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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 26, 2020

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Local Achieves Goal Of Running Across America

by Kathy Kurtz Ferrari

Bill Zembrodt had no idea when he accepted a challenge 20 years ago that it would take him many miles on a pursuit of endurance across America. The Sanibel resident fulfilled the quest of a lifetime on May 31 to run 50 marathons in 50 states before turning 50 years old.

Zembrodt was working in sales near Cincinnati in 2001 when the extraordinary journey began, somewhat unintentionally.

"I was doing a sales call with one of the top sales reps, and he made a comment that if we got two of the deals, then he was going to take my wife and I to an all-expense paid trip to Hawaii. But knowing the kid I was, he said I had to run a marathon," Zembrodt explained. "And my wife said, 'He'll do it!' So that's how I got started."

Never being much of a runner, he



Bill Zembrodt displays his medal after the last leg of running 50 marathons in 50 states before turning 50 photos provided

signed up for a marathon in Hawaii despite little training.

"I remember thinking a marathon probably shouldn't be my first race,



The "50 States of Z" team of friends and family celebrate after helping Bill Zembrodt achieve his marathon pursuit

so I got into a 10K near my home in Kentucky at the time, just to kind of get used to running," Zembrodt, who turned 50 this month, said. "So my second race

ever was that marathon in Hawaii."

Little did he know he would get hooked on running 26.2 miles.

continued on page 8



The giant Pacific octopus

photos courtesy Bailey-Matthews National Shell Museum

Shell Museum Reintroduces New Experience

Just two weeks after debuting its sparkling new \$6 million aquarium expansion in March, Sanibel's nonprofit Bailey-Matthews National Shell

Museum had to close its doors as the world grappled with COVID-19. Now open again with special safety practices, the museum is launching a Re-Re-Opening of Beyond Shells: The Mysterious World of Mollusks.

"We're pushing the reset button," said Dorrie Hipschman, executive director. "We poured our hearts into this incredible new experience, shutting down for months to build special aquariums for living animals.



Visitors can get a 360-degree view of live mollusks

We were so proud to debut it in March – and then everything just stopped."

Now that visitors are beginning to return to Sanibel – indisputably The Shelling Capital of the World – the museum is ready to enthrall them.

It's the only place in the world to see a living junonia – a rare, highly prized species for shell collectors. Its renowned gallery of rare and record-breaking shells from around the world is awe-inspiring.

And the museum's new experience sharpens the focus on mollusks, the live animals that create those stunning shells prized by beachgoers and collectors alike. Beyond Shells: The Mysterious World of Mollusks consists of 11 aquariums ranging in size from 100 to 900 gallons, which are home to giant clams, gastropods and a very social giant Pacific octopus.

Two 15-foot-long touch pools let

continued on page 24

Kiwanis Salutes Our Island Restaurants!

Please join the Kiwanis Club in supporting our local dining establishments as they return to service with the easing of COVID-19 restrictions.

Our community is blessed with some great restaurants, and we can all show our appreciation by helping them get back to normal operations.



To encourage your patronage, Kiwanis has resumed sale of its popular “Diner’s Delight” 2 for 1 Coupon Books, good at participating restaurants through December 18, 2020.

Participating restaurants this year:

Blue Giraffe

Bubble Room

Doc Ford’s (Sanibel & Captiva)

The Dunes Club

Cielo

Island Cow

Island Pizza

Jerry’s Café

Joey’s Custard

Lazy Flamingo (Periwinkle & Santiva)

Mudbugs

Matzaluna

Normandie Seaside Café

Rosie’s

Stillwell Restaurants (Keylime Bistro, RC Otters, Sunshine Seafood Café, Captiva Cantina)

Sanibel Deli & Coffee Factory

Sanibel Fresh

Sanibel Sprout

Subway

Sea Breeze Café

Sunset Grill

Thistle Lodge

The Timbers

‘Tween Waters--Old Captiva House

Coupon Books can be obtained from Club members or at: Bank of the Islands, Sanibel Captiva Community Bank (island branches), Tortuga Beach Club, Shell Island Beach Club, Island Pharmacy, Bailey’s Store, Island Winds, Periwinkle Park and Big Red Q Printing.





The color guard from American Legion Post 123 in last year's parade photo by Jeff Lysick

Parade, Fireworks Canceled Due To COVID-19

by Wendy McMullen

There'll be no proud Independence Day parade down Periwinkle Way or spectacular light displays over San Carlos Bay on July 4 this year. "It was very difficult to see how we could police social distancing among the viewers or the people on the floats," said Tricia Phillips, co-organizer of the parade which was started 29 years ago by her father, Don Bissell, who was then president of the Sanibel & Captiva Islands Association of Realtors.

The parade, which began at 9 a.m.

on Island Inn Road and proceeded down Periwinkle Way to end at Jerry's Shopping Center, had become an island tradition and this is the first year that it has not taken place, rain or shine. The *Island Sun Newspaper* and Bank of the Islands are parade sponsors.

Also canceled this year is the firework display over the Sanibel Causeway. The fireworks, launched at Bayview Park at the end of Bailey Road and viewed from the causeway islands, has been canceled because of the drop in city revenues as a result of COVID-19 as well as concerns over large public gatherings.

The July 4 celebrations cost the City of Sanibel \$24,000 last year. The fireworks display cost \$20,000 and there was an estimated \$3,800 spent in police overtime and \$200 in public works overtime.✱



Male bobcat on Sanibel

Bobcat Sighting

Paul and Christie Borthwick, seasonal residents of Sanibel, were on their way home from a beach walk on April 24 when they saw a stirring in the plants on the side of the road. They stopped for a closer look between two of their neighbors' houses.

Paul said, "This beautiful bobcat male

saw us, moved away and then stopped to take a closer look at us (it was a hot, about 10:15 a.m. and he was already panting). He sat there long enough for me to take off my backpack, take out my camera and capture some pictures. The bobcat then continued on his way through the neighbor's yard to a body of water behind the house, where he disappeared."✱

photo by Paul Borthwick



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The Community House
Sanibel Historical Museum And Village

photo courtesy Sanibel Historical Museum and Village

Landmark: The Community House

The Community House has been through hurricanes, incorporation and untold island changes. For almost 100 years, it has been the essential meeting place for island events. Built by islanders on land donated by islanders, it remains a nonprofit organization that relies on membership dues, special events and



room rental fees to fund its operation.

This early photo, from a family collection, was recently donated to the Sanibel Historical Museum and Village.

Learn more about the history of Sanibel at the Sanibel Historical Museum and Village, located at 950 Dunlop Road; closed temporarily due to the coronavirus.

Regular hours are Tuesday through Saturday from 10 a.m. to 4 p.m. Guided tours take place at 10:30 a.m. and 1:30 p.m. at no additional charge, depending on docent availability. There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.✱

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

(Reform Jewish Congregation) Friday night Torah commentaries with Rabbi Stephen Fuchs at 7 p.m. at either www.batyam.org or Stephen Fuchs' Facebook page. Rabbi's coffee morning on Zoom Wednesdays, July 15 and August 12 at 11 a.m. Food and paper drive drop-offs Thursdays from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ. Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Services every Sunday at 11 a.m. November 8, 2020 through April 25, 2021. 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

FIRST CHURCH OF CHRIST, SCIENTIST

The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 2950 West Gulf Drive, 472-8684.

SANIBEL COMMUNITY CHURCH

Offering a Blended Service at 9 and 11 a.m. through the end of June. Starting Sunday, July 5, Contemporary Service at 9 a.m. and Traditional Service at 11 a.m. in the Main Sanctuary. Now offering a "Masks Only" service via live stream at 9 and 11

a.m. in Fellowship Hall. View the Sunday Service online at sanibelchurch.com, 1740 Periwinkle Way, 472-2684.

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Administrator, Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 and 10:30 a.m., Sunday May through October, 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. Holy Days. 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Alan Kelmereit, Priest-in-Charge Saturday Eucharist at 5 p.m., Sunday Eucharist at 8 and 10:30 a.m., Sunday School at 10:30 a.m., Tuesday Morning Prayer at 9 a.m., Wednesday Healing Eucharist at 9 a.m., Prayer and Potluck first Wednesday at 6 p.m., Taizé Service third Wednesday at 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 Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.

Email changes to press@islandsunnews.com or call 395-1213.✱



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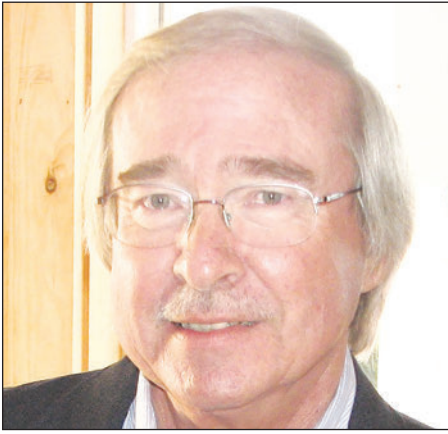
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OBITUARY



LEONARD F. SPAULDING JR.

Leonard F. Spaulding Jr., "Joe," passed away on June 16, 2020 at HealthPark Medical Center in Fort Myers, Florida after suffering a heart attack. He'd been enduring the battle of his life with cancer as well.

Joe was born August 1, 1946, the son of Leonard F. Spaulding Sr. and Elizabeth Howe Spaulding. He grew up in Wilder, Vermont and graduated from Hartford High School in the Class of 1964, and from Vermont Technical College with a degree in electrical engineering in 1966. After graduating from college, he was enlisted in the VT Army National Guard and spent time at Fort Drum and in Oklahoma.

He was married to Linda Crawford in October 1965, celebrating their 54th anniversary last October. They first

lived in Wilder for a short time, then moving to Burlington, Vermont, where he worked for IBM.

In 1967, he and Linda took over the business of Voice & Vision and then The Furniture Store in West Lebanon, New Hampshire. He also worked at Cellular One in West Lebanon, and the VT Furniture Gallery in Burlington.

In 1993, Joe and Linda moved to Sanibel Island, Florida and lived in their "little bit of heaven" for the last 27 years. During those years, Joe worked for The Sanctuary Golf Course on Sanibel, then at Sanibel Surf Shop and Caloosa Wholesale.

Joe loved to golf and was a past member of the Woodstock Country Club in Vermont. He would round up players for a game of bocce ball at the beach, even though sometimes balls got lost in the Gulf of Mexico. Mostly, he loved his family and friends.

He is survived by his wife Linda Crawford Spaulding and his son Matthew Crawford Spaulding as well as his siblings: sisters, Patricia Spaulding Derrick (David); Mary Lou Spaulding DeFelice (Alex); Jane Spaulding Ammel; and his brother Bill Spaulding (Cathy); sister-in-law Jean Spaulding Kjellman; and brother-in-law Chip Crawford. He had several nieces and nephews whom he loved dearly as they loved him.

He was predeceased by his parents, Len and Tish Spaulding and his brother Jim Spaulding.

A private graveside service will be held in West Lebanon, New Hampshire at the convenience of the family.

Contributions can be made to: James F. Spaulding Memorial Scholarship, c/o Patricia Derrick, 33 Ravenswood Terrace, White River Jct., VT 05001; American Cancer Society; or American Heart Association.

An online guestbook is available to leave Joe's family a message of condolence by visiting www.rickerfuneralhome.com.✧

Prescribed Fire Team Evaluating Forecast For Burn

The Sanibel-Captiva Conservation Foundation (SCCF), in cooperation with the City of Sanibel and other local partners, is planning to conduct a prescribed burn of a portion of the Erick A. Lindblad Preserve in the coming weeks. The prescribed burn will help to preserve the natural ecology of the area and reduce the likelihood of catastrophic wildfires. Currently, a specific date has not been scheduled for the burn; however, SCCF and its partners will be monitoring the environmental conditions in the coming days and weeks. When forecast conditions become favorable, further information will be provided by the city and its partners. Monitor the city's website at www.mysanibel.com for the latest updates.

The Erick A. Lindblad Preserve is located south of Sanibel-Captiva Road between Tarpon Bay Road and Rabbit Road. Visit files.constantcontact.com/97af97e6001/a15430b7-6db8-4787-aef7-06e28dbb75a5.pdf for a map of the prescribed burn location.

While no road or park closures are anticipated, residents and visitors are asked to adhere to all signs, road closures and instructions about closed areas provided by law enforcement and fire personnel.

Depending on the wind direction and strength, it may be possible to see or smell smoke. Smoke sensitive individuals should keep their windows closed and avoid outdoor activities in the affected areas. Residents and visitors are also encouraged to close their windows, cover pools, and move cars and furniture indoors. Ash and smoke associated with a prescribed burn cannot be prevented.

After the prescribed burn has been completed, there may be occasional smoke seen from the burned area for several days. Fire personnel will monitor the burned area and adjacent roads, taking all precautions necessary to have personnel and equipment on site to minimize fire activity and smoke impacts to the public.

To learn more about prescribed burns, visit files.constantcontact.com/97af97e6001/48c72a97-f253-4f07-bb46-e4ff527298a6.pdf for a list of frequently asked questions. To be included on the city's list of smoke sensitive individuals and receive notification regarding future prescribed burns on Sanibel, contact Joel Caouette at the City of Sanibel at 472-3700 or email Joel.Caouette@mysanibel.com.✧

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OBITUARY



MARKEY A. ROGSTAD

submitted by Debbie Celli

I recently read a quote that epitomized the life of longtime Sanibel resident, Margaret (Markey) A. Rogstad. “A life well lived is the most exquisite work of art.” That sums up the life of our mom, who died June 16, 2020 at the age of 91. She was an exquisite work of art.

Markey had elegance and sophistication. She was smart and fun. Her work of art had lots of motion that resembled her life as a world traveler, color that exuded in her personality, softness that represented her compassion for those in need, and energy that represented her love of life, love and laughter.

Markey was born in Minneapolis, Minnesota. She dreamt about becoming a foreign correspondent, and found her soul mate in John T. Rogstad.

Upon graduation from college, the two of them embarked on a life of travel and adventure. They started out in Latin America and traveled to Europe, Africa, the Middle and Far East, and all countries in between. Their extensive travels landed them a membership in the Circumnavigators Club, a place where everyone has to have circled the globe at least once.

Listening to Mom explain history was always an event, because she was not quoting things out of a book. She was in the countries she spoke of – she could tell you the sounds, describe the smells, explain the colors.

When our parents retired, they moved to Sanibel Island where Mom maintained a house in The Dunes for over 20 years. She became very active in the Sanibel Bike Club and joined the Sanibel Congregational Church. Her favorite time of year was Christmas, where she would invite anyone who didn’t have family in town to come over for holiday cheer.

For many years, she created displays for BIG ARTS’ fundraisers. Mom adored her Sanibel friends and loved the island.

The one thing you quickly learned about Mom was that you never played Jeopardy with her, she’d always win!

Markey will be deeply missed by her three children, Susie Minnick (husband Ray, grandchildren Raymond and Tamara), Tom Rogstad (wife Terry, grandchildren John and Eric) and Debbie Celli (husband Bob). Mom never failed to bestow us all with unconditional love and taught us to live life to the fullest.

She truly was the most exquisite work of art.*

What Does It Mean To Be A Reform Jew?

submitted by Tanya Hochschild

Rabbi Stephen Fuchs of Bat Yam Temple of the Islands was asked to speak on this subject recently by Chaplain Pastorin Silke Nicoline Hansen who moderates meetings of an ecumenical group, Protestants and Catholics from the two universities of Flensburg. Hansen is a colleague of Pastor Ursula Sieg of Flensburg, Germany, who has been coordinating the Rabbi Stephen and Vickie Fuchs’ summer teaching visits to Germany. Also attending the meeting was Rabbi Julia Margolis and members of her congregation in Johannesburg, South Africa, a South African couple Zoomed from Australia as well as Bat Yam members in Sanibel, Fort Myers and Cleveland. There were 30 people from four continents.

So, what does it mean to be a Reform Jew? Rabbi Fuchs said from his own personal perspective, one needs to understand what it means to be a Jew; how to know and how to serve God. Our obligation is to use our minds to make this world a more just, caring and compassionate place. He spoke about the role of Torah. Torah is a word we understand in two distinct ways. The first is the five books of the bible, but secondly, in the broad sense, it encompasses all of Jewish learning through commentaries, Jewish law, codes, lore and folklore that have been passed down through the

centuries...all are sources of Torah. How does God present himself? The answer is through the Torah in both senses of the Torah.

Reform Jewry in the U.S. and Canada is the dominant Jewish religion. In Germany, there has been a rebirth of Reform Jewry. In Israel, Reform Jewry is repressed, rabbis don’t have the status of Orthodox rabbis. In South Africa, there are 60,000 Jews, less than 10,000 of whom are reform.

Reform Jewry began in Germany, where the Jews adapted to many of the German Lutheran practices. They moved to shorter services, to praying in Hebrew and the vernacular, they introduced instrumental music, men and women sat together, choirs had female voices and there was weekly instruction from the rabbi.

In 1972, the first reform female rabbi, Sally Priesand, was inducted. Today, many women are cantors and rabbis; reform sanctuaries are more intimate, the congregation is encouraged to be a collaborative community. Early Reform Judaism did away with head coverings and prayer shawls. These days, Reform Jews are reclaiming the texture of our traditional services.

Jews worship one God. He is invisible, has no form, no shape. This is a departure from the pagan world where idols are worshipped.

Rabbi Fuchs spoke about “God’s Agenda.” Why did God create the world? The story of creation presupposes God started it and, secondly, this was not an accident. Thirdly, humans were created

continued on page 7



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Dorothy "Dot" Lee with Trouper, the blind raccoon photos provided



Trouper and Dot Lee staying safe

to treat wildlife and all living things with respect. Presentations with Lee and Trouper are part of the project and include fun facts about raccoons.

You can schedule an interactive educational presentation for your school, summer camp, church or civic group, family gathering or birthday party. For more information, contact Dot Lee at 482-7176 or email dot@wildlifeeducationproject.org. Lee and Trouper are able to give presentations in person and virtually on Zoom.✽

Book A Program With Trouper, The Blind Raccoon

The Wildlife Education Project is inspired by the incredible true story of Wildlife Rehabilitator Dorothy "Dot" Lee and Trouper, the blind raccoon. Trouper is a federally licensed wildlife ambassador who helps teach the public

From page 6

Reform Jew

in the image of God. The creation story speaks of a day each week to rest – the Sabbath. It is vital to understand the perspective of a different kind of God, for this is at the heart and soul of what it means to be a Jew.

There is a huge spectrum ranging from ultra Orthodox Jews to someone who was born Jewish but is not at all observant. Somewhere along this line is the question, "What is the source of Torah?" Orthodox Jews believe it was dictated to Moses at Sinai. Reform Jews believe it devolved from several sources over time. Reform Jews view it as a great source of guidance. The greatest gift God gave us are our minds and the fact we have free will. That is the key of what God's agenda is. God does not make us do anything. Torah teaches us the way life is, not the way life should be. This idea speaks to men's best

or worst natures. To have reverence for the bible and to find truth in the lesson is at the core, for this teaches us or enables us to live better lives on earth. God said to Abraham, "be a blessing in your life," and "do your best to fill the world with justice and righteousness."

Judaism has changed through the ages in response to circumstances. In the year 70, the second temple was destroyed. This was the place where people made pilgrimages, where the priestly class came from heritage, where animal sacrifices were made by the priests. When the temple was destroyed, all this changed. Religious study and prayer took the place of the sacrifices, the priestly leaders and the pilgrimages.

Coronavirus has imposed changes on us, and Jews now, like centuries ago, are looking for the silver lining as we Zoom and meet virtually. We all hope and believe things will get better as we embark on a journey to a whole new world.✽

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Flag Day At American Legion



Commander Tim Moore presided over the flag burning ceremony photos provided

Legionaries and community members gathered at American Legion Post 123 on Flag Day, June 14, to commemorate the service



From left, Randy Carson, Robert McCune and Tim Moore paying their respects

of worn, tattered, U.S. flags. The leadership of Post 123 conducted a ceremony which included the respectful burning of over 50 unserviceable flags. Commander Tim Moore said, "It was an honor to pay our final respects to these symbols of our democracy and the ultimate sacrifices our service men

and women have paid to guarantee our freedoms and way of life." Moore thanked friends, fellow veterans and families for participating in the ceremony, especially in light of social restrictions due to COVID-19. Post 123 sends out a special thanks to the firefighters who were there to



From left: Alma McClure, paramedic engineer; Cliff Steels, action officer; and Ed Zurich, EMT engineer

pay their respects and watch over the proceedings and burn.*

Across America

"It just kind of became something I enjoyed." Zembrodt and his family began participating in the Cincinnati Flying Pig Marathon near their home, raising money for the Phoenix Society for Burn Survivors since his mother-in-law, Sanibel resident Sharon Everett, was burned over 60 percent of her body in a car fire. In 10 years, their team raised over \$250,000 for the organization. "The one in Cincinnati was really meaningful," Zembrodt said, noting he helped his father-in-law, George Everett, run the race in 2004. Zembrodt, vice president for payment processing company Worldpay from FIS, has become a familiar sight as he trains on roads around the islands. He and his wife Kate moved to Sanibel full time from northern Kentucky last year, after visiting Kate's parents for many years at their home in Pine Cove. As Zembrodt added other marathons to his resumé, he didn't really think about pursuing membership in an

elite organization called the 50 State Marathon Club until he was around seven or eight races in. "I repeated a couple of them early on, like Chicago and Vegas, which I probably wouldn't have if I had that plan from the beginning, because it's a lot of wear and tear," he said, admitting he did incur injuries. Obviously, Zembrodt ran multiple marathons per year. Lots of planning was involved. "That's sometimes the biggest challenge, especially as you start knocking these things out, is just the timing. You're trying to time all these, when all the states have runs and ones you want to do," he said. "There's a lot of logistic stuff. Running is the easy part." Each marathon has its own nuances. The most prestigious is the Boston Marathon, difficult for which to qualify and featuring "heartbreaking" hills. Zembrodt said he was emotional when he qualified, officially running it in challenging weather last year. His best time was 3 hours, 17 minutes in Milwaukee. Other memorable races include the Midnight Sun Run in Alaska.

"The wildlife along the course was amazing, moose and all kinds of stuff. "The one I did in Vegas was kind of cool. It was a nighttime race," he stated. Last year's Aspen Marathon found Zembrodt running past wildfires along the route. In Vermont, he was among runners evacuated from part of the race due to thunderstorms. "It is kind of interesting to see, as I've progressed, the amount of people that wanted to go with me to all these different states. So many people wanted to go to Alaska just because it was cool, but I couldn't get anybody to go to Iowa with me," he said with a laugh. Zembrodt planned to run the final race this past spring in Louisville, his home state. But then came COVID-19. Everything was canceled. With his 50th birthday looming June 15, a different race was on to get to 50. Running "virtually" allows participants to run anywhere they choose while meeting criteria to become official. To qualify for the final leg of the 50-state milestone, at least 10 people were required to run the race. Zembrodt worked with a team back in Cincinnati to plan his route, which took him

along roads near his parents' home in Kentucky. That final race was filled with emotion, family and friends, as 11 of them ran with him, while others organized water stations and other details. They even had "50 States of Z" T-shirts made up for everyone. The incredible achievement has left Zembrodt with lots of memories and quite a collection of medals. He continues to run about seven miles a few days a week to keep in shape. "I'm not training for anything now, so it's kind of weird. It's been a long time since I haven't had anything." But the open road still beckons. If safe travel returns considering the pandemic, Zembrodt would like to tackle the Big Six: New York, Berlin, Chicago, Boston, London and Tokyo. "But certainly nothing compared to the one we just ran. Just to have your mom working a water station and your dad at the finish line, all the family in between. I didn't know who was going to be at each of the water stations," he said, adding the conditions were perfect for his 50th run. "I felt like for everything I went through to get to it, I was rewarded with a day that was just unforgettable.*

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Non-native larkdaisy attracts butterflies, bees and birds

photo by Gerri Reaves

Plant Smart

Larkdaisy

by Gerri Reaves

Larkdaisy (*Centratherum punctatum*) is a butterfly-friendly wildflower of the aster family.

This fast-growing herbaceous perennial is a native of Brazil, thus the alternate common names, Brazilian bachelor's button and Brazilian button.

In late spring to early fall, densely packed heads of five-petaled flowers bloom. Lavender, blue, or pink in color, they attract butterflies, bees and birds.

The frilly flowers measure about an inch across and are button-shaped, inspiring the

common names.

The alternate serrated leaves are generally oval, fine textured, pleasantly aromatic and up to two inches long.

The plant takes a spreading form and grows to a height of two feet or so.

Use this wildflower as a groundcover, border, cascading pot plant, or as a specimen in a rock garden.

Give it full to partial sun in well-drained acidic soil. It sometimes self-sows or even volunteers in disturbed areas. In some parts of the world, it is considered weedy or invasive.

It is drought and heat tolerant but cannot survive frost.

Cultivate it with seeds from the dried flowerheads or with cuttings.

If it's blue or lavender you want for the garden, also check out native wildflowers such as blue mistflower (*Conoclinium coelestinum*) or blue jacquemontia (*Jacquemontia pentanthos*).

Sources: www.cabi.org, edis.ifas.ufl.edu, <http://www.missouribotanicalgarden.org>, and <http://www.plantsoftheworldonline.org>.

*Plant Smart explores the diverse flora of South Florida.**

Fertilize Smart For Clean Water

All Sanibel residents, as well as landscape and fertilizer applicators, are reminded to give your fertilizer routine a summer vacation and abide by the City of Sanibel's fertilizer ordinance this rainy season, July 1 through September 30. By following the fertilizer ordinance, you can be part of the city's ongoing effort to minimize local and regional nutrient pollution in local waterways.

It is a violation of city ordinance 07-003 to apply fertilizers containing nitrogen and phosphorous during the rainy season.

Fertilizers cannot be applied within 25 feet of a body of water including lakes, ponds, canals, wetlands and the Sanibel Slough.

Fertilizers cannot be applied to impervious surfaces such as roadways, driveways and sidewalks. Any spills should be cleaned up immediately.

Fertilizers cannot be applied to stormwater conveyance systems or catch basins, which includes roadside swales.

Algae blooms are stimulated by excess nutrients (nitrogen and phosphorus). Stormwater runoff containing nutrients from fertilizer applications can feed algae, resulting in a bloom. By following Sanibel's fertilizer ordinance, you can help reduce the amount of "food" available to algae and the likelihood of an algae bloom occurring.

To learn more about Sanibel's fertilizer ordinance, visit [www](http://www.mysanibel.com/Departments/Natural-Resources/Protecting-Our-Water-Quality/Sanibel-H2O-Matters/Sanibel-s-Fertilizer-Information).

www.mysanibel.com/Departments/Natural-Resources/Protecting-Our-Water-Quality/Sanibel-H2O-Matters/Sanibel-s-Fertilizer-Information.

To find out how you can help protect local waters, visit the Sanibel Communities for Clean Water Program: www.sanibelcleanwater.org.

For information on Lee County and the City of Sanibel's Fertilize Smart initiative, visit www.fertilizesmart.com.

For additional information, contact the City of Sanibel's Department of Natural Resources at 472-3700.*

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, June 28. A meatloaf dinner is on the menu the following Sunday, July 5 from noon to 8 p.m.

The third Thursday of the month is Open Mic Night from 6 to 9 p.m.

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 eight-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 member eligibility dates are November 11, 1918 through present. All veterans are welcome. Contact Tim or Randy at 472-9979.

Post 123 is a non-smoking facility, with an outside area available for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. For more information, call 472-9979.*



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Refuge Awards Environmental Scholarships

In compliance with state pandemic guidelines, “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) this year awarded \$20,700 in conservation education scholarships remotely to 10 students from the surrounding five-county area. During its 14-year history, the DDWS Environmental Scholarship Program has awarded a total of \$147,100 to deserving students.

“The society is committed to educating today’s youth to become conservation stewards of the future,” said DDWS Education Committee Chair Wendy Kindig. “We work with businesses and individuals to provide annual scholarships to outstanding students pursuing degrees related to conservation, wildlife biology, environmental engineering, policy and science. A big thank you to our scholarship sponsors for their support.”

Ten donors sponsored the 10 scholarships this year. In lieu of the traditional physical awards ceremony, DDWS invited scholarship recipients to send a video describing their plans to share with donors.

A new award this year from a late, long-time DDWS board and education committee member, in partnership with DDWS, the Win and Marilyn Kloosterman Memorial Scholarship went to Dara Craig. Originally from Sanibel, Craig is a Cypress Lake High School alumnus who will be attending graduate school at the University



Islander Dara Craig received her fourth DDWS scholarship this year for graduate school at the University of Oregon. Here, she studies climate change and glacial melt in New Zealand. photo provided

of Oregon’s environmental sciences program.

The Richard Bailey Scholarship, named in memory of a longtime refuge volunteer and donated by his family, went to Madison Craumer, who graduated this spring from Lely High School in Naples, Florida, and is headed to Florida Gulf Coast University in Fort Myers to major in environmental engineering.

The Mike and Terry Baldwin Scholarship, named for DDWS’ president

and his wife, an emeritus board member, went to Griffin Alexander, a Naples High School graduate studying ecosystem science, policy and law at the University of Miami.

Meguine Duvert, an Immokalee High School graduate heading to the University of Florida in Gainesville to study zoology, received the Dr. Andrew and Laura Dahlem Scholarship. The Dahlems live part-time on Sanibel; their family honors them with a named scholarship.

Gulf Coast High School graduate Skylar Fry, who will begin studies in environmental science at Southern Methodist University in Dallas, Texas, was awarded the Dr. H. Randall Deming Endowed Scholarship for Conservation & Environmental Studies. Deming’s family established the scholarship in 2016 as a permanent endowed scholarship in his memory.

The Leslie & Hans Fleischner Scholarship went to William Sobczak, a Barron Collier High School graduate who intends to major in environmental engineering at University of Florida. The Fleischners are part-time Sanibel residents whose love of the island’s environment has inspired them to sponsor the scholarships for several years.

Bailey White, a graduate of Canterbury High School who will be studying ecology and evolutionary biology at Princeton University in New Jersey, received the Mary Elaine Jacobson Memorial Scholarship, made possible by the Sanibel-Captiva Audubon Society.

Barron Collier High School graduate Manouk Hermans, who is headed to the University of Tampa to study

environmental science, received the Barry and Francine Litofsky Scholarship, in memory of two former refuge volunteers.

The Tarpon Bay Explorers Scholarship went to Golden Gate High School graduate Nehemie Cyriaque, who will study ecosystem science and policy at University of Miami. Tarpon Bay Explorers, “Ding” Darling’s recreation concession, started the original DDWS scholarship program in 2006.

The Jane Werner Endowed Environmental Scholarship, established in 2011 as DDWS’ first permanent endowed scholarship, went to Barron Collier High School graduate Mallory Poff, who studies environmental engineering at Elon University in North Carolina. The family of the late Jane Werner, who volunteered at the refuge for 25 years, set up the scholarship in her honor.

“These students become part of the greater ‘Ding’ Darling family,” said Kindig. “We welcome them back as scholarship applicants next year and as fellow conservation stewards in years to come.”

DDWS will be awarding scholarships starting at \$1,000 each at the end of the 2020-21 school year. High school seniors and college students living in Lee, Collier, Charlotte, Glades and Hendry counties and pursuing careers in biology, conservation and environmental studies are eligible.

For an application and to read full descriptions of 2020 scholarship winners and donors, visit www.dingdarlingsociety.org/articles/student-scholarships.

Individuals and businesses interested in establishing a named scholarship of \$1,000 or more for 2020-21 can contact Lynnae Messina at 472-1100 ext. 233.✴

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Summer Time Tactics



by Capt. Matt Mitchell

During this oppressive heat of summer, our fishing has begun to make that annual change. Most of shiners we usually fish with have all but disappeared, and grunts, pinfish and cut baits have become the go-to. Water temperatures creep in the 90s as we see lots of sea grass die off and float in large clumps. This makes fishing in the shallow eastern side of the sound almost impossible at times. Whether getting out early or late during the cooler times,

anglers will find fish are more active.

Tarpon fishing this week continued to be best in the northern end of the sound or from Redfish Pass north past Boca Grande. Making this run in the dark before the sun came up paid off with lots of shots at rolling fish. One morning over the weekend, we jumped three fish before 7 a.m. and managed to release one while fishing out of my new small skiff. Being the first boat to the fish is never a bad thing either, though boat traffic lets up during the week.

Pass fishing for snook and redfish is a great option that can be productive on either tide as long as the water is moving. Small pinfish and grunts rigged with just a large enough weight to keep them close to the bottom are deadly. Drifting the passes is a technique that covers lots of ground until you get the bite dialed in. You can always seem to find action all summer long when bouncing from pass to pass.

During the summer months we utilize bait traps to catch pinfish and grunts. Small pinfish traps can be found at most local tackle stores and can easily catch between 50 to 100 baits just over night. We like to set our traps in roughly four to six feet of water close to a grass flat. Frozen sardines seem to be the best bait in these traps. Having a few traps set throughout the sound makes it easy to stop and pick up fresh live bait anytime during the day with very little effort.

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.✱



Suzie "snook lady" Cullen of Sanibel with a quality snook caught while fishing with Capt. Matt Mitchell this week
photo provided

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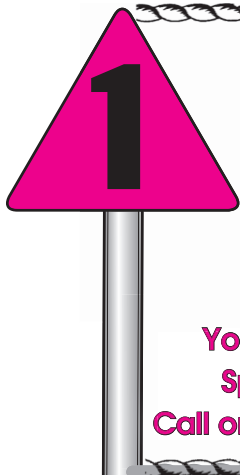
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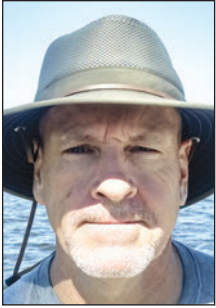
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CROW Case Of The Week:

Roseate Spoonbill



by Bob Petcher

The roseate spoonbill (*Platalea ajaja*) is a sight to behold. From its rosy pink feathering to its platypus-like bill, this wading bird can be called majestic and bizarre in the same

sentence.

Roseate spoonbills are the only species of spoonbill found in the U.S. The other five varieties – Eurasian, royal, African, black-faced and yellow-billed – take up residence in Asia, Africa, Europe and Australia.

Baby spoonbills do not immediately inherit their spoon-shaped bills. The bill begins to flatten in chicks roughly just over a week after hatching. By day 16, the bill begins to resemble a spoon shape and, by day 40, it usually grows to full size.

These bills come in handy when foraging for food. Roseate spoonbills sweep their bills in shallow water to feel for prey.

Juvenile roseate spoonbills differ from adults in color and head cover. Younger spoonbills are a paler pink color and have fully feathered heads, compared to adults that sport rose-colored bodies and bare heads.



Patient #20-2715 feeds during tub time at CROW

photo by Missy Fox

At CROW, a juvenile roseate spoonbill was admitted from Bonita Dog Beach in Bonita Springs. It was reported by the finder to possibly have sustained a broken leg. When it arrived at the clinic, the spoonbill was standing and did not have any evidence of a broken leg, but veterinarians did find that it had a keel fracture – a break in the sternum-like bone – during its exam. It was provided with anti-inflammatory and pain medications.

“In this case, we were able to treat this bird’s fracture with pain medications

and strict cage rest,” said Dr. Robin Bast, CROW staff veterinarian. “No additional bandaging or surgery was required.”

The patient was first accommodated indoors and spent time in a bathtub to simulate its shallow water habitat.

“Shore and water birds get routine tub time as part of their daily treatments,” said Dr. Bast. “This encourages normal preening/grooming behavior, eating behavior, and often allows them to do their own physical therapy in the water.”

Nutrition was a big part of its care.

“Wading birds such as this one are

fed a combination of insect-based and fish-based diet in a shallow tub, to closely mimic how they feed in the wild,” said Dr. Bast. “This spoonbill eats very well for us in a shallow tub or baby pool.”

After a week in care, the spoonbill was eating on its own, but it remained very stressed. It was moved to an outdoor enclosure to continue its recovery.

“Like many of our wild patients, stress level is reduced even further in an outdoor environment – less noise from people or perceived predators. Outdoor enclosures encourage more natural behaviors, and thus reduce stress,” said Dr. Bast. “The spoonbill (was moved to) a small outdoor enclosure to prevent excessive activity while the fractured keel heals. Soon, it will graduate to a larger enclosure where it can start to take short flights and work on building back muscle mass.”

The patient will need a few more weeks to be healed enough for release.

“This spoonbill is stable and progressing well with its treatment. Based on the nature of the fracture, we anticipate it will be with us for a minimum of four weeks to allow for sufficient healing,” said Dr. Bast. “Once it is flying strongly again, it will be cleared for release.”

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

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Shell Of The Week

Atlantic Jewel Box



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

P*seudochama cristella* (Lamarck, 1819) is a bivalve that lives permanently

attached to hard surfaces such as other shells, coral rock and even lost boat lines. The species may grow to 75 mm (about three inches), but is usually much smaller locally. The shell sculpture is variable, usually variations around the theme of 20 to 30 scaly radial ribs. The Atlantic Jewel Box is also known as the Left-handed Jewel Box; members of the jewel-box genus Chama are attached by their left valve, but species of *Pseudochama* are cemented by their right valve. When compared to, say, the Leafy Jewel Box, *Chama macerophylla*, the Atlantic Jewel Box looks like its mirror image. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily. Holiday hours are noon to 4 p.m. Safety measures have been put in



The Atlantic Jewel Box, *Pseudochama cristella*, from Sanibel

photo by José H. Leal

place, and staff and visitors are required to wear face masks.

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.

[shellmuseum.org](http://www.shellmuseum.org).

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✧

Shell Found



Molly Schneider

photo provided

Molly Schneider found a junonia on Cayo Costa. She and her family were staying on Sanibel and took a boat ride up one day to do some shelling.✧

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Paddling Prep For Summer



by Kealy McNeal

We are lucky here in Southwest Florida to be able to paddle our waterways year-round. However, the summer months are full of intense heat and lots of rain, so preparing

for paddling in these conditions can be challenging. Here are some suggestions and tips for having safe and enjoyable paddles in the summertime:

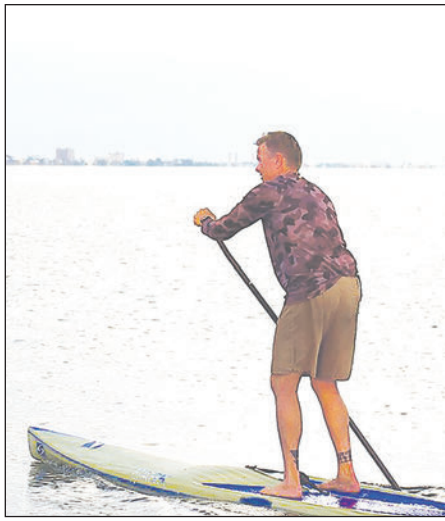
Rays from the sun are at their harshest in the middle of the day, so try to avoid or minimize time on the water between 10 a.m. and 2 p.m., if possible. If you can get on the water early in the day, you can avoid the risk of sunburn and dehydration.

When it comes to sun protection, we always recommend wearing sunglasses, long sleeves and a hat. But the most essential item is sunscreen – be sure to apply it both before and during your paddle. Most people don't use enough sunscreen, don't remember to reapply, or forget crucial parts of their body like the back of their neck or top of their feet.

Summer not only brings scorching heat, but also massive, quick-building and potentially dangerous squalls that can be very unpredictable. We advise that if the weather looks questionable, don't get on the water. Thunderstorms often pop up rapidly, especially in the afternoon hours, building in size and strength, producing strong winds, high seas and a lot of lightning. This is especially true in the summer months – another great reason to start your paddles early.

Check your local radar for the movement and location of storms. And always err on the side of caution. If you think you can squeeze in a quick paddle before the storm hits, think twice. There will always be another, safer opportunity to paddle.

If you are unsure about when it is safe to go out, Sanibel Sea School is now booking limited private paddling sessions. We'd be happy to teach you basic paddling skills and share more paddling tips. Quiet summer days are the perfect time to get out on the water and see the



It is important to prepare carefully for paddles during the summer months

photo provided

beautiful and unique wild places Sanibel has to offer. We hope to see you on the water.

Part of the Sanibel-Captiva Conservation Foundation (SCCF) family, the mission of Ocean Tribe Paddlers is to assist the paddling community of Southwest Florida to better explore, enjoy and understand the ocean, and to help paddlers be engaged stewards of the marine environment. For more information, visit www.oceantribeoutfitters.org or contact oceantribepaddlers@sanibelseaschool.org. Follow on Facebook and Instagram.*

Irrigation Restrictions Lifted

The South Florida Water Management District (SFWMD) informed the City of Sanibel that the countywide mandatory water restriction order issued on April 22 has been rescinded, effective June 19. Per the SFWMD, this action is a result of measures taken to protect the area's water resources, improved water levels of the area aquifers and the forecasted weather conditions. Current water conditions show that the community can return to their year-round irrigation practices and water use activities.

Visit www.sfwmd.gov/community-residents/landscape-irrigation for more information.*

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The Community House

The Mamey Sapote



by Resident Chef Jarred Harris

The mamey sapote (pronounced mah-May sap-Poe-tay) is a tropical fruit, native to Mexico and Central America, but is widely grown throughout the Caribbean and South Florida. The mamey sapote is extremely popular in Cuban and Jamaican communities and is also known as the zapote Colorado and the pumpkin pie fruit.

The mamey sapote is shaped like a mango with thin brown skin and a large seed that resembles mahogany. The fruit's flesh has the consistency of avocado and tastes like a cross between pumpkin pie, baked sweet potato and carrot cake. The

fruit is usually eaten raw or processed in smoothies. I prefer eating the fruit raw, by simply cutting it in half as you would an avocado and scooping out the flesh.

The mamey sapote, not only tastes great but has amazing health benefits that shouldn't be ignored. This fruit is high in vitamins A, C, B and E as well as potassium, manganese and copper. Eating this fruit helps boost the immune system, reduces the risk of colon cancer, promotes healthy cholesterol levels and protects against heart disease. The mamey sapote has antiseptic qualities and when eaten, helps calm upset stomachs. The mamey sapote also improves bone mineral density and is also a mood stabilizer.

The mamey sapote is harvested twice a year – January to April or June to September – and can be easily found in Caribbean and Latin markets, or online. If you should come across this amazing fruit, you should definitely pick up a couple.

Here is a simple recipe to try:
Mamey Sapote Ice Cream
 3 cups mamey sapote pulp
 Juice of 1 lime
 ¼ cup evaporated milk
 1 cup sweetened condensed milk
 1 tbslp. vanilla extract
 1 cup whipping cream
Method
 Place all the ingredients into a food processor.

Pulse until creamy and smooth.
 Taste and adjust the sweetness as desired.

Remove the ingredients from the food processor and place in an ice cream maker and freeze according to the manufacturer's instructions.

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.✳

Smoke On The Island Hog Roast Next Friday

The Community House is bringing back its popular Smoke on The Island hog roast dinner on Friday, July 3 beginning at 6 p.m. The evening social is a benefit for Sanibel Community Association (SCA) operations. Cost is \$20 for members and \$25 for guests.

There will be social distancing and guests can make reservations in units they are comfortable with up to 10 people. Groups will be assigned table numbers. Wearing masks in the lobby and restrooms will be required. Tables will be called, and guests will be required to wear masks through the buffet line. Staff will be serving from behind plexiglass, and will be wearing masks and gloves. Once people return to their tables, they can remove their masks.

When visiting with other tables, a six-foot distance will need to be maintained, or masks are required.

The menu will include tomato and sweet onion salad, southern-style red skin potato salad, whole roasted hog with mango barbeque sauce, barbecued chicken, baked beans and cookies, all prepared by Resident Chef Jarred Harris.

If you don't feel comfortable attending the event, boxed meals will be available to go. To reserve your table or order a meal to go, call 472-2155 or visit www.sanibelcommunityhouse.net. The Community House is located at 2173 Periwinkle Way on Sanibel.✳

Shell Found



Franklin Bennett photo by Reid Bennett

Franklin Bennett of Nashville, Tennessee found a horse conch partially buried in the ocean floor only 10 feet from the shoreline at Bowman's Beach.✳

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From left, Children's Education Center of the Islands Director Kerra Pike with Gaby Bell, Amy McQuagge and Kyle DeCicco of Sanibel Captiva Community Bank photo provided

Bank Donates To Nonprofits

Sanibel Captiva Community Bank has made a charitable donation of \$100,000 to help 11 Southwest Florida not-for-profit organizations serving children and feeding people in need due to the challenges caused by the COVID-19 pandemic.

"We want to support our community as we all face the hardships this global pandemic is causing," said Sanibel Captiva Community Bank Chief Executive Officer and President Craig Albert. "We've dealt with our fair share of disasters in Southwest Florida, including

Hurricanes Charley and Irma, and we've proven ourselves to be a resilient community. I am confident we will all get through this by helping one another."

The bank's gift will support Southwest Florida programs serving the ongoing needs of children and hunger relief efforts. Nearly half of that gift was directed toward FISH of SanCap, Children's Education Center of the Islands, Sanibel Sea School and the Sanibel School Fund. The remaining amount was divided amongst The Harry Chapin Food Bank of Southwest Florida, Blessings in a Backpack SWFL, Valerie's House, PACE Center for Girls-Lee, The Heights Foundation, Senior Friendship Centers and Hearts to Home.✱

Virtual Wine Tasting With Chef Prepared Platters

Explore the world of fine wine from the comfort and safety of your couch with a virtual wine tasting hosted by Bailey's General Store. On Thursday, July 2 at 5 p.m., guest host Mike McCahill will share more about the two wines selected for this month's virtual tasting via Zoom.

Guests of previous virtual tastings requested sparkling and rosé wines for the upcoming event. McCahill will educate residents and visitors about Fleur de Mer, a Cotes de Provence rosé, and J Vineyards California Cuveé, a brut sparkling wine from the west coast state infamous for cabernet sauvignon and chardonnay.

J Vineyard's California Cuvée opens with a pop of tart pineapple and orange blossom on the aromatic nose. The palate is lively and rich with layered notes of Asian pear and honeysuckle, overlaying hints of fresh Mandarin peel and marzipan before a zesty, focused finish. Fleur de Mer Rosé entices with notes of cherry, watermelon and citrus, and is "perfectly provençal" with the lavender-colored label that makes the region so famous.

These wines are best enjoyed alongside a noshing platter inspired by the regions where they were crafted. Chef Karl Hamme of Sanibel Catering



Guests can preorder a wine tasting package to include paired hors d'oeuvres photo provided

Company pairs them with an assorted charcuterie board, imported cheeses, raw honeycomb, pickled vegetables, finished with black mission figs and fresh fruit. The featured hors d'oeuvres included with some of the tasting packages are poached North Atlantic salmon with Meyer lemons and fresh dill as well as honey grilled chicken breast roulade with brie and apricot compote.

Contact Calli Johnson, Bailey's wine steward, at cjohnson@baileys-sanibel.com for the Zoom link and tasting package information by Tuesday, June 30.✱

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Boiled Peanut Hummus



Boiled Peanut Hummus
2 cups Boiled Peanuts, shelled
1 (15 ounce) can chickpeas, do not drain
2-3 tablespoons tahini
2/3 cup olive oil (or more as needed)
1 lemon, zested and juiced
3 tablespoons barbecue sauce (your favorite)
1 tablespoon all-purpose seasoning

photo courtesy Fresh From Florida
(such as Everglades)
1/2 teaspoon liquid smoke
3-5 tablespoons cold water (or more as needed)
Fresh herbs for garnish (such as chives, cilantro, or parsley)
Place all ingredients, except the oil and herbs, into a food processor or blender. Turn on low and slowly drizzle in oil. Scrape down sides as needed, increase speed to high and blend until smooth. If hummus is too thick add 1 tablespoon water at a time until smooth. Garnish with fresh herbs, olive oil, or topping of choice.
Serve chilled with vegetables and crackers. Store in refrigerator for up to seven days.✪

Green Sea Turtle Nests Again

Sanibel-Captiva Conservation Foundation (SCCF) Coastal Wildlife Director Kelly Sloan reported that Holly, a green sea turtle (*Chelonia mydas*) her team satellite-tagged in 2019 was found nesting on Sanibel on June 14. After being tagged near the lighthouse, where she nested on July 21, 2019, she transmitted for 47 days, as she likely migrated down to her foraging grounds in the Keys. Visit www.ocearch.org/?details=345 to see her track.



Holly, the green sea turtle, nesting by the lighthouse
photo by Janet Kirk

Another exciting update is that the first loggerhead (*Caretta caretta*) nest hatched on June 16 on Captiva.
Overall, sea turtle nesting has slowed down, especially on Sanibel. Compared to this time last year, Captiva is still significantly ahead with 167 nests (83 in 2019), the east end is comparable with 85 loggerhead nests (78 in 2019) and the west end is now at 261 loggerhead nests (261 in 2019).
Captiva also has two leatherback (*Dermochelys coriacea*) nests; the east end of Sanibel has three green turtle nests and one leatherback and the west end of Sanibel has three leatherback nests.
Visit www.seaturtle.org/nestdb/ to keep up with the nesting season on a daily basis. To report any issues with nests, nesting turtles, or hatchlings, call SCCF's Sea Turtle Hotline at 978-728-3663.✪

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Book Review

Blood Moon Rising



by Di Saggau

Sanibel author Richard Conrath is author of The Cooper Mystery Series. His first book in the trilogy, *Cooper's Moon*, finds Cooper involved in cases about missing young children. There's a reason for that. His 7-year-old son Maxie was kidnapped several years earlier, and he is always searching for him. It's a good read. In *Blood Moon Rising*, book No. 2, we follow Cooper in his quest. By the way, while this book stands alone, I always enjoy reading all the books in a trilogy. It's now been eight years since Maxie disappeared from the front lawn of his home in Ohio. The disappearance left a huge dark and painful hole in his marriage. It crumbled, even though Cooper and his wife Jillie still love one another. Cooper, who left his college teaching job to become a homicide detective in the Miami Police Department, is now discovering the seedy side of Miami.

He gets a call from an old friend who wants Coop to clear him from having anything to do with the death of a student of his... with whom he was having an affair. It soon comes to light that the young woman, April, was taking part in

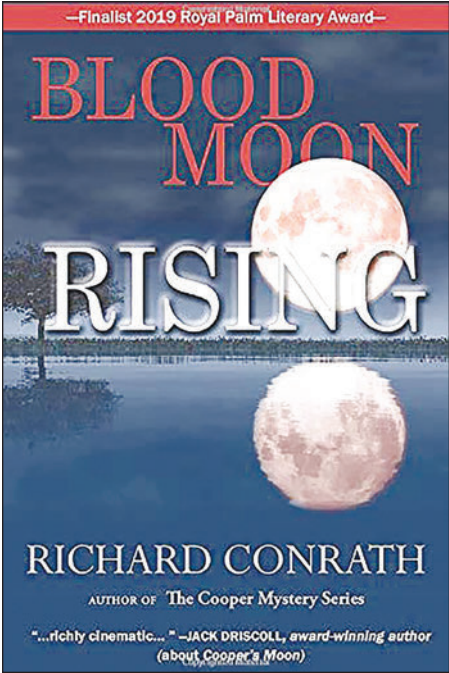


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drug trials. Often students at her college take part in the trials to pick up extra cash. Soon there is another body, also a college student. Cooper, with his motley crew, dive into the terrifying world of human trafficking and the sale of body parts along with other threatening global issues. Coop's crew involves Richie, a mob enforcer; Huxter Crow, a Seminole alligator hunter; Louise Delgado, a Miami detective; and Leo Federovich, a Russian KGB agent and grandfather of one of the missing students. The crew ends up in Little Moscow in the Miami area searching

for some very bad men and one extremely evil woman.

Blood Moon Rising won the Royal Palm Literary Silver Medal Award in the mystery category. It is well written with vivid descriptions, and the story includes locations in Florida readers can relate to. For example, "We cut off I-75 at the Florida Turnpike near the Villages, one of the world's largest retirement communities.

Good place to play golf every day until you died." It's fascinating reading about how Cooper and his gang search Miami, the Everglades and the Florida Straits to find missing children who fall prey to kidnappers. Cooper dreams constantly about finding Maxie, but so far, he has not found his son. The final book in the trilogy, *A Cold Copper Moon*, will be out soon. I look forward to reading it.✱

School Smart



by Shelley M. Gregg, NCSP

Dear Shelley, I know that kids need strong academic skills to be successful in life, and we have been working on academics now all year. I know that there are other non-academic skills that are just as important as academic ones, and I thought I would help my kids with those this summer. What do you think are the more important skills I could help them with so that they can be successful?

Toni A, Fort Myers

Toni,

You are correct in thinking that academic skills are not the only thing a child needs to succeed in life. Children need a range of experiences to learn about themselves, and the world. They need to know how to pay attention, carry out tasks and understand their own feelings and emotions as well as understanding how

to view another person's point of view. The University of Chicago Consortium for Education has recently examined this question and, drawing on research from many fields, theory and practice to identify building blocks for life success, their report establishes a framework to help answer that question.

First of all, the authors defined success and have described success as that, "young adults have the potential to fulfill their goals." They identified these behaviors, based on their research, as the ones that lead to success which include the ability "to influence the world around them and having a clear sense of who they are – an "integrated identity." While these behaviors are a bit vague, they have also identified some underlying skills that are critical. The report suggested that children's lives include many diverse experiences to develop the following four qualities:

Self-regulation – the awareness of oneself and one's surroundings, and management of one's attention, emotions and behaviors to achieve goals.

Knowledge and Skills – information or understanding about oneself, other people and the world, and the ability to carry out tasks.

Mindsets – beliefs and attitudes about oneself, the world and the interaction between the two. They are the lenses individuals use to process everyday experiences.

Values – enduring, often culturally defined, beliefs about what is good or bad and what one thinks is important in life.

These qualities grow and reinforce each other through life, but some are especially important to develop during certain stages of childhood because they lay the groundwork for successful development in the next.

In summary, key developmental tasks during early stages of development are:

Early childhood (ages 3 to 5) – Self-regulation; interpersonal (social-emotional) knowledge and skills

Middle childhood (ages 6 to 10) – Self-regulation (self-awareness and self-control); learning-related skills and knowledge; interpersonal skills

Early adolescence (ages 11 to 14) – Group-based identity; emerging mindsets

Middle adolescence (ages 15 to 18) – Sense of values; individuated identity

Young adulthood (ages 19 to 22) – Integrated identity

As parents, we all want our children to succeed and be the best they can be and we often think we need to buy special items, gear and games to stimulate our child's development, but that is not true. While having the latest games and gear is great and may provide interesting experiences, it is more important to provide the following, every-day activities you can do with your child to encourage development.

Give your child lots of love and
continued on page 26

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Summer Reading Continues At The Sanibel Library

The Sanibel Public Library is open Monday and Thursday from 9 a.m. to 8 p.m., Tuesday, Wednesday and Friday from 9 a.m. to 5 p.m., and Saturday from 9 a.m. to 1 p.m. during June, July and August. The library will be closed Friday, July 3 in observance of Independence Day, and will reopen Saturday, July 4 from 9 a.m. to 1 p.m.

Youth Services Librarian Deanna Evans invites families with children ages baby to teen to register online for the 2020 Summer Reading Program. A total of 114 children have registered, and 10 have already earned their certificate for meeting their reading goals. Register on Beanstack at <https://sanlib.beanstack.org/reader365>. Beanstack Tracker is a free, user-friendly app for PCs, Apple and Android devices. Beanstack sends each reader a weekly email or text message recommending books based on the reader's age and interests. Participants may come in to pick up their registration gift, add their name to the bricks on the "castle wall," and choose books earned at the library.

Children read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. For every two hours of reading, the Sanibel Public Library Foundation matches each book "earned" with a book for patients at the hospital. Since



Cheylan Brower was the first to complete her summer reading goals photo provided

its inception in 2012, participants have helped to contribute close to 10,000 books to the hospital. The program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund, established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

Hear Deanna Evans sing, tell silly jokes and see her read stories aloud in her online storytime videos on the library's Children's page. Evans' Baby Bounce Time videos are a fun session

to help to build literacy skills through stories, song, and movement. Page Turner Adventures present virtual programming for children every weekday afternoon from 1 to 4 p.m. The videos include comedy story theater shows, crafts, recipes, author interviews, guest performers, contests and games. Videos are being added each daily on the Children's page.

With a gift from Hans and Leslie Fleischer, the library has added learning tablets, audiobooks and audio-enhanced books.

Launchpad, Playaway's popular learning tablet, features ad-free educational games for preschoolers to third graders. The Launchpad experience lets children design a personal avatar and choose an adventure they're most interested in. Launchpads are 100 percent secure and the amount of playing time can be monitored.

The six Playaway audiobooks, including *Fins* by Randy Wayne White, can be checked out with or without a print version of the book to read along as you listen. Six Wonderbooks were added to the audio-enhanced book collection. These books read aloud to the young listener and can be adjusted to ask comprehension questions. Children are given sound cues to turn the page.

Library staff is implementing safety and sanitation procedures consistent with the CDC and State of Florida Department of Health Guidelines. Signs are posted to remind visitors ages 2 and older to wear face coverings, practice social distancing, wash hands and stay

home if sick.

Patrons have access to the full collection of books, DVDs and newspapers, as well as high speed WiFi and public use computers. Contactless curbside service will continue. Call or go online to place a hold; you will be notified when your items are ready. At this time, there will not be overdue fines assessed.

There is a paperback buy one, get one free sale going on, and a display lighthouse memorabilia.

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. The library is located at 770 Dunlop Road.*

ISLAND SUN BUSINESS NEWSMAKERS

RE/MAX of the Islands

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Chris Kirchner

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Rotary Happenings

submitted by Cindy Carter

The past few months have been a very tumultuous time for most everyone, especially when the stock market and economy are taken into account. This past week, the Sanibel-Captiva Rotary Club met via Zoom with guest speaker Dr. Scott Brown, senior vice president and chief economist at Raymond James. Dr. Brown earned his doctorate in economics from the University of California at San Diego, where he studied time series analysis and forecasting under Nobel Laureates Robert F. Engle and Clive WJ Granger. He also holds a master of science degree in statistics from the University of Illinois and a bachelor of arts in mathematics from the University of California at Irvine. Dr. Brown gave us an economic commentary on the current financial state of affairs.

Dr. Brown spoke of the unemployment rate since the beginning of the pandemic as well as the number of unemployment claims made each week. The numbers were staggering and long reaching. There will be a type of chain reaction creating a broader reach into other areas of the



Dr. Scott Brown photo provided

economy. However, he predicted that interest rates will remain low for quite some time, which in turn will help the housing markets recover. There has already been an increase in the amount of building permits applied for and issued. Dr. Brown also noted that with families spending less, such as not being able to go out to dinner, travel or attend sporting events, and the stimulus checks and unemployment checks that were issued, some families are actually saving money. This will help with the economy's recovery.

In a time of so much uncertainty, and in an area with so many hourly workers,

Rotary continues to lend a helping hand. Donations are still being accepted at the Harry Chapin Food Bank of Southwest Florida as well as FISH of SanCap.

*The Sanibel-Captiva Rotary Club normally meets at The Dunes Golf and Tennis Club on Friday mornings at 7 a.m. However, due to the COVID-19 crisis, we are meeting by Zoom meetings. Contact rotarycindycarter@gmail.com if you would like to be included.**

From page 1

Shell Museum

young visitors get their hands wet as they explore the fascinating world of mollusks, furthering the museum's educational efforts that typically reach thousands of schoolchildren each year.

Interactive experiences reveal fascinating hidden worlds behind these species. For instance, the giant Pacific octopus is a mollusk, too, related to scallops, oysters, snails and slugs – it's just seen its shell disappear over millions of years of evolution.

The museum has faced the new post-COVID reality head-on, committed to providing a safe experience. Its leaders have taken the "SanCap Safe" pledge, embracing best practices compiled by the Sanibel and Captiva Islands Chamber of Commerce to make health and wellness a priority.

The entire museum is deep-cleaned before opening and after closing, and disinfected thoroughly at midday. There's plenty of room for social distancing, with capacity limited to 50 percent. Masks

are required and available for purchase on site if you forget to bring one; hand-washing stations have been added; and transactions are cashless.

Additionally, guests can now choose to purchase their tickets online or by phone and reserve a morning or afternoon slot to visit the museum and ensure their immediate entry upon arrival. (Tickets are always also available at the door.) To purchase tickets, call the museum at 395-2233 or go to bit.ly/3e5YyHf.

For a value-added experience, the museum's educators offer daily programming outdoors, and every guest receives a shell crafting kit to take home.

The museum is open daily from 10 a.m. to 5 p.m. Admission is \$23.95 for adults (18 and older), \$21.95 for seniors, \$14.95 youth (12 to 17) and students with their ID, \$8.95 for children (5 to 11) and free to children under 5 and active military. Visitors who bike to the museum receive \$1 off admission.

The expansion comes as the Bailey-Matthews National Shell Museum celebrates its 25th anniversary, having welcomed more than one million visitors to date. The nonprofit museum is an integral part of Sanibel, a curving Gulf of Mexico barrier island that's home to more than 400 species of shells. Sanibel is known worldwide for its efforts to protect that natural resource and today, local, county and state laws prohibit the taking of live animals in their shells.

The museum is active on social media. Follow on Twitter (@shellmuseum), Instagram (@shellmuseum) and Facebook (/shellmuseum).*

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Superior Interiors

Create A Home Learning Space For Children



by Trinetta Nelson

With many parents currently expected to homeschool their children while working from home, life can seem a little crazy at the moment.

The good news is, you are not alone. Many parents across the country can relate to what seems like continuously busy, never-ending days.

The even better news? There are a few simple home design and decor tips that can help you create a learning environment for your kids with ease. No more setting up separate work sections around the dinner table. Finally, you can transform that unused living area into a space that is inspiring, motivating and stylish.

Looking for a weekend project to pass the time? Here's how you can create a lively learning space for your kids in the comfort of your home:

Choose the room – Take a look around your house and decide which area becomes the new study space. Do you have an empty room that is craving some attention? Do you want to keep it small and cozy, utilizing a nook in your living area? The space you choose will be based on how well your kids work in a more public or private setting.

Declutter and stay organized – Once you choose the new learning space, declutter it completely so you can start with a fresh canvas. Remember, keeping this space organized regularly allows your kids to keep their minds organized as well.

Involve the kids – Since this living space is dedicated to the children, make sure they are involved throughout the redesign process. Give them leverage in choosing colors, accessories and furniture for the room, but don't let things get out of hand. We'll touch on this in the next point.

Make it a visual space, but free of distractions – You want to create a study space that your kids enjoy being in, but the last thing you need is another playroom. Keep the area bright with colors and other visual decorations but make sure it is not a distracting space. Leave the television and toys out of the room and try to keep the decorative items educational.

Keep things nice and lit – A bright and inviting room is great for the mind, so make sure to take advantage of whatever amount of natural lighting you can let into the space. Lighting is something to keep in mind at night as well if your kids tend to stay up later to study and finish homework. Make sure they have the proper lighting at their

desk or study area.

There's no telling how much longer the kids will be learning at home, so now's the perfect time to transform some space in your home to establish the ideal learning environment that allows them to thrive and get creative throughout the day. If you are intimidated by the thought of taking on this project on your own and you need some assistance, contact a design professional. Your kids will be so excited to learn about this fun project that's just for them.

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

New Board Member Named

The Island Water Association (IWA), Inc. appointed Kate Sergeant as the newest member of its board of directors. Sergeant earned her undergraduate degree from Northwestern University and her juris doctor from the University of Illinois John Marshall Law School. In 2011, she established Great Prairie Risk Solutions' Sanibel office and serves as general counsel providing risk management consultation, litigation management and outside counsel services.

Since her arrival to Sanibel in 2011, Sergeant served four years on the board of The Sanibel School PTA and three

years on the school's student advisory council, including two years as advisory council president. She has also served on the board of The Community House and is currently on the board of Community Housing and Resources (CHR) and chair of the advocacy committee of the Sanibel-Captiva Zonta Club. Sergeant also owns and operates the local retail shop, On Island.

"Kate is a civic-minded individual who has volunteered her time and leadership to improve Sanibel and Captiva," said IWA Board President Jeff Springer. "We are pleased that she is willing to contribute her time and talents to IWA."

Sergeant will complete the term of J. Bruce Neill, PhD, who resigned from the board on May 31.✱

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Will Power

Google U



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

Several years ago, when my mother was first diagnosed with acute myelodysplastic leukemia, the first thing that I did was search Google to learn more about the disease. The more I searched, the more confusing everything became. There was a lot of information from various sources, which all appeared credible. The problem with Internet searches is that without specific knowledge about the issue you're searching, you might take something out of context. You also don't know if the source of the information you're finding has any bias, or how credible that source might be.

When we find information on the Internet related to medical issues, we usually bring that information to our treating physician and ask her about what we've found. That's largely due to the complex science associated with our condition, whatever that may be. We realize that we need guidance when dealing within a specialized field.

For some reason, however, I've found in my more than 30 years of practice that some laymen don't have the same regard for the law. In other words, they'll run a few searches on the Internet, take what they've found as the gospel, providing many with confidence that they can self-diagnose and solve a legal issue, like estate planning.

I call these people Google U graduates. FYI, that degree isn't worth much! Because each one of us is so different, the application of legal strategies will likely have different outcomes. Consider, for example, the husband and wife in a second marriage, with each having children from a prior marriage. Husband searches Google and finds that he can create a "marital trust" for wife that will provide her income for life, but then at her death, revert back to his children.

Perfect! That's what he wants! So he logs on to LegalZoom and creates a trust. No need for expensive lawyers, right? But there's some crucial questions Husband should have investigated. What kind of assets will be held by the trust? Is he designating an IRA or 401(k) there? In all likelihood, that plan won't accomplish his goals because of Inherited IRA distribution requirements. In that scenario, a few problems may arise, such as the acceleration of income tax, Wife not getting sufficient income, or all of the asset consumed before Wife's death, leaving nothing for Husband's children.

Who is going to be trustee over the marital trust? Is it Wife? Will she invest the funds to favor income over growth for his children? If she does, could she face a lawsuit from the children for breach of fiduciary duty? What if there is a bunch of vacant land in the marital trust? The Internal Revenue

Code mandates for a trust to qualify for the marital deduction, the beneficiary must demand that the trust invest in "productive" assets. By definition, vacant land doesn't usually meet that criteria. Can Wife as beneficiary force whomever the trustee is to sell the vacant land? What if that land is in the path of development and may increase significantly in value over the next several years, but it hasn't yet? How about the homestead? Can we grant Wife a life estate without violating Florida's constitutional and statutory homestead descent and devise rules? What happens if Husband's Last Will and Testament contains an invalid devise of the homestead? In such case, Husband's children have an immediate legal interest in the residence. What can happen now? What if one of the children is undergoing a divorce? Could this become a problem for Wife? All of these questions revolve around one single scenario, a Husband trying to provide for his Wife and then leave everything to his children upon her death. There might be hundreds of different scenarios in your estate plan. Without the proper education, training and experience, you're unlikely to recognize all of the legal and tax issues that apply to your situation, and therefore you can't possibly select the type of plan and the provisions it requires to accomplish your goals. I like to tell my clients that estate planning is just as much of an art as it is a science. The best planners are creative, in that they first listen to their clients' goals and concerns, then, considering the types and worth of the assets owned, fashions a plan to meet those goals. No one knows what the future brings, either. Tax laws change. Family dynamics plays into the equation. Consider a situation where a client's son and daughter don't get along. What can go wrong in the client's estate plan when he suffers from dementia or Alzheimer's? How might the distrust amongst the siblings become a big problem? In the end, take Google U for what it's worth, a starting point. For best results, take what you've learned from it and ask guidance from a seasoned professional. ©2020 Craig R. Hersch. Learn more at www.sbshlaw.com.

School Smart

attention. No matter what a child's age, holding, hugging and listening are important ways to show your child they matter. Interact as much as possible with your children by talking, playing, eating, reading and spending time outside in nature. Your children will grow up feeling special and important to you. You will also learn a lot about your child's interests and skills. Read, read, read. Research has shown that children who are read to by their parents have a larger vocabulary than other children. Reading also provides children with new perspectives about the world we live in. The most important parenting skills are having consistent rules, rewarding behaviors you want to see your child do more of and having consequences for inappropriate behavior. Use these parenting skills in order to teach your child

to learn how to behave. Monitor and limit TV and screen time and provide alternative, interactive activities to engage in instead of the screen. Developmental experiences may happen at home, at school and in organized activities in the community across the years of a child's life. Making sure that children grow into successful young adults requires investments in their learning and development from birth to young adulthood so that they have ongoing opportunities to reach their potential. Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.

How's The Market? Ask Ann

BREAKING NEWS! SANIBEL REAL ESTATE ACTIVITY

Going back 7 days, we continue to see impressive "pending" sales activity – 13 newly reported sales transactions going back one week, 1 contract on a condo and 12 contracts on homes. Going back 4 weeks, that's a total of 56 new pending sales. These transactions take between 4-8 weeks to actually close. This will make up for the dismal activity during the height of the Pandemic. We are noting that the average sales price for a home sale in May 2020 is \$732,388 compared to May 2019 which was \$1,010,454. Don't panic... as we read the data, we note that the current sales activity is in our lower priced market. Looking at recent May closings, 9 were homes and 9 were condos. The condo sales on average negotiated 9% off the list price. Homes that closed in May sold for 16% off the list price. (This average was effected by a bayfront home sale that was listed at \$2,650,000 and reported at closing a sale price of \$1,700,000. Not a typical Sanibel sale, and if you remove this sale, negotiations were 8% off of listing price. Average marketing time was 164 days on condos and 241 days on homes.

Congratulations to our Top Sales Associate Bobbie McGlynn, who sold 550 Leather Fern in Sanibel Highlands, a very attractive newer home with a pool for \$600,000. Debbie Gleason with VIP was the Listing Agent. Our thanks to Debbie for her cooperation. Bobbie McGlynn, by the way, just recorded her 7th Hole in One on the 13th hole at Sanibel Island Golf Club! Wow! Congratulations all around, Bobbie!

Thank you for reading my newsletter and remember, if you have a Real Estate question, don't hesitate to call or email me at realtorann@hotmail.com.

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County Approves More Funding

The Lee Board of County Commissioners approved a plan on June 16 to allocate federal CARES Act dollars for Phase 2 of its LeeCARES Business Assistance, Food Security, and Individuals & Families assistance programs.

Lee County's COVID-19 Business Assistance Program for Job Creation (Business Rehire) – The program provides grant funding to small businesses for rehiring full-time equivalent (FTE) positions that were on the payroll as of March 1, 2020. Eligible positions must be rehired on or after July 6, 2020.

Grants of \$5,000 per full-time equivalent positions rehired, up to \$10,000 for businesses with 10 or fewer employees or up to \$20,000 for larger qualified businesses with fewer than 250 employees; 501(c)3 and 501(c)19 organizations are eligible.

Grants may be used for operating expenses not covered by other resources, including working capital, professional services and employee training. Businesses receiving Payroll Protection Program funding are not eligible.

The program will go live on Monday, July 6. Applications will be available online at www.leafcares.com or by appointment.

The board also approved Phase 2 for the Individuals & Families Assistance program, establishing a sliding scale for income limits to assist families based on size of the families: families of four or fewer – \$55,100; families of five – \$59,550; families of six – \$63,950;

families of seven – \$68,350; families of eight – \$72,750.

Applications for individual assistance may be submitted online at www.leafcares.com or by calling 533-2273.

Programs utilizing funds from the federal Coronavirus Aid, Relief and Economic Security (CARES) Act have resulted in:

Individual Assistance Program – More than 6,400 applications; \$5.1 million approved.

Business Relaunch Program – More than 2,300 applications; \$4.48 million approved.

PPE Distribution program – More than 1,400 approved; about 1.2 million items distributed.

Child Care Support – 63 provider locations; more being added. More than 300 scholarships approved.

The board approved plans to allocate the balance of about \$134.5 million in CARES Act funding, including:

\$45 million to human services programs including individual assistance; \$25 million to Business Relaunch and Rehire programs and PPE;

\$23,950,000 for public safety and medial expenses, including contact tracing, EMS transport and quarantine housing;

\$20 million for governmental COVID-19 direct expenses for Lee County and constitutional offices, including PPE, facility safety, public education and messaging and data collection;

\$20.5 million for general reserves for COVID-19 costs.

For more information, visit www.leafcares.com or www.leegov.com/covid-19.

Mayor Appointed Chair Of Trusts

Sanibel Mayor Kevin Ruane was appointed chair of the Florida Municipal Pension Trust Fund (FMPTF) at its meeting on June 4. The Florida League of Cities sponsors the pension trust and offers state-of-the-art retirement services. More than 3,000 Florida local government employees in 60 municipalities take part in offered services. Once a municipality selects the league, the league helps employees begin planning for a financially secure future by enrolling them in the Retirement Solutions Program.

Ruane was also appointed vice chair of the Florida Municipal Insurance Investment



Kevin Ruane

Trust (FMIvT) at the meeting. He was appointed to serve on the FMIvT in 2011. The trust is a local government investment pool. Whether a municipality is seeking safety and liquidity for surplus funds or high growth for pension funds, the trust provides innovative and superior solutions.

Ruane currently serves as president of the Florida League of Mayors and serves on its nominating committee. He is the Sanibel voting delegate for the Florida League of Cities. He was also appointed to serve on the Florida League of Cities Legislative Policy Committee and the resolutions committee and is the liaison for Lee County Mayors. He served as a board member of the Florida Municipal Insurance Trust (FMIT) from January 2010 to 2015 and as chairman for six years. He was once again appointed to the FMIT board as a trustee in December 2017. He is a director on the Florida Municipal Loan Council and currently serves as the vice chair. In 2014, Ruane was appointed by then Gov. Scott to serve on the South Florida Ecosystem Task Force and reappointed in 2019 by Gov. DeSantis.

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Frankly Speaking



by Howard Prager

What concerns you most about sports today? The health of players during this COVID-19 pandemic? Racial injustices that continue? The lack of meaningful

statistics in sports this season? The fact that some players will opt out of playing to stay safe? Or an inverted Triple Crown, which started with Tiz the Law (interesting name given what's happening) winning the Belmont Stakes?

All of these are valid concerns, and something that I think players, the leagues and the NCAA need to think long and hard about before "restarting," despite their plans and desire to open for business. The headlines are every day: 30 players from Louisiana State University have been quarantined; 13 players from the University of Texas football team tested positive as did several players from the Tampa Bay Bucs and Dallas Cowboys; several players and staff testing positive at the Philadelphia Phillies spring training facility in Clearwater; and shutting down all spring training facilities in Florida and Arizona. The list goes on each day. Dr. Anthony Fauci says he does not see football happening at all this year. Yet, the NFL has not slowed down their plan for restarting. And the NBA is full speed ahead with many pages of rules and regs for their comeback in late July with no team practices before teams get to Orlando later in July. And it won't be held against any player if they decide to opt out of the season.

That's a tough decision for some of these players, given the amount of money they could be earning. The average career of most pro athletes is only five years, so losing a year is 20 percent of their earning potential. Former Chicago Bears tight end

Emery Moorehead, whom I interviewed earlier this year, said he thinks it's only 50-50 that they will play football this year at all. He said knowing what he knows now, he wouldn't play, but as a player in his prime, who's to say?

The first team sport to restart is women's soccer, which has its first game scheduled for this Saturday, June 27. But as of June 20, they already had one player testing positive for COVID-19. Now what? What will teams do if more players test positive? The player quarantines for 14 days and teammates are regularly tested, but we know the long incubation period for this virus. Before the player can even return, others could be infected. Then what?

And with Major League Baseball (MLB) and the players association going back and forth for three months, the owners just voted to institute a 60-game season. Where's Monty Hall or current TV host Wayne Brady saying "Let's make a deal?" How many asterisks do we put behind this year's stats? In the meantime, do you know what changes were being proposed? I call it the "Manfred Rules" which the players rejected and included these changes that I believe are not happening: designated hitters in both leagues, allowing free substitutions as many times as a team likes, starting with a runner on second base in extra innings. Really? My biggest concern is with the batter, catcher and umpire being in close proximity for much of the game, perhaps they should consider electronic ball and strike calls or having the home plate umpire watch in the broadcast booth.

What about racial equity, how do pro sports deal with that? There are still crazies around. The team for Bubba Wallace, the only full-time African-American driver in NASCAR, reported a noose was found in his garage. "We are angry and outraged, and cannot state strongly enough how seriously we take this heinous act," NASCAR's statement read. "We have launched an immediate investigation, and will do everything we can to identify the person(s) responsible and eliminate them from the sport. This only strengthens

our resolve to make the sport open and welcoming to all."

There's no reason why every team and league shouldn't start some immediate actions. When I Googled racial equity and sports, I found articles dating back to 1993, and I know I just scratched the surface. This isn't new. We need meaningful discussions and actions. Some Women's National Basketball Association (WNBA) players are taking leaves of absence to do just that. What about everyone else? The co-hosts of the ESPY Awards, Seahawks QB Russell Jackson, soccer star Megan Rapinoe and the WNBA's Sue Bird all addressed it on the special.

And the ESPY Awards brings us our good news story of the week, where Twins DH Nelson Cruz won the Muhammad Ali Sports Humanitarian of the Year award. A six-time all-star, Cruz was honored for his off-the-field contributions. "The award is given to an athlete who has had an impact in his or her community through sports while sharing the same principles that Ali did, including confidence, conviction, dedication and respect." Cruz has been donating food and medical supplies to the needy and donated a fire truck and built a police station for his hometown of Las Matas De Santa Cruz in the Dominican Republic. He dreams of building an education and wellness center for the children there. "I definitely feel blessed," Cruz said. "I don't think we do it to be recognized. We do it because we feel it is the right thing to do. That is what our heart is telling us to do. It's always nice to

be recognized when what you are doing is the right thing."

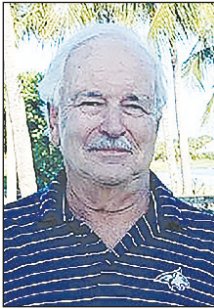
As we deal with the coronavirus, restart major team sports and continue the struggle to gain greater racial equity, it's nice to see athletes selflessly giving of themselves to help others. Stay safe Floridians, and be careful.

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.✴

The Dunes Golf Club

Member News

A couple days after his 75th birthday, The Dunes Golf & Tennis Club member Doug Mallon fired a solid 73 on the golf course. The par at The Dunes is 70, so that had Mallon at a respectable three over par and two shots below his age, very impressive.



Doug Mallon

What makes it even more impressive is that he managed to miss three birdie putts within five feet of the hole. It is always easy to say "what if" on the golf course, but to miss a few putts that could have easily been made goes to show how well Mallon was playing that day.✴

SPORTS QUIZ

1. In 1982, the California Angels retired No. 26 in honor of the Major League Baseball franchise's first owner. Who was he?
2. In Super Bowl XXVII, the Dallas Cowboys' Leon Lett was enroute to a fumble return touchdown, but he had the ball swatted away before he crossed the goal line, resulting in a touchback. What speedy Buffalo Bills receiver forced Lett's fumble?
3. In the final round of the 1995 Open Championship, what Italian golfer sunk a 60-foot putt on the 18th hole to force a playoff with eventual winner John Daly?
4. In what team sport would you find two "bails" balanced atop three stumps?
5. How many home runs did Jose Canseco's identical twin brother, Ozzie, hit during his 24 Major League Baseball game appearances?
6. Syracuse University basketball standout Rony Seikaly was the first draft pick ever selected by what NBA expansion team in 1988?
7. In 1999, the New Orleans Saints traded eight draft picks to the Washington Redskins in order to select what Heisman Trophy winner from the University of Texas?

ANSWERS

1. Gene Autry. 2. Don Beebe. 3. Costantino Rocca. 4. Cricket. 5. Zero. 6. The Miami Heat. 7. Ricky Williams.

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Beautifulife:

Be Like Coffee



by Kay Casperson

This past Sunday morning, after attending my virtual church, I went for my morning walk. I was listening to some inspirational podcasts and was inspired by one that really stuck with me.

This one, in particular, was about how to stand firm and to handle any adversity.

I listened to a story about how a mother was showing her daughter how to overcome adversity by placing carrots, eggs and coffee beans in separate pots of water on a stove to boil. Then after they were cooked, she put them in separate bowls and said that each of these faced the same adversity; boiling water, but each reacted differently. The carrot went in hard and healthy, but after being in the boiling water became softened and weak. The egg became cracked and fragile on the outside, yet the insides were hardened. The ground coffee beans were quite unique as they actually changed the water.

The mother asked the daughter, which one are you most like? The carrot, the egg or the coffee bean? How do you want to handle it when adversity comes knocking on your door? Are you most like a carrot that seems stable, but when things get tough, you become weak and fragile? Are you like the egg that appears solid but can crack and get hardened on the inside when the heat sets in? Or, are you like the coffee bean that actually changes the water, or the thing that brings diversity; as a result, you become better? The coffee bean becomes a whole new substance. It doesn't become soft, weak or hard, it becomes what it is supposed to be, no matter how hot or cold it gets.

The question is, do you realize that you have the power to change any situation around you? Do you understand that you can transform all obstacles

into opportunities? Do you know that regardless of what hits you, you can overcome and rise to new heights?

This week, I want to encourage you to be more like a coffee bean. Take that boiling water of whatever diversity comes your way, turn it into something that smells good, tastes good, feels good and is excellent. You have the power to make each and every situation into a beautiful aroma of freshly brewed coffee that will soothe the soul, comfort the heart and calm the spirit. You have the power to live your best and most beautiful life today and every day.

My affirmation for you this week is: "I am like a coffee bean and will turn adversity into an opportunity to be the best I can be."

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

Chronic Pain Workshops

Lee Health is offering a free six-week workshop, entitled Chronic Pain Self-Management. The virtual sessions will help you better manage chronic pain conditions such as arthritis, fibromyalgia, back pain and headaches. Sessions will be held on Wednesdays, beginning July 29 from 9:30 a.m. to 12:30 p.m.

The research-based program, originally developed by Stanford University, will contain information to help participants become empowered to improve their quality of life. Learn how to more easily manage your medications; understand the benefits of exercise; manage symptoms of stress, pain and fatigue; and make smarter decisions related to healthy eating. Participants will also receive a copy of the book *Living a Healthy Life with Chronic Pain*. For more information, call 343-9264.*

Refuge Receives Grant To Employ Summer Teacher

A grant from a private family foundation awarded to "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), has allowed JN "Ding" Darling National Wildlife Refuge to hire a Summer Teachers Assisting Refuges (STAR) teacher for two months. This year's STAR, Jennifer Rasner, will help with educational programming for the WoW (Wildlife on Wheels) mobile classroom, summer virtual camp, fine-tuning curriculum for the school year and other environmental education activities.

Rasner has been teaching fourth grade for two years at Allen Park Elementary in Fort Myers, where she specializes in language arts laced with social studies and science lessons.

"The task to teach everything is a challenge, so, often, the students read



Jennifer Rasner

about science topics in their language arts lessons," Rasner said. "Since I am so passionate about conservation and the oceans, this is a huge component of the lessons in my classroom."

Rasner has been working with the Lee County School District for seven years, after moving to Florida from a position as professor at Ridgewater College in Hutchinson, Minnesota. Before relocating, she completed her master's degree in education at Purdue University in West Lafayette, Indiana.

Rasner will be concentrating her time on the WoW project. "The goal is to develop lessons that are relevant for the students in the area to enhance their understanding of the science standards with a hands-on experience," she said. "The focus of the lessons will not only be to learn basic science requirements but also encourage excitement towards the wildlife and outdoor environments that surround them here in the state of Florida."

At the same time, the STAR teacher will be absorbing knowledge of the refuge's ecology from its educators to take back to her classroom this fall.

"I plan to use this knowledge to increase classroom engagement and excitement for the kids with their learning," Rasner said. "The people at 'Ding' are clearly excited about what they do every day. I want to bring that passion to my students.*"

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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	7:17 am	10:37 am	5:08 pm	None
Sat	7:50 am	12:35 am	6:26 pm	12:18 pm
Sun	8:23 am	1:21 am	8:01 pm	1:58 pm
Mon	8:57 am	2:05 am	9:47 pm	3:25 pm
Tue	9:33 am	2:46 am	11:30 pm	4:39 pm
Wed	10:11 am	3:23 am	None	5:41 pm
Thu	1:02 am	3:58 am	10:52 am	6:37 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	6:22 am	10:39 am	4:13 pm	None
Sat	6:55 am	12:37 am	5:31 pm	12:20 pm
Sun	7:28 am	1:23 am	7:06 pm	2:00 pm
Mon	8:02 am	2:07 am	8:52 pm	3:27 pm
Tue	8:38 am	2:48 am	10:35 pm	4:41 pm
Wed	9:16 am	3:25 am	None	5:43 pm
Thu	12:07 am	4:00 am	9:57 am	6:39 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	6:41 am	12:00 am	5:51 pm	11:35 am
Sat	7:17 am	12:46 am	6:56 pm	12:44 pm
Sun	7:50 am	1:36 am	8:02 pm	2:01 pm
Mon	8:21 am	2:22 am	9:06 pm	3:04 pm
Tue	8:52 am	3:04 am	10:17 pm	4:02 pm
Wed	9:25 am	3:43 am	11:38 pm	5:03 pm
Thu	10:11 am	4:24 am	None	6:06 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	9:27 am	3:05 am	7:18 pm	1:53 pm
Sat	10:00 am	3:51 am	8:36 pm	3:34 pm
Sun	10:33 am	4:37 am	10:11 pm	5:14 pm
Mon	11:07 am	5:21 am	11:57 pm	6:41 pm
Tue	11:43 am	6:02 am	None	7:55 pm
Wed	1:40 am	6:39 am	12:21 pm	8:57 pm
Thu	3:12 am	7:14 am	1:02 pm	9:53 pm

My Stars ★★★★★
FOR WEEK OF JUNE 22, 2020
Aries (March 21 to April 19) A plan you've kept on hold for a long time finally could be greenlighted. But in typical Aries form, you'll need to be sure that everything is in place before you hit the "start" button.
Taurus (April 20 to May 20) Others might urge you to act more quickly on your ideas. But you'd be wise to follow your Bovine instincts and get more facts to bolster your position when you finally present it.
Gemini (May 21 to June 20) You might be tempted to accept the well-meaning offer of a friend to act as an intermediary in a dispute. But you know best what it's about, and you can handle the challenge. Good luck.
Cancer (June 21 to July 22) Entertainment can play an important role this week. Enjoy some well-earned diversion with people you care about. Something especially wonderful might come from this well-spent time.
Leo (July 23 to August 22) Catnaps and playtime are in order for Leos and Leonas who need to take some time off from their hectic schedules to restore their energies and rebuild their mental muscles. Have fun.
Virgo (August 23 to September 22) Virgos will need to keep an open mind this week about choices that seem improbable. A closer study might well reveal possibilities that might have been overlooked. Stay with it.
Libra (September 23 to October 22) A disappointing outcome of a well-intentioned effort should be seen as a lesson in how to do it right the next time. Note all your changes and have your new plan set up by week's end.
Scorpio (October 23 to November


21) Creative projects might have to go on standby as you tackle other matters making demands on your time and energy. Things should ease by the middle of next week.
Sagittarius (November 22 to December 21) Your honest approach to an unsettling experience draws admiration from others. Use their positive feedback to build support for your program to introduce needed changes.
Capricorn (December 22 to January 19) A workplace goal that suddenly seems out of reach is no problem for the sure-footed Goat, who moves steadily forward despite any obstacles placed in his or her way.
Aquarius (January 20 to February 18) A job-related situation could provide an opportunity you hadn't considered before. Look it over carefully and see where and how you can tailor it to fit your needs.
Pisces (February 19 to March 20) Showing strength as well as sympathy helps you deal with a difficult personal matter. It also helps you set an example for others when it's their turn to get involved in the situation.
Born This Week: You have a way of making people feel comfortable without losing one whit of your own dignity in the process.

MOMENTS IN TIME
• On July 4, 1776, in Philadelphia, the Continental Congress adopts the Declaration of Independence, which proclaims the independence of a new United States of America from Great Britain. The declaration came 442 days after the first shots of the American Revolution.
• On July 2, 1937, the Lockheed aircraft carrying American aviator Amelia Earhart and navigator Frederick Noonan

is reported missing in the Pacific. No trace of Earhart or Noonan was found. However, photos taken years later in the Marshall Islands were believed to be of Earhart and Noonan.
• On July 3, 1958, President Dwight Eisenhower signs the Rivers and Harbors Flood Control Bill, which allocates funds to improve flood-control and water-storage systems. The bill was introduced in the wake of disastrous hurricanes that hit the U.S. in 1955.
• On June 30, 1974, Soviet dancer Mikhail Baryshnikov defects from U.S.S.R. after four years of planning. While touring in Canada, Baryshnikov evaded his KGB handlers at the end of a performance, disappearing into the crowd outside. He hid until he was granted political asylum.
• On July 1, 1984, the Motion Picture Association of America introduces a new movie rating, PG-13. The action film *Red Dawn* became the first-ever PG-13 movie.
• On June 29, 1995, the American space shuttle Atlantis docks with the Russian space station Mir to form the largest man-made satellite ever to orbit the Earth. It marked the 100th human space mission in American history.
• On July 5, 2003, the World Health Organization (WHO) announces that all person-to-person transmission of Severe Acute Respiratory Syndrome (SARS) has ceased. In the previous eight months, the disease had killed 775 people in 29 countries. The first cases of SARS, caused by the SARS coronavirus, appeared in China in November 2002, and soon spread around the world via air travel.
NOW HERE'S A TIP
• "It's easy to get the stains out of coffee mugs without using a harsh

cleaner. Try a little bit of baking soda on a sponge for scrubbing, then rinse with a little bit of vinegar to foam out the smell. I have been able to bring back mugs that looked terrible!" – YS in California
• Use a lint roller to remove dust from a lampshade with fabric that is flat but textured. If your lampshade has pleats, your best bet is a clean soft paintbrush.
• "I have perfectly timed the fabric softener cycle on my washing machine. I set a timer for 23 minutes, and it's just the right time to add liquid softener. Just saying that this has greatly enhanced the quality of my life, because my clothes feel softer and smell nice." – LB in Georgia
• Here's another laundry tip: "Can you believe I miss washing my daughter's white softball pants because spring season was canceled? If you have a kid playing sports in white pants – why? – get a bar of Fels Naptha soap. You just rub it into the stained spots, and launder. It takes out grass and clay. It should be issued with the uniform for turf sports." – M
• A work from home, or work anywhere tip: If you are having trouble focusing, it might be because you are avoiding a difficult task. If there's a dreaded task on your to-do list, tackle it first. Even if you can't get it completed, you'll make progress and it will make everything else seem easy by comparison.
• Lemons and limes last longer in the cooler. Say that three times fast, and stick your citrus in the fridge!

STRANGE BUT TRUE
• Following the BP oil spill in the Gulf of Mexico, thousands of hairstylists and alpaca farmers donated over 19 warehouses worth of cut hair to help absorb the spilled oil.
• Los Angeles' full name is "El Pueblo Nuestra Senora la Reina de los Angeles"
continued on page 38



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dearRPharmacist

The Truth About Shellfish Allergies, Iodine Deficiency



by Suzy Cohen, RPh

Dear Readers: Iodine, a purplish-grey mineral, is needed for our survival. There is a lot of confusion surrounding this supplement because people assume iodine is a drug, but that's not true. It's

as natural to your body as magnesium or calcium. A shellfish allergy translates to an iodine allergy in only about two or three percent of people. Most people avoid iodine their whole life because they do not know this. A shellfish allergy has to do with you being allergic to a protein in the fish, not iodine, which is needed for your very survival.

Here are five signs of possible iodine deficiency:

1. Goiter – You may have an enlarged thyroid, and it will look like a lump at the base of your neck. Goiters are sometimes treated with iodine supplementation prior to surgically removing the thyroid gland. Not all goiters are related to low iodine, however, iodine deficiency is the most common cause of goiters and nodules in the thyroid gland. Sadly, some physicians surgically remove the thyroid gland instead of trying iodine. The issue is that you are still deficient in iodine and a thyroidectomy doesn't correct that, besides symptoms within the breast will show up next! I have a whole chapter on goiters in my best-selling book *Thyroid Healthy: Lose Weight, Look Beautiful and Live the Life You Imagine*.

2. Breast Pain or Cancer – Iodine deficiency causes tiny benign (noncancerous) cysts to begin forming in the breasts, and the condition is termed Fibrocystic Breast Disease. Women with this condition have slightly lumpy breasts and breast tenderness. Sometimes it's hard to enjoy a hug because the pain is so bad. Continued iodine insufficiency may increase risk for breast cancer as well.

3. Feeling Tired or Weak – Low iodine always leads to low levels of thyroid hormone. That's because your thyroid gland requires iodine to produce thyroxine, your thyroid hormone. This is the hormone that makes you feel strong, energetic and full of vitality.

4. Dry Skin – Iodine is needed for soft skin and healthy skin. Eczema is sometimes related to low iodine or hypothyroidism. When iodine levels are low, skin cell regeneration doesn't occur as often as it should and this leads to dull, itchy, dry skin.

5. Pregnancy and Baby's Brain – People underestimate iodine's power on the brain. If you're deficient in iodine, risk for miscarriage is increased. But there are implications to the baby too, if mother is not a seafood lover, or has iodine deficiency for some other reason.

When mother's iodine is deficient, she has what we call "hypothyroxinemia," which damages the developing brain. The baby may be born with neonatal hypothyroidism, or may have cretinism, a severe cognitive disorder.

Since doctors now tell women to limit seafood due to mercury concerns (and a dirty ocean full of plastics and phthalates), I urge you to talk to your practitioner to see if a clean supplement of iodine is something you should take in advance of pregnancy or during it. Creative brands of iodine contain both iodine and iodide, two different isomers of the molecule that feed and nourish your thyroid gland and breasts. You can find this in one capsule if you look for high-quality brands.

Understanding the pathogenesis of hypothyroidism and its connection to impaired iodine status in the body has allowed us to look at all of these symptoms and to realize they are not always a new "disease." Sometimes a symptom is tied to a natural mineral that has become deficient for one reason or another. Causes include our genes, or poor diet, sometimes a medication (i.e., a drug mugger) and more. It's important to find the underlying cause of your symptoms, rather than layering on the drugs.

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.

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you help me as I am alone and feeling lonely? No one reaches out to me, and I'm beginning to feel something is wrong with me.

A: Right now, many people are feeling lonely and perhaps they live alone or do not have family and friends close by. When I think of loneliness, I look at it from a spiritual solution. It's easy to focus on how lonely you are as opposed to having a connection with others.

See if any of the suggestions below give you some solace that you truly are not alone:

1. Close your eyes, take a few deep breaths and begin to settle in. Know that there is a loving force with you whatever that means to you. Your spiritual home may include a pet, angels, guides, an energy force that is reassuring and connecting to you. You may awaken to see the beauty of nature outdoors. That is home, and you can converse with her. Before you go to bed at night, look out and see the night sky. Look for the moon and stars. Have a conversation with them. Look at the millions of galaxies in this amazing universe. We are all connected.

2. Follow your Inner Guidance. Your intuition will guide you to a place of knowing. For example, you may get a hunch to call someone you haven't talked with in awhile. Reaching out to others can be a wonderful thing. Just pay attention to what your inner guidance has to say and where she leads you.

3. Reach out and help someone. So many are in need, and your reaching out can offer others something that will also help you.

It feels good to reach out and to give to others. It will lessen your loneliness and feelings of being alone. You can also help others with a project. It may be something creative like painting, writing, weaving. You may decide to have projects of your own that contribute to feeling less lonely.

Meditate on ways to reach out to others and make another person's life better.

4. Be grateful for each moment. Focus on those you care about and who care about you. Focus on what you cherish about these relationships. Perhaps keep a gratitude journal about all those you are grateful for in your life and write about what makes you feel so grateful for them. This is not only cathartic but therapeutic for yourself and them.

By practicing all of the above, it helps you strike a necessary balance. Hopefully, some of these insights will be helpful.

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

YOUR NEUROLOGICAL SYMPTOMS MAY HAVE A STRUCTURAL CAUSE!

- Balance problems
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- Swallowing or speaking difficulties
- Tinnitus or hearing problems
- Torticollis / cervical dystonia
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Doctor and Dietician

Is Prolotherapy The Same As Cortisone?



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

Caring Medical Florida is known for a unique method of prolotherapy, termed H3 Prolotherapy. It is named after doctors who pioneered and advanced the most comprehensive injection technique of prolotherapy: Drs. Hackett, Hemwall and Hauser. We are frequently asked about how H3 Prolotherapy and other regenerative injection treatments, like platelet rich plasma (PRP) and stem cells, compare, as well as if these are the same as other pain treatments like physical therapy and cortisone injections. How is prolotherapy different from physical therapy? While these treatments pair very well together, physical therapy (PT) primarily concentrates on strengthening muscles, and prolotherapy

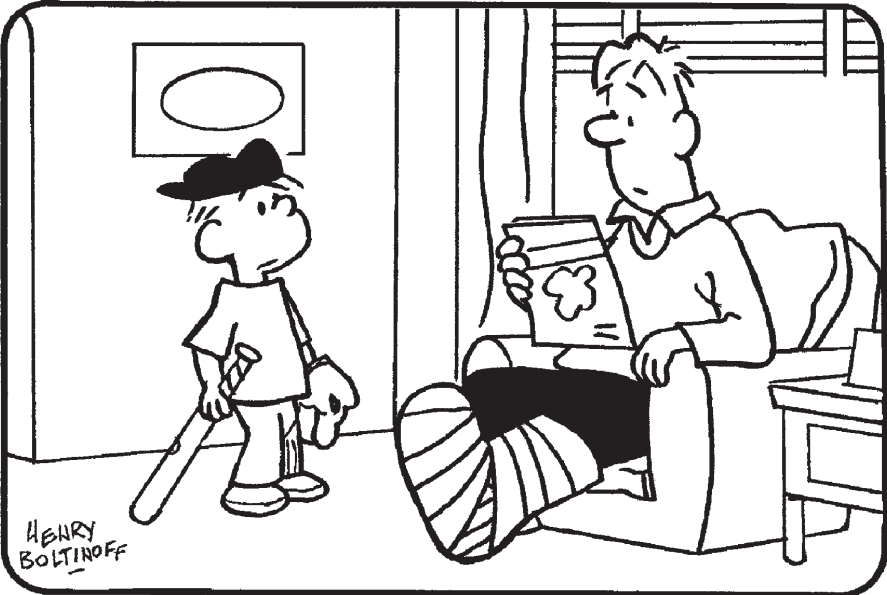
strengthens and repairs ligaments and tendons. At the root of chronic pain is joint instability, which is caused by loose ligaments (the structures that hold joints together). It is not only a muscle problem, though muscles become involved eventually to help stabilize the joint because the ligaments are too loose. Loose ligaments cause destructive joint forces, resulting in symptoms like chronic pain, bone spurs, joint swelling and muscle spasms. Ultimately, the destructive joint forces cause cellular death and joint/cartilage/disc/labrum/meniscus degeneration. How is prolotherapy different than cortisone? In short, cortisone accelerates joint damage, whereas prolotherapy strengthens joint structures. Cortisone covers up pain signals and decreases inflammation. When you block pain, your body cannot tell you it hurts. This creates a vicious cycle of joint damage because you will not alter your activity level and end up doing additional damage to your joints because there isn't a pain signal trying to warn you about further damage happening in the joint. Many medical studies explain the degenerative effects of cortisone, and most surgeons will admit that during surgery, they can tell the difference between a joint that has received cortisone injections and one that has not. Prolotherapy aims to correct joint instability, thereby alleviating pain and destructive joint motion. Instability is progressive, meaning if left untreated, the instability gets worse! When the instability gets worse, so does the pain. Therefore, cortisone shots do not cure most pain – they simply cover it up while the joint damage accelerates. If you have a hard time moving, add PT to your prolotherapy

regime, but we would recommend running away from the cortisone shots. Bottom line: We want to see you out there on the bike path pain-free and with strong stable joints. This information is not intended to treat, cure or diagnose your condition.

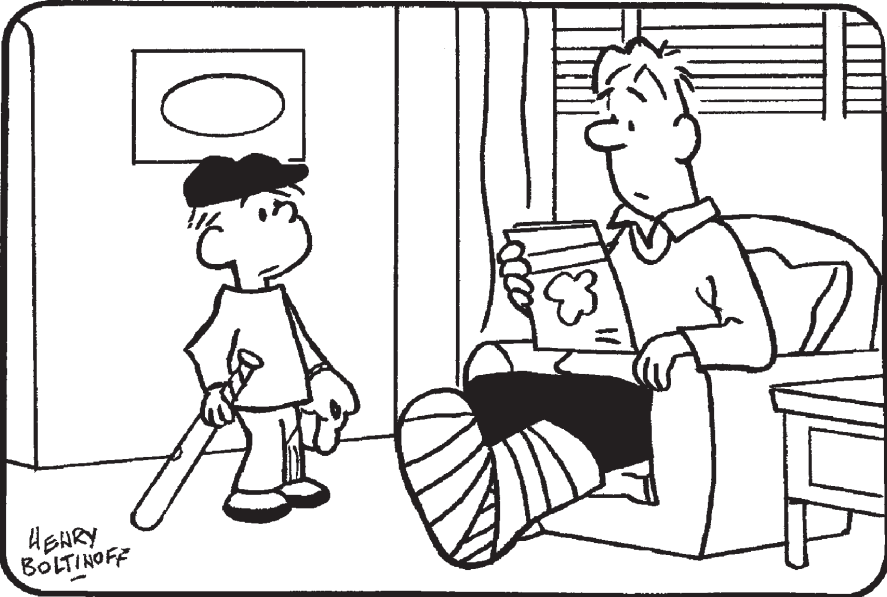
Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.✪

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Blinds are longer. 2. Picture is missing from table. 3. Boy's shoes are different. 4. Cap is turned. 5. Pillow is smaller. 6. Boy's shirt has long sleeves.

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PUZZLES

Answers on page 39



"My friend's _____ are forming a posse to bring me in."

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!

Away
STABEN

Border
ARMING

Archaic
BOYENG

Abstain
WEECHS

TODAY'S WORD

SUDOKU

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

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.



Emergency	911
Sanibel Police,	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol	332-6966
Florida Highway Patrol	278-7100
Poison Control	1-800-282-3171
Chamber of Commerce	472-1080
City Council	472-4135
City Building Department	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
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 House	472-2155
Center 4 Life, Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Herb Strauss Schoolhouse Theater	472-6862
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.org
Southwest Florida Symphony	418-0996
Symphonic Chorale of Southwest Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon of SWFL	https://www.audubonswfl.org/
Audubon Society	472-3744
Bailey-Matthews National Shell Museum	395-2233
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
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
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
JN "Ding" Darling National Wildlife Refuge	472-1100
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 Assc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS, Protection of Animal Welfare Society	472-4823
Progressive Club of the Islands	pcisancap@gmail.com
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	267-7291
Sanibel Historical Museum & Village	472-4648
Sanibel Island Fishing Club	472-8994
Sanibel Youth Soccer	395-2040
SCCF Sanibel-Captiva Conservation Foundation	472-2329
SCCF Sea Turtle Hotline	978-728-3663
Shell Islands Garden Club	246-8875
United Way of Lee County - 24 hour helpline 211	433-2000
Zonta Club	728-1971

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PUZZLES

Answers on page 39

Super Crossword

VOWEL LANGUAGE

ACROSS

1 Painter of
limp watches
5 By the day,
as payment
12 "It doesn't
matter"
20 Moran of
"Happy Days"
21 The tiniest bit
22 Hot pepper
23 Group of
wolves
decide which
hockey disk
to use?
25 Brought
upon oneself
26 USNA frosh
27 "— Miz?"
28 Bring in
30 Moniker, in
Marseilles
31 Mervyn of
film
33 Misplaced
the most
recent
catalog?
38 Sun circlers
41 Braga of film
42 Nervous —
43 Notice folks
quarreling
about a
skewer?
45 Kind of latte
47 Sportswriter
Pasquarelli
48 Name of 12
popes

49 Folksy denial
50 Parisian “to be”
51 Actor Robert De —
52 Six-legged scurrier
53 Gift add-ons
55 Farm structure is built in Switzerland’s capital?
59 Liam of “Nell”
61 Raises up
63 Yemen’s largest city
64 — time (never)
66 Give a big speech
67 Baseball Hall of Famer Waite —
69 Preside
71 Students
74 To no avail
78 Put a clump of tree-trunk greenery in disarray?
80 Bath powder
82 Philosopher Lao- —
83 Optic layer
84 Throw easily
85 Paddle’s kin
86 Stuff in ale
87 Rev.’s talk
88 City on I-80

89 Group working on a jackdaw's gullet?
94 Slate clearer
96 Miller rival
97 Optometrist
98 Knock out a pier-dwelling mallard?
101 "— good you let him know": Hamlet
102 "My country, — ..."
103 Lock fastener
104 Plant seeds
105 Shuts noisily
109 Preserve
112 Exited the elevator to the high-ceilinged SoHo flat?
116 How keyless music is written
117 Quito locale
118 Like — of sunshine
119 Little jaunt on a little horse
120 Cyclone
121 Where Coca-Cola is "KO"

DOWN

1 Johnny of "Ed Wood"

2 Central Asia's — Sea
3 Pooch pests
4 Rorschach test features
5 Lauu chow
6 Hemming in
7 Type in anew
8 See 95-Down
9 Bettor's note
10 Series-ending abbr.
11 Succeeds
12 Spin around
13 — Barbera
14 "The Middle" network
15 Poked fun at
16 Register
17 Indiana county whose name is a red color
18 Afore
19 Gun, in slang
24 Parts of hammers
29 — good clip
32 Ice-T's style
33 Hack
34 — roll (lucky)
35 Deriding look
36 — Nevada
37 Partner of a mortise
38 Hearing airt
39 Share a view
40 Artery

41 Minneapolis-to-Dallas dir.
44 Hit with a zapping gun
45 The Beatles' "Let —"
46 Collision
50 Register for
51 Hoops cable channel
53 Pole carving
54 Advice giver Landers
55 Yankee Yogi
56 Bob — restaurants
57 Per-unit costs
58 "Bye Bye Bye" boy band
60 Rumba's kin
62 Garden soils
65 Johnny who cried "Come on down!"
68 OPEC fuel
69 Idolize
70 Keystroke or mouse click
72 Canadian gas brand
73 Detached, in mus.
75 Old game console
76 Lanai and Skye, say
77 Product label wds.
78 Ruminated

79 County in
New Mexico
81 Tree once
associated
with bow
wielders
85 Pained cries.
86 “Dirty Sexy
Money”
actress Zoe
88 Symbol atop
the Kremlin
89 Pair of poetic
lines
90 Mythical bird
91 Mork’s planet
92 Pitching whiz
93 Sausage, in
Stuttgart
95 With 8-
Down, swims
without a suit
96 They made
LPs passé
99 Kid
100 West with 21
Grammys
— lie (fibbed)
101 Funny Laurel
106 Gossamer
107 Degs. for
playwrights
108 Eye malady
109 GPS drawing
110 From — B
111 Ring legend
113 Prefix with
law or tourist
114 Cat coat
115 Swing to
and —

1	St. Louis landmark
5	Hostel
8	Grime
12	Silver salmon
13	Kan. neighbor
14	Sandwich cookie
15	Destruction
16	Thrilling
18	Passage
20	Idles
21	Still
22	"You've got mail" co.
23	Really fun time
26	Leave out
30	Thither
31	Beer cousin
32	Queue
33	Shout out
36	Co-star with Ball, Arnaz and Frawley
38	Branch
39	Dine
40	Larynx output
43	Surpasses
47	"My bad"
49	By word of mouth
50	Night light?
51	Atmosphere
52	Loosen
53	Paquin or Quindlen
54	Final (Abbr.)

King Crossword

ACROSS

- 1 St. Louis landmark
- 5 Hostel
- 8 Grime
- 12 Silver salmon
- 13 Kan. neighbor
- 14 Sandwich cookie
- 15 Destruction
- 16 Thrilling
- 18 Passage
- 20 Idles
- 21 Still
- 22 "You've got mail" co.
- 23 Really fun time
- 26 Leave out
- 30 Thither
- 31 Beer cousin
- 32 Queue
- 33 Shout out
- 36 Co-star with Ball, Arnaz and Frawley
- 38 Branch
- 39 Dine
- 40 Larynx output
- 43 Surpasses
- 47 "My bad"
- 49 By word of mouth
- 50 Night light?
- 51 Atmosphere
- 52 Loosen
- 53 Paquin or Quindlen
- 54 Final (Abbr.)

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19				20			
			21				22					
23	24	25				26				27	28	29
30					31					32		
33				34	35				36	37		
			38				39					
40	41	42				43				44	45	46
47						48				49		
50						51				52		
53						54				55		

55 Exam

17 Sporty Camaro

35 War god

36 Carpet cleaner, for short

37 Went to a restaurant

39 Put forth, as energy

40 — cava

41 The yoke's on them

42 PC picture

43 Painter Nolde

44 Sea eagle

45 June honoree

46 Coin aperture

48 Water (Fr.)

DOWN

1 Land measure

2 Sauce thickener

3 Stylish

4 Sweethearts

5 Klutzy

6 Adjoining

7 Leno's network

8 "Is that so?"

9 Eye part

10 Landlord's due

11 Garb

19 Emeritus (Abbr.)

22 Chopper

23 "See ya"

24 Bagel topping

25 Anti-apartheid org.

26 Shade source

27 Samovar

28 "What's up, —?"

29 Ram's mate

31 Intent

34 Gap

MAGIC MAZE ● WELL-AGED WORDS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: ACT OF TRAVELING BY WATER

Acreage	Average	Cottage	Page
Agency	Bagel	Damage	Reagent
Agenda	Carriage	Eager	Stage
Agent	Cartilage	Gage	

[illegible]

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A Study On Hurricanes

submitted by Nicole Finnicum

The 12th week of Nature Near You, Sanibel Sea School's e-newsletter, featured backyard activities to learn about hurricanes.

As hurricane season kicked off on June 1, participants turned their attention to the science of hurricanes. While hurricanes and tropical storms are experienced more commonly here in Florida, the effects of these storms can be felt across the country as we saw with Tropical Storm Cristobal. This week, we discussed how hurricanes are formed, categorized and named.

Alex Cook, marine science educator, shared with us the necessary ingredients for a hurricane – warm water and wind.

“Warm, wet air rises away from the ocean, leaving low pressure air underneath it, creating thunderstorms. The rising air cools, forming clouds. These clouds build and grow, fed by more warm, moist air. The evaporation of warm water provides the energy needed for a storm to become a hurricane,” described Cook in this week's issue.

Hurricanes are categorized by their wind speeds from Category 1 through Category 5 and are named when they reach the strength of a tropical storm. Hurricanes use a rotating list of alphabetical names that is maintained by the World Meteorological Organization.



Participants observed the different parts of a hurricane during their activity, Hurricane in a Bowl photo provided

For this week's activity, participants created a Hurricane in a Bowl to get a better visualization of how hurricanes spin, noting the “eye” and “outer bands” of their countertop hurricanes.

Our assisting counselor in training, Abby Hendershot, took hands-on learning to another level with her custom Hurricane Obstacle Course. She created a backyard obstacle course featuring obstacles that symbolize the different stages of a hurricane. Hendershot and some brave assistants tackled the obstacle course, which can be seen on Sanibel Sea School's YouTube channel.

View her video and all our Nature Near You videos at www.youtube.com/user/sanibelseaschool/.

Hurricanes can be devastating for communities, so it is important to take them seriously and have a plan for when they strike. By understanding the science of hurricanes, we can have a better sense of how powerful these storms can be and the impacts that can have when they reach land.

Nature Near You will continue once weekly through June and be delivered via email. If you are interested in joining the mailing list, email info@sanibelseaschool.org. If you missed out on an issue, all of the content can be accessed at www.sanibelseaschool.org/nature-near-you.

Nature Near You is Sanibel Sea School's offering to the community. If you would like to support our efforts, visit www.sanibelseaschool.org/support-the-cause or email for more information.✱

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PETS OF THE WEEK

Lee County Domestic Animal Services

Iris And Teddy



Iris ID# A820842 photos provided

Hello, my name is Iris. I am a 2-month-old female domestic shorthair who is at the shelter with my two siblings – Isabella and Donny. I am definitely the most outgoing of the trio. As soon as I saw the camera, I was the only one that stopped to pose. Of course, with my stunning good looks, why wouldn't I want to show them off? With the adopt one, get a feline friend at no additional charge program, you can take me home with my favorite sibling.

My adoption fee is \$50, with the



Teddy ID#: A763176

option of a second feline friend at no additional charge.

Hi, I'm Teddy. I am a 4-year-old male pit bull mix and a sweet low-rider who seems to be drawn to males. But, I will honestly go to anyone that will give me affection. My favorite thing to do is lean against you while you pet me and wiggle my back side the entire time. Just one look into my adoring eyes and you will no doubt fall in love. Even though my first adoption failed, through no fault of my own, I am still one of the most trusting and loyal dogs you will find.

My adoption fee is \$75.

Lee County Domestic Animal Services adoption center has reopened by appointment only. Visit www.leelostpets.com to complete an online adoption

application prior to calling 533-7387 to make an appointment. The shelter is open Monday through Friday from 10 a.m. to 4 p.m.

The shelter is located at 5600 Banner Drive in Fort Myers. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.✱

Strange But True

From page 30

de Porciuncula,” or “Town of Our Lady the Queen of Angels of the River Porciuncula.” Now you know why people usually just call it “LA”

- Sex expert Dr. Ruth was trained as a sniper by the Israeli military.
- Looking for the perfect gift for the object of your affection? How about a toilet seat? Don't laugh – that's what Ben Affleck gave Jennifer Lopez when the two were a hot item. Of course, this particular “throne” cost \$105,000 and was covered in diamonds, rubies and sapphires!
- Astronaut Neil Armstrong threatened legal action against his barber for selling his hair to a collector for \$3,000.
- The Benguet of northwestern Philippines blindfold their dead and place them next to the main entrance of the house.
- Mr. and Mrs. Curry, of New

York City, got married inside a 120,000-gallon shark tank. The bride wore a white wetsuit and the groom wore black, saying their “I do's” while circled by different types of sharks and eels. Both were experienced divers but had to broadcast their vows to the wedding officiant, family and friends, since (unsurprisingly) none of them possessed equal nerve to enter the tank.

- Jewish diarist and Holocaust victim Anne Frank was posthumously baptized “by proxy” into Mormonism at least nine times.
- Boxer Mike Tyson once bribed a zoo worker to open the attraction for just him and his wife. During the visit, he also tried to bribe an attendant to let him fight a gorilla. The employee said no. (One wonders who would have won.)

THOUGHT FOR THE DAY

“So long as we are loved by others I should say that we are almost indispensable; and no man is useless while he has a friend.”

– Robert Louis Stevenson

TRIVIA TEST

1. **U.S. States:** Bay Staters hail from which U.S. state?
2. **Geography:** What is the capital of Lebanon?
3. **History:** Which major World War II battle was known by the code name “Operation Detachment”?

CLASSIFIED

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Shore Fishing:



Don't Harm The Fish
by Capt. Matt Mitchell

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

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

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

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

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

Florida residents as well as out of state visitors need a fishing license to fish from shore.

4. **Music:** Which rock group had a 1960s hit with the song *Incense and Peppermints*?
5. **Measurements:** What does a chronometer measure?
6. **Advertising Slogans:** Which automotive company had the slogan, "Quality is Job 1"?
7. **Movies:** Which movie won the 1991 Oscar for Best Picture?
8. **Science:** What kind of adaptation allows an organism to blend into its environment?
9. **Language:** What does the Latin phrase "amor vincit omnia" mean?
10. **Television:** What is the capital of the Seven Kingdoms in *Game of Thrones*?

TRIVIA ANSWERS

1. Massachusetts 2. Beirut 3. Invasion of Iwo Jima 4. Strawberry Alarm Clock 5. Time 6. Ford Motor Co. 7. Dances *With Wolves* 8. Camouflage 9. Love conquers all 10. King's Landing

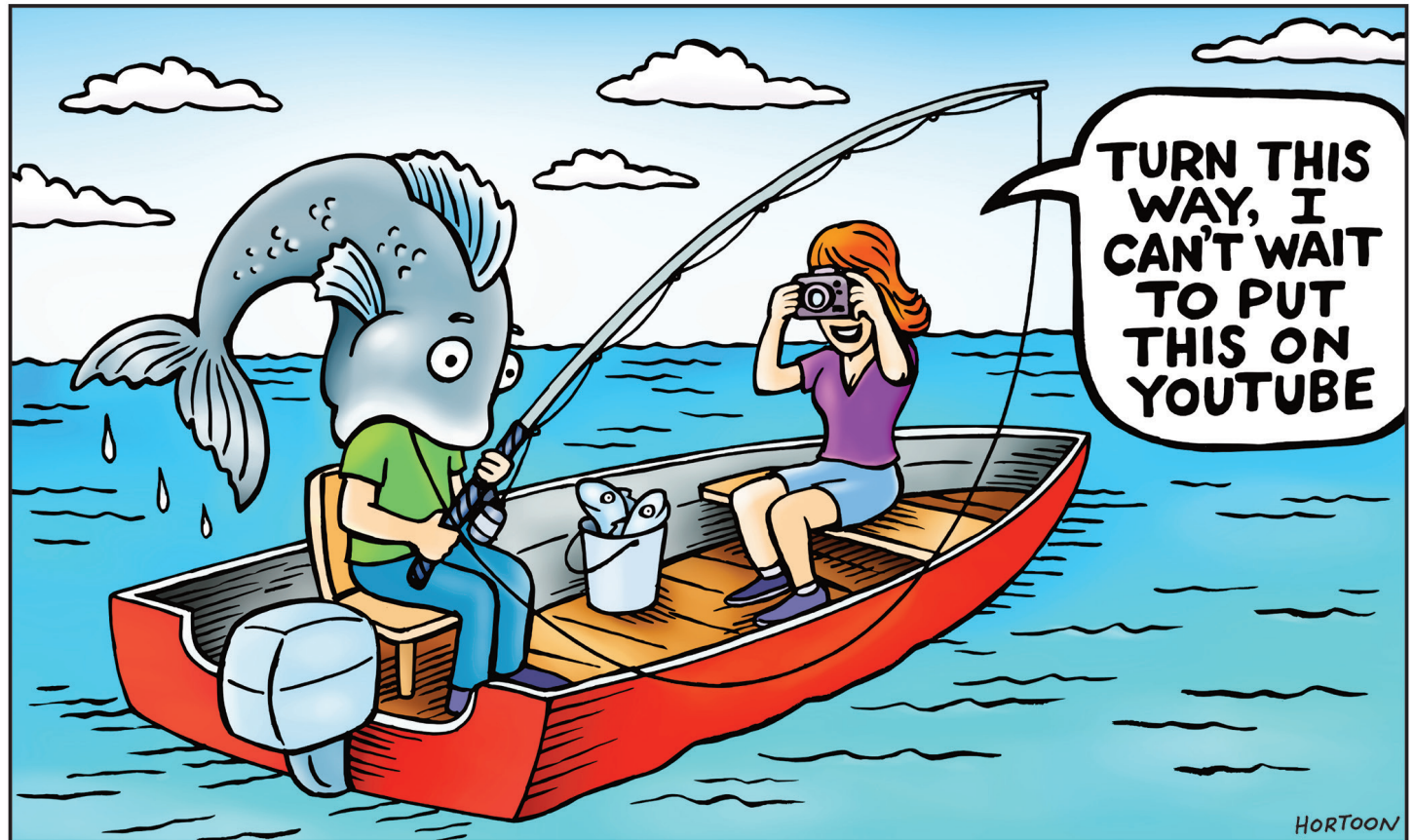
SCRAMBLERS

1. Absent; 2. Margin;
3. Bygone; 4. Eschew

Today's Word

MOTHERS

HORTOONS



PUZZLE ANSWERS

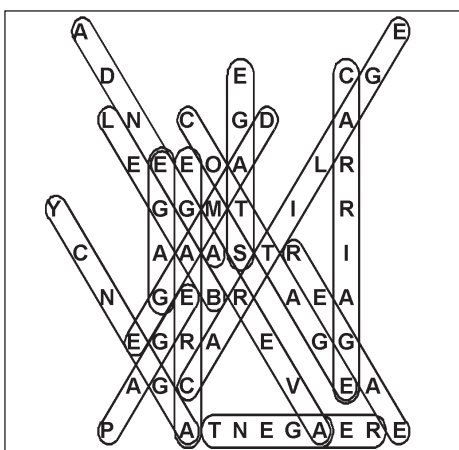
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Upper Captiva Shores	Upper Captiva	1994	4,431	\$3,700,000	\$2,500,000	421
Bonita Beach	Bonita Springs	1995	4,000	\$3,499,000	\$3,325,000	14
Caprini	Miromar Lakes	2020	3,145	\$1,571,735	\$1,535,000	77
Cape Harbour	Cape Coral	2000	2,432	\$1,087,000	\$975,000	3
Cape Coral	Cape Coral	2007	3,268	\$995,000	\$901,000	73
Cape Coral	Cape Coral	2020	2,801	\$989,900	\$950,000	27
Imperial Shores	Bonita Springs	1988	2,107	\$985,000	\$890,000	217
Town And River	Fort Myers	1993	2,801	\$975,000	\$930,000	367
Woodlake At Bonita Bay	Bonita Springs	1987	2,370	\$899,000	\$899,000	83
Sea Oats	Sanibel	1996	2,436	\$850,000	\$760,000	190



Randy Wayne White ©

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