



Island Sun

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SANIBEL & CAPTIVA ISLANDS, FLORIDA

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JULY SUNRISE/SUNSET: 12 6:43 • 8:25 13 6:44 • 8:24 14 6:44 • 8:24 15 6:45 • 8:24 16 6:45 • 8:24 17 6:46 • 8:23 18 6:46 • 8:23

Islanders 'Seas The Day' At Parade



The color guard from American Legion Post 123 led the parade

by Jeff Lysiak

photos by Jeff Lysiak

Sanibel's 29th annual Independence Day Parade, this year themed Seas the Day, drew thousands of patriotic spectators who lined up along Periwinkle

Way on Thursday morning to celebrate America's 243rd birthday.

The color guard from American Legion Post 123 led the way for more than 50 entries that included military veterans, first responders, city officials, local businesses,



Representatives for The Community House were all smiles as they walked the parade route

nonprofits, service organizations and families. This year's grand marshal was Captains for Clean Water.

The 2019 parade winners are:

Best Float – Commercial: Floral

Artistry

Best Float – Not-for-profit: Sanibel Sea

School

Best Float – Family: Bissell Family

Best Nature Theme: RS Walsh
Landscaping

Best Salute to the U.S. Military: Color

Guard – American Legion Post 123

Best Original Design: Island Taxi

Most Patriotic: Cub Scouts Pack & Boy
Scouts Troop 1740

Best Music: Island Band.✧

More photos pages 24, 25 and 26



Refuge Ranger Monica Scroggin checking out the progress on wildlife artist Ed Anderson's painting created to promote the 2020 "Ding" Darling/Doc Ford's Tarpon Tournament

photo by Jeff Lysiak

Artist's Farewell Gift Is Tarpon Tournament Logo

by Jeff Lysiak

During his eight-week tenure as the first Artist-In-Residence at the JN "Ding" Darling National Wildlife Refuge, wildlife artist Ed Anderson

estimated that during his time on Sanibel, he created at least a dozen paintings along with more than 50 sketches and drawings.

However, what has the potential to become his most popular painting – created to promote the 2020 "Ding" Darling/Doc Ford's Tarpon Tournament – was started while sitting at the first floor bar at Doc Ford's Sanibel Rum Bar & Grille.

"I literally just started working on it,"

continued on page 37

Update On Museum Construction



The exterior walls of the Bailey-Matthews National Shell Museum will be replaced in the coming weeks while the entire facility remains under construction

photo by Jeff Lysiak

by Jeff Lysiak

Closed since May 1 due to a major renovation project that will transform the facility into a "living" attraction, the Bailey-Matthews National Shell Museum is nearing completion of Phase I of the Your Museum Comes Alive construction plan.

Work began on the \$6 million project,

sponsored in part by the Department of State, Division of Cultural Affairs, the Florida Council of Arts and Culture, and the State of Florida, on April 22 when construction crews from Benchmark General Contractors began removing interior and exterior walls on the museum's first floor.

In the following weeks, drop ceilings,

continued on page 2

From page 1

Construction

concrete floors and the museum’s main entrance staircase were removed from the building while the parking lot area was regraded and repaved with new asphalt. All vegetation that had to be removed during the renovation process has been replaced and replanted with 100 percent native trees, shrubs and ground covers.

All of the work transformed the museum into a construction zone, forcing the facility to temporarily close for several months.

“I’ve missed seeing people coming to the museum every day,” said Facilities Manager Lorin Buckner, who provided a progress report on the project along with an update on plans for the museum’s first floor aquarium area, scheduled to open in early 2020. “A few people have wandered in to see what’s going on, and I tell them all about the project.”

On July 3, Buckner looked on as construction crews continued work on installing the new, 9.5-inch reinforced concrete slab that spans the museum’s entire first floor. The rebar-reinforced floor will help support 11 live aquarium tanks – which range in size from 100 to 1,000 gallons – located on the museum’s ground level.

“I keep on top of everything,” said Buckner. “Art Schuller from Benchmark updates me every week on what’s been done, and what’s going to be done. It’s sort of informal, but I’m getting lots of information about each step of the process.”

Last week, Executive Director Dorrie Hipschman expressed her delight with the progress on the aquarium area construction. “We are on schedule,” she said. “I don’t have a firm date for reopening to the public in a limited fashion this summer, but expect it will be mid to late July.”

Walking in to the museum’s first floor through the area formerly containing the wide outdoor entry staircase, Buckner took a ride on an elevator to the second floor. Stepping out into a vast, empty space, the completely gutted second floor used to contain the admissions desk, gift shop, meeting rooms and staff offices.

“This large open space is going to contain an atrium overlooking the glass entrance,” Buckner explained, pointing to where the museum’s gigantic glass walls will be located at the front of the building. “The second floor will also contain vaulted ceilings, which will allow us to bring in taller traveling exhibits. Plus we’ll have two meeting rooms with collapsible walls, which we can fold away to create one single larger space.”

According to Buckner, plans for the museum’s first floor have been revised and updated. Rolling out the latest blueprints for the project, he pointed out how the new visitor experience will likely look once renovations are complete:

Walking into the museum, visitors will be met with the admissions desk directly in front of them, with a staircase to the second floor to their left. Straight ahead, they will enter a room containing The Great Barrier Reef aquarium.

“Our reef tank will focus on three species of giant clam, all of which are



The museum’s second floor area where two meeting rooms – which can be converted to a single, larger space – will be located photo by Jeff Lysiak

big and beautiful, but don’t get as large as the true giant clam,” said Marine Biologist Rebecca Mensch, who has been working on plans for the new aquarium facilities for the past three years. “This tank will also feature various species of live coral and fishes to help illustrate the important roles that mollusks play within their communities. All of the animals in this tank will be captive-bred specimens, so no coral reefs will be impacted by our display of the animals.”

Next, visitors will be directed towards the room to the right, where aquariums containing the giant Pacific octopus and flamboyant cuttlefish will be located.

“Several of our tanks will feature animals that have very well-known shells, to help solidify the concept that the shell is a body part of an animal, instead of the common misconception that a shell is rock,” Mensch explained.

In the next room, two tanks will be located in the center of the open space. One tank will contain a chamber nautilus, while the other will be a pop-up tank, where children and adults can “crawl inside” and experience live fish and mollusks moving around them.

Three additional aquariums will contain marine life such as the queen conch, tiger cowrie and junonias.

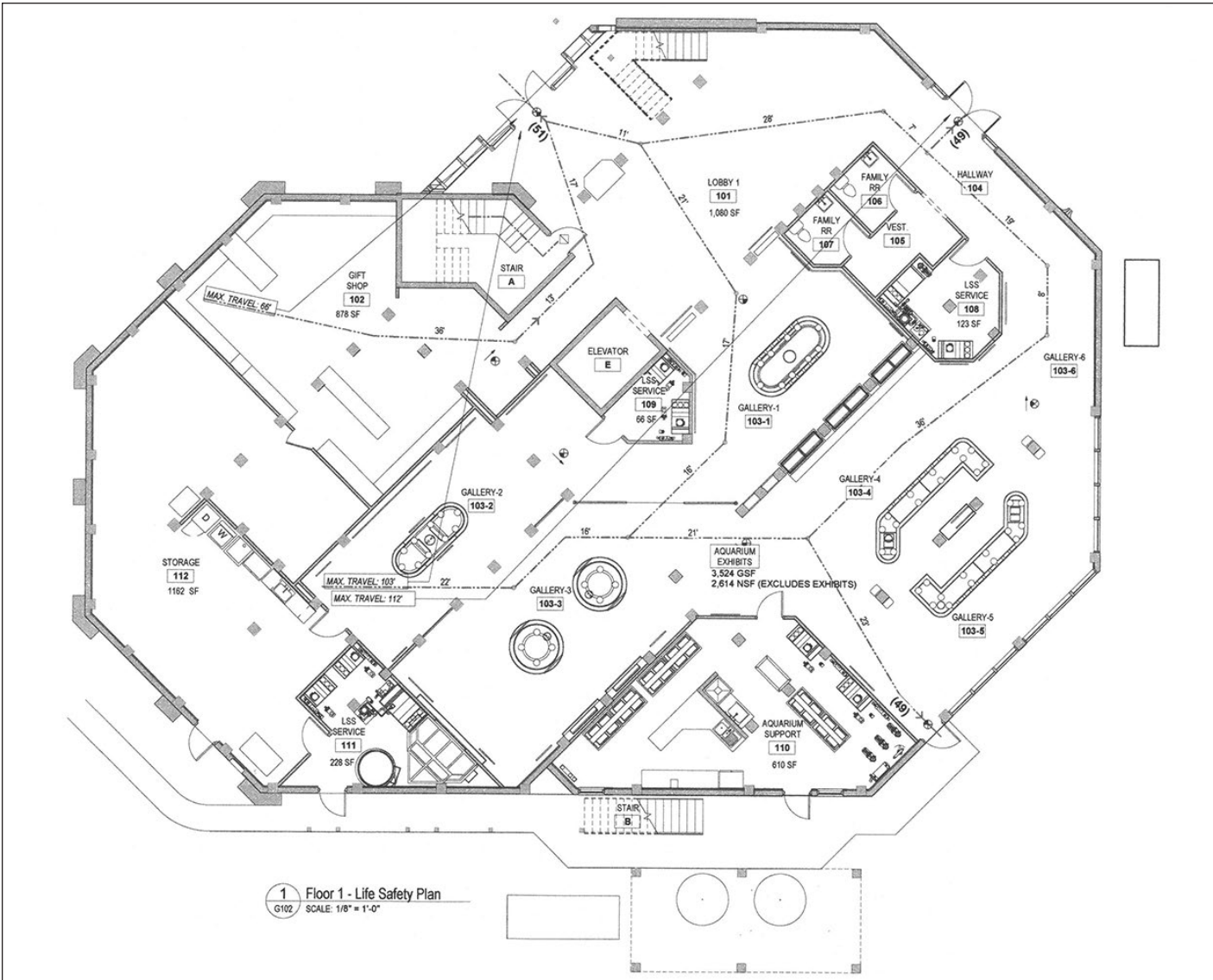
In the touch tank area, located in the southeast corner of the building, there will be two interactive displays: one with warm water for local mollusk species and one with cool water for species found in northern climates.

“One of our two touch tanks will be cold water and display animals such as red abalone and gumboot chiton,” added Mensch. “The other touch tank will be warm water and feature the local Gulf of Mexico mollusks that so many of our guests already know and love. This includes horse conchs, lightning whelk, fighting conchs, lettered olives, giant Atlantic cockles, Atlantic calico scallops and much more. We have a few other tanks that I haven’t mentioned, but I don’t want to give away all of our surprises just yet.”

While it may be six more months until the museum’s aquarium features will make their debut, anticipation for what the renovated attraction will bring to the islands is at an all-time high.

“Once the new aquarium opens early next year, it will accelerate the museum’s educational and research work,” said Hipschman. “We are excited about introducing more people to these amazing animals.”

Visitors can check out www.shellmuseum.org/alive for construction progress and schedule updates. To learn more, call Executive Director Dorrie Hipschman or Assistant Director Melanie Moraga at 395-2233.*



The first floor layout of the Bailey-Matthews National Shell Museum

image provided



The FISH Food Pantry is low and donations are needed to help island neighbors photo provided

FISH In Need Of Donations For Food Pantry

The FISH of SanCap Food Pantry provides supplemental food to island residents, employees and visitors in need five days a week, year-round. During the summer months when snowbird neighbors leave the islands, FISH experiences an increase in food pantry usage due, in part, to a reduction in hours for employees working on Sanibel and Captiva.

FISH works to keep the pantry shelves stocked for the nearly 500 households that use it throughout the year. However, when the demand increases, it becomes more difficult to keep all of the necessary products on the shelves for the families who need them.

FISH President and CEO Maggi Feiner said, “May through September are particularly difficult for us. Many of our neighbors need additional assistance during the summer months. Work schedules are lighter and kids are home from school, which is an additional strain on a typical household budget. We use various sources to maximize our food pantry budget to keep the necessities in stock, but we can always use help from our community.”

Items in need include:
Canned Products – Tuna, chicken, vegetables and soup, fruits and fruit juices, pork and beans, stews and other meats.

Packaged Foods – Pasta, lentils, pinto and other beans, rice, macaroni and cheese, packaged dinners, hot and cold cereals, peanut and other nut butters, protein, granola, energy or

breakfast bars. Particularly because most of these items are not covered by SNAP benefits, FISH likes to keep personal hygiene and nutrition products stocked as well, including shampoo, conditioner, soap, bath and shower gels, toothpaste and toothbrushes. Additionally, FISH accepts pet food donations to keep furry family members nourished and healthy.

Food donations, including perishables, are accepted at the FISH Walk-in Center, located at 2430 Periwinkle Way, behind Bleu Rendezvous Bistro. Hours are 8 a.m. to 3:30 p.m. Monday through Friday. No opened or expired food will be accepted. Over the weekend, individuals may leave non-perishable food and personal products in the drop-off bin located outside the walk-in center entrance. Additional drop-off sites include:

- Bailey’s General Store, available during store hours
- Bank of the Islands, available during bank hours
- Sanibel Fire and Rescue, 2351 Palm Ridge Road, available 24/7 (ring bell for drop-offs after 4:30 p.m.)
- South Seas Island Resort main gate, available 24/7

The FISH Food Pantry is open to Lee County residents and is a choice pantry where individuals may supplement their grocery needs. Those that qualify can utilize the pantry Monday through Friday from 10 a.m. to 3:45 p.m. Certain restrictions may apply. If you or someone you know is suffering from food insecurity, contact FISH. For additional information or to make a cash donation or an in-kind product donation to the food pantry, contact Maria Espinoza at 472-4775.✱

Historical Village Closing For Off-Season

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 traditional entrance to the village has been closed off for the construction and a temporary entrance has been made down the road 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.✱

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Sanibel Historical Museum And Village

Landmark: Periwinkle Way In The 1950s



This week's image is Periwinkle Way, one of the few paved roads on Sanibel in the 1950s and '60s, lined with Australian pines. Learn more about the history of Sanibel at the Sanibel Historical Museum and Village, 950 Dunlop Road, next to BIG ARTS. The village is open Tuesday through Saturday from 10 a.m. to 4 p.m. through April. Full guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge. Beginning May 1, village hours are 10 a.m. to 1 p.m., with one guided tour at 10:30 a.m. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.✧



Periwinkle Way in the 1950s
photo courtesy Sanibel Historical Museum and Village

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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

BAT YAM-TEMPLE OF THE ISLANDS

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

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019. 11580 Chapin Lane, Captiva, 472-1646.
FIRST CHURCH OF CHRIST, SCIENTIST Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday afternoon meeting 4:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

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

a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. Sunday worship: chapel service at 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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Taylor Szymanczyk shares his favorite memory of LOGOS with family and friends
photos provided

Celebrating Families And Sharing Memories

The midweek intergenerational LOGOS family ministry at Sanibel Community Church allows local families to experience their faith journey together. A family banquet is held to celebrate the end of a full year of the program and this year, families dined on chicken cordon bleu, green beans almondine, roasted baby potatoes and a tossed salad. The children had a



Yari Mendez tells his dad, "This has been the best LOGOS night ever!"

chance to show off their music skills as well as their good manners by serving their parents, grandparents and table parents.

Students reminisced about their experiences with table parents, volunteers and their families. Children and volunteers shared favorite moments over the past year, from Bible stories and recreation, to craft time, worship and themed group activities.

The LOGOS group is on summer break and will resume meetings on October 2. Children ages preschool through fifth grade meet on Wednesday

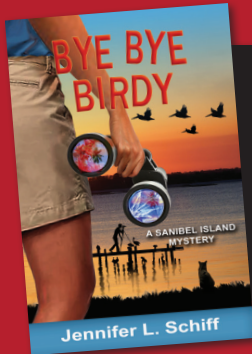


Terri Kirchner (aka Ms. Wacky) accepts the Ernie Gunther award for her service to the ministry from Holly Patton-Roark

night from 3:30 to 6:45 p.m. at Sanibel Community Church. More information on registration will be available in

September. Contact Holly Patton-Roark with any questions at 472-2684 ext. 122 or at holly@sanibelchurch.com.✧

AUTHOR EVENTS



Jennifer Schiff
**Monday,
July 15th
11AM - 1PM**



Jen Calonita
**Tuesday,
July 16th
11AM - 1PM**





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Cindy Sifton presents LOGOS graduate Anna Anderson-Kilgore with the 2019 Spoon Hanging Champion award



Cindy Sifton presents Lucy Wolf with the 2019 Cup Stomp Champion award



Scott Shankster having dinner with his twin daughters, Baylen and Delaney



From left, Spencer Sultz, Casey Sackman, Lila Fields, Monica Fields and Sofi Lee Varmuza waiting for the leader to start the next song



Dinner dean Cindy Sifton coaching Karsten Schafer as he leads the group in singing *Thanks to the Cook*, honoring Vicki Ashton



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Optimist Club Stages 40th Road Rally



Members of the Sanibel-Captiva Optimists Club, with the proclamation they received from the City of Sanibel, preparing to conduct the 40th annual Road Rally on July 4 at The Timbers Restaurant
photos by Jeff Lysiak



Vehicles lining up for the Road Rally



The Island Taxi team preparing to take off



Team Crash Cows Red



From left, Optimist Club members Stan Howard and Richard McCurry with honorary starter John Lai of the Sanibel & Captiva Islands Chamber of Commerce



Team Crash Cows White



Team Crash Cows Blue

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Community House



Aspiring artists can learn techniques from Sissi Janku on Wednesdays 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, 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: 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

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 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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OBITUARY



RICHARD REED CURTIN

Richard Reed "Dick" Curtin, MD, age 94, died peacefully on June 19, 2019 at his home in Shell Point Retirement Community in Fort Myers, Florida, with his loving wife Nancy of 54 years and his devoted oldest daughter, Dana, by his side. Dick was born on April 1, 1925 in Philadelphia, Pennsylvania and grew up in rural West Virginia in a coal mining and lumbering area. He was predeceased by his parents Ellsworth Ferris Curtin and Margaretta Cope Curtin, as well as his brothers David and Philip. Dick attended Webster Springs High School and subsequently graduated in 1943 from George School in Newtown, Pennsylvania.

Following Dick's graduation from George School, he served in the U.S. Army in World War II in North Africa and Italy from June 1943 to December, 1945. Upon his return from the Army, Dick married his first wife, Dorothy Dana of Swarthmore, Pennsylvania,

in 1947. With the help of the GI Bill, Dick attended Swarthmore College and Harvard Medical School, graduating in 1952. He trained in general surgery at Massachusetts General Hospital in Boston and practiced in Boston and Exeter, New Hampshire, where he worked with a multi-specialty medical group. In Exeter, Dick served as chief of surgery and was on the board of trustees of the Exeter Hospital.

Dick worked as a volunteer on the board of the New Hampshire Lung Association and was the New Hampshire representative to the national board of the American Lung Association for 10 years. He served one term as president of the New Hampshire Lung Association and in 1986 was presented with the Robert B. Kerr Award, the highest honor given by the New Hampshire Lung Association.

Dick married Nancy Dole of Augusta, Maine in 1965. They shared many gloriously happy years together in Exeter, West Gardiner, Maine, Sanibel, Florida and Shell Point in Fort Myers. They enjoyed traveling worldwide with colleagues and friends, in addition to visiting daughters temporarily living in Spain, Peru and Costa Rica.

Following retirement, Dick and Nancy moved to Sanibel in 1988, spending summers in West Gardiner. In Sanibel, Dick worked with the Committee of the Islands (COTI), serving on the board, and as president from 1994 to 1997. He was also on the board of Sanibel Estates Association of Properties Owners and the Sanibel-Captiva Conservation Foundation (SCCF).

Dick was an avid tennis player and enjoyed playing tennis all his life. Playing with his children and grandchildren and instilling an interest in the sport was very special to him. Dick will be remembered for his brilliant intellect, superb memory and his ability to read, blocking out all external interruptions. In addition, he enjoyed jogging, completing four

marathons. Dick was also an early computer aficionado and followed the progression of computer developments over the years. He loved his Kindle and his tablet. Dick also was an avid photographer and was the family historian through photos.

Dick and Nancy moved to Shell Point in 2004 where he was active in the Great Decisions Discussion group and the Democratic Club. He was also a strong supporter of Physicians for a National Health Program (PNHP) Single Payer Health Care.

Dick was especially pleased to have children and grandchildren visit in Sanibel and Maine. In addition to his wife Nancy, Dick is survived by children Dana Curtin Granados, Richard R. Curtin, Jr., PsyD (Amanda), Andrew C. Curtin, Karen Curtin Voorhees (David), Kathryn Curtin, Brian S. Curtin (Denise), and Elizabeth Curtin Hayes (Gerald); also 13 grandchildren.

Sarah Foleno, Kristen Krafsg, Elysa Granados, Marcelo Granados, Garret Voorhees, Coerte Voorhees, Laura Curtin, Delaney Curtin, Kaj Klitgaard, Jessica Curtin, Tyler Curtin, Ashley Wozneak and Davin Grant-Pollo; and great-grandsons; James Joseph Foleno, Jake and Ryan Krafsg and Levi Jordon.

A special thanks to Max, Doreen and the rest of his Hope Hospice team for their attentive and superb care and dedicated support.

A memorial service will be held sometime in the fall.

Donations may be made in Dick's memory to Sanibel-Captiva Conservation Foundation (SCCF) or Hope Hospice at the following addresses:

SCCF, P.O. Box 839, Sanibel, FL 33957 or www.sccf.org.

Hope Hospice, 9470 HealthPark Circle, Fort Myers, FL 33908 or www.Donate.HopeHCS.org.✱

OBITUARY

ORLENE MARKS SHIMBERG

Orlene Marks Shimberg died peacefully at her home in Ohio on July 4, 2019, surrounded by her family. Born to Frederic F. and Helen Koenig Marks on December 27, 1939, she grew up in Great Neck, New York and embraced her communities in Columbus, Ohio and Sanibel, Florida. Orlene graduated from American University and taught in Washington, DC, the New York City area and in Columbus.

Orlene's husband of 57 years, Steve, and her children, Rabbi Jessica Shimberg and Ken and Betsy Shimberg, remain to lift her memory. She was a loving "GramO" to Ian and Joshua Lind and Naomi and Daniel Shimberg. She is survived by her sister, Zara Marks Abel, two nephews and their families.

Orlene was a dedicated member of Kehilat Sukkat Shalom (formerly the Little Minyan) and also a member

of Bat Yam Temple of the Islands on Sanibel. In her retirement, Orlene worked tirelessly to empower women and girls and prevent human trafficking through her leadership of the Zonta Club of Sanibel-Captiva. She was also a volunteer with the Sanibel-Captiva Conservation Foundation, "Ding" Darling National Wildlife Refuge, Sanibel & Captiva Islands Chamber of Commerce and BIG ARTS, and was recognized as Sanibel Citizen of the Year in 2018 by the chamber.

She will be missed for her broad smile, fierce devotion to those she loved, immense energy, keen appreciation of beauty and truth, and delight in the "little things." In her memory, the family asks that you go for a long walk on the beach, save one last sip of red wine to go with your chocolate dessert, and take time to rid your gardens of invasive species. Orlene requested that donations in her honor be made to Kehilat Sukkat Shalom Columbus (Ohio) or Zonta Foundation of Southwest Florida.✱



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Plant Smart

Sago Palm

by Gerri Reaves

The sago palm (*Cycas revoluta*) is a member of the cycad family, a group of tropical and tropical plants that have been around since the age of the dinosaurs.

When it comes to classification, both its common name and appearance are misleading. It is not a palm and only distantly related to them. Adding to the confusion is the origin of the word cycas, which is Greek for "palm."

Superficially, it resembles a giant fern, but is not a fern either. The dried leaves are used in floral arrangements, thus another common name, funeral palm.

In fact, it is more closely related to conifers than to palms or ferns, as the plant's cones hint.

Native to the tropical islands of southern Japan, like other cycads, sago palm is dioecious, meaning that it has separate male and female plants.

A mature male plant produces a yellow cylindrical cone at its center. It is filled with pollen, measures up to two feet long, and is commonly described as having an unpleasant odor.

The female plant produces large orange-red seeds of about two inches in diameter. They grow between scale-like leaves that form a rounded furry mass at the plant's center.

It flowers in summer, usually every other year. It is very slow-growing,



Non-native sago palm is a cycad, a plant group that dates to the age of the dinosaurs
photos by Gerri Reaves

taking 50 years to reach a height of 12 to 15 feet, a characteristic that makes it a good container plant.

The oldest specimens are more than 2,000 years old!

The stout dark brown trunk is roughly shaggy. Pups, or suckers, sometimes form around the base of the trunk and can be removed and used to propagate new plants.

The stiff evergreen leaves are three to five feet long and pinnately compound, or feather-like in structure (think areca palm), and up to nine



Pups from the base of the trunk can be removed and propagated

inches wide. Each glossy linear leaflet is about four inches long.

The Latin word *revolut* means "rolled back" and refers to the leaflets' under-curved edges.

It has nitrogen-fixing roots and is drought and salt tolerance. It will grow in sun or shade and needs well-drained soil or it will rot.

The species has a few downsides. It has suffered in recent years from a viral cycad aulacaspis scale and is also susceptible to leaf spot.

All parts of sago palm are toxic to people and animals because it contains

a strong neurotoxin that can paralyze or cause an excruciating death if ingested, so exercise caution if it's in your yard.

If you're thinking about adding cycads to your landscape, consider Florida's own native cycad, coontie (*Zamia integrifolia*). Although toxic, as are all cycads, it is the host plant for the rare atala butterfly.

Sources: *Florida Plant Selector* by Lewis S. and Betty M. Maxwell, <http://edis.ifas.ufl.edu>, www.floridata.com, and www.south-florida-plant-guide.com.

Plant Smart explores the diverse flora of South Florida.✱

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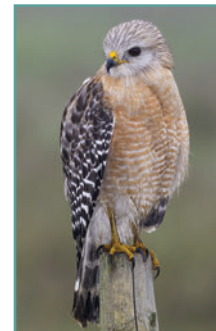
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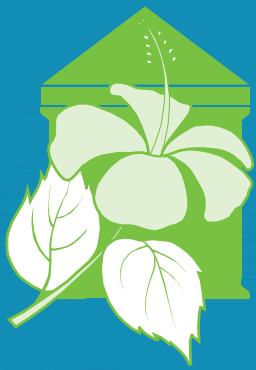
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Summer Time Fishing Just Keeps Getting Better



by Capt. Matt Mitchell

Most of this week, I spent my time in and around the passes, catching snook along with some redfish and even trout. To see our passes come alive over the past

few weeks is awesome.

Every pass is holding lots of summertime snook. It's just a matter of what the tide is doing to decide which pass will be most productive. What all these passes have in common is the huge volume of water that travels through them on the tide, and that makes a perfect set up for hungry fish to feed.

Captiva Pass offers lots of options with snags and deep fast-moving water both on the Cayo Costa side and along the docks on the south side. Besides snook, this pass will produce some really big bull redfish on the lower stages of the tide all summer long. The snags on the north side load up with snook along with the inside deeper trench on Cayo Costa. Working out this bite only comes with time served, though once you do figure it out, it is very consistent.

Redfish Pass is one of our more famous snook fishing passes and offers a

seawall with rocks on the south side that turn into sand beach. This side of the pass is all about drift-fishing live bait close to the bottom. Rock jetties on either side of the pass can be fished while anchored and, at times, can be holding hundreds of snook. The north side of Redfish Pass has docks on the inside that are also a good place to anchor up and snook fish.

Blind Pass is far from a secret, and it has some of the fastest-moving current anywhere. Dialing in on what tide these fish want to feed on is forever changing, though when you do hit it right, the bite is often nonstop. It's not unusual to catch redfish in this pass too, though this week the big surprise was the amount of large trout we caught while snook fishing. Some days this week you could see the snook laid up under the mangroves almost right on the surface. Sight casting these fish is a blast.

What all these passes do share beside the fact they hold lots of fish is that the only way to work out how to fish them successfully is to put your time in. There is not one specific place that will always hold fish as it's constantly changing depending on the wind and tide. Look for reverse eddies and tide rips that often change depending on how fast the current is moving to be the ambush places these fish will be. Any piling or downed tree limb can also work as a snook honey hole. In the deeper water, snook get down flush to the bottom behind rocks or even just bumps and lumps in the bottom so they don't have to use up any energy fighting the tide. Once a snook has a comfortable place to set in the tide, it's a never-ending baitfish buffet for them as they just dart out and



Summertime catch-and-release shark fishing is in full swing

photo provided

grab an easy meal.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives

in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.*

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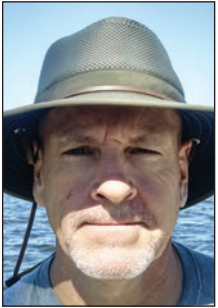
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Dave Doane

CROW Case Of The Week:

Pileated Woodpecker



by Bob Petcher

The pileated woodpecker (*Dryocopus pileatus*) is a large woodpecker with a red crest on top of its head. One can distinguish a male from a female by the size and color of the crest. A male

tends to have a brighter and larger crest and a red stripe along its cheek. Females do not have the cheek stripe.

Pileated woodpeckers will make themselves known when they fly into your neighborhood. They are noisy with their drilling technique and whinnying calls. They drum on dead trees in a rectangular pattern to get at ants, particularly carpenter ants, and other insects. Their drumming and whinnying also acts as a territory defensive measure, while the created rectangular holes provide housing or shelter for other birds, owls or bats.

At CROW, an adult pileated woodpecker was admitted from Fort Myers Beach after appearing to have an injured leg. During the initial intake exam, the patient's leg was tested for strength, and it was apparent the woodpecker had decreased grip with the right foot.

"The woodpecker was tested at intake by placing a pen or Q-tip in the 'palm' of their foot, evaluating to see if they reflexively grasp for it," said Dr. Megan Cabot, CROW veterinary intern.

Veterinarians also suspected a left coracoid fracture, an injury to an area that is similar to a human collar bone. Radiographs indicated there was a fracture, but due to its location near the midline, it was difficult to assess the extent of the injury.

"The fracture will be allowed to heal on its own with stabilization by a body wrap and rest," said Dr. Cabot. "There are a lot of structures in that midline area that overlap and make it difficult to see clearly in such a small patient."

The bird was given anti-inflammatory and pain medications and provided with plenty of climbing and habitat enrichment in its enclosure.

"The woodpecker is provided with upright perches made from wide, hollow logs to mimic tree trunks like those they would perch on and forage from in the wild," said Dr. Cabot.

The body wrap will be in place for some time as the pileated woodpecker needs the fracture to be totally mended.

"It will take a few weeks to months for the bone to heal," Dr. Cabot noted.

Due to the area of the fracture, it is not a foregone conclusion that the patient will be releasable.

"The woodpecker is doing well so far, keeping the body wrap in place. It is a picky eater but right now the favorite snack is beetles," added Dr. Cabot.

"The bird will likely be with us for a few



Patient #19-2760 is in a wait-and-see holding pattern when it comes to its fracture and its ability to fend for itself in the wild

photo by Brian Bohman

months while we give it time to heal, but unfortunately the prognosis is guarded for regaining full function of that wing and being released back into the wild."

CROW (Clinic for the Rehabilitation of Wildlife, Inc.) is a non-profit wildlife hospital providing veterinary care for

native and migratory wildlife from our local area. The hospital accepts patients seven days a week from 8 a.m. to 5 p.m. Mail donations to P.O. Box 150, Sanibel, FL 33957. Call 472-3644 or visit www.crowclinic.org.

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Shell Of The Week

Different Scale Snail



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

Cochliolepis differens Rubio, Rolán, & Lee, 2011 is a recently described member

of the microgastropod family Tornidae. Its shell reaches about 3 mm (about 0.12 inch) in diameter, and is flattened, compressed, with a sculpture of very fine, wavy growth lines. The spire is very short, not projected, and the umbilicus is open. The aperture is oblique in relation to the shell axis (the imaginary line around which the shell coils during growth). Shell color is translucent, glass-like. The shell illustrated was collected by the late Dale V. Stingley on “Upper Captiva Island” (North Captiva), in 1960. Read more about local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events



The Different Scale Snail, Cochliolepis differens

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

photo by James F. Kelly

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.

Free Program To Help Reduce Fertilizer Runoff

Rainy season can wash fertilizer into waterways. While this is not a new problem, the University of Florida (UF) has had a program in place since the 1990s to give homeowners the knowledge and tools to reduce this runoff.

The UF/Institute of Food and Agricultural Sciences Extension for Lee County is presenting a free program, titled Florida Yards and Neighborhoods Introductory Class. Lee County Master Gardeners will teach nine principles during a session at Lakes Regional Library on Saturday, July 20 from 10 a.m. to noon.

The class is useful to experienced as well as novice gardeners. Landscaping ideas help homeowners be better ecologists and may reduce their yard maintenance.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers. Visit www.gardeningsolutions.ifas.ufl.edu/mastergardener/images/logos/2019/mg_Logo2019_4cSideHorz.pn for more information.✪

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A Night On Picnic Island

by Kealy McNeal

Picnic Island is a 7.4-acre island in San Carlos Bay and where I recently camped out with six teenagers. Our overnight trip to the uninhabited island is one of the highlights of a weeklong paddleboarding camp. A series of day trips throughout the week help us build the confidence to paddle to Picnic Island with our camping gear, sleep under the stars, then turn around the next morning and cover six more miles to Fort Myers Beach.

Launching from the Sanibel Causeway, we endured 10 to 15 mph winds on our way across San Carlos Bay to Picnic Island. The paddle was challenging and exhausting for all of us – nearly two hours later we finally reached our destination. As soon as we landed on the north side of the island, we started setting up camp. We traded our beds for boards that night, and prepared to sleep in a small, breezy clearing to avoid mosquitoes. Before bed, we devoured food around a campfire and watched an ominous



storm front slowly creep over Sanibel. The slow speed of the storm left us plenty of time to prep our gear for the incoming rain, but also meant the rain would last a few hours. Although cold and uncomfortable, the campers remained in high spirits, exploring the island by flashlight and wading in the bay. Close to 1 in the morning, I dumped the standing water from my board and tried to get some rest.

Eventually, I did fall asleep, although I was frequently interrupted by biting insects and giggles from the campers, who were trying to pull an all-nighter. In the morning, the sun greeted us and we struggled to pack up after a very restless night. Soon we were back on our boards en route to lunch at Doc Ford's on Fort Myers Beach. We were accompanied by a small bonnethead shark for a good portion of our trek, who seemed very curious about us.

I want to congratulate all of our campers for pushing themselves both mentally and physically to complete the journey. While it was not the coziest camping excursion, it was an experience that I will certainly remember for a long time.

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

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

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

Monday, July 15, 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 15, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – CROW Case of the Week (daily presentation).

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

Tuesday, July 16, 11 a.m. - 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 16, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Gopher Tortoises (daily presentation).



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

Wednesday, July 17, 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 17, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

Virginia opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Thursday, July 18, 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 18, 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.✧

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Jean Le Boeuf, News-Press

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Fish Caught



Daisy and Peter Bredlau photo provided
Daisy and Peter Bredlau caught a redfish just west of the Sanibel fishing pier.✱

Fish Caught



Jack Gulden photo provided
Jack Gulden, a retired colonel from the U.S. Army, caught a 33-inch redfish on July 5. He was fishing with his brother Bob and niece Kelly, along with Capt. Eric Russell, aboard the *Relentless Pursuit*. The fish was caught on a spinning rod using cut threadfin herring off of North Captiva, next to a dock.
The family vacations on Sanibel every year at this time, and this is by far the biggest redfish they have caught.✱

Shells Found



Andrea Shepard and Mack Eastman photo provided
Andrea Shepard and Mack Eastman, both 17 and from Cedar Falls, Iowa, found six alphabet cones the during their stay the week of June 29 to July 5. A few were found in front of the condominium where they were staying at Tarpon Bay and the rest were found by Blind Pass.✱

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The Community House

Nutmeg



by Resident Chef Jarred Harris

Nutmeg is one of my all-time favorite spices. It has a warm, slightly spicy flavor and it can be used in sweet and savory recipes. It is the fruit of the nutmeg tree, which is native to Indonesia and, in fact, nutmeg is actually two spices, nutmeg and mace. Nutmeg is the “nut” of the fruit and mace is the red lacy webbing or “aril” surrounding the nut.

Nutmeg has been around since the first century AD, and Romans used the spice as a flavoring, preserving agent, aphrodisiac and digestive aid. Roman emperors would have nutmeg burned throughout the streets of Rome before traveling to their coronation.

During medieval times, it was believed that nutmeg could ward off the plague, and it was used as a hallucinogenic. Around the early 1600s, nutmeg became an important and expensive spice around the world, and wars were fought to

maintain control of this valuable spice.

Nutmeg contains copper, potassium, calcium, iron, zinc, magnesium, niacin, vitamin A, dietary fiber, manganese, thiamin, vitamin B6 and folate.

Nutmeg is anti-fungal and contains many chemical compounds. These compounds have disease preventing properties and other health benefits such as the ability to relieve pain and lower blood pressure. They also act as an anti-depressant, can detoxify the body and aid in digestion. Nutmeg also increases circulation and protects against Alzheimer's disease.

When purchasing nutmeg, always buy the whole nutmeg and grate it yourself. The whole nutmeg will last indefinitely if kept in an airtight container.

Here is a simple recipe to try:

Scalloped Sweet Potatoes

Ingredients

3 large sweet potatoes (thinly sliced)

16 ozs. heavy cream

2 tbsp. ground nutmeg

Kosher salt

Fresh ground pepper

Method

Preheat oven to 375F

In an oblong baking dish, arrange ¼ of the sliced potatoes in a shingle pattern. Lightly salt and sprinkle a pinch of nutmeg after each layer.

Place another layer of sliced potatoes on top of the previous layer and lightly salt, pepper and sprinkle a pinch of nutmeg.

Continue the process until all the potatoes are in the baking dish.

Pour the heavy cream on top of the

potatoes and cover with foil. Place the foil covered dish on a baking tray and place in the oven.

Bake for 45 minutes, then remove foil and bake for an additional 15 minutes.

Remove from oven and serve.

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 stir fry from noon to 8 p.m. this Sunday, July 14. The following Sunday, July 21, barbecued ribs and chicken are on the menu from noon to 8 p.m.

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.*

Shell Found



Nick Forsyth Newton

photo provided

Nick Forsyth Newton from Pennsylvania found a junonia on North Captiva Island on July 3 while on one of Captain Randy's Dolphin and Shell Trips.*

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World Snake Day kicks off with a free guided tour of Indigo Trail, named for one of Florida's rarest snakes photo provided

Celebrate World Snake Day At 'Ding' Darling

Take a free guided nature walk, watch a free film and take advantage of free upcycled snake crafts, Nature Store specials and handouts on World Snake Day at JN "Ding" Darling National Wildlife Refuge on Sanibel on Tuesday, July 16.

Free snake lessons and a showing of the 53-minute film *Invasion of the Giant Pythons* take place throughout the day at the refuge Visitor & Education Center. The morning's ranger-led Indigo Trail walk departs from the flagpole in the parking lot. The first 20 people to show up for the walk receive a free gift and a 10 percent discount coupon for the Refuge Nature Store.

"My summer assistants and I decided to celebrate the day by drawing attention to and educating people about these cool, often misunderstood, reptiles," said Conservation Educator Sara Hallas, whose team is organizing the event.

The schedule for snake-friendly and free fun throughout the day is:

9 to 10 a.m. - Free guided Indigo Trail walk to the Wildlife Education Boardwalk

11 to 11:30 a.m. - Free snake lesson in the Visitor & Education Center classroom

Noon to 1:30 p.m. - Free showing of the film *Invasion of the Giant Pythons* in the Visitor & Education Center auditorium

Noon to 2 p.m. - Ongoing free make-and-take snake crafts in the Visitor & Education Center classroom

2:30 p.m. - Free snake lesson in the Visitor & Education Center classroom

For more information about World Snake Day at the refuge, call 472-1100 ext. 236 or visit www.dingdarlingsociety.org/articles/events.



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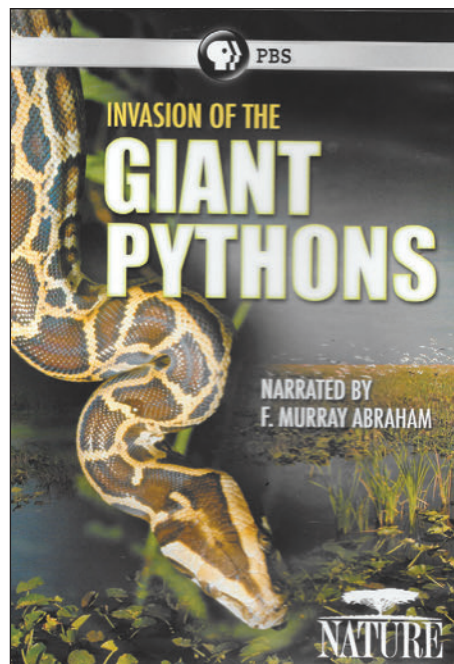


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Megalodon Week At Sea School



Sanibel Sea School campers cheered for their team at the weekly surf paddling race photo provided

submitted by Leah Biery

Campers in Sanibel Sea School's Mega Megalodon Week enjoyed fun and learning related to one of the ocean's most storied extinct creatures. These sharks could reach 80 feet in length, and with more than 250 six-inch long teeth, they roamed the seas as apex predators. There is evidence that they fed on dolphins, manatees, sea turtles and even large whales.

Participants played extinction tag and created their own models of extinct marine species out of papier-mâché. They also had a chance to compare their own hands

to a real fossilized megalodon tooth. Each group dissected a spiny dogfish to better understand shark anatomy and physiology, and campers described the experience as "stinky but very fun."

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.



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Watermelon and Pork Lettuce Wraps

- 3 cups watermelon, diced
- 1 orange, segmented
- 1 cucumber, diced
- 1 head lettuce (butter lettuce or romaine)
- 1 pork tenderloin
- 3-4 sprigs fresh rosemary or thyme
- 2 tablespoons all-purpose seasoning (your favorite)
- 1 lime, sliced
- 2 scallions, sliced thin
- Oil for cooking
- Sea salt and fresh ground pepper, to taste

Prepare watermelon, orange, and cucumber and store in refrigerator until ready to serve. Tear lettuce into serving size portions and store in refrigerator until ready to serve.

Preheat oven to 375 degrees. Preheat



Watermelon and Pork Lettuce Wraps

large sauté pan over medium-high heat with one tablespoon oil. Season pork with 1 tablespoon all-purpose seasoning, salt and pepper. Place rosemary into pan and set pork over top. Sear pork on all sides, transfer to oven safe dish and finish cooking until an internal meat thermometer reaches 145 degrees. Remove from oven, cover, and allow to

rest for at least 10 minutes. Slice thin or dice small for lettuce wraps. Assemble by placing pork, watermelon, cucumber, and citrus segments into lettuce cup. Sprinkle each with remaining all-purpose seasoning, squeeze fresh lime juice on top and garnish with scallions. Serve immediately.✱

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 Quinten. Neon Summer 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 with Woody Brubaker and Marvella Marzan. On Saturday, it's Woody Brubaker. Dusk Duo performs on Wednesday. Thursday is Jazz Night with Woody Brubaker.

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

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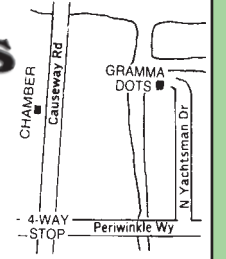


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Library Program Offers Up Close Look At Bats

by Jeff Lysiak

A capacity crowd filled Meeting Room #4 at the Sanibel Public Library last week, when Francine Prager from Tampa Bay Bats delivered a presentation on the mysterious, often misunderstood flying mammals.

Only July 2, the founder of the bat rescue organization offered a fun and informative lecture on bats, bringing with her four local species – including the free-tailed, evening, yellow and southeastern myotis bat – that were brought around the room so all in attendance could see close up.

“There are more than 1,400 different types of bats found around the world, and they’re divided into two groups – mega and micro,” Prager told the audience which included all age groups, from preschoolers to seniors. “And they’re found everywhere on earth except one place, the South Pole, because it’s too cold there.”

During her 70-minute presentation, Prager showed photographs of several bat species. They included the Kitti’s hog-nosed bat (also called the bumblebee bat), the world’s smallest, and the giant golden-crowned flying fox, the world’s largest with a wingspan of nearly six feet.

In Florida, there are 13 different



Francine Prager walked around the room so all in attendance could see her bats up close photos by Jeff Lysiak

species of bats. They include the evening bat, Brazilian free-tailed bat, northern yellow bat, eastern red bat, Seminole bat, tri-colored bat (formerly known as the eastern pipistrelle bat), hoary bat, Rafinesque’s big-eared bat, gray myotis bat, big brown bat, Florida bonneted bat, velvety free-tailed bat and the southeastern myotis bat.

Dispelling the rumors made about vampire bats, Prager showed a picture of the rather small (less than two-ounce) mammal. She also stated that while vampire bats do live in southern and

Central America, they are not found in the United States (except in zoos). And of the three species of vampire bats in the world, only two eat blood in order to survive, thus their given nickname.

“They don’t drink human blood,” she told the crowd. “They prefer the blood of cattle, horses or birds.”

Prager also discussed some other myths associated with bats:

Bats are not blind. They use echolocation in order to more effectively hunt for insects to feed upon.

All bats do not have rabies. Only a



Youth Librarian Deanna Evans holding a container with a southeastern myotis bat

very small percentage (one half of one percent) may carry the rabies virus, and they often die before passing the virus along.

Bats are not flying rodents. They belong to a group called Chiroptera, which means “hand wing.” They are closer to groups like primates, lemurs and humans.

“And they are very clean animals,” said Prager, walking around the room with one of the bats – nicknamed Otis – clinging to her fingers. “They’re like

continued on page 32

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From page 1

Independence Day Parade Highlights



photos by Jeff Lysiak



Independence Day Parade Highlights



photos by Jeff Lysiak





Rebecca Congress holding two of the wildlife photographs being sold by Bridgit Stone-Budd (back) to raise funds for her annual mission trip to Haiti photo by Jeff Lysiak

Photography Hobby Supports Mission In Haiti

by Jeff Lysiak

For the past dozen years, Sanibel residents and business owners Bridgit Stone-Budd and Dan Budd have dedicated themselves to helping people living in the impoverished and hurricane-ravaged nation of Haiti. Every October, the couple travels to Saint-Marc, Haiti as part of a church-based mission to provide clean water, grow and consume healthy meals, and build quality school facilities for children.

In 2017, Phase I of the Frere Emma School building in Saint-Marc was completed. That work included building boys and girls bathroom facilities and other portions of the ground floor. Last year, the couple continued work on Phase II, which included second floor restrooms at the school along with a new roof.

This October, in addition to putting finishing touches on the school, a church to serve the Saint-Marc community will be built.

Over the years, to assist with the funding of their mission trips, the couple has solicited generous islanders. While they pay their own travel, food and lodging expenses, they have collected donations that are used for building materials, tuition and school lunches for children, and hiring local labor in Haiti.

At first, money was collected in tip jars at their restaurant. The Pecking Order. Then, the Palm Ridge Road eatery sold limited edition coffee mugs and started a GoFundMe campaign. Last year, works created by island artists – including Myra Roberts, Lacy McClary, Trace Tillou and Jolene Black – were sold during a summer-long silent auction.

But this year, Stone-Budd decided to turn her recently developed fondness for photographic wildlife to optimum use.

"When my mother, Linda Miller, moved onto the island recently, I was helping her unpack when I came across



Great blue heron in flight by Bridgit Stone-Budd image provided

her camera," Stone-Budd recalled. "She handed it to me and said, 'Here, honey, give it a try.'"

Over the next few weeks, during her daily strolls with her dog, Adrian, Stone-Budd began taking pictures with the Canon camera, snapping images of whatever wildlife she came across. Snakes, lizards, alligators, dragonflies and a variety of birds are among her favorite subjects, all photographed here on Sanibel.

"It's amazing how close up I can get with the camera; I used to take pictures using my cell phone," said Stone-Budd. "I now find myself going out two or three times a day with Adrian... we go to the refuge a lot, the Bailey Tract, Pond Apple Park and the Bob Wigley Preserve."

After printing copies of some of the images she captured at her restaurant, several customers suggested that she should be selling her photographs. That's when the notion of offering framed prints of her photography work became this year's Haiti fundraiser.

"One hundred percent of the proceeds we get from my photo sales are going to feed children in Saint-Marc, Haiti," added Stone-Budd, who has created a website – www.BridgitsLife.com – where all of her images can be viewed and prints can be ordered. "During the month of July,

continued on page 35

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Book Review

The Other Americans



by Di Saggau
The *Other Americans* begins with a Moroccan immigrant named Driss Guerraoui being struck by a car while leaving his diner one evening, located near California's Mojave Desert. With

nine alternating narrators, including Driss, Lalami weaves together the slain man's journey to America and the life he worked hard to build. Nora, Driss's American-born daughter, notes that her father had moved 6,000 miles for safety, only to find that he was not safe at all. After 9/11, his first business was burned down.

The story is told from the viewpoint of each character. Nora's grief is clear. The novel opens with, "My father was killed on a spring night four years ago, while I sat in the corner booth of a new bistro in Oakland. Whenever I think about that moment, these two contradictory images come to me: my father struggling for breath on the cracked asphalt, and me drinking champagne with my roommate, Margo." Other narrators follow, among them, Jeremy, an old school friend of Nora's and an Iraq War veteran; Efrain, an undocumented Mexican immigrant who witnessed the hit and run; Maryam, Driss's

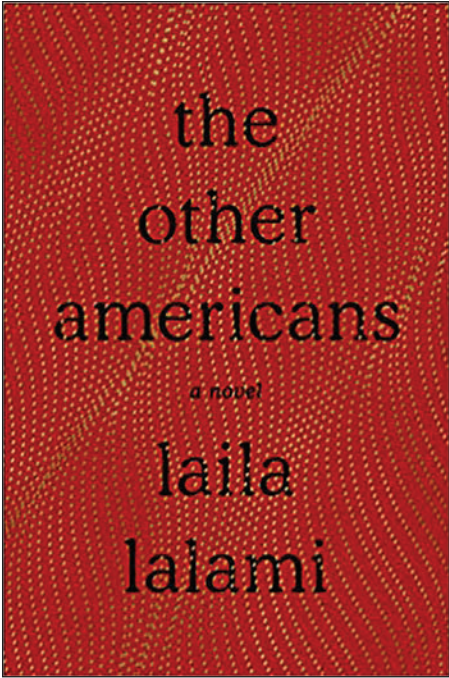


image provided

wife who still pines after her life in the old country; and Coleman, the black woman detective working Driss's case who is slowly discovering her son's secrets.

The Other Americans is a powerful novel, a murder mystery and a love story involving characters who are deeply divided by race, religion and class. As their stories are told, connections among them come forth, even as Driss's family confronts their secrets. This results in a town facing its hypocrisies. Lalami questions the feasibility of any centralized American identity.

None of the narrators quite measure up to the expectations they feel their country has of them. All the characters read like people. They are funny, cantankerous and they keep secrets from one another and also from themselves. The book provides an image of how easily the "American Dream" of some immigrants is taken away by people who think differently about what makes an American.

Lalami was a Pulitzer Prize finalist for her book *The Moor's Account*. You will find her prose to be incisive and lived-in, like it was learned from decades of listening in on private conversations. She writes about love's dangerous power, the ties between resentment and privilege. *The Other Americans* is about hate, but also about believing in people. I highly recommend it.✴

School Smart



by Shelley M. Gregg, NCSF

Dear Readers,
This column was published last year but has such valuable information that I wanted to share it again. It's about the importance

of physical play and how this play can help develop physical, intellectual and social growth. Needless to say, a typical playground provides lots of opportunities for great fun as well. Below is some information about play and the developmental process.

Swinging, a basic playground activity, is one of the very best activities for children's development in many areas. It helps with balance and teaches them to know where their body is in space which is important for successful vestibular development. It also provides practice with fine motor skills like gripping the chain, gross motor skills such as pumping their legs to swing higher and coordination. Swinging helps the brain to figure out speed and direction.

Climbing playground equipment and even climbing trees can help with children's motor planning and flexible thinking (to think about something in a new way). In order to climb, children need to build an awareness of where their body parts are and what they can do with them. Climbing helps them understand and experience spatial directions like up, down, left and right. Climbing also encourages problem solving and predicting what's going to happen. For example, your child may wonder, "Where should my right foot go next? How will I get down from the top?" This kind of problem solving can help on the playground and in the classroom.

Playing on overhead equipment, like monkey bars, helps children develop both fine and gross motor skills. Practicing small movements like gripping the bar as well as big movements such as swinging from one bar to the next, develop strength, balance and practice coordination.

Free play from organized games to just running around with other kids is great. Free play helps children learn to communicate with other kids and practice conversation and vocabulary. Playgrounds can teach children how to follow and change rules, share and take turns. Social interactions on the playground can help children learn and practice social cues like body language and tone of voice.

No matter the game – kickball, tetherball, or activity like swinging, climbing or just free play – a great deal of children's development occurs through play. As

children figure out how to hold on to and climb playground equipment, manipulate, throw or kick a ball, they are practicing very important fine and gross motor and coordination skills. As they develop strategies about play, where to put their feet next or whether it's time to run to the next base, they're working on critical thinking and problem solving. Learning through playing is a great way to help your child develop. Have fun at the playground this summer.

Shelley Gregg 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. *House of Broken Angels* by Luis Alberto Urrea
 2. *Little Fires Everywhere* by Celeste Ng
 3. *Transcription* by Kate Atkinson
 4. *Summer Guests* by Mary Alice Monroe
 5. *Where the Crawdads Sing* by Delia Owens
 6. *City of Girls* by Elizabeth Gilbert
 7. *Silent Patient* by Alex Michaelides
 8. *Past Tense* by Lee Child
 9. *Queen Bee* by Dorothea Benton Frank
 10. *Next Year in Havana* by Chanel Cleton
- Courtesy MacIntosh Books and Paper.✴

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group



Kerri Maw



Jennifer McSorely

The top producers for June at Pfeifer Realty Group were: Kerri Maw, top sales agent; and Jennifer McSorely, top listing agent.✴

THIRD THURSDAY OF THE MONTH



Featuring Local Artists
Everyone is invited to play!

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Sculpture And Stories At Sanibel Public Library

The Sanibel Public Library summer reading program is open to children, from babies to teens. Participants will receive a special gift (quantities are limited). Readers can log hours and activities through August 3 and pick up books through August 10. 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. 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.

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

If you love dogs and books, you can



Baylen and Delaney Shankster with Bessie, a reading education assistance dog photos provided

read to Bessie, a bearded collie and trained reading education assistance dog. At 2 p.m. on rain-free Tuesday afternoons, children can sign up on the spot.

Family Storytime (for baby to age 5) is held at 11 a.m. on Wednesdays weekly 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 snacks and games.

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

During the summer the library is open



Sculpture Craft with the Kellys will be offered on Tuesday, July 16

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 event schedule is on the calendar at the library's website at www.sanilib.org.

Sanibel Public Library cards are available to all residents of Sanibel and Lee County at no charge. Visitor library cards are available for a \$10 annual fee. For more information, call 472-2483. The Sanibel Public Library is located at 770 Dunlop Road.✱

ISLAND SUN BUSINESS NEWSMAKERS



Liz Stewart



LeAne Taylor Suarez



Larry Hahn



Debbie Hahn

John Naumann & Associates

The top producers at John Naumann & Associates for the month of June were: Liz Stewart, top listing agent; LeAne Taylor Suarez, top sales agent; and Larry and Debbie Hahn, top sales team.✱



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11508 Andy Rosse Ln.
Captiva, FL 33924

Buying, Selling or Just Want to Chat... Talk to Chuck!
www.SanibelCaptivaRealEstateGuide.com

836 Donax Street



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.

\$575,000

4156 West Gulf Drive



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.

\$1,329,000

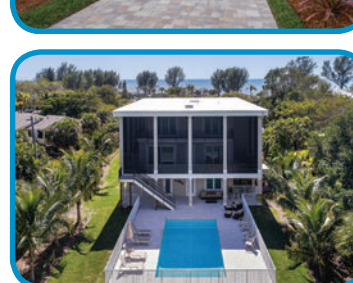
Sandalfort #3C1



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.

\$674,000

4014 West Gulf Drive



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!

\$3,699,000

Sandpiper Beach #303



Beautifully updated 2BR/2BA corner unit with vaulted ceilings and gulf-front and pool views. Fully outfitted for rental with great rental income history.

\$759,900

678 Durion Court



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.

\$699,900

Seashells of Sanibel #36



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.

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6477 SANIBEL-CAPTIVA RD., SANIBEL
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 John Stephens 239.980.6394

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14860 JONATHAN HARBOUR DR., FT. MYERS
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\$2,995,000 **MLS 218073284**
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SIESTA ISLES



18181 OLD PELICAN BAY DR., FT. MYERS BEACH
 • Deep Water Dockage, Resort Pool/Spa
 • 6 BR, 5.5 BA, Architectural Masterpiece
\$1,850,000 **MLS 219015186**
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2737 WEST GULF DR. #132, SANIBEL
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 • Vaulted Ceilings, Large Open Kitchen
\$714,900 **MLS 219001994**
 Jason Lomano, Lomano-Nicholson Team 239.470.8628

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1501 MIDDLE GULF DR. #H210, SANIBEL
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\$379,000 **MLS 218080098**
 Brian Murty 239.565.1272

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2462 WULFERT RD., SANIBEL
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 • Overlooks 15th Fairway
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BY THE SEA



2611 W. GULF DR. #C102, SANIBEL
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 • Direct Gulf, 3 BR, 2 BA, Granite Kitchen
\$1,595,000 **MLS 218078824**
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566 BOULDER DR., SANIBEL
 • Updated 3 BR, 2 BA, Near Beach
 • Spectacular Pool, Lake Views
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 • 1 BR Guest Cottage, Dock w/Boat Lift
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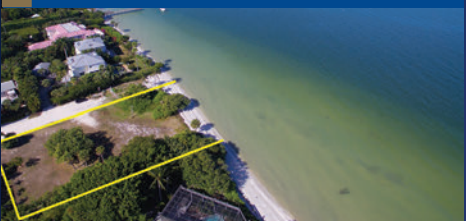
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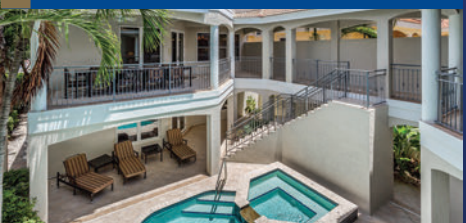
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	FRIDAY Partly Cloudy High: 88 Low: 85		SATURDAY Mostly Cloudy High: 89 Low: 86		SUNDAY Cloudy High: 88 Low: 85		MONDAY Mostly Cloudy High: 91 Low: 87		TUESDAY Mostly Cloudy High: 88 Low: 85		WEDNESDAY Mostly Sunny High: 91 Low: 87		THURSDAY Mostly Cloudy High: 89 Low: 84
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	10:01 am	3:03 am	None	5:35 pm
Sat	12:59 am	3:43 am	10:44 am	6:27 pm
Sun	2:07 am	4:22 am	11:25 am	7:12 pm
Mon	2:59 am	5:01 am	12:05 pm	7:51 pm
Tue	3:36 am	5:42 am	12:44 pm	8:27 pm
Wed	4:03 am	6:24 am	1:21 pm	9:00 pm
Thu	4:23 am	7:09 am	2:00 pm	9:31 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	9:06 am	3:05 am	None	5:37 pm
Sat	12:04 am	3:45 am	9:49 am	6:29 pm
Sun	1:12 am	4:24 am	10:30 am	7:14 pm
Mon	2:04 am	5:03 am	11:10 am	7:53 pm
Tue	2:41 am	5:44 am	11:49 am	8:29 pm
Wed	3:08 am	6:26 am	12:26 pm	9:02 pm
Thu	3:28 am	7:11 am	1:05 pm	9:33 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	9:23 am	3:31 am	11:09 pm	4:46 pm
Sat	10:11 am	4:16 am	None	5:47 pm
Sun	12:29 am	5:13 am	11:16 am	6:47 pm
Mon	1:26 am	6:19 am	12:15 pm	7:42 pm
Tue	2:18 am	7:18 am	1:02 pm	8:33 pm
Wed	3:22 am	8:10 am	1:43 pm	9:19 pm
Thu	4:08 am	8:57 am	2:28 pm	10:00 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	1:42 am	6:19 am	12:11 pm	8:51 pm
Sat	3:09 am	6:59 am	12:54 pm	9:43 pm
Sun	4:17 am	7:38 am	1:35 pm	10:28 pm
Mon	5:09 am	8:17 am	2:15 pm	11:07 pm
Tue	5:46 am	8:58 am	2:54 pm	11:43 pm
Wed	6:13 am	9:40 am	3:31 pm	None
Thu	6:33 am	12:16 am	4:10 pm	10:25 am

Island Seniors At Center 4 Life

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

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.

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

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

decorations and lights.

Halfway to the Holidays Sunset Social on the Causeway – Tuesday, July 23 at 6:30 p.m., weather permitting. Spend an evening relaxing and watching the sunset with friends, and celebrate the halfway point to the holidays. Bring your favorite Christmas hat and/or wear your favorite holiday attire. Food will be served at 7 p.m. Bring a side dish to share and your beach chair. Call 472-5743 for directions to the viewing area.

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.*

Look At Bats

cats, constantly cleaning themselves.”

Asked why bats hang upside down when they sleep, Prager responded that because bats are rather small and defenseless, hanging upside down allows them to let go and take flight almost instantly when they sense danger is approaching.

While some bats are carnivores, a large majority of them eat fruit or insects. A single bat can consume up to 3,000 insects in one night, making them a welcome addition to your backyard. They are also effective pollinators, with more than 300 species of fruits, vegetables and flowering plants dependent upon bats.

Upcoming events for children and families at the Sanibel Public Library include 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 Librarian Deanna Evans at 472-2483 or visit the library, located at 770 Dunlop Road on Sanibel.*



Free-tailed bat photo by Jeff Lysiak



Sandpiper Beach Unit 303

GREAT RENTAL HISTORY

Beautifully updated 2BD/2BA corner unit with Gulf and pool views! Fully outfitted for rental, this is a secluded beach front property. Enjoy cooking out on the gas BBQ grills, strike up a tennis match on the courts, or try your luck at a shuffleboard game. A wooden boardwalk takes you from the heated pool and sundeck area directly onto the lovely wide sandy beach.

Offered At \$759,900



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Summer on Sanibel = Swimming & Fun



Shell Harbor Home on Deepwater Canal
Remodeled top-to-bottom, inside & out, with central great room, 3 separate suites, & upper loft. Dock with lift. \$2,295,000



Gulf-front 1st Level at Sanibel Arms West
Remodeled income-producing beach-facing 2 bedroom in on-site rental program with 3-night minimum & low fees. \$849,000 furnished



Bay-Side Pool Before Renovation
Now it's even better than this. Stunning 4-level Sanibel Harbour home with elevator almost complete. Dock with lift too. \$3,495,000



Beach-Front Moonshadows 1/2 Duplex
Pool & tennis shared by just 12 owners. Huge great room & family room with spectacular gulf views. 3 bedrooms too. \$1,495,000 furnished



Pool Home With View in The Dunes
Split-plan 3/2 on pilings & with high ceilings. Community beach access path. Club membership voluntary. \$749,000



At End of Gumbo Limbo Cul-De-Sac
Private home with expansive lake views. Huge screened deck. Easy 1-level living, semi-raised. New roof & new AC. \$699,000



Two Big Pools at Gulfside Place
Beach-facing remodeled 2nd floor 2 bedrm with den. Other amenities include clubhouse, saunas, tennis, shuffleboard, BBQs. \$1,429,000



Signal Inn Gulf-View 1 Bedroom
1/2 duplex in small complex earning up to \$60K annually in easy pet-friendly on-site rental program. \$499,900 furnished



Top-Floor 3 Bedroom With Private Deck
Amazing water views & excellent income at Pointe Santo mini-resort. Fully equipped & with future bookings. \$995,000



Near-Beach Lot

Build your new home on this Rabbit Rd lot. Gulf access path at end of street & pool at nearby Rec Center. Lot is ~80' x 200'. \$170,000

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

Will Power

Serving As Trustee Versus Being A Beneficiary



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

When you deal with your estate plan once every decade or so, it's easy to get lost in the vocabulary. This occurred to me the other day during a conversation with my client, Babs, who was upset that one of her daughters, Jeanette, was not listed in her documents as a successor trustee if Babs became incapacitated or died.

I was befuddled since Babs once told me how irresponsible Jeanette was. In fact, Babs said that she didn't want Jeanette to have any control over her bank or brokerage accounts. So I first confirmed with Babs that we were talking about the same person.

"Well, yes," client answered. "I don't want Jeanette to control any of my money, at least while I'm alive."

"So why are you upset that she is not going to serve as your trustee?" I asked.

"Because I still want to treat all my children equally!"

This is where I explain that being a trustee is not an honor, nor does it bestow any more of a beneficial interest on the person acting as trustee. Instead, acting as a trustee is a job. It is laden with a lot of responsibility.

Whomever serves as your successor trustee must have the ability to interact with your financial advisor to determine what your asset mix should consist of. In fact, your trustee is held to the "prudent investor" standard under Florida law. Violating that standard could lead to a lawsuit where the other beneficiaries of the trust recover damages against the trustee.

If stocks or bonds need to be sold in order to have cash to pay for in-home nursing care or other convalescent care expenses, your trustee is the one who makes decisions which assets should be sold to do that. If you need to move out of your home for care, then the family member that you have named as your trustee will have to decide whether to have your finances continue to carry the expenses associated with owning the home or whether it would be prudent to sell it.

These are not easy decisions.

Your trustee will file your tax returns. He or she will interact with your CPA as well as your attorney when deciding legal matters associated with your estate. When you die, your trustee will have a fiduciary duty to your creditors, taxing authorities

and the other beneficiaries. If your trustee violates these fiduciary duties, then he or she can be held liable, and have to pay an attorney out of their own pocket to defend the claims or to satisfy any judgments if they are deemed to have acted negligently.

Just because someone is a trustee does not mean that the amount they are entitled to as a beneficiary will change. If Suzy is a 25 percent beneficiary of the estate, she does not receive any additional beneficial interest when acting as the trustee.

She may get reimbursed for her out of pocket expenses associated with fulfilling her trustee duties, such as air fare, car rental, hotel expenses, overnight express charges and the like. She will also be entitled to take a trustee's fee for her time. The fee that she takes is usually well earned, and is taxed as ordinary income much like a CPA's or attorney's fees would be taxed to them as ordinary income.

Many family members graciously perform their duties without taking a fee. More often than not, his or her siblings will not appreciate it and expect the child you have selected to act as trustee to do it all for free even though the duties can be enormously burdensome.

It is therefore vitally important when naming a trustee that you select someone who will devote the requisite time and attention to these important matters, and will be comfortable interacting with your professionals. Someone who is confident, diligent and detail oriented makes for a fine trustee. They don't necessarily need any background in law, accounting or taxes. So long as they know how to interact with your team of professionals, it usually works out fine.

As you can see, it really isn't a matter of being "fair" to one child or another. I would go so far as to say that not only have you not bestowed an "honor" upon the family member that you select as your trustee, rather you have handed them a job. A big job, at that.

So don't worry about being equal. Select the family member who is the most likely to do the job right.

For more information on the duties of a successor trustee, visit www.estateprograms.com/selectingyourtrustee for a free guide.

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ISLAND SUN BUSINESS NEWSMAKERS

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Robin Humphrey



Martha Smith



David Schuldenfrei



Rose Dakos

The top producers for June at VIP Realty Group were: the team of Robin Humphrey and Martha Smith, top sales; David Schuldenfrei, top listings; and Rose Dakos, top producer.✴

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'Ding' Darling Photo Contest Opens Monday

The 27th annual "Ding" Darling Day Amateur Nature Photography Contest will open on Monday, July 15. Deadline for submission is September 15 and all entries must be submitted electronically. This year, to celebrate the 75th anniversary of the refuge, cash award prizes increase to \$300 for first place, \$225 for second and \$175 for third.

The contest, sponsored by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Day on October 20.

For an entry form and other contest information, visit www.dingdarlingsociety.org/articles/photo-contests. DDWS will announce winners and award prizes at "Ding" Darling Day.

In an effort to maintain its commitment to the environment, DDWS will no longer be accepting photo contest entries by mail. Entries must be delivered by email to ddamateurphotocontest@gmail.com by September 15. For assistance, call 472-1100 ext. 4 or email shois@dingdarlingsociety.org. Entrants can pay by sending a check made out to the "Ding" Darling Wildlife Society (P.O. Box 565, Sanibel FL 33957) with a memo "for photo contest" or online at www.dingdarlingsociety.org/donation with a note in "gift comments" designating the donation as photo contest fees.



First place went to Frank Brinker of Oberageri, Switzerland in 2018 for his great blue heron portrait titled *Shakin'* photo provided

There is a \$25 per person entry fee that provides you with a membership to the society and is used to defray the cost of the contest. One fee covers two entries per person.

Only amateur (all ages) photographers are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs).

Photos must be taken at JN "Ding" Darling National Wildlife Refuge and have been taken within two years of entry date.

Each person may enter up to two photos but is eligible to win only one award.

Each photo must be a jpeg file of at least 3,000 by 2,400 or four megabytes (MB). Panoramic photos are not allowed.

Photos that have won awards in previous "Ding" Darling Wildlife Society photo contests may not be resubmitted.

Judging will be anonymous. Do not put your name or anything that will

identify you on your photograph.

Judging criteria includes:

- 1) Technical excellence (sharpness, lighting, composition, exposure)
- 2) Originality/creativity
- 3) Interest
- 4) Ability to be reproduced for publication

Only limited image modifications are permitted. Minor manipulation should be used only to produce a more natural looking photograph. Cropping is allowed but adding any elements not existing in the original scene will not be accepted. Judges, at their discretion, will disqualify any photos that appear to be manipulated beyond these guidelines. All photo files will become the property of DDWS. Photos may be used by DDWS in any way with appropriate credit to the photographer.

First, second and third place winners and honorable mentions will be formally announced during the "Ding" Darling Day celebration held in October.

There are three judges: A refuge staff person, a professional photographer and a member of the Sanibel community.

To support DDWS and the refuge with a tax-deductible gift, visit www.dingdarlingsociety.org or contact Birgie Miller at 472-1100 ext. 4 or director@dingdarlingsociety.org.

From page 27

Mission In Haiti



An assortment of available photos from Bridgit Stone-Budd's collection image provided

we're offering 4x6 prints two-for-one... buy one for \$12 and get the second one for free."

In addition to 4x6 prints, which come secured in a magnetic frame, Stone-Budd's nature prints are available on canvas (8x10 and 11x14), as a set of six coasters as well as bound together in a coffee table book. They may be ordered online or at The Pecking Order, located at

2496 Palm Ridge Road on Sanibel.

"I've now got a couple of customers who come in and tell me where there are some of the best places to see wildlife," said Stone-Budd. "Taking pictures is sort of like my daily meditation. It's extremely calming... I get a great feeling of tranquility, peace and serenity when I'm doing it." ❄️

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Frankly Speaking



by Howard Prager

I'm going into my third month writing this column, and this is the second time I've featured women's sports. I'd say U.S. women athletes are definitely on the rise, as the U.S. National Women's Soccer

Team (USNWT) are proud champions of back-to-back FIFA Women's World Cups. This is a record fourth championship for the U.S. Megan Rapinoe is the team star having scored six goals in World Cup play, including the winning goal on a penalty kick in the championship, tying her with teammate Alex Morgan and Ellen White of England for most goals in a tournament. She won the Golden Ball as the MVP of the tournament and, at age 34, became the oldest player to score in a Women's World Cup final. USWNT head coach Jill Ellis also made history becoming the first coach to win the Women's World Cup twice, and only the second coach to do this in the World Cup since Italy's Men's coach did so in 1934 and 1938.

There's no question the U.S. team was the favorite in this competition to win and retain the championship. That doesn't give them the title, but in fact gave them more pressure. Since they were expected to win, they had more scrutiny than any other team. And they came up big every time. In the quarterfinals, they faced the French national team in France. In the semifinals, they played a good England team. And in the championship, they engaged a Netherlands team that won the European Championship in 2017 and played so well that the U.S. didn't score until the second half.

But this was about more than just soccer. "I feel like this team is in the midst of changing the world around us, as we live," Rapinoe told reporters afterward. Team members are vocal advocates for the LGBTQ community, for equal pay

and equal treatment. They sued their own federation for gender bias while playing the tournament. Yes, the individuals on the team are tremendous athletes and a tremendous team. They have written that chapter in history. How they will have lasting impact on gender and social issues only time will tell.

It looks like overseas, and especially Europe, is a good place for American women. Fifteen-year-old Cori "Coco" Gauff of Delray Beach, Florida made it through three rounds at Wimbledon before losing in the fourth round of play to former world No. 1 and grand slam winner Simona Halep, concluding her amazing run. It all began when Coco beat one of the elders and still great tennis player Venus Williams in her first round. Her second round was an easier win over Magdalena Rybarikova, but the third round had her remarkably rebound after almost being eliminated twice by Polona Hercog, yet remarkably coming back from two match points to win. Although to the rest of us she appeared to come from nowhere, Coco won the Junior French Open in 2018 and, in 2017, was the youngest player at age 13 in the girls' singles at the US Open. There is a huge leap between the junior circuit and senior circuit, yet it doesn't appear to phase her. In fact, when asked if she was tired during her third round victory, she said, "no, I'm used to playing two a day."

Coco is currently ranked 313th in the world, but I'm sure that won't be for long if she continues to grow and play the way she has shown at Wimbledon. The only previous 15-year old women to play there was American Jennifer Capriati. She went on to becoming a number one No. 1 player. For Coco, the fairy tale may have ended for now but the future is bright for her.

So in just one week the impact and excitement of women athletics shines. Coco was very popular at Wimbledon and the Women's World Cup Finals across streaming platforms pulled in an average minute audience of 289,000 viewers. That's a triple digit rise of 402 percent over the 2015 WWC Final and now the most-streamed FIFA Women's World Cup

Final ever. The glass ceiling for women in sports may finally be starting to crack in a way that gives them the same attention, coverage and interest as men's sports.

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@islandnews.com.

Swings For The Sox Golf Tournament

As part of its continuing community outreach efforts, the Red Sox Foundation will hold its 8th annual Swings for the Sox golf tournament on October 4.

The tournament will take place at the Tiburón Golf Club, located at 2620 Tiburón Drive in Naples.

A scramble format with prizes for the longest drive, putting, closest to the pin and more will begin at 8:30 a.m. after registration at 7:15 a.m. A continental breakfast will be included as well as a buffet lunch.

All proceeds from this year's tournament will benefit the Lee County Red Sox Scholarship program. Each year, the Red Sox Foundation awards a \$5,000 college scholarship to one

deserving student from each of the 13 public high schools in Lee County.

Last year's tournament raised more than \$80,000. In the past six years, \$330,000 has been awarded to local nonprofits and scholarships from tournament proceeds.

This year's title sponsor is DLD Builders who joins CVS Health and The Hertz Corporation as presenting sponsors.

Tournament sponsorships are available from \$150 to \$5,000. Foursome player packages begin at \$1,000.

All supporters of the Red Sox Foundation will be able to participate in an online silent auction where they can bid on one-of-a-kind auction items and other unique experiences. More details on the online silent auction will be forthcoming.

Raffle and silent auction items that can be used to aid in raising money for the Red Sox Foundation's scholarship fund and additional funds for those in need throughout Southwest Florida are also being accepted.

The Red Sox Foundation is a 501(c)3 nonprofit organization and the official team charity of the Boston Red Sox. The foundation's primary focus locally is in serving the health, education, recreation and social service needs of children and families across Southwest Florida.

For more information, call 226-4783 or email swingsforthesox@redsox.com.

SPORTS QUIZ

1. In 2018, Texas' Adrian Beltre became the all-time major league leader in hits by a Latin American-born player. Who had held the mark?
2. Who were the last pair of Philadelphia Phillies before Maikel Franco and Aaron Altherr in 2018 to each hit a grand slam in the same game?
3. How many times have the Kansas City Chiefs won three consecutive AFC West titles?
4. Entering 2019, the University of Miami's (Fla.) men's basketball program has had five players who were chosen in the first round of the NBA Draft. Name three of them.
5. How many consecutive seasons have the Pittsburgh Penguins reached the NHL playoffs?
6. In 2019, Gregg Berhalter became the first coach of the U.S. men's soccer team to also have played for the team in a World Cup. When was that?
7. When was the last time before 2019 (Country House) that the winning horse of the Kentucky Derby had odds of winning as being at least 65-1?

ANSWERS

1. Rod Carew, with 3,053 hits. 2. Ryan Howard and Raul Ibanez, in 2009. 3. Once (2016-18). 4. Rick Barry (1965), Tim James ('99), John Salmons (2002), Shane Larkin ('13) and Lonnie Walker (18). 5. Thirteen consecutive seasons. 6. He played in the 2002 World Cup. 7. It was 1913, when Donerail had odds of 91-1.



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From page 1

Tournament Logo

Anderson said last Friday afternoon while applying a few new brushstrokes to his acrylic artwork. "I'll be here about four hours. I paint a lot of fish, so I pretty much know how long it's gonna take."

On May 15, Anderson arrived from his home in Boise, Idaho and became "Ding" Darling NWR's first artist in residence. As part of the program, the artist held semi-weekly paint-outs on Wildlife Drive, hosted a pair of Art Journal Walks and took part in several painting sessions with at-risk youth. Last month, Anderson visited both the Quality Life Center of Southwest Florida and the PACE Center For Girls - Lee County.

"They've kept me pretty busy this summer, but it's been a really fun experience... a lot of fun," said Anderson. "Being on Sanibel for so long, I've seen a few different things I'd never noticed before. There are a lot more birds at the refuge than I had ever noticed... and fish... and crabs. It's given me a better perspective of what's out there."

Another benefit of his eight-week residency: getting to know the locals.

"I met a lot of people, and a lot of retirees who visit the refuge a lot," he added. "We had some great conversations and I learned a lot about the island. I'd never appreciated that before."

While staying on Sanibel, Anderson's



Ed Anderson adding another detail to his tarpon painting

photo by Jeff Lysick

wife and children also spent their summer enjoying what the islands have to offer. For instance, his twin 7-year-old daughters enrolled in the Sanibel Sea School's day camp. "They really enjoyed that," he noted. "I also did a little bit of fishing, too. I even jumped some tarpon."

While chatting with several onlookers, Anderson said that he is considering compiling the artwork he created and journal entries he wrote

while living on Sanibel into a keepsake collection.

"I've talked with a couple of different publishers," he said of a potential book deal. "It's still in the weeds... I need to digest and reflect upon everything before I decide what to do."

Meanwhile, Anderson's tarpon painting for next year's tournament will soon join the previous artwork used to promote one of Southwest Florida's most popular fishing competitions.

"I looked at some of the logos they've used in the past and kinda put my own spin on the tarpon," added Anderson, who will return to the islands next winter when he will exhibit his artwork and personal journals as part of the refuge's 75th anniversary celebration. For additional details, visit www.ding75.org.

For more information about the artist, visit www.edandersonart.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 16 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.

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Lee County Topic Of Progressive Club Meeting

The speaker for the Thursday, July 18 meeting of the Progressive Club of the Islands will be Don Eslick, chair of the non-partisan group LEE FUTURE. Eslick will discuss the topic Before it's too late: shaping the future of Lee County. The meeting will take place at 7 p.m. at the Sanibel Public Library, 1770 Dunlop Road, and is free and open to the public.

Eslick previously served as the founding chairman of the Estero Council of Community Leaders from 2002 to 2011, and later as interim chairman. During the last 18 years, he has served Lee County government and civic groups on important boards and advisory committees, including Lee County Smart Growth, Lee County Charter Review as chairman, Lee County Density Reduction/Groundwater Resource Advisory; member of the Conservancy of Southwest Florida, Lee County, and was awarded Lee County Citizen of the Year in 2005.

For over a decade, Eslick served as assistant state superintendent of schools, assistant Illinois state comptroller and staff director for the speaker of the Illinois House of Representatives. While with the speaker, Eslick was responsible for developing many major pieces of legislation, including the Illinois Development Finance Authority to finance business and industrial development.

Following a decade in public finance, in 1993, he founded Public Finance



Don Eslick

photo provided

Associates and assumed the executive director of the Illinois Tax Increment Association (ITIA). Eslick earned a BA in economics from Purdue University, an MBA from the University of Chicago, and PhD studies in economics at the University of Illinois.

The Progressive Club invites everyone to attend who is interested in hearing Eslick take on questions including: What decisions are being made that will impact the quality of life in Lee County, both in the short and long term? Who is making these decisions? What input and impact can you have in that process?

For more information, call 410-336-2612 or email PCISanibel@gmail.com.✱

Superior Interiors

Decor Tips For Outdoor Gathering

by Trinetta Nelson



As our weather stays consistently warm and sunny, you'll be inclined to spend your days outdoors rather than cooped up inside. What better time to

start planning your summertime get-together? Take advantage of the spacious, natural party venue that is your backyard and round up your closest friends and family members for a relaxing day in the sun.

But you can't just send out the invitations and pretend you're party-ready. If your patio hasn't accommodated guests in months, you need to give it some TLC before the big get-together.

Maximize your seating arrangement. The last mistake you want to make is having limited chairs available, leaving some of your guests standing for most of the party. To ensure this doesn't happen, plan to have ample seating to accommodate everyone. Get a headcount from the RSVPs and have even more chairs available, just in case a few guests show up unannounced.

A large patio table – or two – for dining isn't a bad idea if you're serving food. Otherwise, take advantage of benches and chairs with cushions and spread them throughout the yard. You may even consider laying out a few picnic blankets for guests who want to sit in the grass and soak up the sun.

If you plan to extend the party past

daylight hours, you need to consider your current lighting arrangement. Don't just make sure the party area is lit – try to set the mood and create an unforgettable atmosphere out of the lights, suggests HGTV. String lights and lanterns make gorgeous functional decorations. Candles can also help you develop a relaxing vibe with little effort.

You're throwing a party outside because you love spending time in the great outdoors. Why not show your appreciation for nature by going a step further and emphasizing the surrounding greenery? Before the party, take some time to tend the garden, plant a few of your favorite flowers and place potted bushes and trees throughout the patio. Can you think of a better opportunity to welcome guests with open arms? This is a great way to get them excited about the event, encouraging everyone to spend more time in the fresh air – and perhaps to come back to your home for party round two.

Regardless of the size of your guest list, you'll likely have more people on your patio than you're used to. As you rearrange your accent decor, keep the space in mind and remember to place pieces in a way that encourages a steady traffic flow. This offers an opportunity to display decor that's equally stylish and functional. A lengthy, outdoor area rug can help guide your visitors to the backyard, while a path of potted plants can lead guests right to the sitting area.

No matter how quickly your outdoor party is approaching, you should get in touch with a design professional for help. He or she will evaluate your backyard and patio space. From there, your design consultant will offer insight based on these ideas and help you prepare for the get-together in no time.

Trinetta Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at linda@coincdecen.com.✱

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dearRPharmacist

Protect Yourself With Fruit



by Suzy Cohen, RPh

Dear Readers: Some people eat nothing but fruit. They are called fruitarians. While I do not advocate this diet for everyone, I do see the virtues in fruits. I highly recommend you include fruits

in your diet. The primary reason is that they taste great, give you natural fiber and contain natural antioxidants and anti-inflammatory compounds. This will tamp down some of the pain cytokines that your body has run amok with. Here are some fruits of the season, and the primary reason I recommend them.

Apricots – Apricots are yellow-orange and the color comes from beta carotene which is a precursor to vitamin A. They also contain lutein and zeaxanthin. These are all useful for vision. Apricots have been studied for their beneficial role in fatty liver.

Pomegranates – These fruits contain compounds that naturally lower your blood pressure. If you drink more than say a shot glass per day, and you're also taking blood pressure medications, your numbers may go too low. Pomegranate juice has another helpful effect on the body in that is a natural, mild blood thinner.

Fig Fruit – Figs are now being studied for their ability to help with diabetes, as well as hypertension. They are high in potassium (and low in sodium) which means they can reduce blood pressure. Figs contain abscisic acid, which has been studied for its ability to help with carbohydrate metabolism and blood sugar. This fruit extract is in GlucoScript Max.

Strawberries – Strawberries are red from the anthocyanins. These gorgeous fruits contain ferulic acid and have been shown to have a remarkably high scavenging activity toward chemically generated radicals, thus making them effective in inhibiting oxidation of human LDLs

Blackberries – These contain

antibacterial compounds that are thought to help with gum disease. They also contain lot of quercetin and ellagic acid which taken together act as very strong free-radical scavengers and protect your cells from DNA damage. This could be helpful if you have a history of cancer.

Grapefruits – This fruit can help with appetite suppression and may be useful as an adjunctive to your weight loss program and exercise regimen. It can spark more production of cholecystokinin, which is a 'stop sign' for eating.

Grapefruit rind (and orange rind) contain a lot of naringen, a compound that causes a bitter taste in the fruit. This compound is the one that interacts with some antihistamines and statins. That said, naringen is also known for its cough-suppressant action, and ability to help out with asthma.

Apples – These could help reduce stroke, compliments of the high amount of quercetin.

This effect was even confirmed by a study published in the *European Journal of Clinical Nutrition*, which evaluated 9,208 men and women, concluding, "The intake of apples is related to a decreased risk of thrombotic stroke."

Raspberries – The fruit itself contains vitamin C, quercetin and ellagic acid. These are all strong antioxidants and fight cancer and inflammation. The leaves of raspberries have been used to create commercial teas which are widely available. The leaves contain fragarine, which is a strong inhibitor of uterine contractions. In other words, a cup of raspberry leaf tea can help with PMS.

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

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays from 5 to 6 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.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I would like for my 20-year-old son to get some counseling but he is afraid of the stigma. Is there anything I can say that could influence him in a direction to get help?

A: Unfortunately, there is still a great deal of shame and misunderstanding around mental health more so when it comes to the male population. As much as we don't want to admit it, yes, there is still a stigma around mental health in our country today.

While discussing one's mental health is difficult, it is necessary in order to feel cleansed on the inside and to receive the necessary guidance everyone needs. My advice would be to discuss with your son that mental health is like physical health. If you have a physical need, you go to the doctor and get assistance. If you have a mental need, you go to the doctor and get guidance. When one reaches out and asks for help, it's a way to discover we all have mental challenges and the mind/body connection can help address both mental and physical challenges.

Men can be instrumental in setting positive examples for other men and boys in helping them understand this is just a part of life and help is there. It's a way to

recover one's feelings of self-worth and confidence in all areas of life. Let your son know that he is not alone. The sessions are confidential, and he will not be judged.

He will be applauded for having the courage to step up to the plate and get the necessary guidance he needs.

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.✱

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company



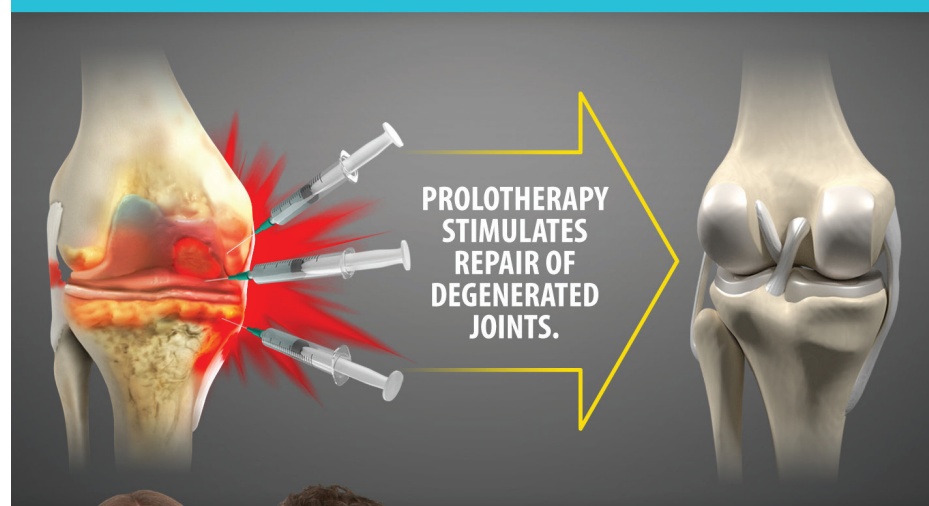
John C. Gee



Bobbie McGlynn

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

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Beautifulife:

Don't Blink



by Kay Casperson

How many times have you said, "I can't believe how time passes so quickly." Whether you are referring to your children growing up or you becoming older, it seems that we

continue to be amazed at how fast the years go by.

Just this past year, I have experienced a few unexpected deaths of friends, colleagues and acquaintances that all seem to be too young. I know that we will lose loved ones here and there from different unexpected reasons, but I seem to be experiencing this more just lately.

What I know for sure is that, the more we realize how short life is, and how it can be gone at any moment, the more we need to live each day to the fullest and strive to do everything that our heart is telling us to do. Now is the time, don't wait, don't blink, because it could be gone any second.

Our kids grow up too fast, we age too fast, life passes by so quickly, so what can you do to make it all count right now? What are the things that you can do to make the most out of every moment, while you have it? Here are some of my favorite suggestions:

Spend quality time listening and interacting with loved ones as much as you can. This will not only help create the best relationships but will ensure that your much needed positive impact will make lasting impressions and will build a lifetime of memories.

What are the things that are in your heart that you have not done yet? Whether it be in business, the arts, sports or travel, there are sure

to be those dreams left that have not been accomplished due to lack of time, money or other circumstances. My suggestion to you is to do everything you can to make them happen, sooner than later. Use your determination to find a way because now is the time.

Are you living where you want to be? What is stopping you from being there? You are in charge of your destiny and although you may be afraid to make a change or take the leap to be where your heart is tugging you, the truth is, time is short and you need to go toward happiness, peace and where you feel alive and fulfilled.

Who are you spending your time with and are they helping to keep your life fulfilled and moving in a positive direction? Or are you spending time with people that fill your life with their own sense of unfulfillment, negativity or pessimism? This is an important one, and we need to be very careful about letting people creep into our lives that soak up our energy, drain our enthusiasm and squash our dreams.

The most important thing to remember is that in the blink of an eye, your world can be different, a loved one can be gone, or even your health and situation can change. Take each and every moment of your life right now to evaluate where you are, where you want to be and who you want to be with. Make it happen and cherish every single minute along the way because, in the blink of an eye, the beautiful life that you have created can pass you by.

My affirmation for you this week is: "I will continue to create the beautiful life that I want to have right now and will make the best out of each and every single moment along the way."

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

Doctor and Dietician

Gluten-Free Paleo Lemon (Or Lime) Tart



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

I recently made this dessert for friends and it was a hit. Most of the time that I cook for a group, I have the fun challenge of cooking gluten-free as well as more of a paleo style. When it comes to desserts, I love experimenting with different styles of gluten-free crusts and sweeteners other than cane sugar. Give this refreshing lemon/lime tart a try.

- Crust
- 2 cups almond flour
- 1/4 cup erythritol (monk fruit) or coconut sugar
- 1 teaspoon vanilla
- Pinch of sea salt
- 1/4 cup coconut oil

- 1 egg
- Lemon (or lime curd)
- 3 eggs
- 1/4 cup coconut oil (or butter)
- 1/4 cup honey (or erythritol) (add more if you want it sweeter)
- 1/2 cup lemon juice (juice of 2 lemons)
- Zest of 2 lemons (or limes)
- Whipped coconut cream
- 1 can coconut cream, refrigerated
- 1 teaspoon vanilla
- 1 teaspoon coconut sugar or maple syrup

Mix the crust ingredients together. Press the mixture into a pie or tart plate lined with parchment paper. Bake at 350 degrees for 20 minutes, or until golden. For lemon/lime curd, whisk the eggs, coconut oil and honey. Mix in zest and juice. Place over low heat and continue to stir for about 4 to 5 minutes, until thickened. Pour into tart crust and leave out to cool. To make the coconut cream, scoop the hardened cream into a chilled bowl. Remove liquid and set aside for your morning coffee. Whip with chilled beaters, adding vanilla and sweetener until peaks form. Refrigerate and allow to thicken. Spread on top of cooled tart and garnish with lemon/lime slices or berries. Enjoy!

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

Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, offers a free monthly autism spectrum disorder screening for toddlers 18 months to five years of age.

The next screening on the Ronald McDonald Care Mobile will be held at the IMAG History & Science Center on Friday, July 26 from 9:30 a.m. to 2 p.m.

It is estimated that one in every 59 children is diagnosed with some form of autism spectrum disorder, making it more common than childhood cancer, juvenile

diabetes and pediatric AIDS combined. Medical consultants for the project stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders.

A physician referral is not required. The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. To schedule a screening, call 343-6838.✧

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PETS OF THE WEEK photos provided

Lee County Domestic Animal Services

Crystal And Matilda

Hello, my name is Crystal. I bet you can guess where I got my name. These crystal blue eyes of course. I am a 4-year-old female Florida curr/catahoula mix who came to LCDAS with my sister who has already been adopted. Now I long for a family of my own. My ideal home is one with an active family that will take me on long walks. If you are a runner or like to go for hikes, I would be a great companion for you. And who wouldn't want to look in these eyes during water breaks? Mu adoption fee is \$30.



Crystal ID# A784783

Much like my namesake, I have a strong sense of independence. Hi, my name is Matilda. I am a 1-year-old female domestic shorthair and my inquisitive nature and disarming personality are the perfect combination since the first can get me into

trouble and the second gets me out of it! I am a loveable gal that will be a great addition to any home that would enjoy my free-spirit! My adoption fee is \$10.

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



Matilda ID# A783475

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.*

Haven on Earth Animal League

Chester And Dallas



Chester



Dallas

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

is \$100. Hello, I'm Dallas. I'm 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 vac-cinations. 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

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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 47

Super Crossword IN RE

- ACROSS
- 1 Theater districts
- 8 Friendly
- 15 See 44-Down
- 20 Based on logic, not fact
- 21 Retirement payment
- 22 Blossom part
- 23 Time when those people are most available?
- 25 Perk
- 26 Sweetie
- 27 Boggy area
- 28 Yoo- — (drink brand)
- 29 Detergent brand
- 31 Fighter of Frazier
- 32 Cain's eldest son
- 35 Film parts
- 38 Boston fish
- 39 Got the title
- 40 Class that's become stylish again?
- 43 Carpenter's intent gaze?
- 46 Gobbling bird
- 47 Martini liquor
- 48 Old Pontiac
- 49 Idling sort
- 52 "Old man"
- 53 Big show featuring female horses?
- 59 Part of the conspiracy
- 61 Court hearings
- 63 Flub it up
- 64 Child of the '60s or '70s
- 65 Ancient Greek physician
- 66 Flubs it up
- 67 Singing syllable
- 68 Jai — (court sport)
- 69 Planetary center's top and bottom?
- 74 Fillies' feed
- 75 Where you live: Abbr.
- 76 Sioux City citizen
- 77 Central church areas
- 78 Golf club VIP
- 79 Certain sib
- 80 Kebab stick
- 82 Not moving
- 83 Reserve tire produced in Andalusia's capital?
- 86 Gp. once led by Arafat
- 87 Rd. with a number
- 88 — Wayne (rapper)
- 89 Fillies' feed
- 90 Disentangle again, as hair
- 93 Lay the blame on Mr. Flintstone?
- 97 What happens when a low-value playing card is micro-waved?
- 102 French Dada artist Jean
- 103 Weed whacker
- 104 Home of Italy
- 106 Make a goal
- 107 — Moines
- 108 QED part
- 110 PC-game "City" dweller
- 111 Early 1960s atty. gen.
- 114 China's Sun — -sen
- 115 Old numbing compound
- 117 Very unusual breeds of house pets?
- 122 Lyons' river
- 123 Scrutinize
- 124 Be quite revealing
- 125 Having eaten enough
- 126 Malady
- 127 Pizzeria herb
- DOWN
- 1 Kind of
- 2 Galaxy rival
- 3 "Am too!" retort
- 4 Twice XXVI
- 5 Craggy peak
- 6 "Carmina Burana" composer
- 7 Filly's father
- 8 Chimp, e.g.
- 9 Net fabrics
- 10 Chant
- 11 "... old woman who lived in —"
- 12 Life, in brief
- 13 Uncouth sort
- 14 Fermi of physics
- 15 Leadfoot
- 16 — Luthor
- 17 Metropolis in Ontario
- 18 Pizzeria, e.g.
- 19 Stritch of "30 Rock"
- 24 Occur next
- 30 Full-size pickup model
- 33 Old PC part
- 34 Famed escape artist
- 36 Shout
- 37 Dips in pools
- 41 Suffix with bureau
- 42 Endorsed
- 44 With 15-Across, inclined
- 45 "Mazel —!"
- 47 Hair fixative
- 49 Settings for circus acts
- 50 Clueless
- 51 Associate of Stalin
- 53 Slight quarrel
- 54 More rash
- 55 Aired anew
- 56 Old flame
- 57 Most imminent
- 58 Port of eastern Italy
- 60 Suffix with 50-Down or 84-Down
- 61 Throw lightly
- 62 Aussie critter
- 66 "Silly" birds
- 67 Simeon I of Bulgaria, e.g.
- 68 Rent- —
- 70 Extract via a borehole, as oil
- 71 Hockey great
- 72 Ovine female
- 73 Buries
- 79 Moved like a snake
- 80 Garden shovel
- 81 Big jewelry brand
- 82 Felipe of baseball
- 84 Not in good health
- 85 Doe or sow
- 86 Highly toxic pollutant, for short
- 90 Sales agt.
- 91 Observers
- 92 U.K. TV network
- 93 Soundboard controls
- 94 Soul great
- 95 End result
- 96 Brought up
- 97 Daughter of Richard Nixon
- 98 Natives of Italy's capital
- 99 Common Jesuit school name
- 100 2006 action-fantasy film
- 101 Begins, as a task
- 105 "I'm at your disposal"
- 109 Hailed ride
- 112 Burkina —
- 113 Tree knot
- 116 Tijuana-to-Phoenix dir.
- 118 Univ. dorm supervisors
- 119 Golfing peg
- 120 Anil or henna
- 121 First name among U.N. leaders

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122							123													
125							126													

King Crossword

- ACROSS
- 1 Advertised heavily
- 6 Bilateral
- 12 South Dakota's capital
- 13 Colored ring
- 14 On the briny
- 15 Funhouse item
- 16 Use a sponge
- 17 Author Wister
- 19 D.C. fig.
- 20 Long skirt
- 22 Obtain
- 24 Suitable
- 27 Cacophonies
- 29 — parmigiana
- 32 5-ball desktop toy
- 35 Exchange premium
- 36 Former veep
- 37 Vast expanse
- 38 San Francisco's — Hill
- 40 One of the Three Bears
- 42 Sort
- 44 The same, in a bibliography
- 46 Approaching
- 50 Elegantly groomed
- 52 "Shool"
- 54 Mammoth occasion?
- 55 Room to maneuver
- 56 Nun
- 57 Brilliance
- makeup
- 12 Manhandle
- 18 Endearing
- 21 Big bother
- 23 Mendes or Longoria
- 24 Literary collection
- 25 Cribbage scorekeeper
- 26 Longtime
- 28 Mix up
- 30 Hearty brew
- 31 Michele of "Glee"
- 33 As well
- 34 Sleep phenomenon
- 39 Spree
- 41 Broadway backer
- 42 Cow-headed goddess
- 43 Places
- 45 Antelope's playmate
- 47 "The Music Man" setting
- 48 Buzzing pest
- 49 Attention getter
- 51 Roscoe
- 53 Common Mkt., once
- DOWN
- 1 Stereo setup
- 2 Shrill bark
- 3 Opening comment
- 4 Historic period
- 5 Rehab goings-on
- 6 Domesticated
- 7 Squeeze
- 8 "— the ram-parts ..."
- 9 Carpeting fabrics
- 10 Medicinal plant
- 11 9-Down

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X V S T Q O A L I J H G E P E

S S I W S D C A M X Y N P O V

T R P N D O L J B H B I P O F

D B R E T S N E U M L R E H Y

X V H F A R M E R T O T R C R

P C O M K E A I G V C S J A G

E D B Z (L I E D E R K R A N Z)

X W U E T R R L R Q E O C N L

J I T G F D C K C I R B K C A

Y X W V T S R P O N L K J I G

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

- Bergenost
Brick
Cheddar
Colby
- Farmer
Hoop
Liederkranz
Limburger
- Muenster
Nacho
Pepper jack
Provel
- String
Swiss
Teleme

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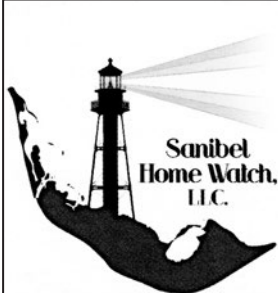
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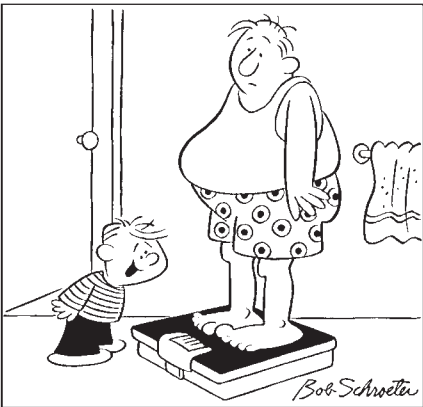


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2	9			3			6	
		5	7			1		3
	6		9			2		
5					7		3	
4		9		8				7
1			3		2	4		
	7			4			1	
		4			9			2

SUDOKU answer on page 47
To play **Sudoku**: Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.



"Now I know what Mom means when she says
you're the _____ Dad."
answer on page 47

SCRAMBLERS

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

Clench

SPRAG

Highest

SMUTTO

Smirk

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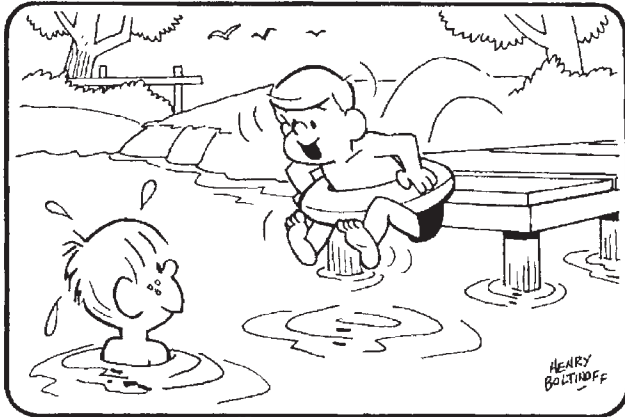
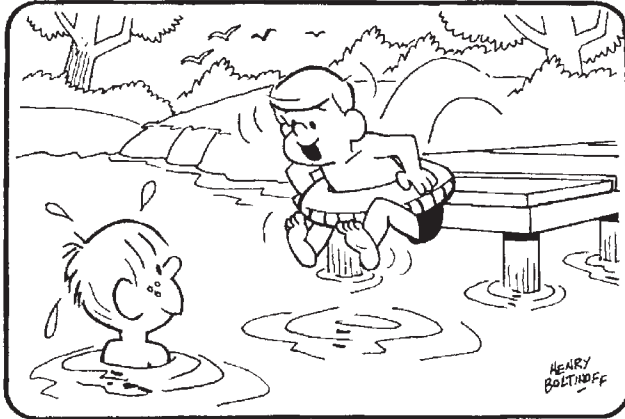
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HENRY BOLTINOFF**FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS**

Differences: 1. Inner tube is different. 2. Fence is missing. 3. Bird has been added. 4. More bushes are on shore. 5. Tree has second limb. 6. Boy's nose is larger.

My Stars ★★★★★**FOR WEEK OF JULY 15, 2019****Aries** (March 21 to April 19)

Your Aries leadership qualities can help bring order out of all that confusion, whether it's on the job or in the home. But be careful to guide, not goad, others into following you.

Taurus (April 20 to May 20)

Applying a more personal view to a job-linked issue could help provide better insight into those persistent problems. Use your keen Taurean logic to cut through the double-talk.

Gemini (May 21 to June 20)

Taking some time off could be the best way to get through that seemingly endless round of demands. You'll return refreshed and ready to tackle things from a new perspective.

Cancer (June 21 to July 22)

Restoring a sagging professional relationship takes a lot of effort. By all means, state your position. But also make sure you pay close attention to the other person's point of view.

Leo (July 23 to August 22) A hot prospect intrigues the Big Cat, who is always on the prowl for a promising investment. But be careful that this "promise" has a chance of being kept. Check it out more carefully.

Virgo (August 23 to September 22) A friend could use some of your compassion and concern. If he or she doesn't ask for help, be

sure you step up and make the first move. Also, check out a new career possibility.

Libra (September 23 to October 22) You might have difficulty getting your opinions heard because of all the noise being made by the other side. But hang in there. Others should line up with you once they learn the facts.

Scorpio (October 23 to November 21) Offering to help a colleague is commendable. But before you commit your time and effort, check to see if that person's situation is all that he or she has led you to believe it is.

Sagittarius (November 22 to December 21) You soon should be seeing positive results from your recent efforts on behalf of a family member. On another matter, check that you have all the facts regarding a job assignment.

Capricorn (December 22 to January 19) Your aspects favor closer family relationships this week. Take time for visits, whether in person, by phone, by mail or in cyberspace. Let them know how important they are to you.

Aquarius (January 20 to February 18) A missed opportunity isn't always a negative. Maybe your instincts are telling you not to rush into something you "thought" was worthwhile. Make time for family this weekend.

Pisces (February 19 to March 20)

Your sense of humor helps you get through a tricky situation. But some stick-in-the-muds might not be so willing to make the changes that you and others agree are necessary.

Born This Week: You have a gift for making everyone you know – or even just met – feel important and welcome in your life.

STRANGE BUT TRUE

• It was noted 20th-century American poet EE Cummings who made the following sage observation: "The most wasted of all days is one without laughter."

• Those who study such things claim that a single teaspoon of ordinary soil contains more living creatures than all the humans on the planet.

• Albert Einstein's final words are lost to history. He spoke his last words in his birth tongue, German, and it seems that the nurse who was attending him during his last moments spoke only English.

• Other than the fact that they were all famous writers, what did Charles Dickens, Edgar Allen Poe, Mark Twain, Louisa May Alcott, James A. Michener and Leo Tolstoy have in common? They all were adopted.

• The monkfish, a species of anglerfish found primarily in the northwestern Atlantic Ocean, has an enormous head. Really, really enormous. The monkfish's head is

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