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SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 2, 2019

AUGUST SUNRISE/SUNSET: 2 6:54 • 8:16 3 6:54 • 8:15 4 6:55 • 8:14 5 6:55 • 8:14 6 6:56 • 8:13 7 6:56 • 8:12 8 6:57 • 8:11

Junior Anglers Season Ends With Picnic By The Bay

by Jeff Lysiak

One of the traditional activities enjoyed by members of the Junior Anglers, the weekly fishing outings sponsored by the Sanibel-Captiva Optimist Club, took place on Monday along Sanibel Causeway Island B. In addition to fishing from the shoreline of San Carlos Bay, the group – part of the Sanibel Recreation Center's Summer Day Camp – had a picnic lunch of hot dogs, chips and refreshments.

"I think this year has been a record year for fishing," said Dave DeFonzo, youth program coordinator for the Sanibel Recreation Center. "Between Blind Pass

continued on page 34



The Junior Anglers celebrated their final fishing outing with a picnic on the Sanibel Causeway

photo by Jeff Lysiak

'Ding' Darling Day Scheduled For October 20

This year's "Ding" Darling Day birding and eco-festival at JN "Ding" Darling National Wildlife Refuge on Sanibel will be held on Sunday, October 20.

Free activities during the one-day event include refuge tram tours, live wildlife presentations, wildlife yoga, nature sketching, origami, archery clinics, hot dogs, a touch tank and butterfly house, and kids nature crafts. Federal Duck Stamp and Junior Duck Stamp winner presentations, plus conservation art award ceremonies, will take place throughout the day.

Recreation concession Tarpon Bay Explorers will offer free stand up paddleboarding clinics in the morning and all-day discounts on kayak tours and boating excursions that day. Reservations are recommended, visit www.tarponbayexplorers.com.

The 31st annual "Ding" Darling Day celebrates the birthday of the refuge's namesake, father of the Federal Duck Stamp program and Pulitzer Prize-winning cartoonist, Jay Norwood "Ding" Darling. It will be part of the pre-celebration for the refuge's 75th anniversary in 2020.

The U.S. Fish & Wildlife Service, "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) and Tarpon Bay Explorers co-sponsor "Ding" Darling Day with support from the local community and businesses.

Visit www.dingdarlingdays.com for



Live snakes and other wildlife are a highlight of "Ding" Darling Day

photos provided

updates on events, information on sponsoring "Ding" Darling Day, or to sign up for email update bulletins. Contact Dot Voorhees at 472-1100 ext. 239 or dot@dingdarlingsociety.org to become a sponsor.

Sponsors for the 2019 event include: Roseate Spoonbill Sponsors: Doc's Ford Sanibel Rum Bar & Grille; Great Egret Sponsors: Mitchell's Sand Castles, Feather Jim and Patty Sprinkle; Great Blue Heron Sponsors: Bailey's General Store, Mike and Terry Baldwin, Bank of the Islands, Casa Ybel Resort, The Cedar Chest Fine Jewelry,



Tarpon Bay Explorers will offer free paddleboarding clinics in the morning

Island Sun/The River Weekly News, Just Water, Rotary Club of Sanibel-Captiva, Sanibel Captiva Community Bank, Sanibel-Captiva Kiwanis Club, Sanibel Moorings, *Sunny Day Guide*; Reddish Egret Sponsors: Sarah Ashton – realtor, RE/MAX of the Islands, The Gresham Family, Island Inn, Jensen's on the Gulf and Marina & Cottages, Tiffani Kaliko and John Silvia, Dick and Emily Muench, Palm Printing, Stewart & Sons Insurance; Snowy Egret Sponsors: Coastal & Heartland National Estuary Partnership, Colony Inn, Panther Printing, *Santiva Chronicle*, George and

Wendy Schnapp, Winston and Gretchen Spurgeon, Nancy Tome.

As a nonprofit 501(c)3 organization, DDWS works to support the JN "Ding" Darling National Wildlife Refuge mission of conservation, wildlife and habitat protection, research, and public education through charitable donations and Refuge Nature Shop profits.

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.✱

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From The Pen Of 'Ding' Darling



Vacation is over by JN "Ding" Darling

image provided

Although known mainly for his often-controversial political cartoons, Jay Norwood "Ding" Darling was given to flights of whimsy and nostalgia, and peeks into human nature. Titled *Vacation is over*, this cartoon published on September 7, 1926. Oswald's mother urges him to "come in now and get your hair brushed and your shoes and stockings on," as school books and a teacher round the corner. "Some of your old friends are here to play with you."

In partnership with the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), the *Island Sun* is celebrating the 75th anniversary of the JN "Ding" Darling National Wildlife Refuge by honoring its

roots in the noble profession of newspaper editorial cartooning.

Through December 1, 2020, the refuge's official anniversary, this newspaper will be running a monthly historical editorial cartoon penned by Jay Norwood "Ding" Darling, who twice won the Pulitzer Prize for his thousands of cartoons that appeared in the *Des Moines Register* in the early 1900s, syndicated in 150 dailies across the country.

To learn more about Darling, his work and his legacy, watch future *Island Sun* issues for this monthly feature. For more information about the refuge's 75th anniversary celebration, visit www.ding75.org.*

Bag Day Sale At Noah's Ark

The Noah's Ark annual Bag Day event is coming up on Friday, August 9 from 9:30 to 11:30 a.m. Customers may buy marked bags in the parking lot for \$4 each, fill them with store goods and walk away with as many items as the bags will carry. Customers are free to purchase as many \$4 bags as they wish for the sale.

Any items not fitting in the bag are 80 percent off the regular price. Deep price reductions are also available in the last days

of August leading up to the sale. Bag Day marks the end of summer season for the Ark, which, after August 9, is closed for cleaning and repair.

Operated by the Women of St. Michael & All Angels Episcopal Church for more than 50 years, Noah's Ark offers for sale, at bargain prices, merchandise of all kinds, including women's and men's clothing, children's clothes, bedding, kitchen electronics and housewares, furniture and home furnishings, and a varied selection of books – including good beach reading – in its own book station, Barnes & Noah.

Proceeds from Noah's Ark sales, coupled

continued on page 10



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Captiva Island Historical Society

Looking Back: Boating

This week's image shows George A. Becker, George Hennings Jr., Gertrude Hennings, George A. Becker, Fritz Becker and Anna Gotzberton (the Beckers' "hired girl").

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

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



Early boating days on Captiva photo courtesy CIHS archives

Churches/Temples

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

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

HISTORIC CAPTIVA CHAPEL BY THE SEA
The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019. 11580 Chapin Lane, Captiva, 472-1646.

FIRST CHURCH OF CHRIST, SCIENTIST
Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday afternoon meeting 4:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

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

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST
The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. Sunday worship: chapel service at 10 a.m. blended or traditional service (alternate months). Sunday school and nursery care at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH
Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., Sunday May through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH
The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School (resumes in September). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. (excluding July & August). Prayer and Potluck first Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

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

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The Community House



Shell Craft classes are held on Mondays

Kids Cooking Camp

The second session Kids Cooking Camp 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.

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:

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

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.✱

Limited Tickets On Sale For Luxury Wine Tasting

A limited number of tickets are on sale for the J Vineyards Luxury Wine Tasting, hosted by Bailey's General Store. Up to 50 guests will sample wines paired with an hors d'oeuvre menu created by Chef Karl Hammeof Sanibel Catering Company. The luxury wine tasting experience

will be held on Wednesday, August 21 from 5:30 p.m. to 7:30 p.m. at The Community House, located at 2173 Periwinkle Way on Sanibel. The featured guest will be Lindsey Auchter, DWS, CS, CSW, director of consumer experience at J Vineyards & Winery. Guests will be able to experience new wines, learn more about J Vineyards and their California wines, and order wine at a special, event-only price.

Advanced reservations are \$20 per person and include assorted hors d'oeuvres paired with a variety of wines

from J Vineyards and an interactive presentation from Auchter. Reservations can be made by calling Calli Johnson at 472-1516 or online at <https://baileys-sanibel.com/purchase-tickets-now>.

J Vineyards & Winery is a California winery located in the Russian River Valley AVA of Sonoma County, California, owned and operated by E&J Gallo since 2015. J Vineyards & Winery includes nine distinct estate vineyards located on more than 254 acres, where pinot noir, Chardonnay, and pinot gris varietals flourish.✱

photo provided

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A ceraunus blue butterfly at Edison and Ford Winter Estates photos provided

Southwest Florida Butterfly Count Results Released

For the third year in a row, Edison and Ford Winter Estates participated in the North American Butterfly Association's (NABA) annual butterfly count. Teams of butterfly spotters counted butterflies at several locations in Fort Myers, including Edison Ford, Lakes Regional Park, Powell Creek Preserve and Rotary Park in Cape Coral. Butterfly counts are conducted across the country and beyond to help researchers monitor butterfly population trends throughout the United States, Canada and Mexico.

This year's final tally for all butterfly



Participants count butterflies during Edison and Ford Winter Estates' 3rd annual North American Butterfly Association count

species at the combined locations was 383. That number was down from the 531 counted last year, but still more than the 134 that were counted in 2017. On the positive side, this year revealed more variety, with 24 (not counting the statira sulphur) total species, up from 23 in 2018 and 19 in 2017.

Monarch and gulf fritillary butterflies were spotted by each team but the most frequently recorded species was the white peacock. One team saw 78. Viceroy's were seen only at Powell Creek Preserve, and Rotary Park was the only location to spot black swallowtail, phaon crescent,

pipevine swallowtail and common buckeye that morning. The team at Edison Ford believe they spotted a statira sulphur and are waiting for confirmation from NABA, as this is an uncommon butterfly for Southwest Florida.

With the extreme heat this year, the count was held a month earlier and the 37 counters started an hour earlier on count day. These variations could have played a role in the lower number found.

Individuals wishing to learn more about butterflies and practice their identification skills can join the Southwest Florida Butterfly ID Practice Facebook group.

	Edison Ford	Lakes Park 1 (marsh)	Lakes Park 2 (garden)	Rotary Park	Powell Creek Preserve	Total of species
Common Name						
Barred Yellow			10	1	2	13
Black Swallowtail				5		5
Cassius Blue	1			1		2
Ceraunus Blue			8		11	19
Cloudless Sulphur	1			7	1	9
Common Buckeye				1		1
Dainty Sulphur	1	14	11		16	42
Eastern Tiger Swallowtail	1					1
Fiery Skipper	1				2	3
Giant Swallowtail				5		5
Great Southern Sulphur				1	1	2
Gulf Fritillary	5	8	13	11	2	39
Horace's Duskywing	1				1	2
Mallow Scrub Hairstreak				3		3
Monarch	16	5	3	10	2	36
Orange-barred Sulphur	3		4	1		8
Phaon Crescent				1		1
Pipevine Swallowtail				3		3
Polydams Swallowtail	4		5	11		20
Southern Broken Dash Skipper					1	1
Tropical Checkered Skipper	1			9		10
Viceroy					3	3
White Peacock	7	78	15		4	104
Zebra Longwing		22	5	24		51
Total # at site	42	127	77	91	46	383

2019 Southwest Florida butterfly count results

For anyone wishing to create a butterfly garden, a NABA certified butterfly demonstration garden is viewable in the Edison and Ford Winter Estates Garden Shoppe, and both nectar and host plants are available for purchase. Horticulturists are on site daily to answer questions about plant selection and maintenance.

Edison and Ford Winter Estates is located at 2350 McGregor Boulevard in Fort Myers. For more information, visit www.edisonfordwinterestates.org.

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Optimist Club 40th Road Rally Winners Feted

by Jeff Lysiak

Last Tuesday afternoon at the Sanibel Grill, the top three winning teams from the 40th annual Road Rally, sponsored by the Sanibel-Captiva Optimist Club, were awarded prizes for their outstanding efforts at this year's vehicular scavenger hunt.

Martini Mommas, who finished first overall, received gift certificates for round-trip passage aboard the Key West Express as well as tickets to see an upcoming production at Broadway Palm Dinner Theatre. Team members included Karyn Hill, Colleen Bauer, Chelle Walton, Khristy Scheer and MaryBeth Greenplate.

Second place finishers, Wineaux, received a \$100 gift certificate from Sweet Melissa's Café along with two \$50 gift certificates from Floral Artistry.

Driving Miss Crazy, who placed third overall, won two \$50 gift certificates from Floral Artistry as well as passes to play miniature golf at Jungle Golf.✱



First place team Martini Mommas with members of the Sanibel-Captiva Optimist Club

photos by Jeff Lysiak



Second place team Wineaux with Optimist Club members



Third place team Driving Miss Crazy with Optimist Club members

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'Ding' Darling Free Lecture Series Lineup

The 16th annual "Ding" Darling Friday Lecture Series, which runs January 17 through April 3, features a lineup of authors and experts in the world of birds, nature photography, and conservation. From woodpeckers and panthers to rain and hurricanes, the season promises to be one of the refuge's best yet as the refuge celebrates its 75th anniversary.

HighTower/Thomas & Swartz Wealth Management co-sponsors the free 12-lecture series with support from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). Lectures take place in the admission-free "Ding" Darling Visitor & Education Center Auditorium at JN "Ding" Darling National Wildlife Refuge on Sanibel.

One highlight of the season brings world-renowned nature photographer Clyde Butcher, whose Everglades exhibition kicks off November's anniversary events, running November 13 through February 5 and sponsored by Mark and Gretchen Banks.

Two other lectures coincide with anniversary events. To celebrate the refuge's Bee Week at the end of January, "honey sommelier" C. Marina Marchese talks about her bee books. As a follow-up to the March 10 Project Refuge: A Couture Fashion Show Using Trash luncheon, nationally recognized upcycle designer Nancy Judd will speak about her



Ghost Orchid is one of the most famous photographs by Clyde Butcher, whose works will be on display November 13 to February 5

photo provided

work creating recycled fashions as a means of conservation education.

The free lectures will be held twice each Friday at 10 a.m. and 1 p.m. The season's complete schedule follows. Visit dingdarlingsociety.org/articles/lecture-and-film-series for further information on lecturers.

Seating for the lectures is limited and available on a first-come basis. Early arrivals can save their seat and one extra with personal items and then can explore the Visitor & Education Center or Indigo Trail before the lecture starts. Saved seats must be filled 15 minutes before lecture

time or risk being reassigned. This year, DDWS will be filming most lectures and broadcasting them on Facebook Live at www.facebook.com/dingdarling.

As usual, Wildlife Drive closes on Friday, but visitors are welcome to explore the Visitor & Education Center, Indigo Trail, Bailey Tract and recreational opportunities at Tarpon Bay Explorers, the refuge's official recreation concession located at its Tarpon Bay Recreation Area.

Note: Opinions expressed in guest lectures do not necessarily reflect the views of refuge and DDWS management, staff and board of directors.

For more information, call 472-1100 ext. 241 or log on to www.dingdarlingsociety.org/articles/lecture-and-film-series.

*January 17 – Author Julie Zickefoose, *Saving Jemima: Life & Love with a Hard-Luck Jay*

*January 24 – Nature Photographer Clyde Butcher, *America's Everglades: Through the Lens of Clyde Butcher*

*January 31 – Author and Honey Sommelier C. Marina Marchese, *Honeybee: Lessons from an Accidental Beekeeper*

February 7 – Zoo Miami Ambassador Ron Magill, *From Butterflies to Lions: A Walk on the Wild Side*

*February 14 – Author Cynthia Barnett, *Rain: A Natural and Cultural History*

*February 21 – Author Jeff Klinkenberg, *Alligator in B Flat: Improbable Tales from the Files of Real Florida*

*February 28 – Author Craig Pittman, *Cat Tale: The Wild, Weird Battle to Save the Endangered Florida Panther*

*March 6 – Author and Photographer Paul Bannick, *The Owl and the Woodpecker: Encounters with North America's Most Iconic Birds*

March 13 – Upcycle Designer Nancy Judd, www.RecycleRunway.com

*March 20 – Author Eliot Kleinberg, *Black Cloud: The Great Hurricane of 1928*

*March 27 – Author Jack Davis, *About Eagles and Other Florida Eco-Topics*

*April 3 – Jeri Magg, *Remarkable Women of Sanibel & Captiva* (*book signing to follow).*

From page 3

Bag Day Sale

with monies from the parish's annual budget, go to more than 25 local, regional and global charities and agencies.

On October 1, Noah's Ark reopens for business on Tuesdays and Fridays from 9:30 a.m. to 12:30 p.m. for the duration of October. In November, the winter season's full schedule resumes on weekdays and the first Saturday of each month from 9:30 a.m. to 12:30 p.m.

Noah's Ark does not take donations between August 9 and September 1. September 1 and thereafter, donations are accepted and appreciated. The Ark staff and St. Michael & All Angels Episcopal Church extend heartfelt thanks to all donors who help to make the Ark's charitable mission a continuing success.

For more information on the Noah's Ark charitable mission, contact St. Michael & All Angels Episcopal Church at 472-3356 or visit www.saintmichaels-sanibel.org.

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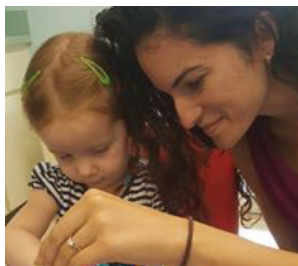
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Last month, more than 40 friends from Florida's east coast attended the 10th annual Rahmings/Deshazor Reunion on Sanibel. Here, the group gathered for dinner at The Timbers.

photo provided

Reunion For Band Booster Parents Marks 10 Years

by Jeff Lysiak

What started with four band booster parents taking a trip together from Florida's Atlantic Coast to the secluded beaches of

Southwest Florida has become a 10-year tradition for many more.

Back in 2003, when Samuel and Claudette Rahmings joined Marvin and Dorothy Deshazor in visiting Estero Beach, the couples wanted to find a spot where other band booster parents from Miami Beach Senior High School could unwind after a busy season. Together, they discovered Pointe Santo de Sanibel.

"We knew that Sanibel would be the

perfect spot for a quiet beach retreat for the band booster parents," one member said.

Soon, the couples began organizing annual vacations to the island, planning group dinners, beachfront gatherings, prayer breakfasts/lunches and other activities. The first year trip included a dozen participants, but in subsequent years, up to 60 people have attended.

From July 16 to 21, approximately 45 people attended the landmark

10th anniversary reunion. Everyone who visited received a commemorative memory booklet, prepared by Towanda Rahmings and Jasmyn Hill. On the rear cover of the book, a special message was included:

"If you think positively, sound becomes music, movement becomes dance, smile becomes laughter, mind becomes meditation and life becomes a celebration!"**

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The zebra longwing is one of many butterfly species attracted to blue porterweed's nectar
photos by Gerri Reaves

Plant Smart
Blue Porterweed
by Gerri Reaves

Blue porterweed (*Stachytarpheta jamaicensis*) is a native wildflower of the verbena family and an excellent species to include in a wildlife garden. In the wild, it's found in pinelands, at the edges of woods, or in disturbed areas. This woody perennial is also called Jamaica vervain, blue snakeweed, joe, trailing porterweed and beach vitex. The plant's tiny violet-blue flowers bloom all year 'round and attract various butterflies and other pollinators. It is a nectar source for Florida's state butterfly, the zebra longwing, as well as great southern white, large orange sulphur, red admiral, Schaus' swallowtail, julia, monarchs, gulf and

variegated fritillaries, and skippers. It is a larval host plant for the tropical buckeye butterfly and a food source for hummingbirds, bumblebees, cardinals and sparrows. It's a fast-grower, takes a sprawling form, and isn't fussy about conditions. The evergreen lanceolate or oval leaves are opposite with toothed edges and measure one to four inches long. The stems are square. Tubular flowers of less than a half inch across have five rounded flaring petals and a touch of white at the center. Usually, only a few flowers – or even a solitary one – appear on the quill-like spike at once. They open for only a day, close at night and don't open on cloudy days. Spent spikes, which are as long as a foot, are full of seeds, or nutlets, that can be gathered for propagation. *Stachytarpheta* is derived from words meaning "thick spike."



Numerous tiny flowers bloom on rough-textured stalks, lasting only a day

It can also be propagated with cuttings or volunteer seedlings. This species is low-maintenance, pest-resistant and extremely drought tolerant once established. Salt tolerance makes it a candidate for coastal landscapes. Give it well-drained soil in full sun to partial shade. It will grow even in nutrient-poor soil. Use it as a groundcover or border. It reaches a height of two to three feet. The name porterweed refers to a dark beer, or porter, made with the leaves and used medicinally in the West Indies.

Sources: *Betrock's Florida PlantGuide* by Edward F. Gilman, *Butterflies of Florida* by Jaret C. Daniels, *Everglades Wildflowers* by Roger L. Hammer, *Gardening for Florida's Butterflies* by Pamela F. Traas, *The Guide to Florida Wildflowers* by Walter Kingsley Taylor, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela, www.edis.ifas.ufl.edu, www.flawildflowers.org, www.fnps.org, and www.regionalconservation.org.
*Plant Smart explores the diverse flora of South Florida.**

FWC Provides Information On Iguana Removal

Green iguanas are an invasive species in Florida and are not native to the state. They can cause considerable damage to infrastructure, including seawalls and sidewalks. Iguanas, like all nonnative, invasive species, are not protected in Florida except by anti-cruelty law. While they cannot be relocated, they can be removed from private property with landowner permission. "Unfortunately, the message has been

conveyed that we are asking the public to just go out there and shoot them up. This is not what we are about; this is not the 'wild west.' If you are not capable of safely removing iguanas from your property, please seek assistance from professionals who do this for a living," said Commissioner Rodney Barreto of the Florida Fish and Wildlife Conservation Commission (FWC). Addressing the impacts of nonnative species is a priority in supporting conservation of ecosystems. For those that need assistance, there are resources available at www.myfwc.com, including contact information for professional trappers.*

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The Epic Paddle

by Kealy McNeal

At the end of their camp program, Sanibel Sea School's Have Paddle, Will Survive Week campers are challenged to paddle six miles from Picnic Island, located in San Carlos Bay, to Fort Myers Beach. After facing a night of storms and mosquitoes while camping on the island, this year's cohort welcomed the 6 a.m. sunrise on Friday morning. Despite feeling tired, they were packed and ready to begin the journey by 7:30.

The group made a quick stop at the Sanibel Causeway after the first mile to drop off camping gear and fuel up on doughnuts and coffee. The break felt too short, but with five miles remaining, we needed to push on. My biggest concern as the group leader was crossing the channel under the toll bridge safely. Thankfully, the seven of us were able to stick together as we dodged waves from passing boats and maneuvered through a fast current.

After successfully overcoming that challenge, I felt like I could relax and enjoy the paddle, and we were soon joined by two dolphins. One of the dolphins breached right next to a camper, nearly spooking him off of his



board, much to the entertainment of his fellow paddlers. Next, we encountered a few loggerhead sea turtles as they surfaced to breathe. We also spotted a large nurse shark and manatees as we made our way past Bowditch Beach. The exciting sea life sightings were a welcome distraction from our bug bites, exhaustion and sore muscles.

Much to my delight, we all made it to Dixie Fish Company, our destination on Fort Myers Beach. We loaded our boards and gear into the waiting trailer, then continued straight into the restaurant for a well deserved meal. The campers hardly spoke a word while they devoured their food, a rare moment of silence for this year's rowdy crew. I think it's safe to say that we enjoyed the journey, but the destination was also appreciated.

*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.**

Registration Open For After School Program

Registration is open for the 2019-20 Sanibel Recreation Center After School Program full year or fall trimester. The program runs Monday through Friday from 2:10 to

5 p.m. throughout the school year. It is available for children in kindergarten through fifth grade. Every child registered in the program will receive a one-year complimentary membership to the recreation center. Offered again this year will be trimester payment options.

Due to the annual facility maintenance closure from August 3 through 12, early bird registration rates will be extended through August 9. The registration fees are as follows:

Full School Year, Early Bird registration by August 9:

Member – \$1,003

Non-member – \$1,254

Full School Year, registration on or after August 10:

Member – \$1,204

Non-member – \$1,505

Fall Trimester (August 12 to November 8), Early Bird registration by August 9:

Member – \$335

Non-member – \$419

Fall Trimester (August 12 to November 8), registration on or after August 10:

Member – \$402

Non-Member – \$502

Financial assistance is available to families of program participants based upon individual need. For more information, call the Sanibel Recreation Center at 472-0345.

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

Shell Found



Henry Kempf

photo provided

Henry Kempf, 4½, from Chicago, Illinois, found a beautiful horse conch. He was walking along the water's edge by Sanibel Arms West and saw a little bit of the shell sticking out of the sand. He dug it up and pulled out a beauty. It is about five inches long.

Henry has been visiting the island since he was a baby and is taking after his parents' love of the island and shelling. He also helped his mommy and daddy pull a junonia out of the sand.*

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Don't Forget Last August



by Capt. Matt Mitchell

Traffic on the water has started to gradually quiet down as it always does mid-summer. Summertime fishing action does not slow down and offers anglers

lots of species options along with more marine wildlife to look at than at any other season. I have been out on the water most mornings and there is a cooling breeze that helps deal with the heat. This next few months are hands down my favorite time of year to be fishing as we have some of the most consistent fishing action of the year.

Catch and release snook fishing is still in full swing both around the passes and on the beaches. Redfish are also making a strong showing both in the passes and under the mangroves during the higher stages of the tide. Pinfish and grunts are the baits of choice for fishing in the passes, while cut bait fishing the mangroves during the higher tides has been very effective. Trout are being caught both on the grass flats and out along the beaches. Most grass flats in the sound have come alive with jacks, ladyfish and mangrove snapper that are mixed in with the huge schools

of small fry bait.

As we move into August, I cannot help but think back at the ecological and economic nightmare we were all living in at this time last year. This was caused by the largest and most prolonged red tide anyone can ever remember to hit our area. Now, with our water looking better than I have seen it in years, it's easy to forget what happened last summer. But, our water quality issues in Florida are far from being resolved.

The resilience of nature is amazing, seeing our waters clean and full of life again is something that has to be seen to be believed. Clean clear water and healthy grass flats have returned to the sound although we are only one hurricane, tropical storm or even a major rain event away from seeing the exact same devastating red tide issue caused by last summer's massive water releases from Lake Okeechobee.

Until the natural flow is restored to Florida, sending water south through the Everglades, we are all living with a ticking time bomb that will not only wipe out our wildlife but do hundreds of billions in economic damage again. Everyone who lives in Florida is affected by our water quality, even if you don't live on the water.

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. ✨



Mary Laser with a snook caught while fishing with Capt. Matt Mitchell this week

photo provided

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Dave Doane

CROW Case Of The Week:

Mind Your Line



by Bob Petcher

To catch a fish, it takes knowledge, patience and the right fishing gear. But, while fishing line and hooks can reel in a good catch for an angler, fishing gear can also be a killing device for

innocent wildlife.

Last year, CROW admitted 101 patients related to fishing hooks or monofilament line entanglement. The numbers increased greatly from 2017 when there were 65 admissions with reported fishing gear incidents. As of July 24 this year, there have been 55 cases that have arrived with hook and line injuries.

The fact remains that monofilament line and hooks discarded or left by careless fishermen can entangle, choke, snag and even kill its victims. For example, birds have been found hanging upside down in trees, exhausted after hours of struggling to try to free themselves from being wrapped up in lines. It is also a fact that some of those animals suffer agonizing deaths due to the entanglement.

It is hoped that through continued educational awareness, more anglers will be reached and their behavior modified.



Patient #19-2735 is currently recovering from multiple injuries caused by hook and line entanglement

photo by Brian Bohman

One such public outreach program to help in that process is called Mind Your Line.

"It is a collaboration between the City of Sanibel and all the local conservation organizations – CROW, Sanibel Sea School, 'Ding' Darling and SCCF – to help reduce the impact of monofilament/hook in the environment by educating the public about responsible disposal of fishing gear, and to provide information on what to do if they encounter wildlife affected by a hook or line," said Dr. Robin Bast, CROW's staff veterinarian.

Anglers have been urged to dispose of any used or loose fishing line within provided monofilament stations, often

found at boat ramps, fishing piers or other park sites that fishing takes place. If fishing in the Sanibel region, you can find many recycling bins along the Sanibel Causeway islands as well as one near the Sanibel Lighthouse, one at Smith Pond East, one each at Clam Bayou, Blind Pass and Bowman's Beach access, and several within the JN "Ding" Darling National Wildlife Refuge.

Not only can the clear, strong, flexible plastic do harm to birds, manatees, sea turtles, whales, dolphins and rays (to name a few), it also non-biodegradable. Scientists estimate it can take 300 to 500 years to decompose.

"Monofilament line and hooks do

indeed take a long time to decompose," said Dr. Bast. "This means that hooks and line left in the environment can have lasting impacts on wildlife in that area. Wildlife can get entangled in the line, resulting in either starvation or traumatic injury. By using the appropriate recycling bins, you can enjoy fishing and still protect your local wildlife neighbors."

One of the most common victims of monofilament line entanglement or hook attachment is the brown pelican (*Pelecanus occidentalis*). Removing a hook may require surgery.

"It depends on the location and extent of injury. In a pelican, if the hook was swallowed and is in the throat, we can actually reach in with a gloved arm and manually remove the hook that way. If the hook is embedded, it often requires surgery – simple cases involve pushing the barb of the hook through the skin, clipping the barb off and backing the hook out," said Dr. Bast. "Hooks that have been embedded for a long time require more complex surgical removal."

Volunteers can help by cleaning up loose monofilament line, emptying monofilament recycling bins, collecting data and getting involved in public outreach and education.

"The easiest way for everyone to help is by disposing of monofilament line responsibly and removing any line or tackle you may encounter while enjoying the environment. Additionally, there are lots of opportunities to help with clean-up efforts, emptying the monofilament recycle bins, and assisting with data

continued on page 20



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Shell Of The Week

Biscayne Vitrinella



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

With adult
shells
reaching
only about 2
mm (about 0.08
inch) in diameter,

Teinostoma biscaynense Pilsbry & McGinty, 1945 is one of the smallest members of the family Tornidae in the western Atlantic. The shell has a low spire, is flattened, depressed, and its periphery (outer shell "edge") is softly angled. The shell spire and base lack any sculpture except for coarse, irregular growth lines. The protoconch is sunken within the adult shell. The umbilicus is completely obliterated by a whitish, opaque callus that contrasts in color with the translucent-white remainder of the shell. (The species was named after Biscayne Bay in South Florida.)

Read more about local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

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The Biscayne Vitrinella, *Teinostoma biscaynense*

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

photo by Patricia A. Starkey

Mind Your Line Improvements

submitted by Leah Biery

Mind Your Line, a collaborative effort among Sanibel-Captiva conservation organizations to reduce the amount of monofilament line and fishing gear left in the environment,

has installed new educational signage at multiple locations on Sanibel. The group has also launched a rebranded website and social media pages on Facebook and Instagram.

Formerly called Clear Your Gear, the project was renamed Mind Your Line after encountering unexpected copyright challenges last year, but the mission remains the same.

"Our goal has always been to educate the fishing community about fishing gear-related wildlife injuries, and how to prevent them," said Audrey Albrecht, coastal wildlife manager at the Sanibel-Captiva Conservation Foundation (SCCF). "That is still what we aim to accomplish, but our

name change has provided an opportunity to add some exciting new tools."

Educational signs have been posted near more than 20 of the group's monofilament recycling bins, including locations along Wildlife Drive at the JN "Ding" Darling National Wildlife Refuge. The new signage provides steps to follow if you accidentally hook or encounter injured wildlife while on the water, as well as instructions to report the location of monofilament to cleanup volunteers.

"Individuals often spot monofilament in the environment that could entangle animals, but do not have the tools to remove it," said Albrecht. "Our simple online reporting form will help us determine where to focus our cleanup efforts."

Rebranded pages on Facebook and Instagram will offer photos, tips and project updates. Participating organizations include the Clinic for the Rehabilitation of Wildlife (CROW), Sanibel Sea School, JN "Ding" Darling National Wildlife Refuge, the "Ding" Darling Wildlife Society, SCCF and the City of Sanibel. To learn more, visit www.mindyourline.org or follow Mind Your Line on Facebook and Instagram (@mind_your_line).✱

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Boy Scouts can earn their fishing and other badges at Merit Badge University

photo provided

Scouts Merit Badge University At 'Ding' Darling

The JN "Ding" Darling National Wildlife Refuge on Sanibel will host its 2nd annual Merit Badge University for registered Boy Scouts of America on Saturday, October 26. Support for the program comes from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) and Tarpon Bay Explorers, the refuge's recreation concession.

Scouts from around the nation will have the opportunity to earn up to two out of six badges being offered that day. They include Bird Study, Photography,

Cycling, Kayaking, Fishing, and Fly Fishing.

Class sessions run from 9 a.m. to noon and 12:30 to 3:30 p.m. The non-refundable, non-transferrable cost is \$20, which includes classes, badge workbooks and materials, lunch, goodies and snacks. Each class is limited to 15 scouts on a first-signup basis. To register, call 472-1100 ext. 249.

"We are looking forward to working closely again with scout groups," said program organizer Ranger Monica Scroggin. "Last year was a great success despite the fact it was the first time around. We expect this year to be even better."

To learn how to become a sponsor of Merit Badge University, contact Dot Voorhees at 472-1100 ext. 239.*

Practice Safe Boating, Save The Manatee

submitted by Katie Tripp, PhD,
Director of Science and Conservation,
Save the Manatee Club

In 2019, Florida's manatees are being killed by boats at an unprecedented rate, with 93 through July 19. Of the 2,652 Florida manatees who have been labeled with a "Watercraft" cause of death in the last 45 years, one percent were reported to wildlife authorities. That means more than 2,600 fatal manatee strikes were not reported. Factor in the manatees who are injured but not killed, and that's tens of thousands of instances of vessel operators striking manatees but not telling anyone. I have struggled over the years to understand how an average-sized recreational vessel could hit anything in the water, let alone a 1,000 pound manatee, and the operator not realize he hit something.

Striking a manatee accidentally while driving attentively and in accordance with posted regulations is an accident. Colliding with a manatee due to inattention is negligent. Driving away from any possible collision with a manatee and not reporting it is both criminal and cruel.

When the Florida Fish and Wildlife Conservation Commission's Division of

Law Enforcement releases its annual boating accident report each year, inattention and failure to keep a proper lookout are the leading causes. The majority of these incidents involve collision with another vessel or a fixed object. Six of the top 10 counties for manatee watercraft deaths are also on the top 10 list for Florida boating accidents. It stands to reason that poles and sandbars aren't the only objects with which distracted vessel operators are colliding, but that our manatees are falling victim to careless driving.

If this is indeed the case, then the solution is simple: pay attention, slow down, put away the cell phone and leave the beer at home. Boats and wave runners are not toys. In careless hands, they are weapons. If you don't want to do it for the manatees, do it for yourself, because the life you save could be your own. And thank you to those boaters who are vigilant and always keep safety on their minds while out on the water.

Please report injured or distressed manatees as soon as possible to the Florida Fish and Wildlife Conservation Commission by calling 1-888-404-FWCC (3922). You can also send a text message or email to Tip@MyFWC.com or use VHF Channel 16 on your marine radio. Visit www.SaveTheManatee.org or call 1-800-432-JOIN (5646) for free public awareness signs, safe boating resources and for other ways you can help protect manatees.*

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CROW Calendar Of Events

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

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

Friday, August 2, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Friday, August 2, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

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



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

Friday, August 2, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Birds of Prey (daily presentation).

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

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

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

Monday, August 5, 11 a.m.,

adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Wading Birds (daily presentation).

Wading birds fill the shallows of waters all across the world. Originally hunted for their plumage, many wading bird populations saw a great decline, but have made recoveries. Learn the differences between herons and egrets, some of their unique hunting styles, and the many species native to Southwest Florida. One of CROW's animal ambassadors will be present.

Tuesday, August 6, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Tuesday, August 6, 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, August 7, 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, August 7, 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.

Wednesday, August 7, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

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Thursday, August 8, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

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

Thursday, August 8, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Birds of Prey (daily presentation).

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

Thursday, August 8, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profiles: Sea Turtles (daily presentation).

There are seven different species of sea (or marine) turtles, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility between Sarasota and Marathon, Florida. From boat strikes to washback hatchlings, one of CROW's team members explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.*

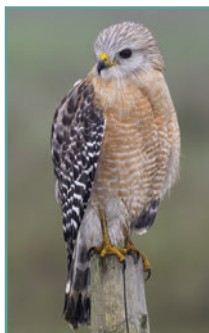
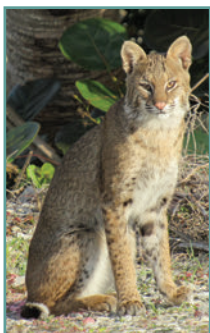
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Sea Turtle Lecture Added At CROW

by Jeff Lysiak

Every Thursday at 2 p.m., the Clinic for the Rehabilitation of Wildlife (CROW) has added an informative and entertaining presentation on sea turtles, one of three new weekly lectures offered at the Sanibel wildlife clinic's Visitor Education Center.

Hunter Brown, CROW's education and marketing intern, delivered a 35-minute lecture before a standing room only crowd on the anatomy, habitat, lifecycle and physiology of sea turtles. Brown also discussed details of cases when CROW will treat a sick or injured sea turtle, and why 2018 saw a record number of hospitalizations for the species.

According to Brown, all sea turtles – who are cold blooded reptiles, called ectotherms – are protected under the Endangered Species Act of 1973. They can live to age 80 or older.

"Their top shell, which is called a carapace, is designed to help them swim easily through the water," said Brown, who noted that their bottom shell is called a plastron. "Sea turtles also have special salt glands behind their eyes, which makes them look like they're crying. What they're actually doing is getting rid of the salt from the water they ingest."

Unlike other turtle species, sea turtles have longer limbs, can't retract into their shell and have lighter shells compared with land turtle species. Sea turtles also mature less quickly, taking 15 to 35 years to reach



CROW staff and volunteers carrying a loggerhead sea turtle onto Lighthouse Beach, where it was released back into the gulf following treatment at the wildlife clinic

photos by Jeff Lysiak

sexually maturity.

In the state of Florida, the most commonly seen sea turtle species include the loggerhead, green, Kemp's ridley, leatherback and hawksbill. Ninety percent of sea turtles born in the United States come from Florida. Nesting season occurs between mid-April and the end of October. The sex of their hatchlings depends upon the temperature of the sand surrounding the eggs, with warmer conditions yielding females. Thus, the "hot chicks" and "cool dudes" moniker used among sea turtle aficionados.

Last year, CROW saw a 300 percent

increase in sea turtle patients treated at the clinic. A total of 90 sea turtles, both hatchlings, juveniles and mature adults, were admitted to the clinic in 2018, with a large majority of cases attributed to brevetoxin poisoning (red tide). Other threats to sea turtles include angler by-catch and entanglement, coastal development/habitat loss, boat strikes, plastic consumption and diseases.

Brown also talked about Sanibel and Captiva's Lights Out For Sea Turtles campaign, which prevents sea turtle hatchlings and their mothers from crawling in the wrong direction. Other ways



Hunter Brown with Gigi, an animal ambassador

humans can help sea turtles are clearing beaches of furniture and debris, leveling sandcastles and filling in holes dug on the beach, never approaching sea turtles or taking flash photographs, and keeping pets on leashes.

To report an injured, entangled, sick or dead sea turtle, call the Sanibel-Captiva Conservation Foundation (SCCF) Sea Turtle Hotline at 978-SAVE-ONE.

Following his presentation, Brown introduced the audience to Gigi, an 8-month-old Virginia opossum and CROW's newest animal ambassador.

In addition to the sea turtle lecture every

continued on page 24



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The Community House

Saffron



by Resident Chef Jarred Harris

Saffron is a spice that comes from the flower of the *Crocus sativus* or the saffron crocus. These flowers contain “stigma” or “styles” which are red colored threads inside the flower. The tiny stigma are collected by hand, dried and used for medicinal and culinary purposes. Saffron has a pungent and aromatic flavor and adds a beautiful golden color to foods and textiles.

Saffron is the most expensive spice in the world and this is due to the labor-intensive process of collecting the spice. In fact, it takes 14,000 stigmas to produce one ounce of saffron threads. This makes saffron the only spice in the world that is worth its weight in gold.

Native to Turkey, saffron has been cultivated for thousands of years and used for many different things. The ancient Greeks and Romans used saffron as perfume, an appetite suppressant and as an aphrodisiac. The ancient Persians

used saffron in religious rituals, coloring textiles, and as a pesticide. The name saffron comes from the Arabic word “zafaran,” which means yellow. Iran produces 90 percent of commercial saffron worldwide and Spain and India produce the other 10 percent. Saffron contains powerful antioxidants with disease preventing and health promoting properties. It has been used as an anti-depressant, to treat indigestion, high blood pressure and gastrointestinal issues.

Saffron is an excellent source of copper, potassium, calcium, manganese, iron, selenium, zinc and magnesium. Saffron can be found in threads and in powdered form at most grocery stores. Here is a simple recipe to try using saffron:

Mediterranean Fish Stew
(serves 4 to 6)
Ingredients
4 tbsp. extra virgin olive oil
1 onion (roughly diced)
1 stalk celery (roughly diced)
½ fennel bulb (roughly diced)
1 red pepper (roughly diced)
3 cloves garlic (minced)
1 leek (thinly sliced)
1 ½ cups tomatoes (seeded and diced)
Pinch saffron
4 sprigs thyme (leaves only)
½ cup white wine
2 cups fish stock
8 ozs. mussels
8 ozs shrimp
8 ozs. of clams
8 ozs. firm fleshed fish such as tuna, salmon or grouper

Method
Heat oil in a large pan.
Add onions, celery, fennel and peppers; cook and stir over medium heat for 5 minutes.
Add the garlic, leeks and thyme; cook for 5 more minutes.
Add tomatoes, saffron, white wine and fish stock, then bring to a boil.
Reduce the heat and simmer for 10 minutes.
Add the seafood and simmer until the mussels and clams are open and the fish is cooked.
Serve with crispy polenta or bread.
Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chick from noon to 8 p.m. this Sunday, August 4. All are welcome.
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.*

From page 15

CROW Case

collection and public outreach. For more information on how you can help, go to www.mindyourline.org.”
Recycling is the key to saving these poor victims from medical attention or death.
“Hook and line injuries are preventable, and you can help save wild lives and protect the environment with the simple act of recycling and advocating for others to do the same,” added Dr. Bast. “If you encounter an animal that needs help, please call CROW for assistance and check out the Mind Your Line website for more information.”
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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Cartoonist's Kids Recreate Classic Comedy Scenes

Earlier this summer, *Island Sun/The River Weekly News* cartoonist Dave Horton and his family traveled to Chicago, Illinois for a vacation. "On July 6, we went to the Art Institute of Chicago and I tried to recreate the famous *Ferris Bueller's Day Off* movie scenes with the my three children – Alexander, Genevieve and Nicole," said Horton. "Thirty years later, the paintings have moved around and we had to wait for the crowds of people to move, but it was fun anyway. It's a really great art museum."*

Send your
editorial copy to:
press@islandsunnews.com



Scenes from the comedy classic *Ferris Bueller's Day Off* were recreated by Sanibel siblings Alexander, Genevieve and Nicole Horton
photos provided



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Watermelon Rind Pickles

- 3-5 pounds watermelon rind
- 3 cups sugar
- 1 orange, sliced thin
- 3 Key limes, sliced thin
- 1 lemon, sliced thin
- 2 cups water
- 2 cups white vinegar

Remove all the rind from the watermelon (after enjoying the melon itself) using a sharp knife. Cut the rind into desired size and shape (1 x 2-inch pieces). Combine all the ingredients into a large vessel and store in refrigerator overnight, or up to 24 hours. Remove from refrigerator and pour all ingredients into a large saucepot. If brine is not totally covering ingredients add more water. Bring to a boil, then reduce to simmer for about 30 minutes or until the rind



Watermelon Rind Pickles

is soft and slightly transparent. Remove from heat and allow to cool to room

photo courtesy Fresh From Florida temperature. Store in the refrigerator for up to 1 week, serve cold.✱

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 with Renata Rozmus on Friday. Neon Summer performs on Saturday.

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

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

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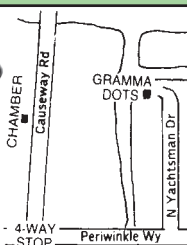
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Library Summer Reading Program Wrapping Up

Sanibel Public Library's summer reading program is coming to a close. As in previous summers, children have been reading 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 the children's hospital. Children participating in the Summer Reading program can log hours through Saturday, August 3 and claim earned books until Saturday, August 10.

So far, 304 children, from babies to teens, have logged more than 2,000 hours of reading this summer. Since its inception in 2012, young readers have helped to contribute more than 8,000 books to the hospital. The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, has underwritten the annual summer reading program. The children's fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory.

Children are invited to explore the Think Tank from 10 a.m. to 4 p.m. every Friday in August. The MagiBox projects interactive images from the ceiling to the floor. You can squish mosquitoes, splash with turtles, or swipe a trail of stars. Stay as long as you choose for this self-directed, family-friendly program. Playing with MagiBox teaches children to use modern technology and to cooperate with others.



Reagan DeMovick working with LEGOs in the Think Tank

photo provided

Library patrons interested in games can check out board games and puzzles to take home – including Bananagram, Scrabble, Yahtzee, and Apples to Apples. Patrons are also welcome to work on puzzles and play chess or other board games in the library.

In addition to books, cooking kits and board games, the library also offers Mango, an online language learning tool. Sanibel Public Library card holders can borrow eBooks and audiobooks via the Hoopla or OverDrive Libby apps. Downloadable magazines are available through the RB digital app. Library cardholders can also use the popular on-demand video streaming service Kanopy.

The newest library service allows users to download or stream millions of songs with the Freegal music app. If you need help borrowing from the eShelf, call 472-2483 to schedule an appointment with library staff.

On Wednesday, August 7 at 10 a.m., licensed insurance professional Anthony Idaspe of Informed Choice will present a program about Medicare choices. This program is for educational purposes only, no plan-specific details will be shared. The presenter is not connected with the federal Medicare program. No registration required.

The full event schedule is on the calendar at the library's website at www.sanlib.org.

[sanlib.org](http://www.sanlib.org). During the summer, the library is open from 9 a.m. to 1 p.m. on Saturdays.

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

Sanibel Public Library is located at 770 Dunlop Road.✱

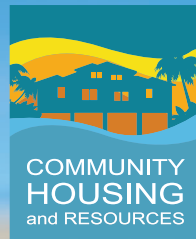
FISH Offers Scholarships For After School Care

Through its youth scholarship program, FISH of SanCap can provide financial assistance to families whose children attend after school programming both on and off island. This opportunity is made available, in part, through partnerships with program providers, through donations from private donors and grant funding from the Sanibel-Captiva Kiwanis Foundation.

"Our goal is to help build economic security for families by giving children the opportunity to experience quality care during the after school hours, when their parent is still at work. After school programs keep children safe and introduce them to new friends and activities. Children are placed in age-appropriate groups and take part in a daily rotation of activities that may include, but is not limited to: homework time, arts and crafts, physical

continued on page 25

Community Housing & Resources
is excited to continue our fundraising series
GIVE BACK WEDNESDAYS #GBW



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The following Sanibel & Captiva businesses will be offering a donation to Community Housing & Resources that is funded by you walking through their door and shopping local! Each participating business—including amazing restaurants, resorts, retailers and your community grocer—has selected a date that they will be hosting the GBW fundraiser and donating a portion of their proceeds to CHR.

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



MAY 8



MAY 22



JUNE 5



JUNE 19



JULY 3

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JULY 17



JULY 31

The
Sanibel Sprout

AUG 14



AUG 28



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Project Refuge committee members, from left, Kimberly Powers, Dot Voorhees and Toni Ory photo provided

Refuge Hosting Upcycle Fashion Show In March

Calling all eco-conscious conservationists, wannabe fashion designers and “trashionistas.” JN “Ding” Darling National Wildlife Refuge will host Project Refuge: A Couture

Fashion Show Using Trash on Tuesday, March 10, 2020. The fashion show and Twist Tie Optional Luncheon will take place at The Sanctuary clubhouse, part of the 75th anniversary celebration of the refuge. The “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS), which is holding the event, is currently accepting applications for fashion designs made

from recycled and repurposed materials to be modeled on the runway that day. The reimbursable entry deposit is \$50. Applications will be accepted through October 1. Tickets for Project Refuge will go on sale November 1 for \$100 each, which include the show and luncheon. Visit www.projectrefugeding.com for an entry application, to purchase tickets (after October 31) and to learn more about the event. “We are excited to debut this fun and creative event to celebrate the refuge’s 75th anniversary and raise awareness about recycling and the threat of trash to our wildlife,” said Birgie Miller, DDWS executive director. “All profits will directly benefit the refuge’s education and water-quality research programs.”

DDWS is tying the event in with free presentations by internationally recognized upcycle designer Nancy Judd (www.RecycleRunway.com) on March 13, part of the refuge’s annual Friday Lecture Series. Judd will meet with designers and models at a special meeting following the fashion show. “In addition to designer applications, we are seeking volunteers for the event,” said Project Refuge Co-chairs Toni Ory and Kimberly Powers. “Sponsorships are key to raising support from the event, and this high publicized show will be a real win-win for both the refuge and for the sponsors.” Call Dot Voorhees at 472-1100 ext. 239 for information about sponsoring or volunteering for the event.✴

Artists Sought For Day Of The Dead Exhibit At Alliance

The Alliance for the Arts is seeking artists to submit their work to Dia de los Muertos: A Juried Exhibit, coming in October. Artists should create pieces that showcase traditional Mexican sugar skulls merged with the artist’s aesthetic. Categories are sculpture, painting (including oil, acrylic, collage, watercolor and mixed media), photography, prints and drawings. The exhibit runs from October 4 through November 2.

In many parts of Mexico, South America and the United States, Dia de los Muertos (Day of the Dead) is a time to remember and celebrate the lives of friends and family. More about reveling life than remembering death, this unique day is about connecting with loved ones while reflecting on the ties that bind the past to present. This exhibit will be up during Pride, Italian Fest, Rocky Horror and other events. Artists may submit up to three artworks for consideration. All entries must be submitted online no later than September 20. To download the prospectus or submit artwork, visit www.artinlee.org/sugarskulls. The show’s opening reception will be held on Saturday, October 5 from 5 to 7 p.m. with awards at 6 p.m. Opening receptions are free and open to the



Muse 1 by Bonnie Bohn image provided public and feature light refreshments. There will be a \$250 prize for Best in Show, \$125 for second place and \$75 for third place. Receptions and gallery talks are open to the public and do not require tickets or reservations. While gallery admission is free, a \$5 suggested donation keeps Alliance programming affordable and accessible. The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. For more information about this exhibit, visit www.artinlee.org/sugarskulls or call 939-2787.✴

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From page 19 Sea Turtle Lecture

Thursday, CROW will host presentations on Virginia opossums on Wednesdays and Birds of Prey on Fridays. Presentations begin at 2 p.m. and last approximately 45 minutes. Daily presentations are also offered Monday through Friday at 11 a.m. Topics cover a variety of native Southwest Florida wildlife such as gopher tortoises, owls and snakes.

CROW’s Visitor Education Center, located at 3883 Sanibel-Captiva Road, is open Monday through Friday from 10 a.m. to 4 p.m. The daily presentations are included with general admission; \$12 for adults, \$7 for ages 4 to 12 and no charge for those 3 and under. CROW’s popular Wildlife Walk guided hospital tours are also offered Monday through Friday at 11 a.m. for an additional cost and advance registration. For the complete schedule of presentations, visit www.CROWClinic.org.✴



Shannon Arnold

photos provided

New Artistic Director For Mastersingers

The Fort Myers Symphonic Mastersingers has named Shannon Arnold as the group's new artistic director. She takes over the podium from longtime conductor Jeff Faux as the fourth director in the organization's 19-year history, a season billed as Passing the Baton. Arnold, who recently relocated to Southwest Florida from Philadelphia, is currently serving as director of the Good Shepherd United Methodist Church Chancel Choir and Bell Choir in North Fort Myers, Florida.

Arnold completed her undergraduate degree in music education at Penn State University where, as a junior, she was chosen choral conducting intern to lead the chamber ensemble, Sine Nomine. After completing her undergraduate studies, she taught superior rated ensembles at Fort Pierce Central High School in Fort Pierce, Florida. After four years of teaching, she moved to Philadelphia and received her master's degree in choral conducting at Temple University. After her first year at Temple, she was awarded the Robert Page Conducting Scholarship. In addition to her fine conducting skills, Arnold is an accomplished pianist.

"We are very lucky to have brought in a musician of Shannon's caliber. She comes in with a new voice, a new energy, that will help us to continue to grow and capitalize on the recent successes the group has enjoyed," said Mastersingers' President Anthony Contino.

In Arnold's first season, the group will perform its usual array of masterworks and imaginative programming that has come to define the area's premier choral ensemble. The group performs its traditional holiday concerts in December at Sanibel Community Church on Sanibel, the Readings and Carols concert for charity at New Hope Presbyterian Church in Fort Myers, and will, once again, join the Gulf Coast Symphony at Barbara B. Mann Performing Arts Hall for Deck

Fort Myers Mastersingers

the Halls. The choir will also provide the carols at the lighting of the City of Fort Myers Christmas tree.

The Mastersingers will be a sanctioned event of the Edison Festival of Light in February at St. Michael's Lutheran Church for a performance that will travel through time examining milestone inventions and significant pieces of music that accompanied them.

The 19th season culminates with two performances in April celebrating the 250th anniversary of Beethoven's birth. The program will feature Beethoven's *Mass in C* along with the winning composition from the 2nd annual Sanibel-Captiva Trust Prize in Choral Competition.

Arnold said, "Working with an ensemble like the Mastersingers is an incredible opportunity. I am excited to continue their illustrious history of performing masterworks at a high level. I look forward to building relationships with the members as well as the entire Fort Myers community."

This promises to be yet another entertaining season from the Mastersingers as the baton is passed to a new conductor while the fine musicianship, well-loved masterworks, and cutting-edge new choral repertoire continue. For information on how to audition to become a member of the group, or for more information on the season schedule, visit www.mastersingersfm.com.

From page 23

After School Care

fitness activities and much more," said Kathy Y. Monroe, program director for FISH.

No child should be deprived of quality after school care due to financial struggles. Based on need and eligibility, scholarships may be offered to families as determined by FISH. Scholarship assistance is evaluated on a case by case basis and amounts vary depending upon the family's financial status. Available funding is limited, and scholarships may cover only a portion of the program cost. To learn more and to see if you qualify, contact Kathy Y. Monroe or Nitza Lopez at 472-4775.



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Book Review

The Border



by Di Saggau
The Border by Don Winslow is a meticulously researched book that ends a trilogy 20 years in the making. It follows *The Power of the Dog* and *The Cartel*. At the heart

of the novels are Drug Enforcement Agency (DEA) Agent Art Keller and a young Mexican man named Adan Barrera, the fictional head of the very real Sinaloa drug cartel. As *The Border* begins, some think Barrera is dead and others think he is alive and in hiding. Keller is at war against the DEA, the U.S. Senate, the Mexican drug cartels, even the president of the United States. *The Border* brings the war on drugs home to the United States.

Many want to silence Keller, put him in prison, destroy him, and a few, he suspects, want to kill him. Barrera, has cost him the people he loved, even taken a piece of his soul. Keller has been on the front lines of America’s war against drugs for more than 40 years. Now, he is called out of retirement to wage one final battle in a war he can never really win.

A heroin epidemic of unprecedented proportions is taking place in America. A kilo of raw heroin will sell for somewhere between \$60,000 and \$80,000 in the states. Keller is determined to stem the deadly flow but finds himself surrounded by enemies, men who want to kill him, politicians who want to destroy him and an incoming administration that’s in bed with the very drug traffickers Keller is trying to bring down. He is now the administrator of the DEA, the most powerful “drug warrior” in the world, commanding an agency with over 10,000 employees, 5,000 special agents and 800 intelligence analysts.

Keller learns there are no borders.

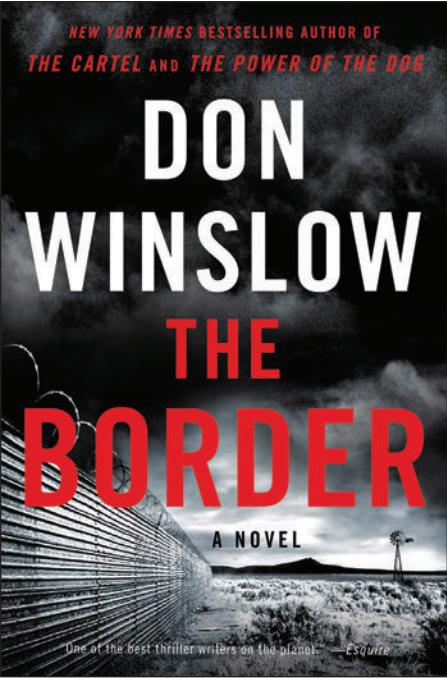


image provided

The book moves from the deserts of Mexico to Wall Street, from the slums of Guatemala, to the marbled corridors of Washington, D.C. Winslow follows a new generation of narcos, the cops who fight them, street traffickers, addicts, politicians, money launderers, real estate moguls and children fleeing the violence for the chance of a life in a new country. This is a tale of vengeance, violence, corruption and justice, packed with unforgettable scenes drawn from the headlines. More than 150 Mexican reporters have been murdered covering the drug wars.

Keller suspects that drug cartels are purchasing influence at the highest levels of the United States government. The war on drugs is big business, and we learn about it through a huge cast of characters, some from Winslow’s previous books. *The Border* is a fictionalized tale that is based on a very real tragedy, a passionate novel that directs its anger at a wide assortment of targets. Stephen King said, “You can’t ask for more emotionally moving entertainment.”**

New Emergency Notification Systems Available

Lee County Emergency Management recently released two new systems to receive notifications in emergency situations. System number one is AlertLee, which is an emergency notification system you can sign up for to receive alerts pertaining to emergency situations. System number two is LeePrepares, which is an application you can download on your Apple or Android devices to assist individuals and families in preparing for and recovering from all types of disasters that may occur. The City of Sanibel encourages all residents, property owners, business owners and island workers to download both the LeePrepares App and sign up for the notifications from AlertLee.

The AlertLee system is Lee County’s

mass communication system. This system allows the county to send out rapid emergency notifications through different communication mediums, such as phone calls, text, email and social media. AlertLee is administered through Lee County Emergency Management (LCEM). Citizens are alerted in situations pertaining to natural and manmade emergencies. AlertLee replaces CodeRed as the official emergency notification system to notify citizens of emergency information. Now is the time to signup and update your information into the free AlertLee system. Even if you previously registered in CodeRed, you need to complete a new registration for the county’s new AlertLee system.

For more information, visit <https://member.everbridge.net/index/453003085614948#/login> for the official AlertLee website and <http://www.leegov.com/publicsafety/emergencymangement/alerts> for Lee County’s Notifications and Resources Page.

Per Lee County, the AlertLee system will be used in emergency situations such as severe weather, missing persons, evacuation notices, fire or floods and active shooter situations.

When you register for the AlertLee system, you will be given the opportunity to register for Sanibel specific alerts issued by Lee County emergency managers.

The LeePrepares application assists individuals and families with preparing for and recovering from all types of disasters that may occur. The LeePrepares app includes the following sections: notifications, find my evacuation zone and active evacuations, shelter information, preparedness tools, after the disaster,

AlertLee and local weather.

If you previously downloaded the LeeAlert App on your mobile device, you do not need to download the LeePrepares app. Simply go to the app store or Google Play and update the LeeAlert App and the app will automatically change to LeePrepares on your device.

The application includes a section that lists all of the shelter locations. This will provide notifications once the application is activated.

For more information, contact the Sanibel Police Department at 472-3111. Additional information is available from Lee County Emergency Management at 533-0622.**

School Smart



by Shelley M. Gregg, NCSP

Dear Readers, It’s that time of year again – summer is almost over, and the kids are getting ready to go back to school. Every year, I re-run some of my

columns on this topic as there are many things parents can easily do to help their children transition to the school calendar.

Many parents tell me that their children are anxious about school, particularly at the beginning of the school year. Here are some suggestions from the National Association of School Psychologists to help you deal with your children’s anxiety and how to pursue problems if they arise.

First of all, let you children know you care – If your children are anxious about school, send personal notes in the lunch box or book bag. Reinforce the ability to cope. Children absorb their parent’s anxiety, so model optimism and confidence for your child. Let your children know that it is natural to be a little nervous anytime you start something new, but that they will be just fine once they become familiar with classmates, the teacher and school routine.

Do not overreact – If the first few days are a little rough, try not to overreact. Young children in particular may experience separation anxiety or shyness initially, but teachers are trained to help them adjust. If you drop them off, try not to linger. Reassure them that you love them, will think of them during the day, and will be back. Remain calm and positive.

Acknowledge anxiety over a bad experience the previous year – Children who had a difficult time academically or socially or were teased or bullied may be more fearful or reluctant to return to school. If you have not yet done so, share your children’s concern with the school and confirm that the problem has been addressed. Reassure your children that the problem will not occur again in the new school year, and that you and the school are working together to prevent further issues. Reinforce your children’s ability to cope. Give your children a few strategies to manage a difficult situation

on their own. But encourage your children to tell you or the teacher if the problem persists. Maintain open lines of communication with the school.

Arrange play dates – Try to arrange get-togethers with some of your children’s classmates before school starts and during the first weeks of schools to help them re-establish positive social relationships with peers.

Plan to volunteer in the classroom – If possible, plan to volunteer in the classroom at least periodically throughout the year. Doing so helps your children understand that school and family life are linked and that you care about the learning experience. Being in the classroom is also a good way to develop a relationship with your children’s teachers and classmates, and to get firsthand exposure to the classroom environment and routine. Most teachers welcome occasional parent help, even if you cannot volunteer regularly.

These recommendations can contribute to a positive and productive school experience for most children. Some children may exhibit more extreme opposition to or fear of school or may be coping with more specific learning or psychological difficulties. If your children demonstrate problems that seem extreme in nature or go on for an extended period, you may want to contact the school to set up an appointment to meet with your children’s teachers and school psychologist. They may be able to offer direct or indirect support that will help identify and reduce the presenting problem. They may also suggest other resources within the school and the community to help you address the situation. While children can display a variety of behaviors, it is generally wise not to over-interpret those behaviors. More often than not, time and a few intervention strategies will remedy the problem. Most children are wonderfully resilient and, with your support and encouragement, will thrive throughout their school experience.

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.**

Sponsors Sought For Veterans Dinner



World War II veteran "Pancho" was a POW and survived the Death March. He will celebrate his 102nd birthday in November. Fame Academia is a 91-year-old World War II veteran.
photo by Eryka Aptaker

This year's Lee County Spirit of '45 dinner and ceremony will be held on Sunday, August 11 at Sanibel Harbour Marriott Resort & Spa in Fort Myers. This year marks the 75th anniversary of D-Day and the 10th year of the Spirit of '45 nationwide initiative. All World War II veterans are invited to attend the sit-down dinner and ceremony, which will include presentation of colors, singing of the National Anthem, guest speakers and a rendition of *Taps*.

Sponsors are needed to cover the cost of meals for veterans. Sponsorship levels range from \$50 to \$1,000, which include advertising opportunities in the program and tickets to the ceremony. There is also a Sponsor-A-Vet program for \$25, which will cover the cost of a veteran's meal and include a listing in the program.

World War II combat veteran and Sanibel resident Ed Sieber will be one of the guest speakers. Sieber was a member of the United States Navy Air Group 82 Bombing Squadron who assisted in the historic sinking of the Japanese battleship *Yamato*, which occurred on April 7, 1945. For his efforts, he was awarded the Navy Cross, Silver Star, four air medals and two distinguished flying crosses. Sieber's military memorabilia is on display at the Sanibel Public Library through the end of August.

Dinner begins at 4:15 p.m. and all World War II veterans and spouses of the same generation are admitted at no charge. For all others, the cost is \$25 per person. Reservations are required by August 4. Payment must be made in advance. For tickets and sponsorships, contact Eryka Aptaker, Lee County chairman of Spirit of '45, at 917-607-4385 or email ej3090@comcast.net.

The Sanibel Harbour Marriott Resort & Spa is located at 17260 Harbour Pointe Drive in Fort Myers, just before the tollbooth to the Sanibel Causeway.*



Ed Sieber with his military memorabilia on display at the Sanibel Public Library through the month of August

photo by Jeff Lysiak



(FROM TOP LEFT) STEVE BROWN, FOUNDER AND CHAIRMAN - AL HANSER, CHERYL GIATTINI, CEO - TERRY IGO.
(BOTTOM LEFT) GEORGE HEISLER, GINNY FLEMING, HANK HUMPHREY, JIM PIGOTT, VIRGINIA STRINGER, CHUCK KETTEMAN.

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Rotary Happenings

submitted by Shirley Jewell

If you asked a Rotarian if he or she belonged to Rotary International (RI), the individual probably would look puzzled and answer, "Of course I'm a member of Rotary International." But in this instance, the confident Rotarian would be technically wrong. No Rotarian can be a member of Rotary International. The explanation of this contradiction is simple. The constitutional documents of Rotary International state that membership is limited to Rotary clubs.

A Rotary club is comprised of persons with the appropriate qualifications of good character and reputation, and a business or professional classification. The Rotarian belongs to a club and the club belongs to Rotary International.

Rotary International is a service organization whose purpose is to bring together business and professional leaders in order to provide humanitarian service and to advance goodwill and peace around the world. It is a non-political and non-religious organization open to all people regardless of race, color, creed, religion, gender or political preference. There are 35,000-plus member clubs worldwide and 1.2 million individuals.

Frequently, friends ask whether Rotarians receive special business benefits from their Rotary club membership. Should Rotarians expect a special discount or some preferential



service just because they are dealing with a fellow Rotarian? The answer is clearly "no." The Rotary Manual of Procedure expressly states the Rotary position on this matter. The policy, originally approved by the RI Board of Directors in 1933, is that in business and professional relations "a Rotarian should not expect, and far less should he ask for, more consideration or advantages from a fellow Rotarian than the latter would give to any other business or professional associate with whom he has business relations." Over 50 years ago, the concept was expressed that "true friends demand nothing of one another, and any abuse of the confidence of friendship for profit is foreign to the spirit of Rotary."

On the other hand, if new or increased business comes as the natural result of friendship created in Rotary, it is the same normal development that takes place outside of Rotary as well as inside, so it is not an infringement on the ethics of Rotary membership. It is important to remember that the primary purpose of Rotary membership is to provide each member with a unique opportunity to serve others, and membership is not intended as a means for personal profit or special privileges.

Each Rotary club is unique on its own merits representing its community and the complexities of the business and social entities of that unique place. Our Sanibel-Captiva Rotary members involve themselves in our community and take leadership roles in all manner of businesses and nonprofit entities on our islands and just offshore leading to the islands. In doing so, Sanibel-Captiva Rotarians have a knowledge base on how to service our own community. The Rotary Club of Sanibel-Captiva Trust Fund Board is able to evaluate grant

applications submitted by organizations and nonprofits in our community, and make decisions on grant requests based on projected outcomes aligned with Rotary fundamentals. In the last few years alone, Sanibel-Captiva Rotary has pledged large grant contributions to the capital/building/special projects funds of The Community House, Bailey-Matthews National Shell Museum, Clinic for the Rehabilitation of Wildlife (CROW), BIG ARTS, Sanibel-Captiva Conservation Foundation (SCCF), Sanibel Historical Museum and Village, "Ding" Darling National Wildlife Refuge, and so many more of our community valued enrichment entities. Our club supports a plethora of important nonprofits on Sanibel and in Lee County from Community Housing and Resources (CHR) on Sanibel to the Heights Center in Fort Myers.

Rotary clubs across the globe are part of their Rotary district giving and international giving as well. They involve themselves by partnering with Rotary clubs nationally and

internationally on special projects defined by our service models toward:

- Disease prevention and treatment
- Water and sanitation
- Maternal and child health
- Basic education and literacy
- Economic and community development
- Peace and conflict prevention/resolution

Rotary International's pledge to eliminate polio from being anywhere in the world is an ongoing top priority. The number of polio cases worldwide has dropped 99 percent, and the virus remains endemic in just three countries – Afghanistan, Nigeria and Pakistan.

Rotary Club members are like-minded in the fact that they have the vision to see the world as a better place for all, and their dedication to "Service Above Self" is the driving force to do so.

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

Captiva Community Panel Report

In response to the numbers of iguanas removed from the island during the initial 10-week trapping, the Captiva Community Panel agreed to extend the trapping effort another month while it pursues funding options to continue it into the future.

In the first nine weeks (May 7 to July 2), visiting the island once a week to those properties that allowed him access, trapper Alfredo Fermin removed 146 iguanas. With nesting season upon us, that number was expected to increase through July.

The next meeting of the Captiva Community Panel is tentatively set for Tuesday, August 13 beginning at 9 a.m. in the Cone Rooms at South Seas Island Resort. This meeting is open to all interested islanders and the public. Information and background documents are available online at www.captivacommunitypanel.com.

The next Captiva Erosion Prevention District (CEPD) board meeting will be held on Monday, August 12 beginning at 1 p.m. in the Cone Rooms at South Seas Island Resort. Information is online at www.mycepd.com or call 472-2472.

The Sanibel-Captiva Conservation Foundation (SCCF) is dedicated to the conservation of coastal habitats and aquatic resources on Sanibel and Captiva islands and in the surrounding watershed.

Sea turtles are nesting in Southwest Florida, and everyone is asked to do their part by keeping the beaches sea-turtle friendly:

Turn off or shield all lights that are visible from the beach. Do not use flashlights or cell phone lights on the beach. If necessary, use amber or red LED bulbs.

Do not disturb the screens covering

nests. They prevent predators from eating the eggs and the hatchlings emerge through the holes without assistance.

Remove all beach furniture and equipment from the beach at night.

Dispose of fishing line properly to avoid wildlife entanglement.

Fill in large holes that can trap hatchlings and nesting sea turtles.

Do not disturb nesting turtles, do not get too close, shine lights on or take flash photos of nesting sea turtles.

Pick up litter.

Go to <http://www.sccf.org/our-work/sea-turtles> for more information from the SCCF. If you have questions or concerns about nesting or injured turtles, call the SCCF Sea Turtle Hotline at 978-728-3663.

Upcoming Captiva Community Panel Meetings:

Tuesday, September 10, 9 a.m.
Tuesday, October 8, 9 a.m.

Upcoming CEPD Meetings:
Thursday, September 12, 5:01 p.m.

budget hearing

Thursday, September 26, 3 p.m.
board meeting, 5:01 p.m. budget hearing

Monday, October 7, 1 p.m. *

Top 10 Books On The Island

1. *Art of Racing in the Rain* by Garth Stein
 2. *Queen Bee* by Dorothea Benton Frank
 3. *City of Girls* by Elizabeth Gilbert
 4. *The Deep Blue Good-by* by John D. MacDonald
 5. *Before We Were Yours* by Lisa Wingate
 6. *Educated* by Tara Westover
 7. *Swamp* by Michael Grunwald
 8. *Nickel Boys* by Colson Whitehead
 9. *Summer Guests* by Mary Alice Monroe
 10. *Tony's Wife* by Adriana Trigiani
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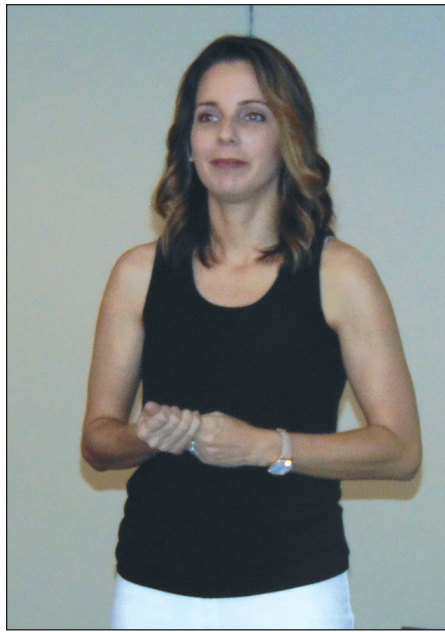
Path To Success Discussed At ABWA Meeting

by Jeff Lysiak

On July 23, Ashley Burns of NOISE, the Sanibel-based multimedia marketing agency, delivered the latest monthly lecture in the Women in Leadership Speaker Series, hosted by the American Business Women's Association (ABWA) Sanibel Captiva Charter Chapter. Burns, vice president of brand experience, presented the topic Staying True To Your North.

"Not one person in this room got where they are without the help of someone else – somebody taught you, somebody hired you, somebody put a fire underneath you," said Burns, who offered that her favorite phrase – which she admitted to loathing when she first heard it – was "It will all work out – keep moving forward."

The Fort Myers native and United States Air Force veteran, who earned a MBA and a masters in marketing from the University of Tampa, completed her undergraduate studies in event management at Florida State University. After a brief stint working for NOISE as client success leader, she was contacted by company founder John Sprecher when the firm was looking to hire a full-time account manager. In late 2018, Burns joined the NOISE team as senior brand experience leader.



Ashley Burns

photos by Jeff Lysiak

With more than 15 years of customer service experience within the hospitality, recreation and tourism industries, Burns specializes in customer experience and service marketing strategy and delivery – excelling at both personal and digital experience and relationship marketing.

Speaking on "staying true to your north," Burns shared some of the wisdom she has gained along the way, touching upon the highs and the lows in her professional career as opportunities to gain great knowledge from. "As a kayaker, sometimes the waves will take



From left, ABWA Sanibel-Captiva Charter Chapter President Gloria Garrett with Sue Laird, Robin Cook and Kelley Laird, members of the organization's Continuing Education Scholarship Committee

you in a direction you don't want to go," said Burns, who noted the key components that make up your personal compass include a mission, values, vision, smart goals and objectives. "I like to push myself and test my limits."

Throughout her lecture, Burns also shared some of her favorite inspirational quotes:

Listen to your gut, but vet it

There is no mastery without feedback
You are where you think you are

Embrace the suck (a phrase from her Florida State University days)

You aren't your future without your past

Following the lecture, ABWA Chapter President Gloria Garrett reminded all in attendance that the next Women in Leadership Speaker Series Luncheon will be held on Tuesday, August 27 at Sundial Beach Resort & Spa, located at 1451 Middle Gulf Drive on Sanibel. Networking starts at 11:30 a.m., with the lunch and speaker from noon to 1 p.m. Cost is \$25 per person.

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



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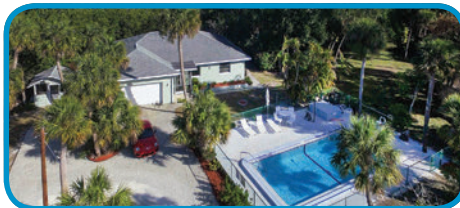
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Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.

\$699,900

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 en-suite 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

Sandalfont #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.

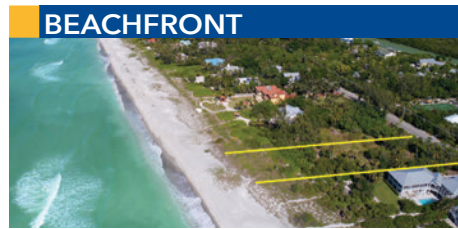
\$674,000

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



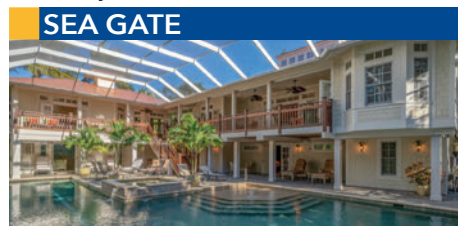
BEACHFRONT

16970 CAPTIVA DR., CAPTIVA
 • Premier Beach Location on Gold Coast
 • Western Exposure, Direct Sunset View
\$3,995,000 **MLS 217074695**
 McMurray & Nette 239.281.4435



BEACHFRONT

16163 CAPTIVA DR., CAPTIVA
 • 3 BR, 2 BA, Family/Dining Area, TV Room
 • Peaceful Vintage Island Getaway
\$2,495,000 **MLS 218065945**
 McMurray & Nette 239.850.7888



SEA GATE

4166 DINGMAN DR., SANIBEL
 • High-End Details & Quality Throughout
 • 4 BR, 4 BA, Resort Pool w/Lap Lane
\$2,300,000 **MLS 218083303**
 McMurray & Nette 239.281.4435



THE DUNES

1243 SAND CASTLE RD., SANIBEL
 • Radiant 4 BR, 4 BA, Pool & Fireplaces
 • Indoor/Outdoor Living for Entertaining
\$1,050,000 **MLS 218084313**
 Maureen Ahmed 239.839.7250



SAND POINTE

2737 WEST GULF DR. #132, SANIBEL
 • Remodeled Top Floor, 2 BR, 2 BA
 • Vaulted Ceilings, Large Open Kitchen
\$714,900 **MLS 219001994**
 Jason Lomano, Lomano-Nicholson Team 239.470.8628



THE LANDINGS

4685 S. LANDINGS DR., FORT MYERS
 • Remodeled 3 BR, 2.5 BA Townhome
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\$1,995,000 **MLS 219012223**
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15295 CAPTIVA DR., CAPTIVA
 • Steps to Beach from this Great Location
 • Only Lot Available in Captiva Village
\$899,000 **MLS 217076331**
 McMurray & Nette 239.281.4435



EAST ROCKS

566 BOULDER DR., SANIBEL
 • Updated 3 BR, 2 BA, Near Beach
 • Spectacular Pool, Lake Views
\$699,900 **MLS 219002114**
 Sharon Kotttraba, Lomano-Nicholson Team 804.240.3115



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BY THE SEA

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



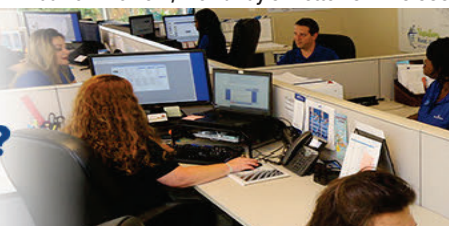
CLAM BAYOU

5659 SANIBEL-CAPTIVA RD., SANIBEL
 • Beach House w/Sunset Vistas
 • Video-www.5659SanCap.info
\$875,000 **MLS 219010968**
 Bob Radigan 239.691.6240



GUMBO LIMBO

1585 BUNTING LN., SANIBEL
 • Total Chic Remodel 3 BR, 2 BA
 • Amazing Sleek Kitchen w/White Quartz
\$569,000 **MLS 219027416**
 Linda von Wowern, McMurray & Nette 239.223.3382



1585 BUNTING LN., SANIBEL



BEACHFRONT

6477 SANIBEL-CAPTIVA RD., SANIBEL
 • Historic Mitchell Estate
 • Last Home before Blind Pass
\$3,990,000 **MLS 219000116**
 John Stephens 239.980.6394



NEAR SANIBEL BEACH

1470 MIDDLE GULF DR., SANIBEL
 • Absolutely Gorgeous 4 BR, 5.5 BA
 • Directly Across from Beach
\$2,495,000 **MLS 214013961**
 McMurray & Nette 239.281.4435



SOUTH SEAS ISLAND RESORT

1629 LAND'S END VILLAGE, CAPTIVA
 • Direct Waterfront, Fantastic Views
 • Large 2 BR w/Open & Screened Lanais
\$1,419,000 **MLS 218049777**
 Vicki Panico & Fred Newman 239.980.0088



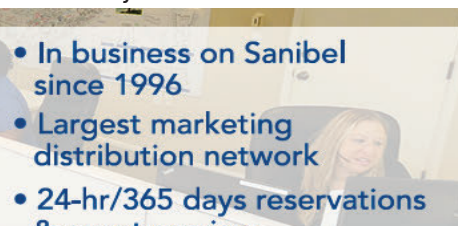
SOUTH SEAS ISLAND RESORT NEW LISTING

2332 BEACH VILLAS, CAPTIVA
 • 2 BR + Loft, Direct Beachfront
 • Inspiring Year Round Sunset Views
\$754,900 **MLS 219050417**
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 • Exceptional Rental History
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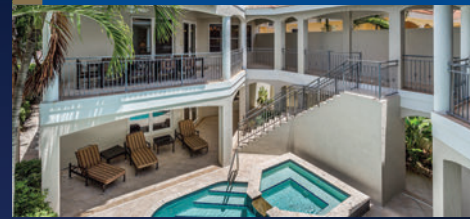
- 3 BR, 2 BA, Family/Dining Area, TV Room
 - Beautiful Garden, Sun Deck, Spa, Courtyard
 - Many Improvements w/Original Character
- \$2,495,000**

BEACHFRONT



- 6 BR, 5 BA, Pool & Spa
 - Generator, Elevator, Beautifully Landscaped
 - Stunning Direct Beach & Sunset Views
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GULF AND BAYOU VIEWS



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 - Awesome Sunset & Panoramic Gulf Views
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Mike: 239.850.7888 | Trevor: 239.281.4435

 FRIDAY Sunny High: 88 Low: 79	 SATURDAY Sunny High: 87 Low: 78	 SUNDAY Cloudy High: 89 Low: 76	 MONDAY Cloudy High: 87 Low: 78	 TUESDAY Mostly Cloudy High: 89 Low: 76	 WEDNESDAY Cloudy High: 92 Low: 83	 THURSDAY Sunny High: 89 Low: 80
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	4:03 am	7:24 am	2:18 pm	9:38 pm
Sat	4:29 am	8:25 am	3:13 pm	10:18 pm
Sun	4:56 am	9:31 am	4:11 pm	10:55 pm
Mon	5:27 am	10:43 am	5:15 pm	11:31 pm
Tue	6:01 am	12:03 pm	6:33 pm	None
Wed	6:41 am	12:06 am	8:12 pm	1:30 pm
Thu	7:28 am	12:42 am	10:14 pm	2:57 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	3:08 am	7:26 am	1:23 pm	9:40 pm
Sat	3:34 am	8:27 am	2:18 pm	10:20 pm
Sun	4:01 am	9:33 am	3:16 pm	10:57 pm
Mon	4:32 am	10:45 am	4:20 pm	11:33 pm
Tue	5:06 am	12:05 pm	5:38 pm	None
Wed	5:46 am	12:08 am	7:17 pm	1:32 pm
Thu	6:33 am	12:44 am	9:19 pm	2:59 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	3:44 am	8:55 am	2:57 pm	10:01 pm
Sat	4:26 am	9:50 am	4:04 pm	10:41 pm
Sun	5:01 am	10:40 am	5:01 pm	11:17 pm
Mon	5:34 am	11:28 am	5:52 pm	11:53 pm
Tue	6:07 am	12:20 pm	6:42 pm	None
Wed	6:42 am	12:31 am	7:33 pm	1:19 pm
Thu	7:17 am	1:14 am	8:24 pm	2:20 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	6:13 am	12:13 am	4:28 pm	10:40 am
Sat	6:39 am	12:54 am	5:23 pm	11:41 am
Sun	7:06 am	1:34 am	6:21 pm	12:47 pm
Mon	7:37 am	2:11 am	7:25 pm	1:59 pm
Tue	8:11 am	2:47 am	8:43 pm	3:19 pm
Wed	8:51 am	3:22 am	10:22 pm	4:46 pm
Thu	9:38 am	3:58 am	None	6:13 pm

Island Seniors At Center 4 Life

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

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

Kayaking on Tuesdays – August 6 and 20 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.

Gelli Printing with Bea Pappas – Fridays, August 1, 9, 16, 23 and 30, 12:30 to 3:30 p.m. Cost is \$20 for members and \$25 for non-members.

Choose mono type or make papers for collage use. Beginners welcome. Supplies needed: paper towels, acrylic paints, water container, one-inch brush. The instructor will provide all other supplies.

Lunch at Cip's Place – Wednesday, August 14. Limited seating available, advance registration required.

Cip's Place is an island favorite with

a wide variety of lunch entrees as well as daily specials and desserts. Local restaurant reviewer Jean LeBoeuf in 2018 chose Cip's as one of 14 hidden gems. Cip's was named for a longtime islander Jimmy Cipriani who owned the property. He always made time for conversation, good company and great food. Cip's is home to a wall of island faces painted by two local artists. And its bar is modeled after one of Sanibel's original ferries, the *Islander*. Register at the front desk. Separate checks will be provided.

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

The featured book for Wednesday, August 14 is *The Wife* by Meg Wolitzer. Bring your lunch and view the movie at 12:30 p.m. A book discussion will take place at 2:30 p.m.

The Wife is the story of the long and stormy marriage between a world-famous novelist, Joe Castleman, and his wife Joan, and the secret they've kept for decades. The novel opens just as Joe is about to receive a prestigious international award, The Helsinki Prize, to honor his career as one of America's preeminent novelists. Joan, who has spent 40 years subjugating her own literary talents to fan the flames of his career, finally decides to stop.

– womansbookstore.com
Day Trip to IKEA – Monday, September 9. Cost is \$5 for members and \$15 for non-members. Includes round trip transportation.

Travel with friends for an all-day shopping spree at IKEA in Plantation, one of the world's largest furniture stores specializing in ready-to-assemble furniture. Lunch is on your own at the IKEA Café. Advance registration is required.

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.*

ISLAND SUN BUSINESS NEWSMAKERS



Kimberly Powers Babs Maughan Susan Yarab Lauren Thomas Carolyn Tongyai

John R. Wood Properties

The top producers for June at the John R. Wood Properties Sanibel-Captiva office were: Kimberly Powers, top listed transactions; Babs Maughan and Susan Yarab, top pending transactions; Lauren Thomas, top closed sales; and Carolyn Tongyai, productivity award.*



Buy Brilliantly! Walkout To Beach!

Beautiful 2 BR, 2 BA unit with walkout to the pool and beach. The unit has been completely updated with an open floor plan. The kitchen features custom cabinetry with granite counter tops and stainless steel appliances.

Sandalfoot Unit 3C1 offered at \$674,000

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9448 Begonia Ct in Gumbo Limbo
Semi-raised easy-access 1-level home with new roof, new HVAC, high ceilings, family room, private lake views, & more. \$649,000



Gulfside Place #222, 1605 Middle Gulf Dr
This view & remodeled top-to-bottom with high-end modern finishes & neutral tones to compliment the beachfront view. \$1,429,000



11245 Bienvenida Ct, #102 in Coronado
Like-new Gulf Harbour 1st level luxury villa with garage & lakeside lanai. Currently used as 2 bedroom with studio. \$499,000



1558 Sand Castle Rd in The Dunes
Custom home with stunning sunset views & split-floor plan with pool. Expansive glassed lanai, open deck, & fireplace. \$699,000



842 Limpet Dr in Shell Harbor
Stunning ground-level 3-suite pool home with dock & boat lift. Fully remodeled. Decorator furnishings could convey too. \$2,295,000



Sanibel Arms West #E2, 827 East Gulf Dr
East-end direct gulf-front updated 1st-level 2 bedroom in easy on-site rental program with low fees & terrific income. \$849,000



1238 Isabel Dr in Sanibel Harbours
Renovation at unique bay-front home nearly done. 5000+sq. ft. of air conditioned space with elevator, plus pool, & dock with lift. \$3,495,000



2242 Periwinkle Way
Sanibel Square #3

Sanibel
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239-472-HOME (4663)

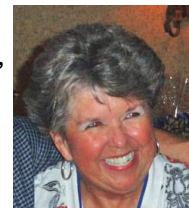
888-603-0603

SanibelSusan.com

898 Rabbit Rd in Windrow
Lot for single-family home. Beach access path at end of street. ~80' x 200'. \$170,000

The SanibelSusan Team

Susan Andrews,
David Anderson,
Lisa Murty, &
Elise Carnes



With most island sales 4th & 1st quarters, NOW is a smart time to list. The SanibelSusan Team offers no-obligation proposals with market analyses & recommendations. Wondering if we have sold in your neighborhood? Below is our island sales volume by complex/subdivision.

Bandy Beach \$1M	Kings Crown \$3.3625M	Seascape \$1.9M	Beachview Estates \$5.65M	Island Woods \$1,650,550	Sanibel Estates \$23.267M
Beachcomber \$8.1M	Lake Palms \$235K	Seawind \$1.3864M	Belle Meade \$138K	Lagoon Estates \$535K	Sanibel Harbours \$2.2M
Beach Road Villas \$313K	Lighthouse Point \$4.4555M	Sea Shells \$1,588,425	Bright Water \$995K	Lake Murex \$2,993,750	Sanibel Highlands \$298K
Blind Pass \$1.3845M	Loggerhead Cay \$9.5485M	Sedgemoor \$2.2475M	Butterknife \$250K	Las Conchas Del Mar \$375K	Sanibel Isles \$2.05M
Breakers West \$692.5K	Mariner Pointe \$15.8441M	Shell Island Beach Club \$2.865M	Caloosa Shores \$1.1625M	Little Lake Murex \$3.04M	Sanibel Lakes Estates \$2.485M
By-the-Sea \$625K	Nutmeg Village \$1.7525M	Signal Inn \$490K	Castaway Estates \$4.3375M	Long Acre Lake \$1,562,250	Sanibel River Estates \$2.613M
Captains Walk \$1.7769M	Pelicans Roost \$745K	Somerset \$4.6M	Chateaux Sur Mer \$875K	Metes & Bounds \$19.1706M	Sanibel Shores \$2.615M
Colony Resort \$106.7K	Pointe Santo \$10.809M	Spanish Cay \$5.2475M	Del Segra \$3.6195M	Mitzi \$535K	Seagull Estates \$8.278M
Compass Point \$3.7725M	Sandalfort \$7.9514M	Sundial \$14.3504M	Dinkins Bayou \$345K	Moonshadows \$3.65M	Seaspray \$1.3625M
Coquina Beach \$1.02M	Sanddollar \$605K	Sunset South \$3.198M	The Dunes \$7.5578M	Palm Lake \$1.315M	Sea Oats \$951.5K
Cottage Colony West \$3.465M	Sand Pebble \$1.065M	Tantara \$1.195M	Eastwood Landings \$1.09M	Periwinkle Properties \$775K	Shell Harbor \$8.974M
Donax Village \$487.8K	Sandpiper Beach \$2.08M	Tarpon Beach \$740K	Foley, aka Sanibel Place \$809K	Poinciana Circle \$500K	Southwinds \$950K
Gulf Beach \$790K	Sand Pointe \$3.757M	Tennisplace \$1.1925M	Gopher Walk \$1.136M	Richardsons \$3.64M	Watershadows \$974K
Gulfside Place \$8.895M	Sanibel Arms \$330K	Villas of Sanibel \$950K	Gulf Pines \$1.2M	Rocks, East \$3.255M	Windrow \$54K
High Tide \$1.695M	Sanibel Arms West \$1.426M	Wedgewood \$740K	Gulf Shores \$2.6505M	Rocks, West \$520K	Woodring \$2.3M
Ibis at The Sanctuary \$443K	Sanibel Moorings \$1.9915M	White Sands \$1.025M	Gumbo Limbo \$8.3864M	The Sanctuary \$2.8725M	Captiva Gold Coast \$8.5M
Island Beach Club \$4.8205M	Sanibel Shores \$830K	Yacht Haven \$520K	Harbour Cottages \$470K	Sanibel Bayous \$1.02M	Captiva Village \$800K
Janthina \$900K	Sanibel Surfside \$1.85M		Heron's Landing \$2.06M	Sanibel Center \$185K	
		Bayshore Village \$2.2325M			

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Will Power

Tom Petty And The Heartbreakers



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

During the 1980s, I attended college and law school at the University of Florida in Gainesville, which also happens to be the hometown of rock and roll legend Tom Petty. I was not a big Petty fan before attending UF. You couldn't help it, however, from becoming a fan while living in Gainesville during the height of his popularity. Over time, his music grew on me. He was the hometown hero who busted it "Into the Great Wide Open."

As an undergrad, one Thursday night I happened to take a date to Rickenbacker's Bar in downtown Gainesville, when Petty, at the height of his career when he normally played to packed stadiums, strolled in with an acoustic guitar and a friend.

He proceeded to play two sets to the uncrowded room (this was before cell phones which would have resulted in an immediate madhouse), allowing me to enjoy a personal concert from one of the biggest musical names at the time. He sang some songs and chatted with the 20 or so people in the bar about his music.

It was a great experience, and I became a much bigger fan. Petty's "Last Dance with Mary Jane" happened from an accidental drug overdose in October of 2017. Since that time, his widow, Dona York Petty, and his two daughters Adria Robin Petty and Annakim Violette, both from a prior marriage, have been trying to "Break Down" one another over his estimated \$95 million estate.

The disagreement between stepmother and stepdaughters boiled over in lawsuits, each vying for control over Petty's intellectual property rights, including marketing rights to his name and image, royalties and artistic creations.

Dana chides Adria for wanting to authorize Petty's likeness to promote products like salad dressing, a la Paul Newman. She accuses her stepdaughters of locking her out of the management of the intellectual property rights, claiming that Petty's trust directs those rights to be contributed to an LLC, which she wants managed professionally.

Adria and Annakim have said "Don't Do Me Like That" to Dana over these same issues, claiming that Petty's trust directs the intellectual property rights to be maintained in an LLC with all three having equal membership interests, which would create a situation where the stepdaughters could outvote their stepmother at any time.

The two sides "Won't Back Down." It looks like all of the parties will be "Free Fallin'" for quite some time until the legal process works all of this out. I'm sure that either side would like to be "Runnin Down a Dream" and get their own way, but that doesn't look likely any time in the near future.

The Tom Petty saga speaks to many universal estate planning truths. Economically tying a stepparent to stepchildren can be a recipe for disaster, especially when there's not an impartial trustee named to ensure that your dispositive intent is carried out the way that you would like.

Your trustee decides how the trust assets are invested and distributed. In Tom

Petty's case, an impartial LLC manager could decide how to optimize the intellectual property rights.

Obviously Petty wanted to take care of all his "American Girls." It appears that his estate had more than enough assets and revenue to do so. Instead his family turned into "Tom Petty and the Heartbreakers."

Neither his wife nor his daughters will have to "Live Like a Refugee." But when the glue that holds the family relationship is no longer there, it comes down to money and control.

I'm sure if he were alive today, he'd tell his wife and his daughters "You Wreck Me," and "It's Time to Move On," to "The Best of Everything."

But Tom's not with us anymore. It doesn't take millions to put your family in a similar situation. In fact, the less money and assets available make the investments and distribution allocation decisions that much more important and vital to each party's interest.

If you have a similar situation, make sure that you think through the issues, so everyone will "Feel a Whole Lot Better."

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From page 1

Junior Anglers



Optimist Club member Randy Carson grilling hot dogs

photos by Jeff Lysick

and here and the Lighthouse Pier, I think we caught a record number of fish."

Throughout the summer, the Junior Anglers traveled to different locations – on Sanibel, Captiva and Fort Myers – to fish from shorelines as well as from boats. Locations included Wildlife Drive in the

JN "Ding" Darling National Wildlife Refuge, under the bridge at Blind Pass, the Sanibel Fishing Pier and aboard boats provided by Adventures In Paradise and Tarpon Bay Explorers, who provided the group fishing equipment. Bait was provided by Bailey's General Store.



The Junior Anglers ate their lunches in the shade

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From left, Bank of the Islands Vice President Willy Ocasio, Ralph and Billye Curtis, and SCCF CEO Ryan Orgera photo provided

Bank Donation Goes To SCCF

Bank of the Islands made a nonprofit donation recently through its We Love Our Islands program. Billye Curtis was spotted with a We Love Our Islands decal on her vehicle, winning her the right to select which local nonprofit organization would receive a charitable contribution from the bank. Curtis chose to donate the \$600 to Sanibel-Captiva Conservation Foundation (SCCF). That donation marks \$82,400 given away to

date through the bank's program.

"Bank of the Islands is proud to be a longstanding conservation partner to SCCF," said Willy Ocasio, Bank of the Islands vice president and Sanibel-Captiva office manager. "We sponsor their Wines in the Wild fundraiser and the island-wide mailing of their annual report. We're always happy when We Love Our Islands winners choose to support SCCF."

All islanders are invited to visit the bank's Sanibel or Captiva office to learn more about the We Love Our Islands program and how you and your favorite charity can become the next winners. ✨

Gibson Retires From SanCap Trust Company

Albert D. Hanser, founder and chairman of The Sanibel Captiva Trust Company, has announced the retirement of Phyllis Gibson, vice president, client services and trust administration. Gibson has been responsible for managing the daily trust needs of dozens of Sanibel-Captiva and Lee County clients since joining the firm in 2012.

"Phyllis has been a vital member of our Sanibel team," said Hanser. "She is a consummate professional with outstanding interpersonal skills, who treats those in her charge more like family members than clients. Although she will be missed in the office, we look forward to seeing her often as a neighbor and friend."

Gibson's financial career spanned more than 20 years, including serving as a branch operations manager for both Morgan Stanley and Legg Mason Wood Walker. She also worked for Sungard Data Systems as conversion support leader.

Gibson moved to Captiva in 1991 and has given back to the community by serving on several boards and committees. She is currently a board director of the Bailey-Matthews National Shell Museum. She was also board secretary of the Captiva Island Yacht



Phyllis Gibson photo provided

Club and commissioner of the Captiva Fire Control District.

"Working with everyone at the trust company has been a wonderful experience," said Gibson. "The camaraderie and support of my teammates, as well as the precious relationships with clients here is one of a kind."

Gibson and her husband plan to become winter residents on Sanibel and spend their summers in the Appalachian Mountains of Georgia, where they established a home and longtime friends. ✨

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Frankly Speaking



by Howard Prager
Let's talk about everything but the game. As trade deadlines have come and gone and NFL camps and college camps move into high gear, I think about all the ways sports has changed

OFF the field.

It used to be enough to go to a game and hear the organist between innings, listen to the public address announcer say "Get your pencils and scorecards ready" as Pat Piper used to say at Wrigley Field, keep score of the game and watch the marching bands perform at halftime. Not anymore.

Entertainment and keeping people in their seats is what the game is all about today. That's also part of the "speed up the game" movement. Jumbo video screens (remember when we called them Jumbotrons?), mascots and all sorts of goofy little games between innings and timeouts is about keeping people in their seats and not leaving. I remember the first time I took my son Jordan to a Chicago Cubs game. He looked for two things: the food vendors, and the TV sets in the grandstands. I kept saying, "Look Jordan, the game is being played right in front of you." And he said, "Dad, I can see it on the TV!"

I am more of a traditionalist. Yet when they put the new video screens in Wrigley Field, I even appreciated all the information they are able to display about each hitter, each inning and the game. And, of course, the replays.

Where do you stand? Do you want to see replays? Should there be an electronic umpire, as they have experimented with in some minor leagues this year? How many timeouts should a manager or football coach have for challenging calls? Get it right

or keep the game moving?
For music, do you prefer the same anthems that rock the house in every sport, or do you like the specialized approach, for example, with each batter having their "signature song" as they come up to bat? I was in the marching band, and love seeing the exquisite shows they work so hard on each week. So do the poms and dance teams. Both the bands and the cheerleaders/poms/dance teams have their own competitions as well, with every bit of excitement and suspense as to who wins as the games they perform at.

Do we really need to be encouraged to cheer by saying so on the big screen? (And please, stop the sound-o-meter to show how loud you can cheer.) If you're at the game, aren't you paying attention to what's going on? Do we need reminders that this is a potential turning point in the game? That a strikeout with the bases loaded or stop on third down can make all the difference in the game?

Mascots, I believe, date back to 1964 with Mr. Met from the New York Mets in major league baseball, and in college football, they have had mascots far longer. I can't get too worked up about a mascot. As long as they don't take away from the experience but rather enhance it in some way, I'm OK with it.

Fantasy ball. Now I must admit I'm not interested in playing amateur GM, but it's been a way to raise interest and awareness in players and teams and statistics, and for that reason alone, that's good.

Do we talk about all the food that's available at ballparks now? No more peanuts, hot dogs and Cracker Jacks but gourmet fare. And all the parks seem to have these Dippin' Dots – the "ice cream of the future." It's been the ice cream of the future for 31 years, yet I never see it outside of games and events. Maybe it's the future marketing of ice cream.

Tailgating has also become a big part of the game experience for many, and it too has gone gourmet with a

cornucopia of amazing food and giant screen TVs and speakers in the back of cars. Don't want to miss a minute of the game beforehand or pregame specials while fortifying yourself.
Yes, all the accoutrements and accompaniments to sports have grown and changed over time. Fortunately what counts the most – the game and

the athletes on the field – are still what it's all about.
Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandsunnews.com.

Executive Earns Leadership Certificate

Midland IRA & 1031 Executive Vice President and Chief Operating Officer Brandon Hall has obtained his executive leadership certificate from Cornell University.
Hall completed eight online courses over the last year on topics including quality and service management, leading organizational change and strategic decision-making taught by the staff of the SC Johnson College of Business at Cornell University.
Hall has been with Midland IRA & 1031 for 15 years and has been instrumental in the firm's growth from a two-person accounting firm on Sanibel to a national custodian administering more than \$2 billion in self-directed IRA assets.
Dave Owens, CEO, Midland Trust Company, said, "This is a great accomplishment for Brandon. His leadership skills have taken Midland to the next level. Midland prides itself on



Brandon Hall photo provided supporting its employees to be the best they can be both professionally and personally."
As part of the senior management team, Hall oversees operations in three locations: Fort Myers, Chicago and Sioux Falls, South Dakota.

City Accepting Proposals For Fitness Classes

The City of Sanibel is seeking fitness instructor proposals for fiscal year 2020 (October 1, 2019 to September 30, 2020). Instructors must be able to offer high quality fitness classes in one or more of the following activities: Cycling, Yoga, Pilates, BOSU

& Stability Ball, Zumba, Land Aerobics, Body Sculpting, Tai Chi, Group Weight Room Instruction, Specialty Small Group Fitness Classes, etc. Instructors must be able to meet the various needs and fitness levels of users. These classes will be held at the Sanibel Recreation Center and/or the Center 4 Life. Selected fitness instructors must submit to and pass a criminal background check.
Acceptable proposals must contain
continued on page 40

SPORTS QUIZ

- 1. In 2018, New York Yankees outfielder Aaron Judge became the fastest major-leaguer to reach 60 career home runs (197 games). Who had been the fastest?
- 2. Combined, Barry Bonds and Babe Ruth hold seven of the top 10 spots in major-league history for single-season slugging percentage. Name any of the other three players in the top 10.
- 3. Oregon's Royce Freeman set a Pac-12 record in 2017 with 60 career rushing TDs. Who had held the mark?
- 4. When was the last time before the 2017-18 NBA season that the Philadelphia 76ers won at least 14 consecutive games?
- 5. Name the last school before Minnesota-Duluth in 2018-19 to win consecutive NCAA Division I Frozen Four men's hockey championships.
- 6. What was the name of the last men's pro soccer team from Atlanta to win a league championship before Atlanta United did it in 2018?
- 7. Seven boxers have won pro titles at 135, 140 and 147 pounds. Name two of them.

ANSWERS

- 1. Oakland's Mark McGwire needed 202 games to reach 60 career home runs in 1988. 2. Lou Gehrig (seventh at 7654), Rogers Hornsby (ninth at 7560) and Mark McGwire (10th at 7525). 3. Oregon State's Ken Simonton had 59 career rushing TDs in 1998-2001. 4. It was 1982-83, when the 76ers won an NBA championship. 5. Denver, in 2004-05. 6. The Atlanta Chiefs won the NASL championship in 1968. 7. Terence Crawford, Oscar De La Hoya, Floyd Mayweather Jr., Pernell Whitaker, Barney Ross, Adrien Broner and Manny Pacquiao.

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From left, Donna and Dave Edwards, Brian Cunningham, Maria Espinoza, Alicia Tighe, Kathy Y. Monroe and Anthony Morales

photo by Jeff Lysiak

Golf Tournament Proceeds Go To FISH Of SanCap

by Jeff Lysiak

On July 25, representatives from Doc Ford's Sanibel Rum Bar & Grille hosted staff from FISH

of SanCap, when they presented the proceeds from the Doc Ford's Invitational Golf Tournament to the social services organization. Those funds will be used to pay for programs, workshops and other services for the community.

Recently played at The Sanctuary Golf Club, participants in this year's tournament raised \$1,605 for FISH of SanCap. That amount was matched by the ownership of Doc Ford's, raising the

total donated to \$3,210.

Several members from the FISH of SanCap staff – including Executive Director Alicia Tighe, Program Director Kathy Y. Monroe, Walk-In Center Manager Maria Espinoza and Social Services Assistant Anthony Morales – were on hand for the check presentation. Representing Doc Ford's was Manager Brian Cunningham along with donors Dave and Donna Edwards.*

Preparing Your Home For A Storm

With hurricane season in full force, Lee County Electric Cooperative (LCEC) reminds you to have a family disaster plan and kit ready to go. But is your home prepared if a storm comes to Southwest Florida?

The most important precaution you can take to reduce damage to your home and property is to protect the areas where wind can enter. Here are some tips to help you prepare your home:

Protect your windows with hurricane shutters or plywood.

Trim dead branches from trees and shrubs around your home, avoiding those close to power lines.

Clear your patio and yard of furniture, potted plants, toys and other debris.

Anchor items that cannot be taken inside.

Turn off and unplug the TV before lowering an antenna or satellite dish.

Protect your electronics with surge protection devices.

Reinforce your garage door at its weakest points.

Inspect doors and add extra locks or slide bolts.

Inspect and secure mobile home tie downs.

For everything you need to know before, during and after a storm, download the LCEC Hurricane Guide from www.lcec.net.*

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Milestone Donation For Caps For Kids

Resident volunteers of Cypress Cove at HealthPark Florida's Caps for Kids organization recently reached the momentous milestone of completing its 20,000th cap for use by a child undergoing surgery at nearby Golisano Children's Hospital of Southwest Florida.

"I'm so very pleased to be part of this meaningful moment of giving," said Caps for Kids chair Audrey Blomquist. "It makes all of our volunteer team so happy to help a child and their family during such a stressful period."

The program, which began in October of 1999, is a spin-off of a program called Sew Angelic that was started that same year by Lee Health RN and pediatric specialist Sandi Falk. Her friend, long-time hospital volunteer and Cypress Cove resident Jane Andrae, offered Falk the help of a team of volunteers from the nearby Life Plan community.

Caps for Kids (a name given by Andrae) was soon formed, and volunteers have since donated their time to create surgical caps for children at Golisano Children's Hospital.

Fabric for the caps is purchased by Lee Health. Volunteer staff at Lee Health cut the fabric into circles and then Cypress Cove's Caps for Kids team assembles the elastic-banded caps.

Fabrics are printed with bright, cheery colors and figures – such animals, fish



Resident volunteers of Cypress Cove at HealthPark Florida's Caps for Kids organization put the finishing touches on colorful surgical caps for use at Golisano Children's Hospital of Southwest Florida

and smiling dolls. There is nervousness with stomachs churning for both children and parents as surgery time nears. But some of the

nervousness suddenly vanishes when nurses bring out a hatbox filled with colorful cloth caps that patients are invited to choose from. Nurses and doctors join in the fun, selecting a cap to don. Suddenly the operating room doesn't seem so scary to the child or parents.

More than a dozen Cypress Cove resident volunteers participate each month in assembly of the caps. Those residents with sewing machines hem the circles and another crew of volunteers gathers once a month to thread elastic through the hems. The latter work becomes a social event.

Cypress Cove's volunteers produce on average 1,000 caps each year. The organization is part of a large contingent of residents at the 48-acre Life Plan community that donate their time volunteering for on and off campus projects.

"More than 180 residents provide

a combine 13,000 volunteers each year," said Executive Director Michele Wasserlauf. "Cypress Cove generosity comes in many forms, and our Caps for Kids program is one of several meaningful volunteer gifting programs that we participate in with Lee Health."

Grief Support Meetings Resume

Sanibel Community Church will host a 13-week session by GriefShare on Tuesdays, August 13 through November 5, from 5 to 7 p.m. in the main Sanctuary.

It is open to all people who have lost a loved one. The church is located at 1740 Periwinkle Way. For more information, call 472-2684 or email Maryelle Pavelka at maryellej@hotmail.com.

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You Can Order Your Own Lab Tests Now



by Suzy Cohen, RPh

Dear Readers: I am thrilled to tell you that you can test yourself for pretty much anything. It's absolutely fantastic and quickly puts you on the track to better health.

In the old days, if you wanted to check something, you had to make an appointment with the doctor, wait a week, drive over, request the test you want, or hope the pertinent one is offered, and then go to a lab somewhere else, probably on another day because you needed to fast. Then you'd wait another week for results.

Today you can order your own tests from many labs nationwide, either online, or by going directly to the laboratory or local hospital where these are offered. Call in advance. I just did it the other day to test the theory before writing this. I went to the local hospital's outpatient laboratory on a Thursday (quiet time). I ordered a ferritin and TIBC test for iron, filled out a simple form, provided a driver's license, and had blood drawn within minutes. I was in and out the door in eight minutes!

Typically results are made available on your lab's secure website or they can be picked up. If you're buying a test online, the website should begin with https, not http in the URL, to keep your credit card information secure.

Here are two options:

RequestaTest.com

WalkinLabs.com

You can call Quest as well; they are nationwide or go online to www.QuestDirect.com. Even if you need a local lab or a phlebotomist, you can arrange that pretty easily as well, just visit www.anylabtestnow.com to find a location near you. There's also Phlebotomy Services International and you can visit www.phlebotomyservices.com.

Advantages

1) It's convenient because some tests for urine, saliva or feces are conducted from home, and you mail samples back to the lab in pre-paid envelopes.

2) It's private, which is useful for drug/alcohol testing or gene testing... even STDs.

3) Self-pay pricing is dramatically reduced. Monitoring your PT, ferritin, A1c and cholesterol just got a whole lot cheaper.

4) Get well quicker. Ordering highly specialized tests can reveal the missing link, and therefore speed healing for chronic situations that haven't responded to conventional treatments. Aren't you tired of doing the same thing with no results?

There are disadvantages which I outline in the longer version of my article which you will receive over email. Join my online community, which is almost 200,000 people strong, to get all the longer versions of my articles. Tuesday is Suze-day, lol, and that's when you get my newsletter which also includes specialized lab tests now available. Sign up at www.suzycohen.com.

One disadvantage is that you get an abnormal test result. What do you do? Obviously, you will need guidance from your practitioner, but I even have a useful workaround for that. And specialty tests that are extraordinary in their scope, and exclusive to specialty labs (which you can now purchase yourself). I'll see you over email.

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.southwestfloa.org.

Sanibel Community Church is located at 1740 Periwinkle Way.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Is it true that unexpressed anger can put you at risk for potential health issues?

A: Yes it is. Not just anger, but fear that is unexpressed as well can create chemical reactions

in the body that lower one's vibration. I remember, when growing up, I had a friend whose mother instilled fear in her for just about everything. This girl was prone to growing up with fear present in her mind and body all of the time.

Our culture is one where we are taught not to express our fear and anger. So what happens? We repress it and, sooner or later, it will either come out in an explosive and unhealthy way, or it will stay repressed and lead to depression or until it manifests into a physical illness.

Fortunately, you don't have to use either one of these maladaptive coping techniques. If you have unhealthy programming from your early years, you can get these subconscious thoughts de-programmed through hypnotherapy, a natural relaxed focused concentration approach. Hypnotherapy can help with reprogramming the subconscious with

the thoughts and beliefs you want so you can lead a happier more fulfilled life with positive belief systems at the subconscious level. These changes can help you improve your health and well-being without living with debilitating fear and anger controlling you.

I would also recommend Louise Hay's book *Heal Your Body*. Louise shares the emotional component to a physical problem and ways to heal.

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](mailto:Constance@drconstanceclancy.com) or visit www.drconstanceclancy.com.

Know The Signs Of Drug Abuse

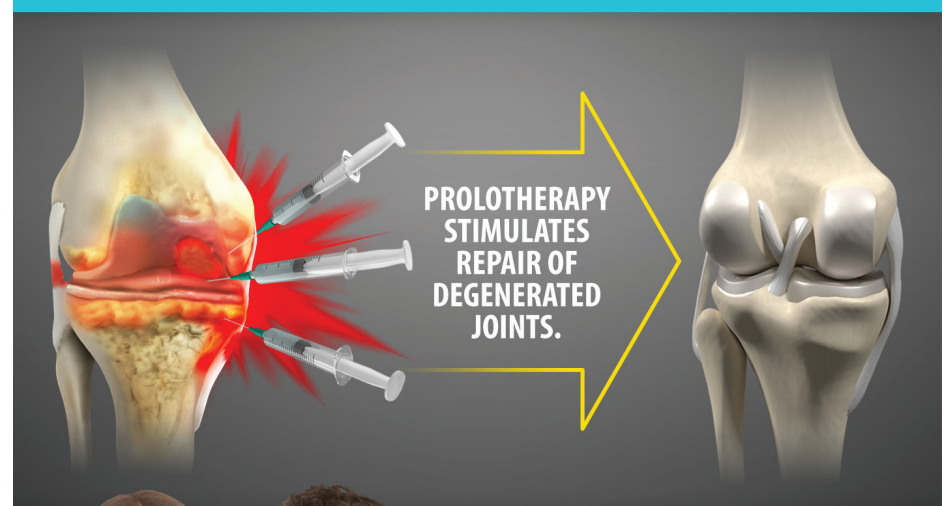
Narconon reminds families that the country is currently facing the largest man-made health crisis in history. Drugs are currently a major problem nationwide and it's more important than ever to know the signs and symptoms of drug abuse.

Click here to learn more about how to spot signs of drug abuse and how to help your loved one. You can also visit <https://www.narconon-suncoast.org/drug-abuse/> for more information.

Narconon can help you take steps to overcome addiction in your family. Call for a no cost screening or referral: 1-877-841-5509.

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Superior Interiors

How To Position Coffee Tables And Ottomans



by Linda Coin

People often pay close attention to the sofas, chairs and other seating arrangements in the living and family rooms, but what about the ottomans and coffee tables? Often overlooked,

these pieces of furniture can help bring each space together, offering a place to set a morning cup of espresso or store cozy accessories like throw blankets and accent pillows.

If currently on the verge of rearranging or sprucing up your living space, consider paying closer attention to your coffee tables and ottomans. These pieces of furniture can add the touch of style and comfort that you've been craving.

There's no getting around the fact that the coffee table belongs near furniture. After all, its main objective is to offer convenience in holding beverages, books and gorgeous accessories to display in your living space.

To style the surface, follow a few simple steps. Grab something square. To add foundation to your arrangement, use something square like a tray or book. Next, add some height. Give your coffee table some height and dimension with a vase of flowers or candlesticks. Don't forget to give it some life. Add a plant or other natural accessory to make the space livelier. Finally, use different shapes. Add something round or of an irregular shape to grab attention.

You can always switch up the coffee

table decor. Just keep these tips in mind when you're coming up with a new arrangement.

There's nothing quite like sitting back in your favorite chair after a long, busy day of work – but an ottoman to rest your feet would make this lounge space much cozier and inviting. While usually used as a place to kick up your feet, ottomans aren't subject to that – you can use it for storage or even as a substitute for the coffee table if you want to take a non-traditional route.

"An ottoman is often an underappreciated living room staple," wrote Kristin Flanagan of *Architectural Digest*. "The piece of furniture is actually a multipurpose gem: It can be used as a cocktail table substitute, a decorative footstool for a sofa, or space-saving storage."

Placement of your ottoman should be based on how you plan on using it. Arrange this staple piece of furniture near your seated areas if you'll utilize the ottoman as a footrest. If you plan on using it to store living room accessories, the ottoman can go virtually anywhere – next to the sofa, in the corner of the room or adjacent to the entertainment system. If you're using the ottoman as more of a statement piece, place it between your seating arrangement to mimic a coffee table. From there, you can style it as you please – add a tray for holding your beverages, books and other accessories, or keep it comfortable and drape your favorite throw blanket over the top.

Rearranging and styling your coffee tables and ottomans makes more of an impact than you once believed. If you need help bringing these tips to life, consider contacting a design professional to offer insight and advice based on the allotted space in your home, and your personality, unique style and ideas.

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

Blood Drive Held In Memory Of Fallen Officer

Over a three-day period last week, the Southwest Florida community rallied together for a massive blood drive in honor of Fort Myers Police Department (FMPD) Officer Adam Jobbers-Miller, who was killed in the line of duty last July. At the conclusion of the drive, which was held at Lee Memorial Hospital and FMPD headquarters, 327 people lined up to honor the memory of Jobbers-Miller with their lifesaving donations.

The blood drive came at the request of the Jobbers-Miller family, who wanted to honor their loved one's memory in a way that made a lasting impact for the community he served. The drive kicked off on July 22 with a ceremonial flag raising followed by remarks from the Jobbers-Miller family and leaders from FMPD and Lee Health.

"Thank you to the Jobbers-Miller

family for taking the initiative to honor Adam in such a meaningful way. He was a hero who bravely served our community, and we were honored a year ago to care for him and his family in his time of need, just as we were honored to remember him this week as hundreds showed up to make donations that will save lives here in Lee County," Dr. Scott Wolf, vice president of operations and chief physician executive at Lee Memorial Hospital said.

"The success of the blood drive in Officer Jobbers-Miller's name is a reflection on a great partnership between Lee Health and the FMPD. Our department wants to thank all who donated, and we are deeply touched by the emotion and support shown by our community and fellow first responders," Fort Myers Police Department Lieutenant Roger Valdivia said.

Every drop of blood collected by Lee Health remains in Lee County to save lives in the community. Blood centers are open five days a week. For more information on becoming a blood donor, call 343-2333 or visit www.leehealth.org/bloodcenter.✽

Doctor and Dietician

Essential Oils



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

Essential oils are, well, essential! We use them at home and in the office via diffuser (aromas in the air), topically or orally. Instead of a medicine cabinet filled with drugs, we have oils. We use them for pain, bruising, nausea, skin issues, colds/flu, digestive issues, mental fog, anxiety, post-workout and more. Some must-have oils are lavender, peppermint, tea tree, grapefruit, lemon, rosemary, and yes, even frankincense. Essential oils are made from different parts of plants. Other parts of the world have used them for centuries, only recently in the U.S.

We use oils at Caring Medical to help our patients with nausea, anxiety and pain. Our regenerative injection treatments can be painful and anxiety-producing. Lavender and peppermint

oil can help calm by sending chemical messages to the brain, as well as provide something to focus on. We also diffuse antiseptic oils to help clean the air during cold/flu season, as well as make cleaning solutions, air fresheners and laundry detergent.

As you know, I sustained a bike crash resulting in a pelvic break with pelvic floor and pubic structural instability, a huge hip hematoma (pooled blood), shoulder and neck instability, and shoulder ligament tears. I am still recovering, but thankful that I used essential oils immediately post-crash; yet another natural remedy that accelerated my healing. I used frankincense, lavender, helichrysum, arnica and turmeric mixed in fractionated coconut oil and applied it to all the injured areas twice daily, along with DMSO to help penetrate into the body faster. The massive bruising was eliminated in a matter of a few days. I did not take prescription pain meds. This is truly amazing!

We are huge proponents of essential oils and encourage you to learn more about them so you too can start dumping medications from your medicine cabinet.

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.✽

Extended Hours At School Enrollment Office

With the start of the new school year just two weeks away, the School District of Lee County is extending the hours of the School Enrollment office. This is an opportunity for students new to the district to enroll in school and for current students to have any questions answered (enrollment office may close early if lobby exceeds capacity).

For the week of August 5 to August 9 and for the first two days of school, the enrollment office is adding one and a half hours in the morning and evening:

- August 5 – 7:30 a.m. to 6 p.m.
- August 6 – 7:30 a.m. to 6 p.m.
- August 7 – 7:30 a.m. to 6 p.m.
- August 8 – 7:30 a.m. to 6 p.m.
- August 9 – 7:30 a.m. to 6 p.m.
- August 12 – 7:30 a.m. to 6 p.m.
- August 13 – 7:30 a.m. to 6 p.m.

"We encourage all families new to the district to use these extended hours to visit our office and enroll their children in school," said Soretta Ralph, executive director of student enrollment. "By opening early and staying open late, we hope to make ourselves available to parents at times they can take advantage of to enroll their students in school, so they are in class from day one."

The enrollment office is also opening

on Saturday, August 3 from 9 a.m. to 2 p.m. Lee Health will be on site to provide school physicals. Immunizations are available during the same hours at the Florida Department of Health, located at 3920 Michigan Avenue in Fort Myers.

The Student Enrollment Office is located in the Lee County Public Education Center at 2855 Colonial Boulevard in Fort Myers. Questions can be emailed in advance to StudentEnrollment@leeschools.net.✽

From page 36

Fitness Classes

the following information:

Copy of current group fitness certification(s) and/or specialty training certification(s)

Copy of current AED/CPR/First Aid Certification

Copy of current liability insurance
A minimum of three references
College degree earned in a health/fitness related field or equivalent work experience in the field

Proposed fitness classes qualified and available to instruct for the city (include class type(s) and description, days of the week and times)

Proposals are requested no later than Wednesday, August 7. Email, mail or submit in person to the City of Sanibel, Recreation Department, Attn: Trish Phillips, Recreation Director, 3880 Sanibel-Captiva Road, Sanibel, FL 33957, or email trish.phillips@mysanibel.com.✽

PETS OF THE WEEK

photos provided

Lee County Domestic Animal Services

Jazzy And Stella



Jazzy ID# A787028

Hello, my name is Jazzy. I am a 1-year-old female terrier mix that weighs just 29 pounds, making me a great addition for any sized home. I am super playful and love to run around. As you can see, I am very attentive and will hang on your every word. My soulful brown eyes will have you fall in love with me with just one look!

My adoption fee is \$10.

Hi, I'm Stella. I am a 4-year-old female domestic shorthair who was adopted from LCDAS as a

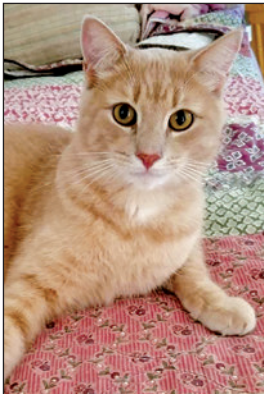


Stella ID# A751605

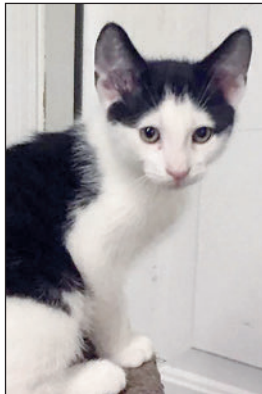
kitten and has since been returned after unfortunate circumstances occurred. My owner passed away, and I now find myself back under the loving care of the staff and volunteers waiting for my new person to come for me. I lay on a blanket from home every day, so it is obvious I am sad and long to be back in a home where I be loved.

My adoption fee is \$10.

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



Chester



Dallas

Haven on Earth Animal League

Chester And Dallas

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

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

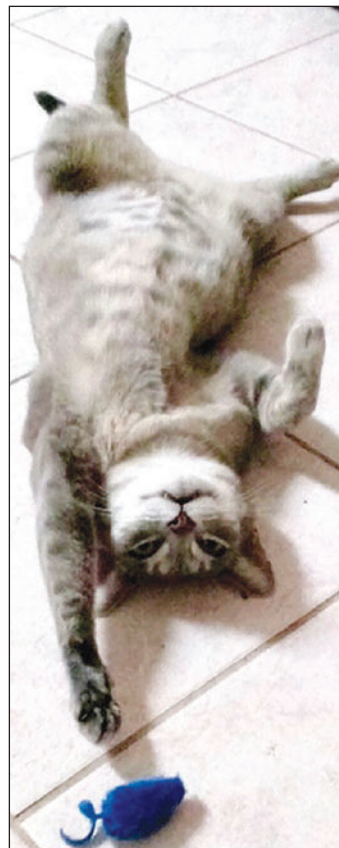
We are being cared for by Haven on Earth Animal League. For more information, call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.✱

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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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

“THAT’S MY CLUE”

- ACROSS
- 1 Inuit vehicle

5 In — (as first placed)

9 Total fan

15 Insolent talk

19 Law enforcer

21 Actress Peet or Pays

22 Andy Taylor’s boy

23 Flatfish that was there first?

25 WWII attack time

26 Quality

27 ‘63 Liz Taylor role

28 Couple taking off to tie the knot

30 Lookout person

32 Product for whitening NASCAR drivers’ garb?

37 Kappa preceptor

40 Smell — (be suspicious)

41 Willing to do

42 Wild horse’s boastful talk?

48 Battle milieu

50 “The Waste Land” poet’s inits.
- 51 Classic New York City theater

52 Actress Gilbert

53 Vex no end

55 Single-celled swimmer

58 Trajectory of a thrown winter weapon?

65 Place affording a good view

67 Related to kidneys

68 Black bird

69 Ending of pasta names

70 The cry “Hah, I scaled that peak and you didn’t!”?

76 Be obliged

77 Rose Bowl org.

79 Take for one’s own use

80 Manufacture

82 Huddle of military officers?

88 “Short and stout” vessel

89 His cube became a craze
- 90 Novelist Hunter

92 Viral net phrase, say

93 Anvil’s organ

96 Pill, e.g., briefly

97 Powerful machine that pulverizes car splash guards?

102 Censoring tone

104 Opera part

105 Mavens

106 One who would’ve taken on Goliath if David had been unavailable?

111 Take stock of

116 Russian ballet company

117 Tableland

120 Sunni’s deity

121 Web app language

122 Narratives recorded on CD?

127 Prayer’s end

128 Beatified French lady

129 Put in a different key

130 Minstrel
- 131 Ecstatic

132 “Auld Lang —”

133 White bird
- DOWN
- 1 Notices

2 Peter of “M”

3 González in 2000 news

4 Pinkie, e.g.

5 Capitol fig.

6 Apple type

7 7’0”, say

8 In need of nourishment

9 — Zedong

10 — Darya (Asian river)

11 Bread with vindaloo

12 Put right?

13 “A Passage to India” woman

14 Substitute for chocolate

15 Hit a homer

16 It lifts a kite

17 Debacles

18 Comic Tina

20 — acid (lime ingredient)

24 Mauna —

29 Not singular

31 “— -hoo!”

33 Sun — -sen

34 Uno + due

35 Rowing need

36 Charles V’s realm: Abbr.
- 38 “Conan” channel

39 “Ah, so sad”

42 Facing with courage

43 Film genre

44 Student at England’s oldest university

45 Nikita’s “no”

46 Samovar

47 — Paulo

48 Whack hard

49 Justice Dept. raiders

53 Israeli flier

54 Twitch

56 “Socko!”

57 In past time

59 Legal papers

60 Actor Affleck

61 Director Lee

62 Placed into categories

63 “Why?”

64 Woofer’s counterpart

66 Old Greek geometer

71 Arrow notch

72 “My Mama Done — Me”

73 TV’s Kwik-E-Mart clerk

74 Renoir’s skill

75 Foot 4-Down

78 — Lingus
- 81 Accurse

83 Ado

84 “Honest” guy

85 Turner of TV

86 First mate?

87 — avis

91 Network for Jimmy Fallon

93 Recede

94 Part of ASU

95 Salvage

97 Thu. follower

98 A, in Vienna

99 Hound

100 Grazing field

101 Op-eds, e.g.

103 Actress Britt

104 R&B artist

107 Aspect

108 L.A.’s region

109 Rescue squad VIP

110 Takes ten

112 Insults

113 Pipe shape

114 Taco topper

115 Soft luster

118 Nimble

119 Film scorer

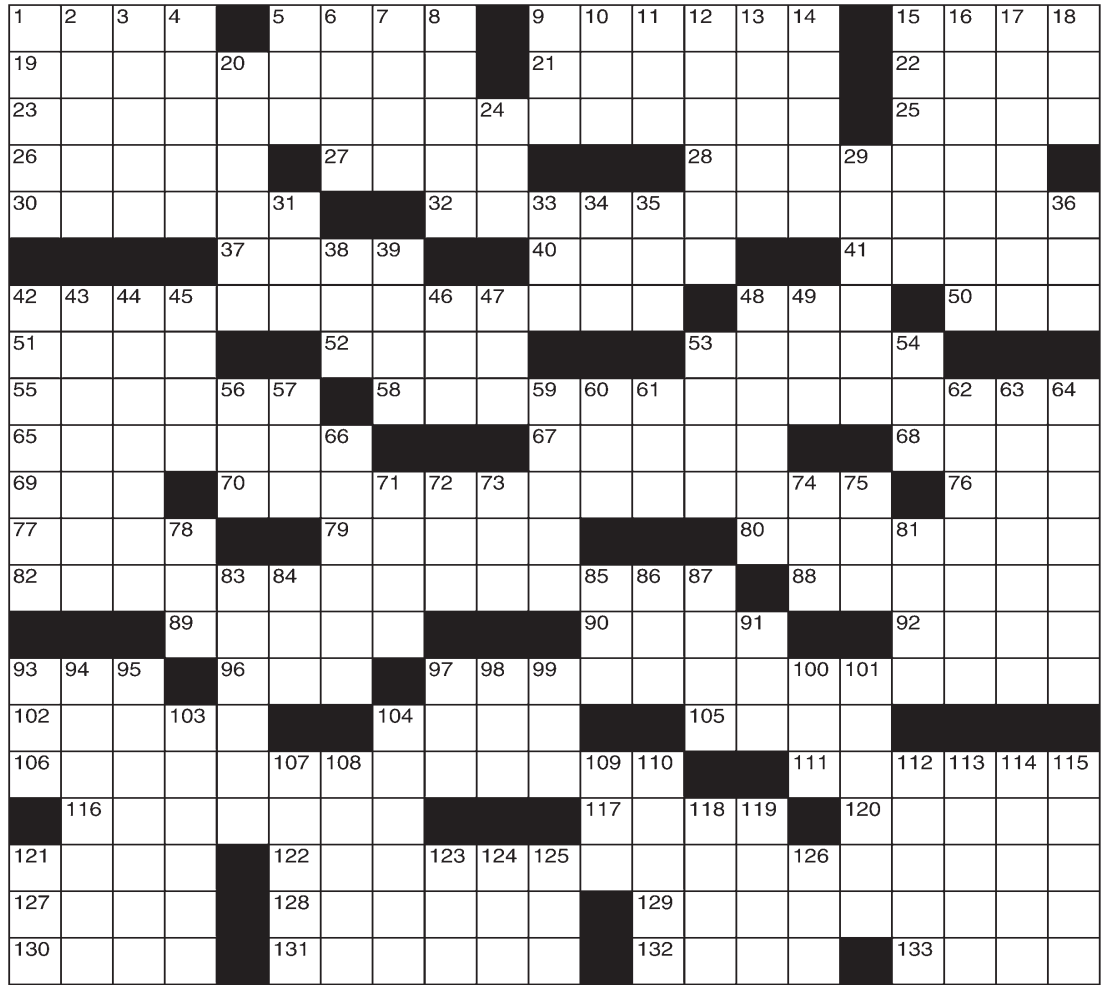
121 Quick hit

123 Can. province

124 Plains native

125 Beatty of “The Toy”

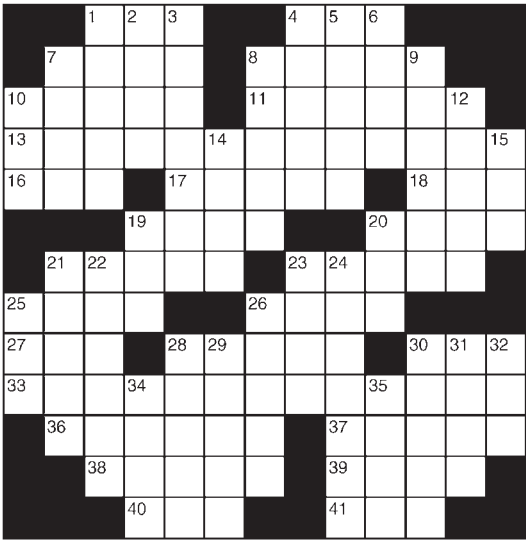
126 Hex- ender



King Crossword

ACROSS

- 1 Taxi
- 4 A-E connection
- 7 Showroom sample
- 8 Sag
- 10 Sound portion
- 11 Peter of Peter, Paul and Mary
- 13 Fairy tale footwear
- 16 “— the ram-parts ...”
- 17 Frogs’ kin
- 18 Also
- 19 Flowerless plant
- 20 Perches
- 21 Worship
- 23 Nothing
- 25 Elbow counterpart
- 26 Hardly brawny
- 27 And so on (Abbr.)
- 28 Liniment targets
- 30 Second person
- 33 Lawn-trimming tools
- 36 Blazing
- 37 Cheer up



- 38 Cobbler’s supply
- 39 A rate or tax
- 40 Type squares
- 41 Tit for —
- 8 Hill
- 8 “The Times They Are A-Changin’” singer
- 9 Beautifully imaginative
- 10 Way back when
- 12 Very angry
- 14 Peeved
- 15 “Help!”
- 19 Adversary
- 20 Crafty
- 21 Bone cavities
- 22 Coffee shop
- 23 New Mexico tribe
- 24 Scrutinize
- 25 Small barrel
- 26 Heaps
- 28 Song of David
- 29 Pinnacles
- 30 Leavening agent
- 31 Table scraps
- 32 Employ
- 34 — gin fizz
- 35 Entreaty

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

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

- All kinds of Asking for Big Car
- Causing Engine Get into Having
- Heart Not worth the Nothing but Serious
- Source of Stir up You’re in

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

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.



"Don't you think you should wear your glasses when you _____?"

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!

Ship
ELVSS

Void
SCAHM

Harsh
EVERSE

Relief
SREALE

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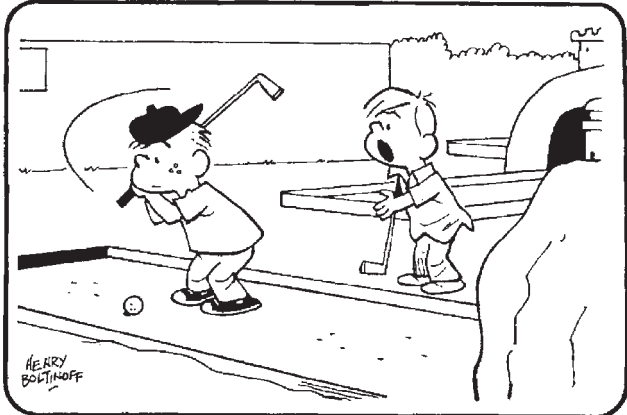
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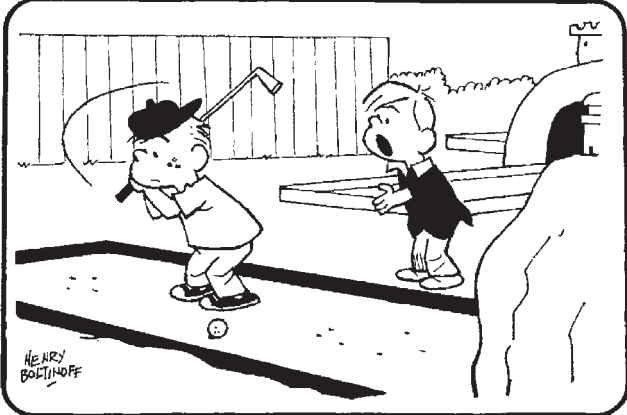
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FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Fence has been added. 2. Boy's shirt is black. 3. Bushes are lower. 4. Golf ball has moved. 5. Boy's club is missing. 6. Border around putting green is black.

My Stars ★★★★★

FOR WEEK OF AUGUST 5, 2019

Aries (March 21 to April 19) Technology snafus tax your patience. But before you throw that computer or other hardware into the trash, take a deep breath and call someone knowledgeable for help.

Taurus (April 20 to May 20) Don't be too upset if your generosity goes unappreciated. These things happen, and rather than brood over it, move on. A new friend could open up some exciting new possibilities.

Gemini (May 21 to June 20) A loved one helps you get through an especially difficult emotional situation. Spend the weekend immersed in the body and soul restorative powers of music and the other arts.

Cancer (June 21 to July 22) You are pretty much in charge of what you want to do this week. However, it might be a good idea to keep an open mind regarding suggestions from people you know you can trust.

Leo (July 23 to August 22) Another chance to shine (something always dear to the Lion's heart) might be resented by others. But you earned it, so enjoy it. The weekend brings news about a family member.

Virgo (August 23 to September 22) A suggestion that never took off could become viable again.

Dust it off, update it if necessary, and resubmit it. In your personal life, a new relationship takes an "interesting" turn.

Libra (September 23 to October 22) Confronting a new challenge to your stated position could work to your advantage by settling all doubts once you're able to present a solid defense backed up by equally solid facts.

Scorpio (October 23 to November 21) You enjoy doing nice things for others. But this is a good time to do something nice for yourself as well. You might want to start by planning a super-special getaway weekend.

Sagittarius (November 22 to December 21) Some changes you feel you need to make might be reasonable and appropriate. But others might lead to new problems. Think things through carefully before you act.

Capricorn (December 22 to January 19) Good instincts usually keep the sure-footed Goat on the right path. So, what others might see as stubbornness on your part, in fact reflects your good sense of what is worth supporting.

Aquarius (January 20 to February 18) A period of introspection could lead to some surprising conclusions – and also equally surprising changes – involving a number of your long-held positions

on several issues.
Pisces (February 19 to March 20) The financially practical Pisces might want to take a sensible approach to spending as well as investing. Being prudent now pays off later. A romantic situation moves into another phase.
Born This Week: Your sense of curiosity keeps you continually alert for what's new about people, places and things.

STRANGE BUT TRUE

- It was 19th-century British Prime Minister Benjamin Disraeli who made the following observation: "My idea of an agreeable person is a person who agrees with me."
- When the movie *Grizzly Adams* was filmed, the grizzly bear that played the title role was paid \$9,000 a day, plus an extra \$15,000 for performing its own stunts. I wonder if it went out on a shopping spree after payday?
- Medical experts say that coconut water has the same pH and electrolyte balance as human blood. In fact, during World War II, doctors who were running low on supplies used coconut water in plasma transfusions.
- The next time you're eating an Oreo cookie, consider this: It takes 90 minutes to make each cookie, and each one has precisely 90 ridges on the rim.

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ROOMMATE WANTED

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• From the Yes, There Is a Word for It file: A crith is a unit of measure denoting the weight of a liter of hydrogen.

• Hunters, take note: The largest deer that ever lived was the Irish elk, which became extinct more than 7,000 years ago. Though it stood a remarkable 7 feet tall at the shoulders, the creature’s most amazing characteristic was its antlers, which could stretch 12 feet from tip to tip and weigh up to 90 pounds. Imagine that rack hanging on your living room wall!

• If you’re like the average American, you will eat approximately 22 pounds of tomatoes this year. And half of that amount will come in the form of ketchup and tomato sauce.

THOUGHT FOR THE DAY

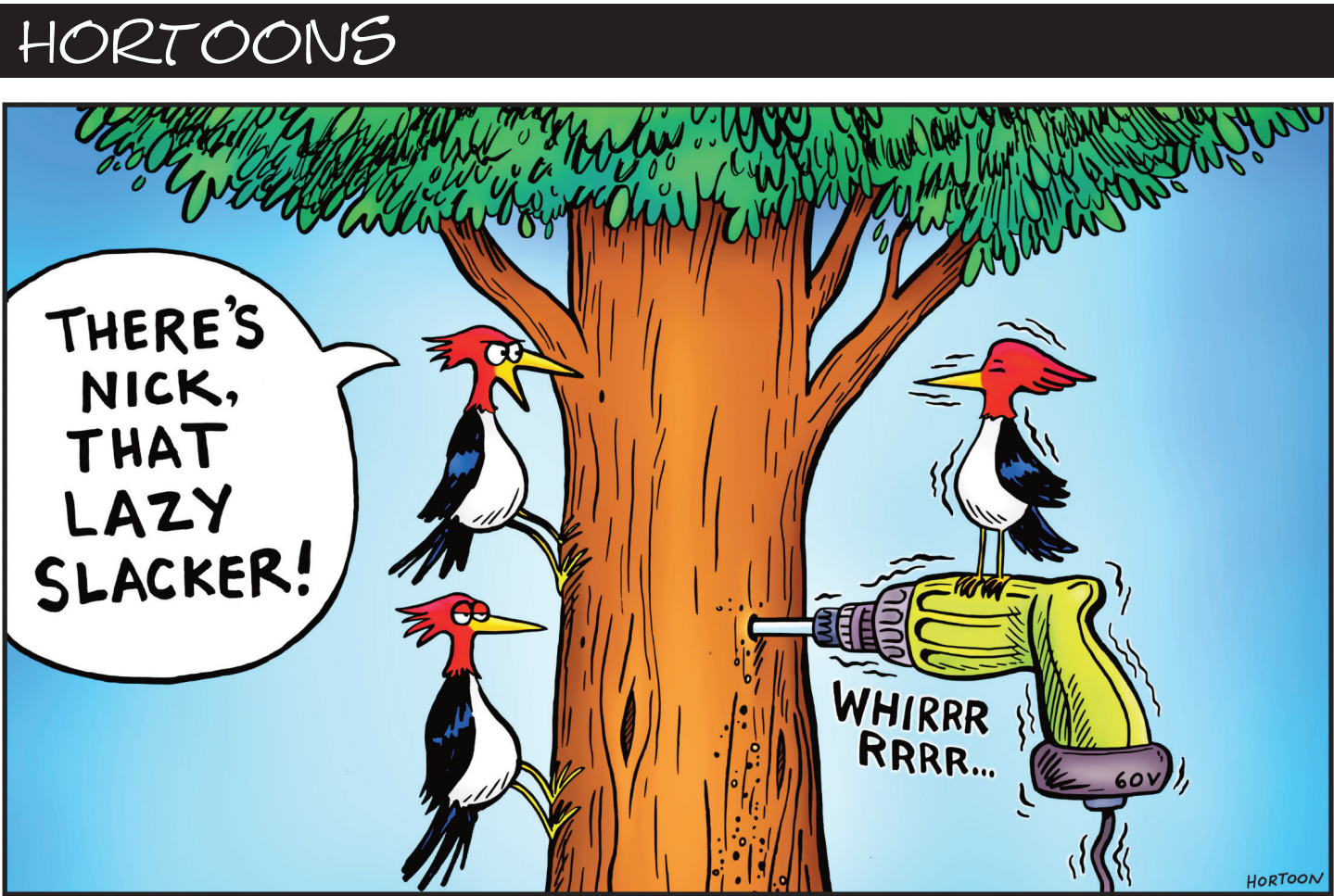
“The only really good place to buy lumber is at a store where the lumber has already been cut and attached together in the form of furniture, finished, and put inside boxes.” – Dave Barry

SCRAMBLERS

1. Vessel; 2. Chasm;
3. Severe; 4. Release

Today's Word

SHAVE



PUZZLE ANSWERS

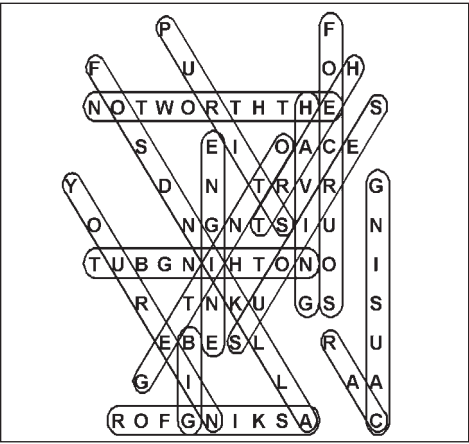
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	2009	6,292	\$6,999,990	\$6,000,000	533
Laguna Shores	Fort Myers Beach	2007	6,603	\$6,950,000	\$3,400,000	137
Bonita Beach	Bonita Springs	1985	2,009	\$3,485,000	\$3,225,000	230
Mcphe Park	Fort Myers Beach	1932	1,753	\$2,350,000	\$2,289,500	200
Longlake	Bonita Springs	1993	3,342	\$1,275,000	\$1,100,000	100
Palm Acres	Fort Myers	2001	3,784	\$1,195,000	\$1,100,000	115
Addison Place	Bonita Springs	2001	3,552	\$949,500	\$935,000	130
Gulf Shores	Sanibel	1981	2,051	\$799,000	\$747,000	240
Hendry Creek	Fort Myers	1983	4,189	\$798,000	\$778,000	28
Imperial Shores	Bonita Springs	2002	4,100	\$697,000	\$670,000	281



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