leslie and Flaubert Celestin
South Florida State College



Julia Coin
Dana and Linda Coin
Fort Myers High School IB
University of Florida



Faye Cole
Fort Myers High School
Sonia and Devon Cole
Concordia University, Canada



Calie Connor
Bishop Verot Catholic High School
Jackie Connor
University of Central Florida



Alexander "Zander" Goss
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Allison and Chauncey Goss
Duke University



Alexandra Merrill Iglesias
Lee Virtual School
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Gustavo Iglesias
University of Hawaii



Jacob Lemmon
Fort Myers High School
John and Christine Lemmon
University of Virginia



Hannah Owen
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Papua New Guinea
Todd and Angela Owen
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Caroline Tesoro
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Maureen and Mark Tesoro
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Carson M. Towle
Fort Myers High School
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University of North Florida

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Jarred Harris



Linda Convertine

Program On Healthy Steps To Nutritious Eating

FISH of SanCap, in collaboration with The Community House and Sanibel Congregational United Church of Christ, will sponsor a presentation, entitled Simple Food Prep and Healthy Steps to Nutritious Eating, on Tuesday, July 16 from 11:30 a.m. to 1:30 p.m. at The Community House. This the first presentation in FISH of SanCap's Health and Wellness Series.

Sanibel Congregational United Church of Christ Parish Nurse Linda Convertine, RN, will dispel myths about healthy eating while participants observe Chef Jarred Harris of The Community House prepare a three-course meal using healthy ingredients, seasonings and oils. During this

interactive session, participants will learn how to make simple and nutritious meals, and have the opportunity to sample those being prepared. The menu may include:

Sweet corn chowder with basil infused olive oil; entrée salad of chargrilled vegetables, arugula and olive oil poached salmon; coconut panna cotta with pineapple brown sugar and rum compote.

"This is an opportunity to learn how to grow, use and eat healthy food alternatives," said Harris. "I will talk about the importance of fresh vegetables and protein while teaching what to look for when selecting them."

"It is always better to have factual information rather than trendy information in reference to what is better for our bodies and diet," said Convertine. "It will be great to share my personal experiences with eating healthy as well as information from documented research and studies."

Kathy Y. Monroe, program director for FISH, said, "This is a cannot-miss offering sponsored by FISH, SCA and Sanibel Congregational UCC and open to the first 25 respondents. Please join us for this complimentary opportunity to learn, and taste, a nutritious and healthy meal."

To RSVP, contact Kathy Y. Monroe or Anthony Morales at FISH, 472-4775.

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

Free Concert At Sanibel 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.✱



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From left, Preston Hanni, Cole Fields, Rick Zurbriggen (leader), Nik Bakos, Chase Nave and Ryan Jankauskas almost solved Area 52 photos provided

Youth Ministries Holds Year-End Celebration

H2O Youth Ministries of Sanibel Community Church ended their school year with a puzzling adventure for middle school students and beach volleyball for high school students.

Twenty five teens and leaders headed off island to Escape Room Adventures in Fort Myers. With four rooms booked, H2O teens took on the challenge of facing McGregor the Magnificent; finding the Treasure of the Seven Keys; frantically ransacking Brandon's Tubular Room; and fell victim to Area 52. Three of the four challenges were completed and successfully solved. Area 52 was the most difficult room with only a 12 percent success rate. The middle schoolers ended their night with a treat at Love Boat Ice Cream in Fort Myers.

The high school students opted for a more relaxed night. It was a beautiful, breezy evening at Lighthouse Beach. The teens swam and set the volleyball net as they waited for Island Pizza to deliver pizza for their beachside dinner,



From left, Lauren Macalka, Kayce Nette, Marianna Tison, Jessica Chavez-Santana and Heidi Hall at Love Boat Ice Cream

which included salad, pizza, fruit and cake. The coolers were loaded with ice cold soda and water.

The teens and leaders showcased their serving skills, sent smashing spike balls over the net and created scoring set-ups for their teammates. The finale of the evening was the group creating a human pyramid. Before everyone said



High school group playing volleyball at Lighthouse Beach



From left, Crystal Jones, Kayce Nette, Maya Brennan, Kate Doster, Heidi Hall and Evette Zurbriggen (leader) outsmarted Brandon's Tubular Room



From left, Lydia Whalen, Mara Lodwick, Lauren Macalka, Jessica Chavez-Santana, Lilly Doster, Jenna Senkeleski (leader) and Marianna Tison found the Treasure of the Seven Keys

goodbye, the high schoolers gathered together in a circle and prayed for the person on their left.

H2O Youth Ministries will begin meeting at Sanibel Community Church on Wednesday evenings starting August 28 with the Back to School

Bash. Activities are for students who are in sixth through 12th grade. For more information, contact Pastor Kevin Schafer at 472-2684 ext. 105 or kevin@sanibelchurch.com. The church is located at 1740 Periwinkle Way (next to Jerry's Foods).✧



Human pyramid on the beach



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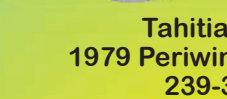
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Cape leadwort is native to South Africa
Plant Smart

Cape Leadwort

by Gerri Reaves

Cape leadwort (*Plumbago auriculata*) is a semi-woody evergreen shrub notable for its clusters of pale blue delicate flowers. Despite it being non-native to Florida, butterfly gardeners often include it in the landscape because it is one of the larval host plants for the cassius blue butterfly and a nectar source for other butterflies. This member of the leadwort family is also called skyflower, cape plumbago

photos by Gerri Reaves

and blue plumbago. The term plumbago derives from the Latin word for lead, and "cape" refers to the Cape of Good Hope because this species is native to South Africa. It can grow up to five feet tall, but because it has a climbing or sprawling habit, it is often broader than it is high. The cape leadwort is multi-stemmed with oblong yellow-green leaves of one to three inches long. Showy rounded clusters of flowers appear at the branch ends and bloom throughout the year. Each long-tubed, five-petaled flower measures about an inch across. The elongated seed capsule has many



The year-round flowers attract butterflies

curved spines that cling to clothing. Use cape leadwort as a butterfly attractor, a mass of color in the landscape, or as a container plant. This fast-grower prefers full sun and rich well-drained soil. It has moderate salt tolerance and is sensitive to a number of pests. Sources differ on whether the plant is toxic to animals, so exercise caution.

Sources: *Florida Landscape Plants* by John V Watkins and Thomas J Sheehan; *Florida Plant Selector* by Lewis S and Betty M Maxwell; *The World of Tropical Flowers* by Laurie and Louis Perrero; www.floridata.com; and <http://www.gardeningsolutions.ifas.ufl.edu>.
*Plant Smart explores the diverse flora of South Florida.**

Trimming Now Can Help Prevent Power Outages

So far, it has been a wet start to storm season. Although there are hopes for a calm storm season, there is no telling what might come our way. While Lee County Electric Cooperative (LCEC) is prepared for anything Mother Nature has to bring, all residents are urged to trim overgrown trees and branches growing near power lines. Vegetation poses a serious risk to power lines during high-wind storms. As

a guideline, there should be an eight- to 10-foot clearance on either side between tree branches and power lines, and there should be a 10-foot clearance between the top of trees and the primary power line. Any branches within this range near power lines should be pruned or removed. Keep the following in mind when trimming vegetation: Do not remove or trim branches that are touching power lines. Touching a tree that is in contact with a power line can lead to serious injuries or death. If a tree touching a power line is burning or sparking, contact LCEC immediately at 656-2300. When trimming or cutting trees, be sure

continued on page 16

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Father's Day Fillets



by Capt.
Matt Mitchell

Fishing this week was all about the passes and the beach for snook and sea trout. Basically, any structure you could find out on the beach was

holding these fish. Many years ago, the beaches on the whole north end of Sanibel was covered up with downed trees that made a great summertime snook habitat. After Hurricane Charley roughly 15 years ago, all of this great fish structure was removed as part of the Bowman's Beach clean up.

Erosion on some of our barrier islands is never ending, with the beach constantly moving from one end of a island to the other. Certain places it creates sand bars while moving sand out from the beaches. Many of the places that are experiencing this beach erosion now have some great structure once again out on the beach. On most of the barrier islands from Cayo Costa south, you can find a few places with a downed tree, exposed tree stumps and even rock ledges. All these places are worth fishing as they are all holding snook and sea trout. If you find the right one, often you can catch a few

dozen fish on one submerged tree if the tide is right.

JW, the go-to guy at my marina, had a charter scheduled with me last week to take his dad out for Father's Day. His goal was to put his dad on his first snook. Heading out, we started in the pass and, after no bites, I opted to head out on the beach. While on the way to a favorite beach blow down spot, I was running no wake buoys and almost immediately saw several big tripletail just below the surface.

After turning the boat around, we quickly hooked one large 15-pound tripletail and, after a long fight, my heart dropped as the hook pulled boatside. Returning to the marker, I was expecting that the other fish would have spooked but luckily they had not. The next fish we hooked was about 12 pounds and came to the boat relatively quickly. After a few more casts, we had three tripletail in the cooler all between 12 to 18 pounds.

I could not think of a better way to start a trip. Moving down the beach, we did manage to catch that first ever snook for JW's dad on the snags. All in all, it was a very memorable trip but not because of the snook.

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.✱



The first of the three Father's Day tripletail caught while fishing with Capt. Matt Mitchell this week photo provided

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Dave Doane

CROW Case Of The Week:

Snowy Egret

by Bob Petcher



The snowy egret (*Egretta thula*) can also be referred to as a medium-sized heron with its long legs and long slender neck and bill. These elegant birds as adults are fully white except for black

legs, yellow feet, black bill and a yellow patch at the base of its bill.

If you see a snowy egret running back and forth through a body of water with its wings spread out, it is usually chasing its prey. Other times, these birds are not as dramatic and will sit still and wait for dinner to swim by.

During breeding season, an adult snowy egret can develop longer wispy feathers on its back, neck and head. They sometimes mate with other heron species and produce hybrid offspring, such as tricolored herons, little blue herons and cattle egrets.

At CROW, an adult snowy egret was admitted from Fort Myers after being found with its right wing tangled in fishing line. Upon examination, it was found that three primary flight feathers at the end of the wing were wrapped in the fishing line. There was severe bruising around the upper wing and elbow of the bird, but



Patient #19-2509 only needed a body wrap for two days, and its stay at CROW was for only one week prior to release
photo by Brian Bohlman

radiographs showed no fractures.

The patient was fortunate not to lose any feathers during the ordeal.

"Luckily, the line was able to be removed with minimal damage to the ends of the primary feathers and no feathers were lost in the process," said Dr. Robin Bast, CROW staff veterinarian.

After removal of the fishing line, the snowy egret was treated with pain medication, anti-inflammatory medication and a body wrap to support the injured wing.

"The bird only had a body wrap on

for two days since it had a wing droop secondary to soft tissue injury," said Dr. Bast. "This type of wrap keeps the wing tucked in a natural position against the side of the bird's body."

However, the patient did fail an initial flight test.

"The patient was still sore and unable to gain height when it attempted to fly the first time," said Dr. Bast. "Radiographs were taken and no bones were fractured, so it was treated with anti-inflammatory medication for muscle soreness."

The snowy egret was able to recover

and regained the strength needed for release.

"A couple days later, the body wrap was removed and the wing droop had resolved," said Dr. Bast. "The patient was able to fly better in its enclosure, and only had a very subtle wing droop after exercise. It took a couple days of anti-inflammatory medications and cage rest before the bird was able to fly well again."

The snowy egret was released back into the wild on June 25, only one week after it was admitted. Some patients are not as lucky when it comes to entanglement. Education is ongoing for recycling fishing line.

"We see many species of wildlife affected by fishing hooks and monofilament line that have inappropriately been discarded into the environment. The Mind Your Line initiative is a collaborative with other organizations on the island that educates people on the appropriate method of recycling those items, and how to help if you find a wild animal that is entangled or hooked," said Dr. Bast. "This issue is preventable, and we are hoping this campaign helps reduce the number of patients admitted to our hospital for this reason."

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

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CROW Calendar Of Events

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

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

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five



species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Monday, July 8, 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 8, 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.

Tuesday, July 9, 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 9, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

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

Wednesday, July 10, 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 10, 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.

Thursday, July 11, 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.

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

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.✱

From page 12

Trimming

they fall away from power lines.

Trim dead or weak branches from the trees around the home even if they are far away from power lines. Strong winds could make these branches deadly projectiles.

If you feel uneasy trimming vegetation around your home, residents are urged to hire a licensed tree trimming company that is certified to work around power lines. LCEC utilizes professional trimmers trained in safety practices to trim trees in utility easements or trees contacting power lines. They trim trees along power lines on a regular maintenance cycle. LCEC also responds to specific customer requests if trees in the area pose an immediate threat to safety or to the reliability of electric service.

Every bit of preplanning helps when it comes to storm season.✱

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Beth Koehler and Peggy van Gorder with the 500th Burmese python removed from the wild
photo provided

FWC Team Removes 500th Burmese Python

The Florida Fish and Wildlife Conservation Commission (FWC) Python Action Team recently removed the program's 500th invasive Burmese python from the wild. Team members Beth Koehler and Peggy van Gorder captured the snake at Everglades and Francis S. Taylor Wildlife Management Area on June 25 at 1:15 a.m. It was a nine-foot, 10-inch-long female and weighed 20 pounds, 14 ounces.

"Thanks to the hard working men and women of the Florida Fish and Wildlife Conservation Commission, hundreds of invasive Burmese pythons have been removed from the Everglades and our ecosystem," said Gov. Ron DeSantis. "As we celebrate this significant milestone, my administration will continue to prioritize the protection of our environment, natural resources and wildlife, which are at the heart of our economy and our way of life here in Florida."

"The capture of the 500th snake by our python action team marks a significant milestone for this program," said Eric Sutton, executive director of

the FWC. "Governor DeSantis has been instrumental in keeping this topic a priority. We're proud of the great work that these men and women do every day, and it would not be possible without support from the governor and legislature."

The FWC designed the python action team to further engage qualified individuals with python management efforts. Team members are paid for their efforts to survey for and, when possible, capture Burmese pythons in specific areas throughout many public lands in South Florida.

Occasionally, the FWC receives reports of large nonnative constrictors through the Exotic Species Hotline (888-IVEGOT1). If available, python action team members are sent to capture it and prevent new populations from establishing in new areas.

Burmese pythons became established in Florida as a result of escaped or released pets. People should never release nonnative pets in the wild in Florida. It is illegal and can negatively impact native wildlife and habitat. The FWC has an exotic pet amnesty program that allows nonnative pets to be surrendered without penalty. Visit www.myfwc.com/petamnesty for more information.

For more information about the FWC Python Action Team, visit www.myfwc.com/python.

Love That Dress Collection Sites

All Sanibel Captiva Community Bank branches are donation drop-off locations for new and gently loved women's dresses, shoes, handbags and accessories to benefit PACE Center for Girls of Lee County. Items may be donated through Monday, August 12 at the following Sanibel Captiva Community Bank branches in Lee County during operating hours:

Sanibel – 2475 Library Way and 1037 Periwinkle Way
Fort Myers – 15975 McGregor

Boulevard, 7040 Winkler Road, 7500 College Parkway, 1533 Hendry Street and 11691 Gateway Boulevard

Donated items will be offered for sale at nominal prices during PACE Lee's annual Love that Dress! fundraiser at the Embassy Suites by Hilton Fort Myers Estero on Wednesday, August 21. To learn more about the Love that Dress! event, visit www.lovethatdressleecounty.com.

Since 2007, PACE Center for Girls, Lee County has been providing girls and young women an opportunity for a better future through education, counseling, training and advocacy. For more information, call 425-2366 or visit www.pacecenter.org/locations/lee.

New Shark Regs. Effective July 1

Sharks play an important role in marine ecosystems

More Info: <https://myfwc.com/fishing/saltwater/recreational/sharks/>

- **All shore-based (beach, pier, etc.) shark fishing will require the completion of an online course and application for a no-cost shore-fishing shark permit.**
- **Non-offset, non-stainless-steel circle hooks are required when targeting or harvesting sharks when using live or dead natural bait (when fishing from shore and from a vessel).**



- **You must have pliers or other metal-cutting devices readily available.**
- **Chumming from beach is now prohibited.**

"Prohibited shark species must remain in the water with the gills submerged when fishing from shore or from a vessel, and prohibited shark species must be released without delay when fishing from the shore. If hook removal will delay release, cut the hook or the leader as close to the hook as possible."

Common prohibited species include:

- **Great hammerhead**
- **Lemon shark**
- **Tiger shark**

www.sccf.org

239-472-2329



Sanibel-Captiva Conservation Foundation

Shell Of The Week

Gabb Vitrinella



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

S*olariorbis*
infracarinatus
(Gabb, 1881)
is a member of the
microgastropod
family Tornidae

with ample distribution in the Caribbean and Gulf of Mexico, found also along the coast of Southwest Florida. Larger shells of the species reach only about 2.0 mm (about 0.08 inch). The shell has a low spire, and the shell periphery (outer shell "edge") bears a strong spiral keel. The shell base has about four or five spiral ribs, but the spire itself lacks any major, visible sculpture. The protoconch projects above the remainder of the shell. The umbilicus is wide and is flanked internally by a strong spiral ridge. The shell color is translucent-white. The shell illustrated was collected in 1994 by Vivienne Smith, 14 miles off the Sanibel Lighthouse. 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

The Gabb Vitrinella, *Solariorbis infracarinatus* (Gabb, 1881)

photo Patricia A. Starkey

See truly giant shells. Watch a live Tank Talk. Take a daily beach walk. Check out our family programs. We are the only natural history museum in North America devoted entirely to shells. Drop by and let us inform and

inspire you. Visit www.shellmuseum.org or call 395-2233.

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

Shell Found



Miles Braden Venable photo provided

Miles Braden Venable from Somerset, Kentucky found a junonia on the beach along West Gulf Drive, behind Sunset Beach Inn, on June 24.

Venable said, "I was simply going for a walk on the beach and the one time I looked toward the tide, I saw the junonia rolling back into the ocean. I said, 'no way' and grabbed the exotic shell without hesitation and sprinted to show my family my find. I knew what I had found and was filled with excitement."☆☆

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Local Band To Perform With British Blues Artist

British blues guitarist Matt Schofield & Friends, with guest appearance and performance by The Marty Stokes Band, will perform at DJ's Rhythm House on Sunday, July 28 from 2 to 6 p.m.

Schofield is the most influential British blues guitarist to emerge since the 1960s. His guitar tone and distinctive phrasing have become highly influential, culminating in *Guitar & Bass Magazine* listing Schofield in its top 10 British Bluesmen of All Time.

This is the first U.S. gig for Matt Schofield & Friends after the group's European summer tour. They are Southwest Florida International Blues Challenge winner and four-time People's Choice winner.

The Marty Stokes Band will open the show. Stokes' guitar work has been described as raw and melodic, original and reaches the core. The band consists of Stokes on lead and slide guitar, Jennifer Mazziotti on saxophone and



Matt Schofield photos provided keyboards, with Daryl Best on bass and Ernesto Guerra on drums.

Cost is \$15 at the door and \$12 in advance. Doors open at 1 p.m.



The Marty Stokes Band

DJ's Rhythm House is located at 16440 South Tamiami Trail, Suite 11.

For more information or to reserve tickets, call 466-8326.*

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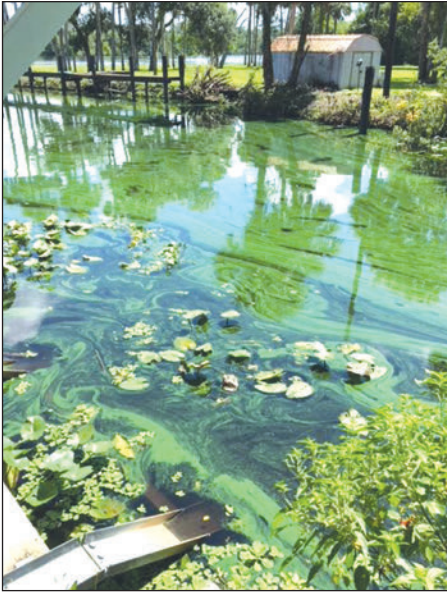


SCCF Makes Progress With DEP On Water Quality

On May 23, Sanibel-Captiva Conservation Foundation (SCCF), the Center for Biological Diversity and Calusa Waterkeeper submitted a petition to the Florida Department of Environmental Protection (DEP) to initiate rulemaking to adopt water quality criteria for cyanotoxins produced by blue-green algae. On June 25, SCCF received notice that DEP granted the petition which means that it will consider developing cyanotoxin criteria during this triennial review.

"We are very pleased that DEP has granted our petition," said SCCF's Natural Resource Policy Director Rae Ann Wessel, "and will consider adopting criteria for cyanotoxins as part of the current, triennial review rule development process, as our meetings with staff earlier in the year did not intend to include cyanotoxins. With the U.S. Environmental Protection Agency (EPA) recommended criteria for microcystins released on May 22, 2019, the day before this order was issued, the timing was perfect for the July 1 meeting of the blue-green algae task force to support evaluation under the current triennial review."

SCCF and local stakeholders have been meeting with DEP on water quality priorities in the triennial review process and highlighted the need for cyanotoxin standards to be included. This spring,



Cyanobacteria in the Caloosahatchee by Alva on June 24, 2018 photo by R. Gause

DEP indicated they did not intend to include cyanotoxin standards in this triennial review. Following the devastating water conditions the region suffered last year, SCCF joined the petition to the department. The good news resulting from this decision is that DEP will now consider rulemaking as part of the current triennial review. This is a timely action on the part of the department as EPA has released its final recommendations.

On Wednesday, July 10, the South Florida Water Management District (SFWMD) Governing Board Workshop will address Northern Estuaries Water Quality

from 1 to 5 p.m. at district headquarters, located at 3301 Gun Club Road in West Palm Beach. If you cannot attend in person, meetings are webcast at <https://www.sfwmd.gov>.

SCCF will stay engaged and share dates of upcoming public workshops on DEP's triennial review expected later this summer.*

Canal Excursion With Ocean Tribe



by Kealy McNeal

On Wednesday, July 10, the Ocean Tribe Paddling Club will host a morning paddling excursion through the canals of the east end of the island. Come join us as we glide through an area that is rich in local flora and fauna. We will start our journey from the Sanibel Boat Ramp and paddle across a short stretch of San Carlos Bay to the canal entrance.

Those interested in joining the group should meet at the Sanibel Boat Ramp at 8:15 a.m. The paddle will begin at 8:30 a.m. and will last approximately one and a half hours. Participants are invited to bring their own vessel, or a limited number of loaner vessels can be reserved in advance by contacting oceantribepaddlers@sanibelseaschool.org. Any weather related

updates or schedule changes will be posted on the Ocean Tribe Outfitters Facebook page at least one hour prior to the event.

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.*

Shell Found



Allison Nowacki

photo provided

Allison Nowacki of Waterbury, Connecticut found a horse conch on June 22 at Lighthouse Beach on Sanibel.*

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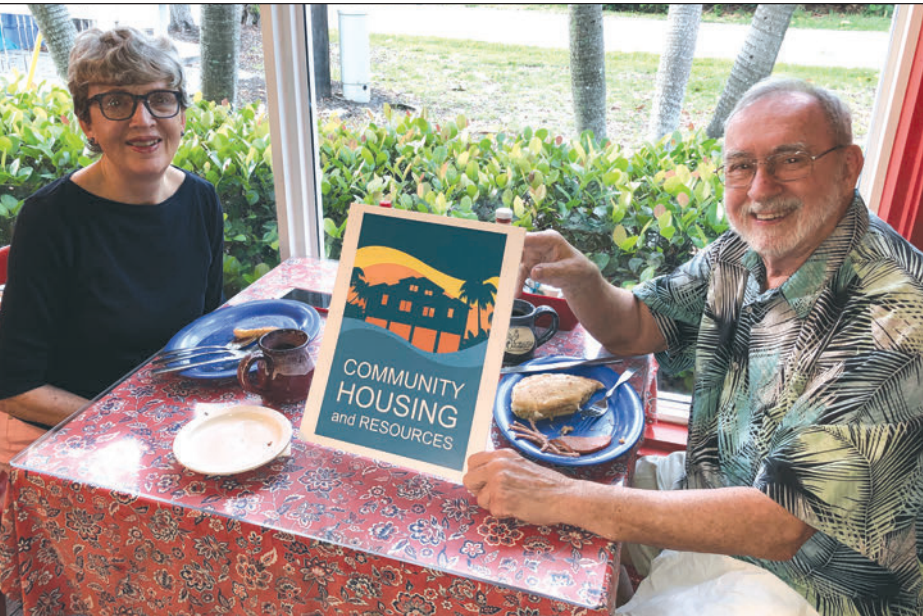
From left, Ellen McQuade, Becky Knopp and Diane Silhavy



Alejandro Cadavid and Jodi Miller



From left, Doreen Ruane, Trasi Sharp and Holly Smith



Susan Ayres and Les Pendleton



From left, Carol Strange, Bunny Ospa and Deborah Butler



From left, Dorothy Sawyer, Nancy Cleare and Joan Sperry



Barbara and Alan Marti



Stephen Sellers and Tom Annesley



From left, Kallopie Paleologos Alvarez, Jean Baer, Elizabeth Boone, Karen Bell and Haley Carter



Janet and Sigrid Scully



Dorrie Hipschman and Paul Callomon



Richard Johnson and Joe Orndorf



From left, Jim Salzman, Jerry Edelman and Ed Hendrick



From left, Steven Pino, Richard and Katie McCurry



Tropical Slaw

½ head red cabbage, thinly shredded
2 carrots, grated
1 mango, diced small
2 tablespoons natural sugar
2 tablespoons orange juice
2 green onions, sliced thin
¼ cup apple cider vinegar
¼ cup vegetable oil (or other neutral oil)

2 tablespoons cilantro, chopped fine
Sea salt and fresh ground pepper, to taste

In a small bowl combine sugar, orange juice, vinegar, oil, salt and pepper and whisk until the sugar dissolves. Set aside.

In a large bowl, combine the cabbage, carrots, mango, green onions, and cilantro. Season with salt and pepper, add the dressing and toss to combine. Cover and refrigerate until ready to serve.✱



Tropical Slaw

photo courtesy Fresh From Florida

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 & Mitch. Sol Rydah performs on Saturday. Paul Rozmus plays on Tuesday and Wednesday. On Thursday, it's James Prather.

Traditions on the Beach at Island Inn has live entertainment on Friday, Saturday and Wednesday with Dusk Duo. On Thursday, it's Jazz Night with Woody Brubaker.

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

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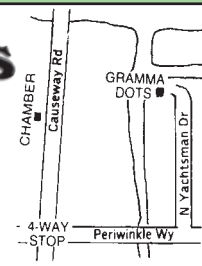


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Summer Fun At Sanibel Library

Sanibel Public Library Summer Reading Program is open to children, from babies to teens. Participants will receive a special gift (quantities are limited). The theme, A Universe of Stories, commemorates 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. Readers can log hours and activities through August 3, and pick up books through August 10.

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 help.

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

The final Tuesday afternoon program this summer is Sculpture Craft with the Kellys at 3 p.m. on Tuesday, July 16. The styrofoam sculpture craft is for elementary school-aged children.

On Mondays, through July 22, stop



Carson Liebetrau selects a book for summer reading photos provided

by the library at 1 p.m. for 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, sign up on-the-spot.

Family Storytime (for babies to age 5) is held at 11 a.m. on Wednesdays through July 24.

Sixth through 12th graders are invited to VIP After-hours gatherings on Wednesday evenings from 6 to 7 p.m. through July 24. VIP evenings feature



Crafts are part of summer programming at the library

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.

The Library will present Virtual Reality experiences – The Lab, theBlu and Google Tilt Brush – from 10 a.m. to noon on Friday, July 12. First come, first served, no registration required. Ages 10 and older.

The full 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, Florida, at no charge. Visitor library cards are available for a \$10 annual fee. For more information about the Sanibel Public Library, call 472-2483, or visit online at www.sanlib.org.

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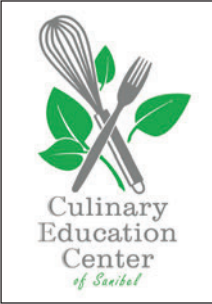
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The Community House
Broccoli



by Resident Chef Jarred Harris

Broccoli is one of those vegetables where the mere mention of it being on the menu strikes fear in most children and some adults. It has an unusual shape and emits a sulfur like odor when cooked, but don't let that put you off this amazing vegetable. It is absolutely delicious raw or cooked and it's extremely good for your health.

Broccoli is a member of the Brassica family, which also includes cabbage, kale, cauliflower and Brussels sprouts. It originated in Calabrese Italy over 2,000 years ago and was a very important food source at the time. The word "broccoli" is derived from the Italian word "broccolo," meaning "the flowering crest of a cabbage," and the Latin word "brachium," meaning "arm" or "branch."

Broccoli was introduced to England around the early 1700s and was called "Italian asparagus." Thomas Jefferson is

responsible for bringing broccoli to the United States during the late 1700s. The vegetable did not gain popularity until Italian immigrants started arriving in New York around the 1920s.

There are several types of hybridized broccoli including the broccoflower or Romanesco which looks like a pale green-colored cauliflower but tastes like broccoli and the broccolini, which is a hybrid of broccoli and Chinese kale.

All types of broccoli contain fiber, vitamins A, C and K, as well as calcium, potassium and iron. Broccoli contains powerful antioxidants that detoxify the body and prevent many types of diseases, including cancer. It is also an anti-inflammatory and can help lower cholesterol levels.

Here is a simple recipe to try:

Broccoli Pesto

1 large head of broccoli (around 2 cups cut into small pieces)

1 bunch of basil (about 4 ozs. including stems)

Juice and zest of 1 lemon

1 cup roasted chickpeas

2 cloves garlic (minced)

¾ cup olive oil

2 tbsp. water

Salt and pepper

Method

Put all the ingredients into a food processor or blender and blend for 2 minutes. Taste and season accordingly.

Remove and store in an airtight container.

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.✱

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, July 7.

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.✱



Shells Found



Sydney McGarr photo by A. Ziehl

Sydney McGarr, 14, from Nashville, Tennessee found 11 Florida cones, three alphabet cones and a shark's eye on Captiva while staying at Capitva Shores.✱

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Jeweler Makes Waves With New Pendants

Lily & Co. Jewelers is making big waves this summer with a fresh lineup of hand-carved pendants in the exclusive Wave Collection. The latest designs capture the essence of Sanibel and Captiva islands in 14-karat gold.

The Island Wave pendants pay homage to beautiful sunsets and sailboats in the Gulf of Mexico, sculpted from mother of pearl on a backdrop of abalone. The Happy collection features two sparkling diamond eyes and a gold smiley face on the shimmer of abalone. The collection also includes golden sea turtles, star fish and a puppy paw crafted on white abalone.

"We are delighted to expand this very successful collection," said Dan Schuyler, who co-owns Lily & Co. with Karen Bell. "The abalone and mother of pearl are natural shells and, together with a 14-karat gold backdrop, make for striking pendants."



Lily & Co. Island Wave and Happy pendants
image provided

The original award-winning Wave pendant features genuine blue topaz to symbolize the color and movement of the gulf, set in a brilliant circle of diamonds. The small collection of playful dolphins jumping from abalone and mother of pearl waves encompassed in a halo of diamonds received acclaim when it was unveiled late last year.

Lily & Co. Jewelers is located at 520 Tarpon Bay Road, at the corner of Tarpon Bay and Island Inn roads. For more information, call 472-2888.✪

PACE Center Girls Work With Refuge Artist



Girls worked on a nature mural as part of their outreach activities at "Ding" Darling National Wildlife Refuge
photo provided

As part of his eight-week artist "in residence" program at the JN "Ding" Darling National Wildlife Refuge on Sanibel, wildlife artist Ed Anderson welcomed the PACE Center for Girls – Lee County to the refuge on June 21.

"Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) is sponsoring the artist "in residence" program, with support from the S. Kent Rockwell Foundation, as part of the refuge's ongoing 75th anniversary celebration.

Funding for the PACE visit also came from the Gardner Families, which

covered the cost of transportation, lunch, art supplies, T-shirts and other goodies for the 39 young ladies who attended.

The attendees, ages 11 to 17, spent the day circulating through five stations where they could work with Anderson on an art mural project and experience the refuge Visitor & Education Center, Indigo Trail, Wildlife Education Boardwalk and other facets.

"The girls were thrilled with their visit," said Lynnae Messina, DDWS associate executive director, who organized the program. "Despite the fact that the air-conditioner wasn't

working, the PACE program director has expressed her pleasure at the program's success and a desire for future outreach partnerships. We look forward to that as part of the refuge's mission to educate about conservation through art, science and curriculum."

PACE Center for Girls is a gender-specific education program for at-risk young women in Fort Myers. Since 2007, it has served more than 700 students.

Earlier in June, Anderson and DDWS took his art outreach program to Quality Life Center of Southwest Florida to also connect with at-risk students. Together with the students, the artist created a wildlife mural that will become part of the center's new addition.

"Our refuge was created by conservation artist Jay Norwood 'Ding' Darling in 1945, so it's more than fitting that we begin celebrating our 75th anniversary with interpretive art

programs," said Supervisory Refuge Ranger Toni Westland. "Darling, who created the Federal Duck Stamp program, designed the first duck stamp and the refuge system's Blue Goose logo. He won the Pulitzer Prize twice for his popular political cartoons throughout the 1920s and '30s."

Anderson's fine art hangs in the homes of collectors and has been featured in publications around the United States. He has donated his work to DDWS, Bonefish & Tarpon Trust, Captains For Clean Water, and various other nonprofits. He has been visiting Sanibel for more than 40 years.

To find out more about Anderson's work, visit www.edandersonart.com. To keep up to date on the refuge's 75th anniversary celebration, visit www.ding75.org. To support field trips to the refuge and learn of other opportunities to inspire the next generation of conservation stewards, contact DDWS at 472-1100 ext. 4.✪

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11523 ANDY ROSSE LN., CAPTIVA
• Steps to the Beach
• 5 BR, 5.5 BA, Pool & Spa
\$2,295,000 **MLS 218055240**
McMurray & Nette 239.281.4435



BY THE SEA

2611 W. GULF DR. #C102, SANIBEL
• Remodeled w/Designer Finishes
• Direct Gulf, 3 BR, 2 BA, Granite Kitchen
\$1,595,000 **MLS 218078824**
Jason Lomano, Lomano-Nicholson Team 239.470.8628



BEACHVIEW ESTATES

1269 PAR VIEW DR., SANIBEL
• 3 BR, 2.5 BA, Stunning Remodel on 15th Fairway
• Indoor/Outdoor Living for Entertaining
\$1,099,000 **MLS 219032239**
Cindy Sitton 239.810.4772



EAST ROCKS

566 BOULDER DR., SANIBEL
• Updated 3 BR, 2 BA, Near Beach
• Spectacular Pool, Lake Views
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Sharon Kottraba, Lomano-Nicholson Team 804.240.3115



THE LANDINGS

4685 S. LANDINGS DR., FORT MYERS
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\$314,900 **MLS 218084665**
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• Recently Renovated
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SOUTH SEAS ISLAND RESORT

1629 LAND'S END VILLAGE, CAPTIVA
• Direct Waterfront, Fantastic Views
• Large 2 BR w/Open & Screened Lanais
\$1,419,000 **MLS 218049777**
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5659 SANIBEL-CAPTIVA RD., SANIBEL
• Beach House w/Sunset Vistas
• Waterfront, Loft/Den, Video-www.5659SanCap.info
\$875,000 **MLS 219010968**
Bob Radigan 239.691.6240



SOUTH SEAS ISLAND RESORT

5218 BAYSIDE VILLAS, CAPTIVA
• Exceptional Pine Island Sound Views
• 1 BR, Prime 2nd Floor Location
\$399,000 **MLS 219011021**
Vicki Panico & Fred Newman 239.980.0088



BEACHFRONT LOT

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• 1 of 3 Lots Available, 104'+ Beachfront
• Incredible Opportunity, Ideal Location
\$3,895,000 **MLS 218085212**
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GULF & BAYOU VIEWS

6071 SANIBEL-CAPTIVA RD., SANIBEL
• Remodeled 5 BR, 4 BA w/French Country Decor
• Gorgeous Private Setting, Screened Pool/Spa
\$1,995,000 **MLS 218082648**
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SHELL HARBOR

932 WHELK DR., SANIBEL
• Remodeled 3 BR, 3 BA, Canal Front
• Dock & Lift, Gulf & Bay Access
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• Remodeled Top Floor, 2 BR, 2 BA
• Vaulted Ceilings, Large Open Kitchen
\$714,900 **MLS 219001994**
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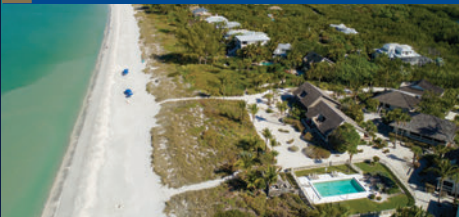
- Only Lot Available in Captiva Village
 - Potential Design Includes Beach & Bay Views
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- \$899,000**

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- 3 BR, 2 BA, Family/Dining Area, TV Room
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SOUTH SEAS RESORT



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 - Great Rental or Personal Residence
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BEACHFRONT



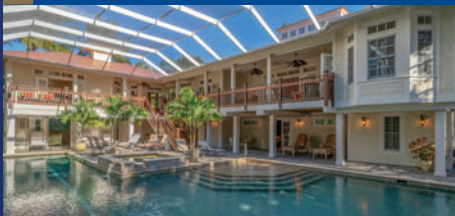
- 6 BR, 5 BA, Pool & Spa
 - Generator, Elevator, Beautifully Landscaped
 - Stunning Direct Beach & Sunset Views
- \$3,495,000**

ISABEL DRIVE - BAYFRONT



- Direct Bayfront Parcel w/Stunning Views
 - Beautiful Location Cleared w/Seawall
 - Option to Purchase Protected Boat Dock
- \$1,295,000**

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- High-End Details & Quality Throughout
 - 4 BR, 4 BA w/Multiple Options, Resort Pool w/ Lap Lane
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Book Review

Spearhead



by Di Saggau

Reading a book about American and German tank gunners during World War II is a departure for my normal reading tastes, but let me tell you I loved this book. *Spearhead* by

Adam Makos, who has written other books about WWII, is an excellent portrayal of a tankers eye-view of the conflict through his gun sight. The book focuses on the 3rd Armored Division, a U.S. Army tank crew that fought it's way through France and into Germany at war's end. In Mako's introduction we learn about his research and it is impressive. *Spearhead* is equal parts memoir and history.

Two of the main characters are Clarence Smoyer on the U.S. side and Gustav Schaefer on the German side. Tension, death and courage fill the pages, and we get to know many of the men. I was saddened about the death of American soldiers that I had been following in the story. We see pictures of the men throughout the book. It was an amazing reading about the every-day courage of the American crews fighting in a tank that was usually outgunned by the German models. The book highlights the bravery of these men as they moved from one tank

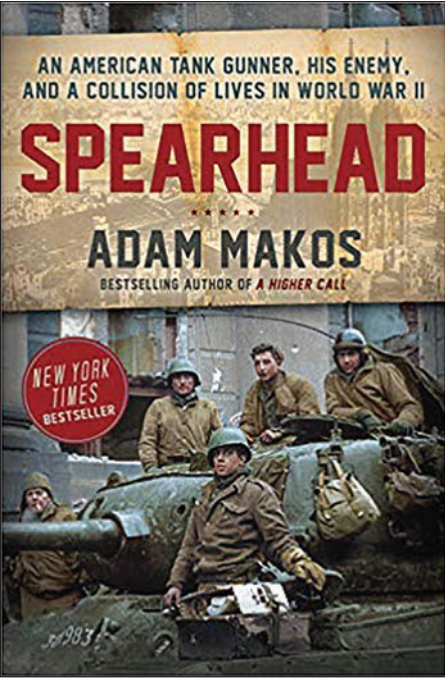


image provided

to another until their luck ran out. German officers could not abandon a tank without orders. If they did it was tantamount to desertion. By the end of 1944, the German's would execute 10,000 of their own soldiers.

Our Sherman tanks were no match for the German Panther and Tiger tanks, and the men were very vocal about that to higher-ups in the military. With the arrival of the Pershing tank, our soldiers gained ground with the enemy. With this new weapon comes a harrowing new

responsibility. Now Clarence and his crew will spearhead every attack. That's how Clarence, the corporal from coal country, finds himself leading the U.S. Army into its largest urban battle of the European war, the fight for Cologne, the "Fortress City" of Germany. Clarence became very proficient manning the guns. He soon learned that war is an ugly business to be good at.

In Cologne, an iconic cathedral that took generations of German workers more than 630 years to finish was nearly destroyed in about five years during the war. Also in the story is an army journalist who was with the boys for awhile. Staff Sergeant Andy Rooney. Yes, that Andy

Rooney.

Clarence was haunted by a tragic mistake of war. He wondered if the German officer who was also involved in the attack had survived. Could he offer insight to the event? The two met 68 years later in Cologne. Clarence was 89 and Gustav was 86. Reading about this emotional meeting brought tears to my eyes. It was interesting to discover that Clarence and his wife spent winters in Fort Myers during the late 80s. If you like World War II military history, *Spearhead* is hard to beat. You can also go to the author's website at www.adammakos.com to see actual footage of the men and the battles.*

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, We want to take our 4- and 6-year-old children to the fireworks this year, but we are concerned about their reaction since we have only

watched the fireworks on TV before this. Do you have any suggestions on how to make it a good experience?

Charlie G, Fort Myers

Charlie,

Fireworks, while a time-honored tradition, can be somewhat frightening for children younger than five, and you're wise to prepare your children ahead of time. It's smart to discuss the event before you go.

Typically, kids (and adults) are less anxious when they know what to expect. Explain that you attend the show at night, that fireworks are pretty lights in the sky, followed by a big, booming sound. Also describe where you will be viewing the fireworks and include how long it'll take to get there, how long the fireworks show will take and how many other people might be present. You may also prepare your child by watching a video of fireworks at home before you go.

It's also a good idea to pack your child's special toy or blanket to help them adjust to the new environment, and a pair of earplugs in case the noise is upsetting. Letting them have a comforting toy or item should help them to enjoy the show a bit more.

If your child does become anxious, don't make fun of them or compare them to their sibling who's having a great time. You should stay close by and coach them through each firework until they start to understand the pattern. Below are some descriptions, (courtesy of PBS) of the most common fireworks that you and your child can look for and discuss.

Peony – The most common type of firework, the peony shell is characterized by a spherical break of colored stars that burn without generating a trail of sparks, or tail effect.

Chrysanthemum – Similar to a peony, a chrysanthemum has a spherical break of colored stars, though its stars leave behind a trail of sparks.

Willow – The willow resembles a chrysanthemum, but with long burning

silver or gold stars that produce a soft, dome-shaped weeping willow-like effect.

Diadem – As a type of peony or chrysanthemum, a diadem has a cluster of stationary stars at its center.

Palm – This shell contains a few large comet stars, which in bursting create large tendrils that give it the appearance of a palm tree.

Crossette – A crossette produces stars that each break apart into four smaller stars, creating a crisscross effect.

Horsetail – The horsetail shell is identifiable by its break, which resembles a short tail.

Ring – A ring shell emits stars in a halo-like shape. Smiley faces, stars and other such identifiable shapes are common variants.

Roman Candle – A Roman candle is a long cylinder that can discharge either a single large star or a series of them between short intervals.

Cake – With a fuse that sets off a variety of effects in succession, a cake is essentially many Roman candles fused together. Cakes vary widely in size, though some can contain over 1,000 shots.

And if nothing is making your child comfortable, it's time to go home and watch a firework display on TV with the sound off.

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.*

Top 10 Books On The Island

1. *Summer of '69* by Elin Hilderbrand
 2. *Sunset Beach* by Mary Kay Andrews
 3. *Bye Bye Birdy* by Jennifer Schiffr
 4. *Where the Crawdads Sing* by Delia Owens
 5. *Summer Wives* by Beatriz Williams
 6. *Past Tense* by Lee Child
 7. *Death of Mrs. Westaway* by Ruth Ware
 8. *Next Year in Havana* by Chanel Cleeton
 9. *Need to Know* by Karen Cleveland
 10. *Silent Patient* by Alex Michaelides
- Courtesy MacIntosh Books and Paper.*

THIRD THURSDAY OF THE MONTH

Featuring Local Artists

Everyone is invited to play!

American Legion Post 123

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Gumbo Limbo Lakefront 1-Level Home
Cul-de-sac 3 bedrm 2-1/2 bath with high ceilings, family rm with fireplace, spacious waterside screened deck, & new roof & AC.
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East Rocks Ground-Level Pool Home
Near-beach 4 bedrm 3 bath with large living rm, open kitchen, & new bright Florida Rm. Easy flowing living spaces both inside & out.
\$799,000 furnished



In Stand-Alone Tier at Gulfside Place
Remodeled reconfigured 2nd floor beach-facing 2 bedrm with den. Now with new upscale neutral décor, new fixtures, & appliances. \$1,429,000



East-End Beach-Front 1st Floor 2 Bedrm
Nicely remodeled Sanibel Arms West income-producer in easy on-site rental program with 3-night minimum & low fees.
\$849,000 furnished



Bay-Front Renovation Nearing Completion
New roof & updated exterior, plus kitchen, baths, floors, paint, & carpet almost done. New entry, back porch, pool, & landscaping underway.
\$3,495,000



Limpet Dr Remodel With Beachy Decor
Expanded popped-up ground-level home, like new in & out. Large central great room with den, 3 split suites, airy upper loft, pool, dock.
\$2,295,000 furnishings available



Gulf-Front Home in Moonshadows
With ~2,852 sq. ft. of air conditioned space & spectacular Gulf of Mexico & sunrise views. Easy living with 12 owners sharing pool/tennis.
\$1,495,000 furnished



Income-Producer on Olde Middle Gulf Dr
Gulf-view 1-bedrm 1/2 duplex in small resort-like complex. Grossing up to \$60K annually in easy pet-friendly on-site rental program.
\$499,900 furnished



Split-Floor Plan & Amazing Sunset Views
3-bedroom home with elevator & pool. Overlooks lake to golf course to preserved land in The Dunes. Could be a showplace.
\$749,000



Pointe Santo 3-Bedrm Penthouse
With private roof-top deck & excellent income. Association restoration project sked to complete in Oct. Seller OK with closing after.
\$995,000 turnkey with bookings



Near-Beach Lot for Single Family Home
On Rabbit Rd behind church. Handy to bike path. Beach access at end of street.
~80' x 200'.
\$170,000

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The SanibelSusan Team
Susan Andrews, David Anderson,
Lisa Murty, & Elise Carnes



Ruby Berland and Yoko Sata Kathari form the Aibou Duo

photo provided

Duo To Perform In Concert Series At Shell Point

Aibou Duo will perform during Shell Point Retirement Community's 2019 Summer Concert Series in the Grand Cypress Room at The Woodlands at Shell Point on Wednesday, July 10 at 7 p.m. The concert is open to the public and tickets are \$20.

Comprised of Yoko Sata Kathari on piano and Ruby Berland on violin, Aibou

Duo has performed throughout the South Florida community since 2009. The classically trained twosome presents an engaging repertoire that draws on a variety of musical styles, and the versatile pair is dedicated to presenting chamber music to audiences in Southwest Florida. Listeners will be provided background information on each composition and will have an opportunity to speak with the musicians following the concert.

The Woodlands at Shell Point is located at 14441 Woodson Lane in Fort Myers. For more information or tickets, visit www.shellpoint.org/summer or call 454-2067.

Tickets purchased online or by phone will be held for pick-up at will call on the night of the performance.✧

Call To Artists For 2020 Juried Show

ArtFest Fort Myers, Southwest Florida's premier fine art festival, is currently accepting applications from professional artists for participation in the 2020 juried show.

The 20th annual downtown Fort Myers juried fine art festival is slated for February 1 and 2, 2020, with the opening night on Friday, January 31.

The festival will include food, continuous entertainment, free interactive children's art experiences, a sidewalk chalk competition and Art Under 20, the largest high school art competition in Southwest Florida.

The festival features the work of 200 artists and brings an average of 90,000 art lovers and collectors to the largest outdoor gallery in Southwest Florida.

Interested artists can apply at www.artfestfortmyers.com. Application deadline is September 10.

Creating an artwork-selling festival for artists is the focus of the festival's year-round professional staff, with 20 years of consistent management. The festival targets art buyers throughout Southwest Florida and beyond – from Marco Island to Sarasota and east to West Palm Beach – and includes all forms of media.

Each October, ArtFest Fort Myers brings together a panel of professional artists who view submitted images and

score each applying artist on a range of 1 to 7 points. The artists with the highest scores are then invited to participate in ArtFest. The jury panel varies each year but always represents a broad base of expertise with regard to artistic mediums – theirs is the difficult task of evaluating who is the "best-of-the-best" from the hundreds of artists who wish to join ArtFest Fort Myers.

For artist application information, contact ArtFest Fort Myers at 768-3602, email info@artfestfortmyers.com or visit www.artfestfortmyers.com.✧

Pet Adoption Discounts For July

Celebrate this Independence Day by allowing a new pet to enjoy the freedom of a forever home.

Adoption fees at Lee County Domestic Animal Services (LCDAS) will be reduced for the entire month of July. Adult dogs are just \$30 to adopt, cats are \$10 and kittens are \$20. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee. This is a \$500 package. Volunteers and staff are on hand from 10:30 a.m. to 3:30 p.m. Monday through Saturday. The LCDAS adoption center is located at 5600 Banner Drive in Fort Myers.

Visit www.leelostpets.com to see pets available for adoption.✧



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www.SanibelCaptivaRealEstateGuide.com

<p>CHUCK BERGSTROM Island Resident Award Winning Realtor®</p> <p>Chuck@ ChuckBergstrom.com Direct: 239-209-6500</p> <p>RE/MAX of the Islands</p> <p>Locations In Sanibel and Captiva 2400 Palm Ridge Rd. Sanibel, FL 33957 11508 Andy Rosse Ln. Captiva, FL 33924</p>	<p>836 Donax Street</p>  <p>This 3 BR/2 BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with lush vegetation. Community pool; easy walking distance to beach access.</p> <p style="text-align: center;">\$575,000</p>	<p>4156 West Gulf Drive</p>  <p>This 3BR/2BA has been updated with cathedral ceilings, an inviting kitchen and dining/living room combo. The master bedroom with ensuite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball on your private court.</p> <p style="text-align: center;">\$1,329,000</p>	<p>Sandalfort #3C1</p>  <p>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.</p> <p style="text-align: center;">\$674,000</p>	<p>4014 West Gulf Drive</p> 
	<p>Sandpiper Beach #303</p>  <p>Beautifully updated 2BR/2BA corner unit with vaulted ceilings and gulf-front and pool views. Fully outfitted for rental with great rental income history.</p> <p style="text-align: center;">\$759,900</p>	<p>678 Durion Court</p>  <p>Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.</p> <p style="text-align: center;">\$699,900</p>	<p>Seashells of Sanibel #36</p>  <p>2-BD/2-BA second floor unit! Great rental income with 3-day minimum rentals! Conveniently located and just a short walk from some of the finest, unspoiled shelling beaches in the world, this complex is an ideal West Gulf Drive location.</p> <p style="text-align: center;">\$375,000</p>	<p>Brand new custom home across from beach access. 4 BR/3BA home, large acre+ lot. Impact glass, glassed elevator, gourmet kitchen, gas cook top and stainless appliances. All rooms access screen enclosed decks, native vegetation, oversized salt water pool. Gulf view, an exceptional home!</p> <p style="text-align: center;">\$3,699,000</p>



KINGFISHER



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Phaidra@GoKingfisher.com



Valerie Tutor
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Valerie@ValerieTutor.com



Mary Bondurant
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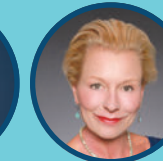
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Fred Bondurant
239-281-5356
Fred@bondurantrealtorgroup.com



Kate Stone
239-209-0620
Kate@gokingfisher.com



15147 Captiva Dr. \$4,975,000
CaptivaBayFront.com
Phaidra McDermott 239-898-3778
Phaidra@GoKingfisher.com



1010 Kings Crown Dr.
\$1,150,000
Tommy Wiley 239-851-3686
TommyWiley3@gmail.com



9406 Beverly Ln.
\$629,000
KC Cuscaden 239-470-1516
Karasue@comcast.net



805 East Gulf Dr. Unit 2F
\$599,000
Mary Bondurant 239 839.3633
Mary@GoKingfisher.com



New Listing

16113 Mount Abbey Way Unit 102
\$247,000
Kate Stone 239-209-0620
Kate@GoKingfisher.com



New Listing

7430 Lake Breeze Dr. #301
\$164,500
Brooke Brownyard 239-281-4179
SanibelBrooke@aol.com



2915 Wulfert Rd.
\$2,895,000
Valerie Tutor 239-834-8141
Valerie@ValerieTutor.com



5422 Shearwater Dr. \$948,000
HeronsLandingSanibel.com
Phaidra McDermott 239-898-3778
Phaidra@GoKingfisher.com

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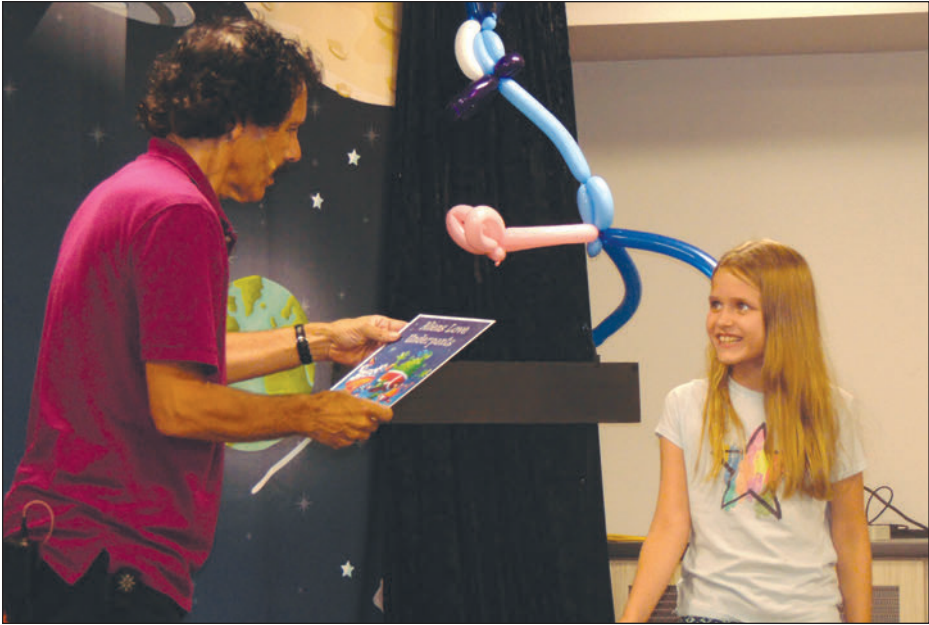
Dee Mason photo provided

Refuge Uses Grant To Hire STAR Teacher

Thanks to a grant from a private family foundation awarded to “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), JN “Ding” Darling National Wildlife Refuge has hired a Summer Teachers Assisting Refuges (STAR) teacher for two months to help with summer family programs,

fine-tuning curriculum for the school year, collaborating on the educational programming for the planned WoW (Wildlife on Wheels) exhibit, and other environmental education activities. This year’s STAR, Dee Mason, has been teaching fifth grade math and science at Villas Elementary School in Fort Myers for 15 years. The Florida Gulf Coast University graduate has spent past summers as an educator guide with middle and high school students traveling to Europe as part of the People to People International program to promote peace and understanding among all nationalities. “I am excited to be here to learn more about the plants and animals in our area, and to also gain more knowledge to take back to the classroom to further help my students in their science understanding,” said Mason, who graduated in 2004 with a bachelor’s degree in elementary education.

She said she looks forward to learning more about the refuge and its valuable resources available to students and teachers. “We are really grateful for this grant that will allow Dee to fill in one of the employment gaps left by government budget cuts and hiring freezes for the summer,” said Conservation Educator Sara Hallas, who also once served as a refuge STAR teacher. “We welcome her experience and enthusiasm to the ‘Ding’ team.”**



Trick assistant Clair, right, selected the book *Aliens Love Underpants*

From page 1

Magic Show

for checkout at the library. He also reminded everyone that on July 20, America will celebrate the 50th anniversary of the *Apollo 11* moon landing. Finally, using the message Reading is Awesome, the room applauded the incredible return of Wally. While the Englewood, Florida resident wouldn’t reveal how he did his magic, he did tell parents that if they visited his website – www.ShowTimeForKids.com – they could find a link that explains how

youngsters can perform their own tricks to amaze their friends. Following the performance, Chartier posed for pictures and handed out free bookmarks. Upcoming events for children and families at the Sanibel Public Library include Stories & Slime on Tuesday, July 9 at 3 p.m., Sculpture Craft with the Kellys on Tuesday, July 16 at 3 p.m. and READ with Bessie the bearded collie on rain-free Tuesdays at 2 p.m. For more information, contact Youth Service Librarian Deanna Evans at 472-2483 or visit the library, located at 770 Dunlop Road on Sanibel.**

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1. Gulf to Bay on Captiva, "The Ark"

- Vintage charm with stunning location on Captiva Island
- Custom details throughout, 2nd floor master suite with his & her baths and large sitting area overlooking Bay. Boat dock on Roosevelt Channel & deeded beach access
- **\$3,900,000** EUR € 3,496,237

2. Directly Across the Street from Deeded Beach Access on West Gulf – Sanibel

- 3BR/3.5BA with pool, short walking distance to several beach front restaurants and tiki
- Short bike to Rec Center & Sanibel School
- **\$1,199,000** EUR € 1,073,747

3. Fully remodeled in Sanibel Shores - Sanibel

- 3BR/2 BA remodeled and redecorated home with a modern coastal style
- Sprawling backyard with large pool deck and pool, walking distance to beach, tiki's, golf and more. Property generates \$80K in rental income
- **\$799,000** EURO € 745,494

4. Sunset Captiva Bayfront Condo's

- Convenient Captiva Village location, amenities include boat dock, fishing pier, beach access, picnic area, pool, tennis court, clubhouse & grills
- #103 **\$829,000** • #204 **\$1,149,000**

5. 4 bedroom home in Sanibel Estates – Sanibel

- 4 BR/ 4 BA home featuring large living area with open kitchen just a block from the beach
- Open & screen enclosed lanai's, screen enclosed pool & spa, offered fully furnished
- **\$1,030,000** EUR € 904,386

6. Seagull Estates - Sanibel

- 3BR/2 BA home located directly across the street from the beach
- Soaring ceilings, fireplace, screened porch & yard. Comm amenities pool, tennis, clubhouse, & beach access.
- **\$765,000** EUR € 675,460



7. Remodeled 4 bed home in Gumbo Limbo – Sanibel

- 4BR/ 3 BA + den with a remodeled interior featuring new floors, kitchen, & baths
- Screen enclosed pool and 2 car garage
- **\$639,000** EUR € 561,071

8. Gulf Front Community Loggerhead Cay – Sanibel

- Loggerhead Cay is an East End community with pet friendly policies & allows weekly renters
- Community amenities include beach access, pool, grills, picnic area, shuffle board, and tennis
- #192 **\$769,000** | #573 **\$729,000**

9. Sea Oats home off West Gulf Drive - Short Walk to Beach

- 3BR/ 3BA home with enclosed pool and large lanai
- Volume ceilings, custom millwork, and fully mitigated
- **\$899,000** EURO € 805,927

10. Life's A Beach – Captiva

- 3 BR/ 2 BA Bahamian inspired beach cottage just steps from the beach
- Updated bathrooms, multiple outdoor spaces with shower & spa
- **\$1,195,000** EUR € 1,049,264

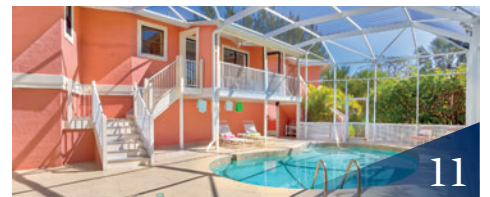
11. Across street from Beach, Views of Sanibel River – Sanibel

- 3 BR/ 2 BA home located directly across the street from beach with views of Sanibel River & Beachview Golf Course & a short walk to several restaurants & tiki bars'
- Recently remodeled, south facing screened in pool, all new kitchen and baths
- **\$850,000** EURO 750,512

12. Gulf views at Sundial – Sanibel

- Sundial West H-409 1 bed updated condo including impact windows doors, daily rentals with Sundial rental program **\$519,000**
- Sundial East P-203 2 bed + den with direct Gulf views, open kitchen w/ granite countertops, SS appliances **\$899,000**

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Dr. Heather Barron, DVM, Dipl. ABVP (Avian), CertAqV, examines a northern gannet admitted to CROW's wildlife hospital photo provided

Veterinarian Earns Aquatics Certification

The Clinic for the Rehabilitation of Wildlife (CROW) Medical and Research Director Dr. Heather Barron was recently certified as an aquatic veterinarian by the World Aquatic Veterinary Medical Association (WAVMA). The program identifies nine core subject matter areas needed to practice

aquatic veterinary medicine. Areas of study include the diagnosis and treatment of diseases, husbandry, welfare, laws, and other areas pertinent to the health of aquatic animals such as marine or freshwater mammals, reptiles, birds, fish, amphibians and invertebrates. Veterinarians who have acquired the necessary knowledge, skills and experience from a variety of sources are recognized as Certified Aquatic Veterinarians. Currently, there are less than 100 veterinarians worldwide who have earned this distinction.

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"I am honored to be recognized as an expert in the field of aquatic animal health," said Barron. "We are very fortunate to live and work in a place where the health of aquatic wildlife has a high priority and hope this certification will help me better serve CROW and our community."
Additionally, the certification enables CROW to continue and enhance partnerships with other organizations concerned with aquatic animal health such as the Sanibel-Captiva Conservation Foundation, NOAA, Mote Marine Lab and Bailey-Matthews National Shell Museum.
"CROW routinely cares for many

aquatic animals, including sea turtles, fresh water turtles, river otters, seabirds and others," said CROW Executive Director Alison Charney Hussey. "Pursuing and maintaining certifications helps us contribute our expertise to the community while offering cutting edge medical care for our patients and delivering a high standard of education for our students and visitors."
CROW is a teaching hospital saving the sick, injured and orphaned native and migratory wildlife of Southwest Florida and beyond. For more information, visit www.crowclinic.org. If you find an animal that is in need of help, call 472-3644 ext. 222.*

New Marketing Intern At CROW

Hunter Brown has joined the Clinic for the Rehabilitation of Wildlife (CROW) as its newest conservation education and marketing intern. The six-month internship began on June 1.
Brown, who grew up in Fort Myers, recently earned his bachelor of science in aquatic and marine biology with a minor in environmental studies from Stetson University in DeLand, Florida. He hopes to attend graduate school in the future to study animal behaviors.
The internship program is designed for those interested in pursuing careers in environmental conservation, communication or other related fields. Interns learn about CROW on an organizational level and apply the information through public speaking engagements and outreach events. They also learn about the impact of communication through social media outlets and community partnerships with local newspaper and media companies.

"I'm really looking forward to improving my public speaking skills through sharing my passion for wildlife with others," said Brown. "It is also a great opportunity for me to gain some hands-on learning about public relations and social media from an organization and people that share my excitement for helping our environment."



Hunter Brown photo provided

Brown will be assisting with presentations, leading tours of the wildlife hospital, and working with visitors in the education center and at events. He will also be helping develop content for CROW's social media pages, website and exhibits in the education center.
If you would like to learn more about internships and externships offered at CROW, visit www.CROWClinic.org/articles.student-programs.
For more information, visit www.crowclinic.org. If you find an animal that is in need of help, call 472-3644 ext. 222.*

Local Earns Faculty Honors

Ian M. McDonald of Sanibel was awarded Faculty Honors for the spring 2019 semester at Trinity College in Hartford, Connecticut. Faculty Honors are awarded to students with a semester GPA of at least 3.667 on four graded courses, with no individual grade below B-, and no incomplete grades pending.*

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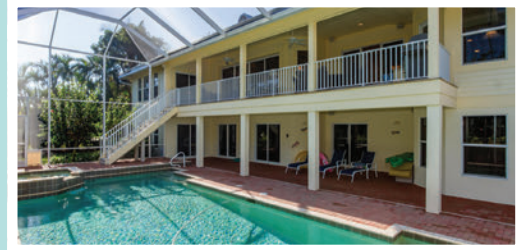
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- Gourmet Kitchen / Formal Dining
- Sold Furnished

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Beth Oliver photos by Jeff Lysiak

ABWA Speaker Shares Advice For Successful Career

by Jeff Lysiak

During last week’s monthly meeting of the American Business Women’s Association (ABWA) Sanibel Captiva Charter Chapter, the latest Women In Leadership Speaker Series featured Beth Oliver, director of marketing for Offshore Sailing School. Her presentation featured details on her background in marketing and promotions as well as advice for managing a successful career.

With more than 25 years of experience with large corporations and entrepreneurial businesses, Oliver grew up in Bar Harbour, Maine, where she was “taught to work hard and appreciate your background. Professionally, Oliver held the vice president of corporate marketing position for eight years with Hiram Walker/Allied Domecq, the premium beverage manufacturer and marketer. She then served as general manager of Buick’s national promotion agency, Momentum



From left, ABWA Sanibel Captiva Charter Chapter President Gloria Garrett, 2019-20 Woman of the Year Nancy Barnes and outgoing Woman of the Year honoree Gabriela Bell

Detroit.

At General Motors Eventworks and R*Works, Oliver managed sports and entertainment partnerships and integrated marketing programs with national media, The Walt Disney Company, Warner Bros. and Sony Motion Pictures, along with GM’s Hollywood product placement program.

During the June 25 luncheon, she recalled attending a “pitch meeting” for the animated feature film Cars with General Motors executives and John Lasseter, principal creative advisor for Walt Disney Imagineering and executive producer for Pixar Animation Studios. “He told the entire story for that film using storyboards,” she told the group.

Her career also including working with clients such as NASCAR, Major League Baseball, Country Music Association, United States Postal Service, Chevrolet and the Olympic Games. After relocating to Southwest Florida with her husband in 2010, Oliver managed sponsorships

for the Imagine Solutions Conference in Naples, and owned her own consulting business providing marketing, writing, project management, and event services to the hospitality and tourism industries.

“It’s important that trials and tribulations do not define our careers,” said Oliver. “One can wait for something to happen, or one can choose to make something happen.”

Throughout her presentation, entitled Controlling Your Destiny, Oliver offered a plethora of phrases that she thought might encourage or inspire one of the women in attendance to incorporate into their professional lives. They included:

Become a good storyteller. Keep it simple, fun and entertaining.

Take advantage of opportunities and think outside the box.

Don’t be afraid to seek outside counsel to make an inevitable decision.

Don’t burn any bridges and appreciate every introduction.

Stay true to yourself and focus on

what’s most important to you.

Cherish every moment because you never know what might happen next.

Do your research, don’t be uninformed, be prepared for a chance meeting and remain flexible and nimble.

Currently serving on the board of directors for CHEF (Culinary & Hospitality Education Foundation of Southwest Florida), which provides scholarships for local students to pursue their degrees and careers in the culinary and hospitality industry, Oliver also donates her time as head writer for the annual Naples Winter Wine Festival, benefiting the Naples Children & Education Foundation.

Now working at Offshore Sailing School, which remains a popular activity at South Seas Island Resort on Captiva, across the Florida Gulf Coast and throughout the Caribbean, Oliver called her position as their marketing director her “dream job.”

Following the lecture, ABWA Sanibel Captiva Charter Chapter President Gloria Garrett reminded all in attendance that the next executive board meeting will be held on Friday, July 19 at Sanibel Captiva Community Bank, located at 2475 Library Way on Sanibel. The meeting will take place from noon to 1 p.m. Those attending are invited to bring their own bagged lunch. Those who prefer to call in may call the bank’s main line at 472-6100 and request the conference room speakerphone.

Also, Garrett told the crowd that Emilie Alfino, executive director of the Sanibel Historical Museum & Village will speak at the ABWA Women in Leadership Speaker Series Luncheon on Tuesday, July 23 at Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive on Sanibel. Networking starts at 11:30 a.m., with the lunch and speaker from noon to 1 p.m. Cost is \$25 per person.

For more information, visit <https://ABWASanibelCaptiva.org>.*

From page 1

Junior Anglers

locations – on Sanibel, Captiva and Fort Myers – to fish from shorelines as well as from boats.

“What’s better than getting kids out in the sunshine and fresh air while catching fish?” asked Stan Howard, president of the Sanibel-Captiva Optimist Club, who pointed out that while most of the camp participants are experienced anglers, a few of them had never gone fishing before.

On June 24, the group spread out across the bay side of Causeway Island B, fishing the waters north of Span C. In the first half hour of their outing, only two fish had been caught-and-released... by the same angler.

“The first fish I caught was a long skinny one. I think it was a baby gar,” said Kayden Block, 10. “The other one was a puffer.”

The lack of reeling in something on their lines didn’t deter the kids from enjoying the outdoor activity.

“A couple of kids the first week we went fishing had never done this before. A few of them were afraid to even bait their own hook,” added Howard. “But now they’re fishing like real pros.”



The Sanibel Recreation Center’s Junior Anglers went fishing last Monday morning on Sanibel Causeway Island B with members of the Sanibel-Captiva Optimist Club photo by Jeff Lysiak

This summer, the Junior Anglers will fish along Wildlife Drive in the JN “Ding” Darling National Wildlife Refuge, from beneath the bridge at Blind Pass and aboard boats provided by Adventures In Paradise and Tarpon Bay Explorers, who is also lending the group fishing equipment. Bait is

provided by Bailey’s General Store.

At the end of the summer, the Junior Anglers and Optimist Club will hold an end-of-the-season picnic on Causeway Island B, a feast that traditionally includes grilled hot dogs, chips and soft drinks.

Kayden baited his hook with a live

shrimp before heading back towards the water with his friends.

“I used to have a favorite fishing spot when I went out with my family,” he explained. “But I haven’t been fishing in a really long time. Until this summer, of course.”**



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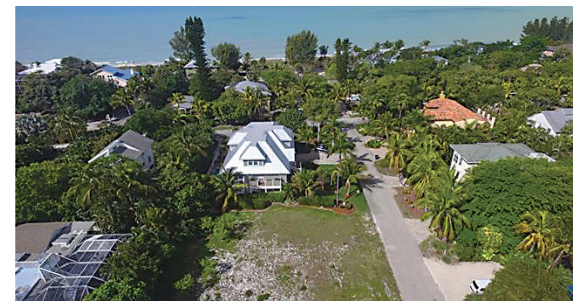
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FRIDAY
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High: 89 Low: 85



SATURDAY
Mostly Cloudy
High: 88 Low: 84



SUNDAY
Sunny
High: 90 Low: 82



MONDAY
Partly Cloudy
High: 87 Low: 83



TUESDAY
Sunny
High: 88 Low: 84



WEDNESDAY
Partly Cloudy
High: 93 Low: 89



THURSDAY
Cloudy
High: 91 Low: 83

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	5:37 am	8:00 am	3:03 pm	10:47 pm	Fri	4:42 am	8:02 am	2:08 pm	10:49 pm	Fri	4:59 am	9:51 am	3:50 pm	11:01 pm	Fri	7:47 am	1:16 am	5:13 pm	11:16 am
Sat	6:12 am	9:12 am	4:01 pm	11:33 pm	Sat	5:17 am	9:14 am	3:06 pm	11:35 pm	Sat	5:40 am	10:44 am	4:59 pm	11:44 pm	Sat	8:22 am	2:03 am	6:11 pm	12:28 pm
Sun	6:47 am	10:37 am	5:07 pm	None	Sun	5:52 am	10:39 am	4:12 pm	None	Sun	6:17 am	11:38 am	5:58 pm	None	Sun	8:57 am	2:49 am	7:17 pm	1:53 pm
Mon	7:22 am	12:18 am	6:25 pm	12:13 pm	Mon	6:27 am	12:20 am	5:30 pm	12:15 pm	Mon	6:54 am	12:28 am	6:55 pm	12:40 pm	Mon	9:32 am	3:34 am	8:35 pm	3:29 pm
Tue	7:59 am	1:01 am	8:01 pm	1:51 pm	Tue	7:04 am	1:03 am	7:06 pm	1:53 pm	Tue	7:31 am	1:15 am	7:54 pm	1:50 pm	Tue	10:09 am	4:17 am	10:11 pm	5:07 pm
Wed	8:38 am	1:43 am	9:49 pm	3:20 pm	Wed	7:43 am	1:45 am	8:54 pm	3:22 pm	Wed	8:07 am	2:03 am	8:51 pm	2:52 pm	Wed	10:48 am	4:59 am	11:59 pm	6:36 pm
Thu	9:19 am	2:24 am	11:32 pm	4:34 pm	Thu	8:24 am	2:26 am	10:37 pm	4:36 pm	Thu	8:44 am	2:48 am	9:52 pm	3:48 pm	Thu	11:29 am	5:40 am	None	7:50 pm

Island Seniors At Center 4 Life

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

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 23 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 Gerrard 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 transporation.

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 transporation.

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.

The Caladium Festival in Lake Placid, Florida – Saturday, July 27. Cost is \$49 for members and \$59 for non-members. Includes round trip transportation to Lake Placid, all day festival dedicated to caladiums and a souvenir caladium. The vintage and classic car show will also be going on. Bus departs from Fort Myers location at 9 a.m.

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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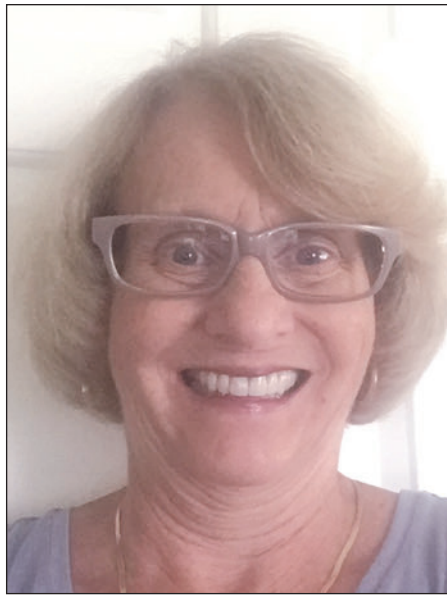


Meet Some Historical Village Volunteers

There are approximately 120 volunteers working at the Sanibel Historical Village, although that number does go down this time of year. Volunteers' duties run the gamut all year, from greeting guests at the door, to working in the museum store, to giving tours, and to farming the pioneer garden. "Particularly now, in the off-season, we'd like to both recognize our volunteers' contributions and share with the community what it means to be part of the historical village family," said Executive Director Emilie Alfino. "Volunteering at the village is a great opportunity to be part of a committed, dedicated – and fun – group."

Kathy Choquette started volunteering at the village this year. She was born in Astoria, New York, and came to Florida in 1993 after spending nine years living and working in New Orleans. She is currently living in Fort Myers. Choquette started to visit Sanibel in 1983 for a long weekend vacation when her friends had a timeshare condominium here. From then on, she came more frequently to visit her parents, who had retired on Sanibel as full-time residents.

Choquette's 25-year career was in human resources specializing in training, recruiting, community relations and administration. Upon moving to Florida, she changed her career to conference planning for 10 more years at a local



Kathy Choquette photos provided resort before retiring.

Choquette fell in love with the island by just crossing the causeway on her first visit in 1983, as so many people did. "Walking on the fantastic beaches, the diverse restaurants and the quaint shops are all things that are not available on the mainland," she said. "What's not to love?"

Presently, Choquette is working at the museum store in the Rutland House, where she enjoys greeting and sharing Sanibel history with the visitors. She also likes attending the volunteer lectures to meet original island residents and listen to their stories, which she then passes along to the visitors.



Lynne Campean

"My favorite house is the Rutland House, but that could always change in the future. Each home has stories to be told," said Choquette.

Why does she choose to volunteer at the village? "A friend who works on the island recommended that I volunteer at the village because I enjoy meeting and greeting people," she said.

Lynne Campean joined the village family in 2010. She and her husband George are from Olmsted Falls, Ohio and have been full-time Sanibel residents for the last 14 years.

Prior to coming to Sanibel, Campean was an entrepreneur. She first owned a gift shop and then spent 32 years

as owner of an insurance agency that specialized in commercial properties. Earlier, she taught school in the United States and in Germany for the Army. After college, she was a claims adjuster for Liberty Mutual Insurance.

Campean currently docents in the museum store, but her favorite thing to do is to act as a docent for school children.

Campean and her husband love boating. For seven years, they spent summers on their boat in Canadian and U.S. waters. They sold their cabin cruiser after 22 years of family fun. "Now we have several new joys. One is our grandchildren, who stay with us for a month in July, and the other is cruising on a bit larger vessel," said Campean.

Morning Glories is Campean's favorite building in the village. "First, because I could live there, and second because it represents the ingenuity of the working folks on Sanibel," said Campean.

"Considering that most people in 1926 had at most an eighth-grade education, it is amazing that they were able to put together a house. I can't imagine the dedication and brilliance of these people – especially never having worked with or lived with electricity in their own lives." Most people today, she added, haven't even been able to assemble a Christmas toy.

Why does Campean choose to volunteer at the village? "I only do fun things now. It is lots of fun meeting people from all over the United States and Europe. I also love being 'on stage.'" That's hard to admit, but the applause is great," said Campean.✧



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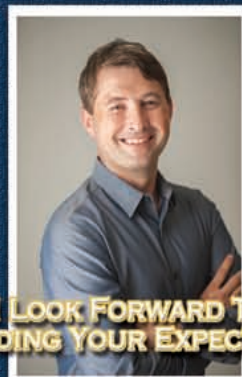
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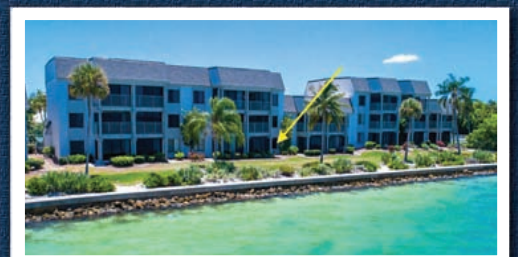
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Top Five Reasons Baby Boomers Must Update Their Estate Plans



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

The baby boomer generation, said to span between 1946 and 1964, has been quite the generation. I know, as I was born at the tail end in 1964. And boy, have we been a royal pain-in-the-rear. By first swelling the ranks of classrooms, causing the construction of new schools, and then making college admissions hyper-competitive, afterwards increasing the demand for first home purchases and so on.

We're even responsible for our own baby-boomlet of progeny in the 1980s and 1990s.

The oldest baby boomers are retiring – while quite a few remain in the primes of our working careers. We're expected to put a strain on the Social Security and Medicare programs, and many of us haven't saved enough for retirement. There are a number of reasons for that, from overconsumption to stock market and housing crashes to believing the mirage of never-ending youth.

A lot of us are very guilty of that last one. The mirage of never-ending youth. It's what traps those who haven't looked at their estate plan in quite some time. When baby boomers arrive at my office, they generally pull out existing wills that call for guardianships for their children (who are now grown adults themselves) and name long-deceased parents as executors and trustees.

Which brings me to today's topic – the top five reasons that baby boomers must update their estate plans:

Relationships Change
Just as I mentioned above, your old wills, trusts and power of attorney documents might name people to serve in posts such as personal representative, trustee and health care surrogate who you may have lost touch with or who are no longer close to us. While attorneys in northern jurisdictions often name themselves as trustee of their clients' trusts, you may now be a Florida resident or that attorney may have long since retired. It's time to take a fresh look at who you have named to conduct your affairs for you in the event of your disability or death. Also, we may now be in a different relationship or marriage than we found ourselves in when we first prepared our estate plan. Blended families typical of second marriages require a thoughtful, detailed plan to prevent problems between a surviving spouse and step-relations.

Children Grow Up
Your will drawn 20 years or more ago may have contemplated making distributions

for your young children that are now fully grown with kids of their own. Your adult children may also be some of the best candidates to serve as your personal representative under you will or as your trustee under your trust. You may also want to protect the inheritance you leave your grown children from adult issues such as divorce or lawsuits.

Your Health
While none of us likes to admit it, age usually presents more health issues to deal with. You want to make sure that your health care surrogate documents are up to date, as well as your living will that designates what you want to have happen should you end up on life support with no hope of recovery. None of us wants to be the next Terri Schiavo, so it is important that your health care documents are up to date with today's law and with your intent.

Your Stuff
It's probably time to review your assets and how your estate plan provides for you in the event of your disability, and your loved ones after your death. In our youth, our main assets probably consisted of a home, term life insurance and maybe a few investments. As we enter middle-age, we may no longer have term life insurance (instead we may have whole or universal life policies that contain cash value), and we may have larger investment accounts as well as IRA and 401(k) accounts. As the types and amounts of assets that we own changes, it is important that our estate plan changes with them. An estate plan built around a young family with term life insurance should look drastically different than an estate plan for someone in the prime of their working career or who is nearing retirement.

Your Legacy
Finally, many of us like to consider what kind of legacy we leave behind. It might include a charitable legacy with institutions or causes near and dear to our hearts, or it might mean how we want our progeny to carry on with the wealth that we've accumulated. Perhaps we're concerned that we'll take away the incentive to lead a productive life, or we may want our wealth to be used for certain activities we find beneficial – such as education or health care.

There's a lot to consider. Make it a priority to dust off the will or trust that you've neglected for so long, and use these five points to write down what concerns you the most about your own planning. Then take that to your attorney to provide a framework for your discussions and plans.

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Nominations Sought For Business Awards

The Horizon Council – Lee County Economic Development Office is seeking nominations for the 2019 Industry Appreciation Awards, which celebrate the Lee County business community and recognize outstanding local businesses that have positively influenced Southwest Florida. The honorees and finalists will be recognized during the annual Industry Appreciation Award luncheon at the Hyatt Regency Coconut Point Resort on October 25. Applications must be received no later than Friday, July 12 at 11:59 p.m.

Businesses will be honored in five categories:
Community Steward of the Year – Awarded to a company that partners with nonprofits, community organizations and programs to improve the quality of business and civic life in Lee County through its financial or volunteer support.

Innovator of the Year – Recognizes a local business that develops innovative advanced technologies in its own business or in its industry and has had a positive economic impact in Lee County.

Manufacturer of the Year – Awarded to a Lee County manufacturing business that exhibits excellence in leadership, performance, profitability and workforce relations.

Start Up of the Year – Awarded to a company founded in Lee County in the last three to five years that has overcome challenges and demonstrated continued growth in revenue and staffing to emerge as a business leader.

Business of the Year – Awarded to a small and large Lee County company that has been in business six or more years under the same corporate name

and ownership. The companies must offer high-quality products and services, provide superior customer service, demonstrate strong ethical standards, be community minded, actively support employee development and exhibit exemplary leadership within its industry and with its clients, contributing to the economic growth and free enterprise of Lee County. Awards will be granted in the small business (one to 50 employees) and large business (51 or more employees) categories.

To access applications or for more information, visit www.leecountybusiness.com/iaw or call 533-6800.✴

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company
Michelle Bornhorst of John Gee & Company Realtors has earned the Sanibel & Captiva Islands Specialist Designation. The program involves 12 segments of education specific to Sanibel and Captiva real estate.

The top producers at John Gee & Company Realtors for June were: Bobbie McGlynn, top selling agent; and John Gee Jr., top listing agent.✴



Michelle Bornhorst



Bobbie McGlynn



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Frankly Speaking



by Howard Prager

Anyone here a Rays fan (or should I say X-Rays)?! For that's the rumored "new name" for the first potentially split baseball team in Major League Baseball (MLB) history. Is this crazy? Let's look at it from a number of perspectives.

The Rays aren't drawing well in Tampa (neither are the Marlins who draw far less – let's go Floridians) and of course want a new stadium – doesn't everyone – but are stuck with Tropicana Stadium, a long lease and dwindling fan base. Montreal hasn't had a team since the Expos became the Nationals in 2005. So, move the team to Montreal or split the season? Supposedly you would then get more fans turning out when the home team played at their home – Tampa or Montreal. The initial chatter is for the first three months to be in Tampa (nicer weather) and the last three months be in Montreal during summer (nicer weather). Maybe they can split the

difference – Pittsburgh for playoffs, or how about Nashville, another city trying to get a team – then they can be the Country X-Rays?

So let's look at who are the winners and losers in this process?

Winners: Ownership, because you double (at least initially) the fan base for your team, and with less dates in each city, gain more interest and revenue.

Losers: Fans in the home city they are not playing in.

Winners: Montreal, who finally gets (part) of an MLB franchise team back.

Losers: Season ticket holders – half a season and what about playoffs?

Winners: Vendors and TV: Split shirts, double shirts and paraphernalia with both cities and double TV broadcasts (plus French broadcasts)

Losers: Ballpark vendors – how do you hire for half a season?

Some lesser-asked but important questions. Do they play both the Canadian and U.S. national anthems before all games? That might be strange when playing in Tampa. What about bilingual – are they called the "Radiographie" in Canada (French for X-ray)? I wonder if French Canadians would understand the double meaning of X-Rays, or is it for Expo-Rays or Ex-Rays, as in former Rays? Where do the ballplayers pay

taxes and have their residences – Tampa or Montreal? Most importantly do they celebrate July 1 Canada Day or July 4 Independence Day? Metric or American, eh?

So many important questions to answer.

Hot dogs and brats or crepes and croquettes? Beer or wine?

The Rays' Blake Snell, Tommy Pham and Charlie Morton are ranked among *Sports Illustrated's* Top 100 MLB players for 2019. Should we ask how they feel, or how their spouses feel? When you trade players, do you need to get permission from both cities? And let's look at minor league affiliates, currently Durham, Montgomery and Charlotte, all within driving distance of Tampa. Will minor league teams need to move to Cooperstown, Oneonta and Syracuse, or Ottawa, Quebec City and Halifax?!

Now what about the lowly sportswriters? Are sportswriters from Montreal expected to cover the Rays (X-Rays) in Tampa, and vice versa? Where's the budget for that? Or do sportswriters move during the season from one home town to another? Do they even switch newspapers they write for? Are Tampa writers stuck in Montreal all year and have to cover the NHL Canadiens instead of the NFL Bucs? Do they even need to learn French to write their columns? I better start practicing! Au Revoir for now, and I'm going to enjoy some baseball, hot dogs, sousa music and

fireworks on July 4th weekend, and hope you do too!

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.✴

Free Workshop On Shoulder Pain

Do you or a family member suffer from shoulder pain at night, while reaching overhead, carrying, lifting or even driving?

Fyzical Therapy and Balance Centers will host a free Informational Rotator Cuff Workshop on Tuesday, July 23 at 11 a.m. Seating is limited and RSVP is required.

The learning objectives involve the three most common causes of shoulder and rotator cuff pain, how to avoid pain while exercising, what is normal shoulder motion, treatment options and success rate and the biggest mistakes made managing shoulder pain.

Learn more about successful treatment and permanent relief using natural methods without side effects of medications.

Fyzical Therapy and Balance Centers is located at 4301 Sanibel-Captiva Road on Sanibel. Call 395-1097 to reserve your seat.✴

Triathlon Swim Program At Rec Center

If you are training for an upcoming triathlon and would like to improve your swim time, SWAT swim coach and former triathlete Curt McIntyre will be running a six-week swim program tailored for the triathlete. The program is designed to improve your endurance, speed and stroke technique to help reach your goal of a faster swim time.

Training sessions will be offered on Mondays and Wednesdays from 5:30 to 7 p.m. The program runs July 1 through September 11. Cost is \$33 for Sanibel



Improve your endurance, speed and stroke techniques photo provided

Recreation Center members and \$44 for non-members.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, call 472-0345 or visit www.mysanibel.com.✴

SPORTS QUIZ

1. Who holds the New York Mets' record for highest career batting average?
2. In 1995-97, Dante Bichette, Andres Galarraga and Larry Walker each led the National League in home runs for a season. Which of the three did not lead the N.L. in RBIs for a season during that time period?
3. In 2017, Steve Spurrier became the fourth person to be inducted into the College Football Hall of Fame as a player and a coach. Name two of the other three to have the honor.
4. Who was the last player before Charlotte's Dwight Howard in 2018 to have at least 30 points and 30 rebounds in an NBA game?
5. In the 2018-19 NHL season, Washington's Alex Ovechkin became the fourth player to score 50 goals in a season at age 33 or older. Name two of the first three to do it.
6. NASCAR's Brad Keselowski, in 2019, became the winningest driver in Team Penske history (60 victories). Who had held the mark?
7. Of the 17 grand slam singles titles tennis star Rafael Nadal had won entering 2019, 11 have come at the French Open. Which event is second in his grand slam total?

ANSWERS

1. John Olerud, with a .315 average. 2. Larry Walker. 3. Amos Alonzo Stagg, Bobby Dodd and Bowden Wyatt. 4. Minnesota's Kevin Love, in 2010. 5. John Bucky (age 35 in 1970-71), Bobby Hull (age 33 in 1971-72) and Jaromir Jagr (age 33 in 2005-06). 6. Mark Donahue, with 59 wins. 7. Nadal won three U.S. Opens, two Wimbledon and one Australian Open.

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Meet The New Rec Center Counselors

The City of Sanibel Recreation Center has 10 new members in its Counselors-In-Training (CIT) program this summer, including Amanda Cohen, Jacob Engelbrecht, Ben Froelich, Ethan Froelich, Grant Kaminer, Rachel Kelly, Liam Murray, Daniel Romulus, Alex Santoro and Hudson Stirner.

This program allows incoming high school freshmen and sophomores to contribute to the recreation department's K-8 summer camp program to develop leadership skills and gain experience as volunteers.

CIT responsibilities include assisting with special activities such as preparing weekly craft projects, assisting counselors on field trip days, and setting and cleaning up after activities.

CITs highlighted this week are:

Jacob Engelbrecht – a freshman entering Bishop Verot High School in the fall. He was a part of the recreational programs as a child. While working as a CIT, Engelbrecht is gaining service hours. One of his favorite activities as a CIT includes swimming.

Grant Kaminer – a sophomore homeschooled through Cypress Lake High School. He participated in the afterschool programs and recreational programs from fifth grade through ninth grade. So far, Kaminer's favorite part of working as a CIT has been going



Front row from left, Daniel Romulus and Alex Santoro. Back row from left, Rachel Kelly, Grant Kaminer and Jacob Engelbrecht. photo provided

on a field trip to Sun & Fun Lagoon in Naples.

Rachel Kelly – a rising sophomore at Fort Myers High School. She participated in the recreation programs as a youth. When asked about her favorite part of working as a CIT, she said, "I like working with the little kids."

Daniel Romulus – a freshman entering Bishop Verot High School this fall. He participated in the city's recreational programming as a youngster. His favorite activity as a CIT has been swimming. When asked why he wanted to be a CIT, Romulus said he wanted "to help the

community and to gain service hours."

Alex Santoro – a freshman at Fort Myers High School in the fall. When asked about why he wanted to be CIT, he said he wanted to help in the summer camp programs. One of Santoro's favorite parts of being a CIT has been swimming.

Youth entering their freshman or sophomore high school class who are interested in participating in the City of Sanibel Counselor-In-Training program should contact program supervisor Dave DeFonzo by email at dave.defonzo@mysanibel.com or by calling 472-0345.✱

Workshop On Financial Health



Ruben Perales



Kathy Y. Monroe

FISH of SanCap, along with Fifth Third Bank, is offering a community presentation, entitled Taking Charge of Your Financial Health, on Wednesday, July 17 from 5:30 to 7 p.m. at Saint Michael & All Angels Episcopal Church. This workshop will help individuals and families learn basic budgeting, how to slash debt and boost credit scores.

Kathy Y. Monroe, program director for FISH, said, "Taking Charge of Your Financial Health details how to develop a plan for budgeting and saving which can lead to boosting credit scores and eliminating debt. Financial health is just as important as physical health, because lacking the first can have an impact on the latter. The presenter, Ruben Perales, financial relationship manager from Fifth Third Bank, will introduce this information in a very interesting and

continued on page 47

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Design Elements For A Man Cave Or She Shed



by Marcia Feeney

A personal place to hide away from the stresses of life. A gorgeous getaway that's in the comfort of your own home. Doesn't it sound like the works of a dream? You can, in

fact, turn this dream into a reality – by creating your very own man cave or she shed.

You may be familiar with the term man cave: a room that's specifically dedicated to the man of the house. But now, women have their own special spot to escape to as well: the she shed.

Creating these personal spaces, whether they're in an empty nook inside your home or a literal shed in the backyard, can be simple and seamless. Here are a few must-have design elements for creating either glorious getaway.

What kind of personal oasis would this be without the most comfortable pieces of furniture? Before arranging

the space with any sofa or set of chairs you can find, take into the consideration the cozy lounge chairs and sofas that align with the design theme and style you're going for.

Based on the amount of natural light that fills your man cave or she shed, decide how you'll make use of conventional lighting fixtures. If you're going for more of a tranquil vibe, accent ambient lighting will work in your favor. If you plan to use this space as a workshop of some sort, you may need additional lighting that makes it easy to concentrate on your projects. Perhaps you'd even like to mix up these lighting elements in the space. Also, you may consider room-darkening shades to enhance the tranquility of the space if the room's too bright.

Finally, you can't forget about decorating with unique accessories and arrangements that let everyone know this is your space. It's your personalized getaway, after all. With the perfect arrangement of wall art, table decor, decorative pillows, mirrors and other decorations, you'll add depth, character and style to your hideaway. There may even be a unique feature that you want to add to the space, such as a mini library or bar area. Your personal decorator can help you pick out custom shelving units, bar carts and other decor elements to bring your dreams to life.

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

United Way Elects New Officers And Board Members

New officers and six new board members were elected at the recent United Way of Lee, Hendry, Glades, and Okeechobee annual meeting. The following are the officers and executive committee members for 2019-20:

Board Chair: Beth Hendry, IberiaBank
Vice Chair: Robert Shearman, Henderson, Franklin, Starnes, & Holt, PA

Treasurer: Cynthia Hawkins, Wiltshire, Whitley, Richardson & English PA
Assistant Treasurer: Craig Folk, Miller, Helms & Folk PA

Secretary: Mary Vlasak Snell, Pavese Law Firm

Immediate Past Chair: David Fry, Vantage Construction Services

Joining the United Way Board of Directors are:

Nick Chlumsky, Nolte Wealth Management Group

Charles Idelson, Investors' Security Trust

Calli Johnson, Bailey's General Store
Victoria Moreland, Lee County Port Authority

Bill Motzer, community volunteer
Angela Pruitt, Lee County School District

Bryan Simmering, Capital Bank U.S.

All money raised in the United Way campaign stays in the local community to help support the local human service network. United Way partner agencies and initiatives like Alvin A. Dubin Alzheimer's Resource Center, Children's Advocacy Center, Harry Chapin Food Bank, ACT, LARC and United Way 211 serve a diverse range of needs in the community such as nurturing children and youth, strengthening families and meeting critical needs such as helping the elderly and disabled live independently, and empowering communities by bringing health and human services to neighborhoods.

In addition to raising funds for human service organizations in the community, the United Way promotes partnerships



Nick Chlumsky



Charles Idelson



Calli Johnson



Victoria Moreland



Bill Motzer



Angela Pruitt



Bryan Simmering

and collaborations among agencies and initiatives, helping them to work together and focus on issues and solutions that continue to improve lives.

The United Way of Lee, Hendry, Glades, and Okeechobee has raised and distributed over \$177 million since it was established in 1957. For more information, call 433-2000 or visit www.unitedwaylee.org.

Staying Cool Without Breaking The Bank

When the outside temperature is 99-plus degrees, it is tempting to crank down the air conditioning and stay indoors. Remember that when cooling your home, every degree does count, or cost.

Lee County Electric Cooperative (LCEC) recommends setting your thermostat at 78 degrees Fahrenheit when home. Each degree below adds eight to 12 percent to your cooling costs (which accounts for 50 to 60 percent of your electric bill during summer months). While away from your home for more than two hours, LCEC recommends

setting the thermostat at 83 degrees Fahrenheit. Consider the following tips to beat the heat without breaking the bank:

Drink lots of water. Being hydrated helps you feel at your best.

Dress wisely. Tank tops, shorts, flip flops. Dress lightly.

Battery-powered fans. Power up to stay cool without affecting your energy usage.

Take cool showers and baths. Cool water makes a world of difference when you are hot.

Hit the pool. Jump in, cool off and burn some calories while beating the heat.

Head for cool spots. Visit the mall, movie theater or museum for an outing in air conditioning that you are not paying for.

For more ways to save on your electric bill, visit www.lcec.net.

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dearRPharmacist

Grilling Lettuce Might Make You Sleepy



by Suzy Cohen, RPh

Dear Readers: This summer, and especially around the Fourth of July, lots of people are barbecuing.

You probably think the word “grill” and “lettuce” shouldn’t be in the

same sentence. Why not?

It wouldn’t be the first time a vegetable was grilled. Just think of zucchini, peppers and corn on the cob.

Wild lettuce, known as *Lactuca virosa*, is a species from the lettuce family that is most interesting. It grows all over the world. It contains “lactucarium,” a milky substance that can cause sedation and psychoactive effects like hallucinations. It should not be grilled.

Wild lettuce has bright green leaves which secrete the lactucarium. This compound resembles opium, a mild analgesic. In the early 1900s, extracts of this species was used for whooping cough.

But you’re probably wondering about iceberg lettuce or romaine aren’t you? To answer your first question (because I can read your mind), no, these foods are not psychoactive.

Food Science and Biotechnology has an article entitled, “Sleep-inducing effect of lettuce (*Lactuca sativa*) varieties on pentobarbital-induced sleep.”

The scientists investigated the sleep-inducing effect of romaine lettuce on mice who were put to sleep by pentobarbital, an anesthetic and anti-seizure drug. Because romaine lettuce has a higher content of a compound called “lactucin,” it made people sleep longer than they would have normally. They tested the seed extract and the leaves themselves. The seeds were stronger.

FYI, lactucin is part of the bigger compound lactucarium, which I mentioned earlier, so romaine does actually have some sedating

characteristics.

Iceberg didn’t make anyone snooze although it’s fabulous for lettuce wraps.

Of the two lettuces, romaine is what I recommend. Not because it causes drowsiness – trust me it’s not even remotely close to an Ambien – but because romaine lettuce is full of antioxidants and chlorophyll which clean your internal biochemical gears. It also contains a lot of vitamin K and natural folate (methylation), plus what better way to consume delicious fiber?!

It’s also very high in potassium which normalizes blood pressure.

So this summer, try grilling lettuce along with your burgers and dogs. Here’s a recipe for you:

Grilled Lettuce with Parmesan

Ingredients

4 small Romaine hearts, rinsed
1 tablespoon of olive oil
2 tablespoons favorite salad dressing
2 teaspoons chopped fresh parsley
Salt and pepper to taste
Optional: 1/2 cup fresh parmesan or goat cheese

Directions

Cut an inch off of the top part of the romaine leaves, leaving the bottom core intact. This allows you to grill the lettuce without it falling apart. Brush the lettuce with olive oil and place on your heated grill or skillet. Turn frequently to brown/char all sides. (They will slightly soften but they should not wilt or turn black). You want them crisp tender, and slightly charred. Once done, you can drizzle your favorite dressing on top. I like creamy Caesar dressing personally. Then sprinkle fresh parsley on top, and salt/pepper. Optionally, sprinkle parmesan or fresh goat cheese. Serve while warm.

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. ✨

From page 45

Workshop

interactive manner.”

This seminar is open to the community and snacks will be provided. To RSVP, contact Kathy Y. Monroe or Anthony Morales at FISH, 472-4775.

Saint Michael & All Angels Episcopal Church is located at 2304 Periwinkle Way on Sanibel. ✨

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Sometimes I am so busy that I get totally distracted and don’t pay attention. Can you offer some tips to get more centered?

A: We are a culture of multi-tasking and taking on too much. We all do it. I would challenge you to watch yourself for the remainder of today and tomorrow. Notice how often you are focusing on several activities rather than just centering on one in this moment. Maybe you are driving to work, listening to the radio, thinking about the project deadline, the dinner you have to attend tonight and the gifts you need to purchase for your spouses birthday. You are everywhere but right here, right now. You miss the drive, you miss the music, you miss getting deep insights into now.

Begin each day with a few minutes of centering and getting in the moment of now. Sometimes it takes courage to just be open to whatever the moment reveals to you. But think about the alternative; avoidance, denial, a life

spent running from yourself. Allow yourself to listen to what your heart is telling you as it can be very revealing. When you are distracted, try and bring yourself back to center, to yourself, to what is. You will be amazed at what this can do for lessening your distractions and being present.

Pay attention to the present moment. Breathe and be in the now. You will learn more about your true self when you choose to be in this state rather than multi-tasking and getting distracted.

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. ✨

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. ✨

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Doctor and Dietician

Fresh Herb And Garlic Infused Oil



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

I have been trying my hand at Southwest Florida gardening, and it is not easy, let me tell you! The heat, the drought, the rain, the bugs, the rabbits! Yikes! But I have managed to grow my herbs. Thus, I want to share my absolute favorite recipe for fresh herb garlic infused oil that can be used on just about anything. I toss it with pasta, brush it on fish, marinate beef or chicken in it, and even make salad dressing with it.

To make the infused oil, add these ingredients to a mini food processor: 3 cloves garlic, about 4 tablespoons fresh herbs (use a variety like basil, oregano, mint, parsley, cilantro – that’s what I am currently growing); extra virgin olive oil, kosher sea salt and freshly ground pepper, a splash of red wine vinegar, and a ½ teaspoon of honey. Pulse until well combined. I use about ¼ cup of olive oil, but it varies depending on the amount of herbs. Now, this herb combination may seem different to you, but it is absolutely delicious. Don’t turn your nose up on trying a new combo.

Like almost all green plants, herbs are quite nutritious. You can get a lot of vitamin A, calcium, vitamin K and vitamin C, as well as a load of antioxidants from these fresh herbs. They are not only a very concentrated source of flavor but also great nutrients. Herbs also contain disease-fighting phytochemicals and even contain anti-bacterial properties. No single herb is going to cure all of your ailments, but they do contribute to overall good health. They offer a wide range of natural compounds that help keep your body functioning its best. And we all want that, right? Let me know how you like this recipe and how you used it.

*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@carimgmedical.com.**

Narconon Offers Help For Drug Addiction

Narconon reminds families that the opiate problem is continuing to get worse and is now considered a “syndemic.” More than ever before, communities need to come together and educate parents and their children about the dangers of drug use.

To learn more about the nation’s drug crisis, visit <http://www.narconon-suncoast.org/blog/opioid-crisis-now-considered-a-syndemic.html>.

Narconon can help you take steps to overcome addiction in your family. Call 877-841-5509 for free screenings or referrals.*



Radiology Regional Center Mobile Mammo Coach

photo provided

Mobile Mammo Coach Coming To Rec Center

The Radiology Regional Center Mobile Mammo Coach will be on site at the City of Sanibel Recreation Center on Thursday, July 11 from 9 a.m. to 1 p.m. For an appointment or if you have any questions relative to the test, call Radiology Regional Center at 936-4068.

The Mobile Mammo Coach is a state-of-the-art breast imaging

clinic, providing full field digital mammography services. Most insurances are accepted and discounted self-pay pricing available.

According to estimates from the American Cancer Society, one in eight women will be diagnosed with breast cancer. More importantly, with early detection, the survival rate for an early diagnosed breast cancer at five years is better than 97 percent. Mammography is one aspect of breast health, in addition to monthly self-exam and annual physician exam.

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

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Nursing Excellence Awards

For those who choose nursing, it is a vocation that requires a sincere dedication to patients, fellow nurses and other clinicians. To honor those who go above and beyond in this calling, Lee Health recognizes 19 nurses with its 2019 Commitment to Nursing Excellence Award.

The Commitment to Nursing Excellence Award recognizes registered nurses and licensed practical nurses who provide exceptional care, and who excel in practice, research, education and leadership. Nurses are nominated for this high honor starting during Nurses Week in May.

“Nurses are the main point of contact for many patients in their clinical care, providing compassionate treatment and support day in and day out,” said Lisa Sgarlata, DNP, MSN, MS, FACHE, chief patient care officer and chief nurse executive at Lee Health. “This award recognizes and celebrates those nurses who make a difference for our patients every day.”

The 2019 Commitment to Nursing Excellence Award winners are:

Tasha Baer, BSN, RN, Gulf Coast Medical Center

- Maria Galfano, RN, BSN, The Rehabilitation Hospital
- Susan George, RN, BSN, CMSRN, Gulf Coast Medical Center
- Colleen Hinton, BSN, RN, CEN, Lee Health Coconut Point
- Marie Littrell, BSN, RN, Lee Physician Group
- Jessica Maguire, RN, CCRN, Lee Memorial Hospital
- Susan McBride, RN, Outpatient Surgery Center
- Charlene Oliveri, RN, MSN, COC-C, Home Health
- Marie Oslebo, BSN, RN, Lee Memorial Hospital
- Shirley Rimmer, LPN, HealthPark Care & Rehabilitation Center
- Tanairy Rivera, BSN, RN, Cape Coral Hospital
- Donna Seilberger, RN, Golisano Children’s Hospital of Southwest Florida
- Benjamin Sprosty, RN, CCRN, Lee Memorial Hospital
- Guy Thompson, BSN, RN, CCRN, HealthPark Medical Center
- Diane Tingelhoff, LPN, Lee Physician Group Patient Outreach
- Rachel Toa, RN, Golisano Children’s Hospital of Southwest Florida
- Empris White, BSN, RN, Lee Memorial Hospital
- Patricia Willson, BSN, RN, CCRN, Cape Coral Hospital
- Stephanie Zavala, ASN, BS, CNOR, HealthPark Medical Center*

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Meeko And Rusty

Hello, my name is Meeko. I am a 10-year-old male chihuahua who is the ultimate pocket pal weighing in at just 4.5 pounds. I can go just about anywhere with you. I have a gentle personality and, since I am a 'super senior', I have gotten past all those pesky puppy and teenager bad habits. I am just looking for a family to spend my golden years with. I will even let you dress me up for a night on the town.

My adoption fee is \$20.

Hi, I'm Rusty. I am a 2-year-old male domestic



Meeko ID# A784056

shorthair who is a super social kind of guy that likes to be the king of my domain. That means I would prefer to be the only cat. But, with a personality like mine, I will be all you need. I like to be in the thick of all the action and know what is going on at all times, so I will become an immediate part of your family.

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.lee.gov/animalservices or call 533-7387.*



Rusty ID# A754939

Haven on Earth Animal League

Chester And Dallas



Chester

is \$100.

Hello, I'm Dallas. I'm 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.

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

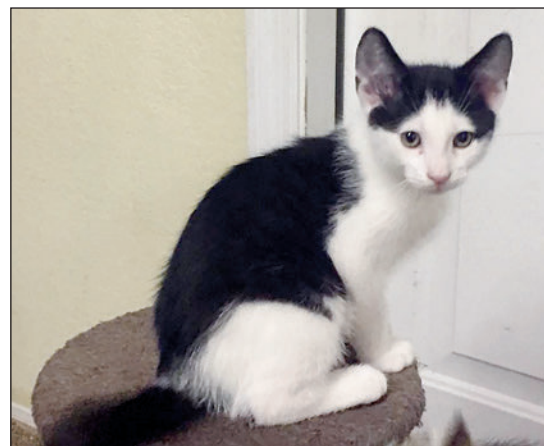
Sweetie Pie

PAWS has a beautiful young mother cat up for adoption. Her name is Sweetie Pie and she is approximately one year old. She has had all her shots, was combo-tested negative, wormed, treated for fleas and had spay surgery.

All of her kittens have been adopted and now she is wandering around wondering where everyone went. If you would like to meet Sweetie Pie, call Pam at PAWS, 472-4823.*



Sweetie Pie



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

Island Sun

NEWSPAPER

Sanibel & Captiva Islands

CALLING CARD 239-395-1213

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
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc ..	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH. OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
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
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

To be listed in calling card email your information to:
press@islandsunnews.com

PUZZLES

Answers on page 55

Super Crossword

RETURNED

- ACROSS
- 1 Followers of Genghis Khan

8 More ill-tempered

16 Big deli cut

20 Level of authority

21 Called again

22 Like many hoops stars

23 Stadium levels reinforced with metal strips?

25 Falco of the screen

26 "I'm thinking ..."

27 "— and the Real Girl" (2007 film)

28 George Eliot's "— Marner"

29 NEA part

30 BBQ meat bit

32 Dutch South African who's testifying?

36 Org. on a toothpaste tube

38 Dot-com's address

40 Ranchers' ropes

41 Almost a plaintiff?

47 Salon colorer

48 Low-quality

51 Love affairs

52 "No noise!"

53 Sooner than

55 Cut-rate, in ad-speak

57 Out of neutral

58 Pupils with artificially curled hair?

62 Fleur-de- —

63 — nitrite (vasodilator)

65 Longoria of TV

66 Examine critically

67 Fencing blades

69 Fruity drink

70 Mixed dogs

71 Continually doing well

74 Boxer Laila

75 Poet Ogden

76 Stars' place

79 Small expert tennis server sent from heaven?

82 "Pest" in Beverly Cleary books

85 Like the soil around a big tree

86 Boater's tool

87 Kiss go-with

88 Slate wiper

89 Naval off.

90 Drop anchor

93 Statement when lots of people have gathered somewhere?

96 Petty despot

98 Public radio's Glass

99 SSNs, say

100 Like supplies for farriers that are sent by boat?

104 Filming area

106 "Us" rivals

110 Book before Nahum

111 Sailor's mop

113 Like many monks, by vow

116 Toiling hard

117 Having reached a lower limit set by

121 Henchman in "Peter Pan"

122 And

123 Fettuccine —

124 That lady's

125 Bald

126 Curly-haired dogs

DOWN

1 Electric car company

2 One- — (short play)

3 Scarlett's Butler

4 Overflows

5 German for "everyone"

6 Steals from

7 Curl the lip toward

8 Old PC screen type

9 Spool of film

10 Designed to be appended

11 Drag racer's fuel

12 Old German ruler

13 — de la Cité

14 Always, in poems

15 Aves.

16 Ale mugs

17 Soup spoon

18 Phony name

19 Sanctify

24 Oahu wreath

28 Eyeballed

31 Wheat unit

33 Cabs it, e.g.

34 Direction

35 Ending for Seattle

36 Ambience

37 British statesman Benjamin

39 German coal region

41 Brad, for one

42 Ritzy hotel chain

43 Clothes, informally

44 "— Sera, Sera"

45 Annual awards for athletes

46 "Superman" star

48 Skeletal

49 1998 bug-themed film

50 Two pills, say

54 Vitamin std.

56 Toon units

59 News outlets

60 Pericles' T's

61 Take out of the eye of a needle

64 Liquefy

67 Start for "while"

68 Person of encyclopedic learning

69 Open-eyed wife

70 "The Simpsons"

71 Grimm nasty

72 12:00 p.m.

73 Fusses

74 Styled after

75 Of synapses and the like

76 Just all right

77 Recognized

78 Lawn site

80 Yeshiva topic

81 She sang "Believe"

83 Missile paths

84 Deface

91 Great Plains tribe

92 Surgery ctrs.

94 Having the right job credentials

95 Directory for a web page

96 Outpourings

97 More ritzy

100 Break to bits

101 Request in blackjack

102 More aloof

103 Tom of "The Seven Year Itch"

105 Bar code scanner, for short

106 Popular '50s Ford

107 Veronica of "Hill Street Blues"

108 Chopin piece

109 Short notes

112 Sheep calls

114 "— & Stitch" (Disney film)

115 News, briefly

117 Spa reaction

118 Gp. flagging

119 Prefix with light

120 Snaky shape

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					
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85								86				87				88					
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100	101	102								103			104	105				106	107	108	109
110										111			112		113		114	115			
116													120								
121																123					
124																126					

King Crossword

- ACROSS
- 1 Fruity spread

4 Scrabble piece

8 Tarzan's clique

12 "The — Daba Honeymoon"

13 Valhalla VIP

14 Existed

15 Troop group

17 Release

18 Is frugal

19 Ostrich's cousin

21 Cauldron

22 Let up

26 Photo book

29 Evergreen type

30 Pond carp

31 Sudden shock

32 Blue

33 Desirous look

34 Fuss

35 Arctic diver

36 Move laterally

37 New

39 A billion years

40 Bearded beast

41 Heavy hammer

45 Overly proper one

48 Dweller

50 Mexican entree

51 "Zounds!"

52 Varnish ingredient

53 "So be it"

54 Sources for sauces

55 Ordinal suffix

DOWN

1 Supermarket lineup

2 Help on the sly

3 Creche trio

4 Long, narrow drum

5 That is (Lat.)

6 Jeremy of basketball

7 Went in

8 Terrible

9 For one

10 Preceding

11 Diocese

16 Suggestions

20 Kitten's complement

23 — out (supplemented)

24 Yuletide refrain

25 Grow weary

26 Open slightly

27 Source of riches

28 United nations

29 Talk on and on

32 Surgical stitching

33 Queued (up)

35 Curry or Coulter

36 Cubes, spheres, et al.

38 Incite

39 English composition

42 Take out of context?

43 Summertime pest

44 Leave a lasting impression

45 Bake sale org.

46 Aries

47 Lemieux milieu

49 Swelled head

MAGIC MAZE ● — ON

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

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

Acting Dragging Hanging Switch
Carry Embark Keeping Trying
Cash in Feeding Lead Waiting
Catching Focus Stepping

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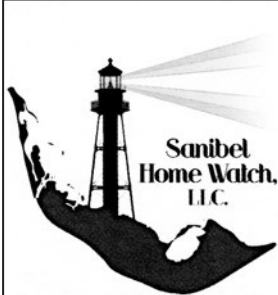
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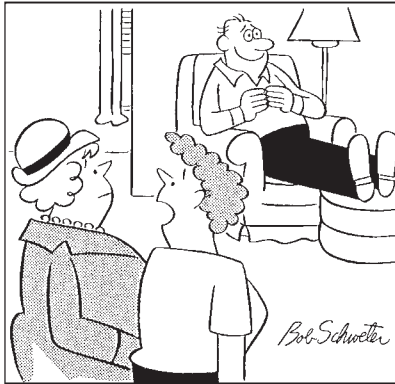
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4			8			1		5

SUDOKU

answer on page 55

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'll be glad when the doctor takes Herb off
tranquilizers — we haven't had a good
_____ in ages."

answer on page 56

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!

Savage

CERIFE

Stature

THIGHE

Petty

RILATIV

Restraint

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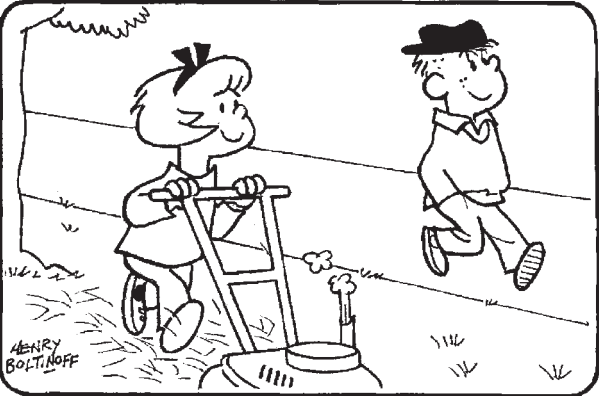
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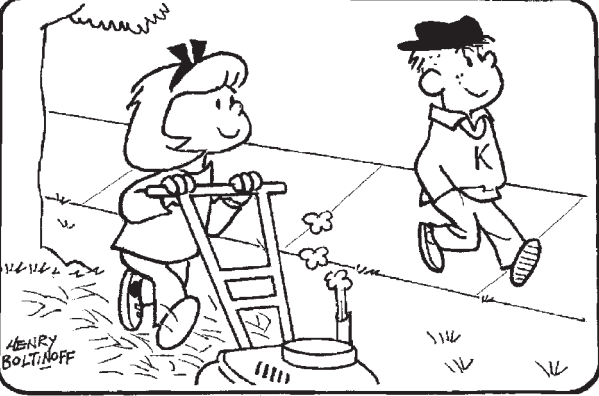
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FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Boy's sweater has letter 'K'. 2. Girl's hair is longer. 3. Sidewalk is lined. 4. More smoke coming from mower. 5. Tree trunk is wider. 6. Mower handle has extra crossbar.

My Stars ★★★★★

FOR WEEK OF JULY 8, 2019

Aries (March 21 to April 19) Don't be surprised if, in spite of your well-made plans, something goes awry. But don't worry. Your knowledge of the facts plus your Arian charm will help you work it out.

Taurus (April 20 to May 20) A personal relationship seems to be demanding more than you feel you're able to give. Best advice: Confront the issue. You could find the situation surprisingly easy to work through.

Gemini (May 21 to June 20) Resist being pressured into meeting your self-imposed deadline. This is important if you really feel that taking more time to finish a project could save time in the long run.

Cancer (June 21 to July 22) A vacation choice seems less interesting than when you first made it. Could it be a matter of the place or the people going with you? Find out before you consider a change of plans.

Leo (July 23 to August 22) Someone might be overriding your Leonine logic to get you to agree to "favors" that you would normally avoid. Take a new look at what you've been asked to do and see if you've been misled.

Virgo (August 23 to September 22) Try to keep that emerging "judgmental" aspect in check

this week. Too many critiques on relatively unimportant issues could create a lot of negative bounce-back reactions.

Libra (September 23 to October 22) Facing unpleasant facts about an associate isn't easy. But ignoring them isn't wise. Ask a trusted (and neutral) friend to help guide you on what to do and how you might do it.

Scorpio (October 23 to November 21) A shift in opinion regarding a workplace situation could go a long way in vindicating the stand you've taken. But be aware that a satisfactory resolution could still be a long way off.

Sagittarius (November 22 to December 21) It's not like you to choose the easy way rather than the right way to do things. So, follow your instincts and feel assured they will lead you to the right decision. Good luck.

Capricorn (December 22 to January 19) Hold off on making a personal commitment until you find out what it really entails and whose interests are actually involved. There could be hidden facts you need to know.

Aquarius (January 20 to February 18) A new friend offers an unexpected opportunity that could lead to a career change. Check it out carefully and consider getting an assessment from someone familiar

with this field.
Pisces (February 19 to March 20) A surprising discovery leads to mixed reactions from those involved in the "revelation." But as you come to appreciate the truth, you'll be able to come to terms with your feelings.
Born This Week: Your love of travel helps you appreciate the wonders of the world. You would find a satisfying career in any travel-related industry.

STRANGE BUT TRUE

- It was famed Irish author George Bernard Shaw who made the following sage observation: "A government which robs Peter to pay Paul can always depend on the support of Paul."
- Although we tend to think of the bikini as a modern fashion innovation, two-piece bathing suits can be seen in murals in the ancient city of Pompeii.
- If you're a fan of the *Star Trek* franchise, you might want to plan a trip to the capital of Sweden. It was in Stockholm last year that the world's first Klingon tourist center opened.
- There seems to be quite a rivalry between the towns of Rosehill, North Carolina, and Wilmington, Delaware. Both locales claim to be the home of the world's largest frying pan, with a diameter of 10 feet. This begs some questions, of course: How many eggs

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11/30 ★ TFN

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7/13 ★ TFN

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1/26 ★ TFN

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6/21 ★ 7/5

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7/5 ★ 7/12

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6/28 ★ TFN

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July 4 through 6, 2019
8 a.m. to 1 p.m.
7/5 ★ 7/5

are being fried at once to require such a large piece of cookware? And what sort of stove is required to heat such a mammoth pan?

- If you're like most Americans, you've stolen from your employer - though probably not much. It seems that 58 percent of your fellow citizens admit to taking office supplies for personal use.
- The London-based 40FT Brewery has an unusual beer on its list of offerings: Odious Ale. Its claim to fame? It's brewed using yeast collected from writer Roald Dahl's chair.
- There was a time when cartoon character Fred Flintstone appeared in ads for Winston cigarettes.
- I don't know who studies such things, but those who do say that over the course of a lifetime, you'll probably spend about three years in the restroom.

THOUGHT FOR THE DAY

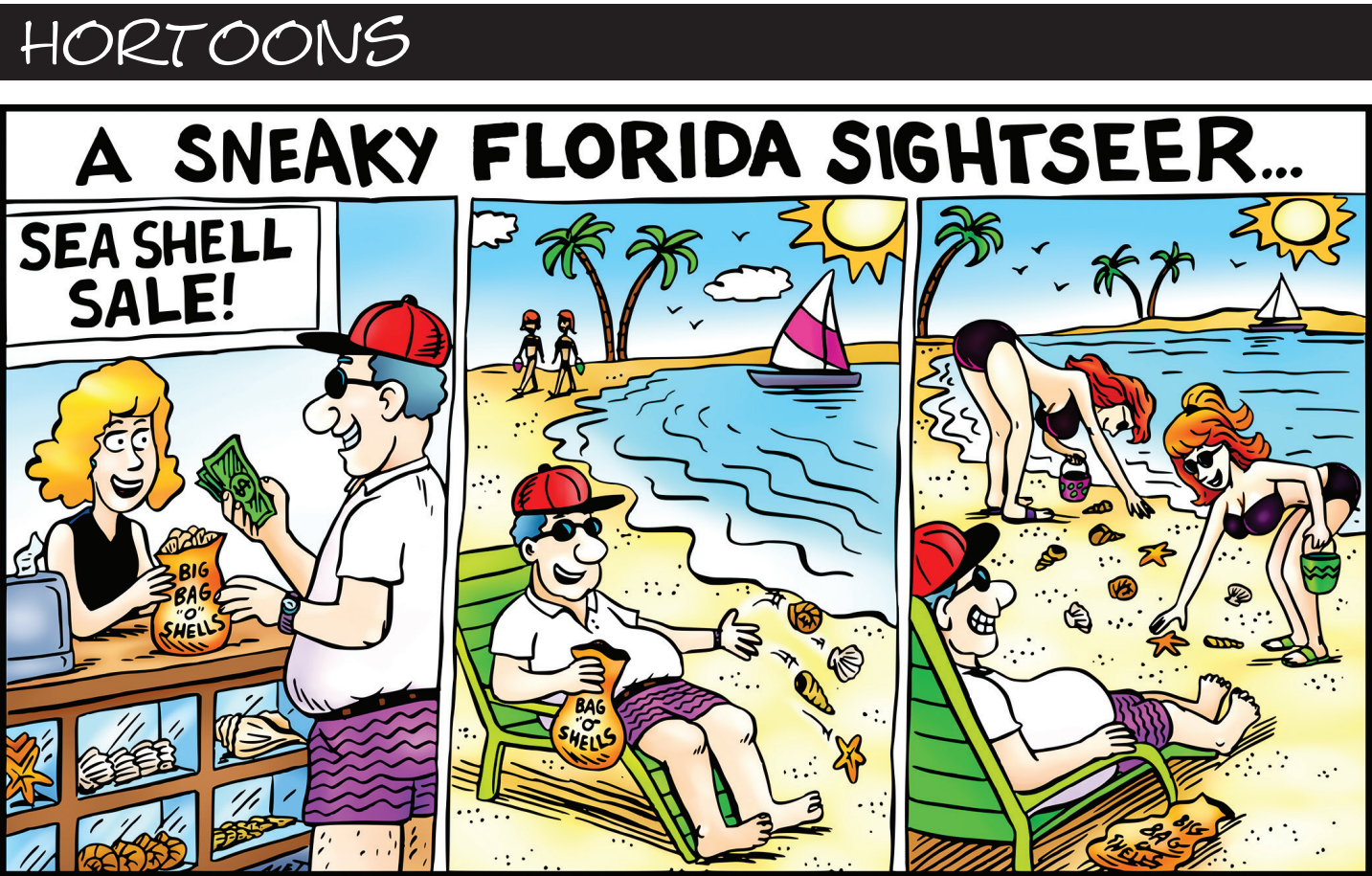
"Eminent posts make great men greater, and little men less."
- Jean de La Bruyere

SCRAMBLERS

1. Fierce; 2. Height;
3. Trivial; 4. Leash

Today's Word

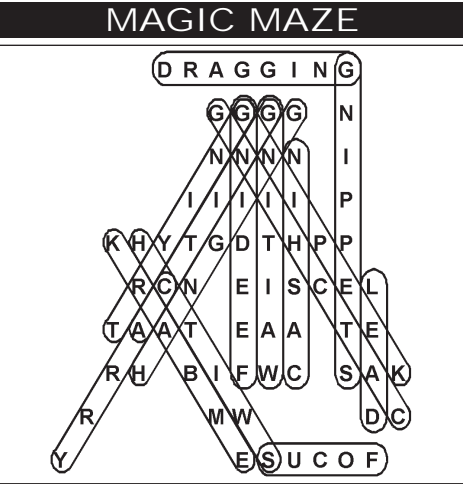
FIGHT



PUZZLE ANSWERS

SUPER CROSSWORD															
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KING CROSSWORD														
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Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1982	2,901	\$5,750,000	\$5,650,000	42
Southport On The Bay	Bonita Springs	1991	3,053	\$2,495,000	\$1,915,000	141
Sanibel Isles	Sanibel	1988	3,305	\$2,395,000	\$1,882,200	207
Catalpa Cove	Fort Myers	2006	5,092	\$1,525,000	\$1,445,000	426
Gulf Island Manor	Fort Myers Beach	1993	3,639	\$1,500,000	\$1,500,000	4
Creekside	Bonita Springs	1993	3,914	\$1,445,000	\$1,300,000	85
Cape Coral	Cape Coral	2006	5,427	\$1,250,000	\$1,133,000	90
Laguna Shores	Fort Myers Beach	2018	2,844	\$1,245,920	\$1,200,000	331
Cape Coral	Cape Coral	1995	2,528	\$1,075,000	\$850,060	386
Avallone	Bonita Springs	2006	2,946	\$875,000	\$825,000	784

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