

Funding Awarded For Removal Of Invasive Species

The Florida Fish and Wildlife Conservation Commission (FWC) recently awarded the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) \$75,000 in funding on behalf of the JN “Ding” Darling National Wildlife Refuge on Sanibel. The refuge will use the monies for invasive plant management at the upland portion of the new 68-acre Lee Anne Tauck Conservation Tract.

In partnership with Lee County Conservation 20/20, DDWS worked to raise \$9.5 million in 2019 to acquire the tract, the largest remaining parcel of undeveloped land on Sanibel. The 68-acre tract had been deeded for up to 29 luxury homes. As an important corridor between the refuge and Sanibel-Captiva Conservation Foundation (SCCF) lands, the property originally known as Wulfert Bayous was deemed critical to the refuge’s conservation mission. The



From left, Supervisory Refuge Ranger Toni Westland, Refuge Manager Kevin Godsea, donor Lee Anne Tauck, Acquisition Project Chair John McCabe and DDWS Immediate Past President Mike Baldwin photo provided

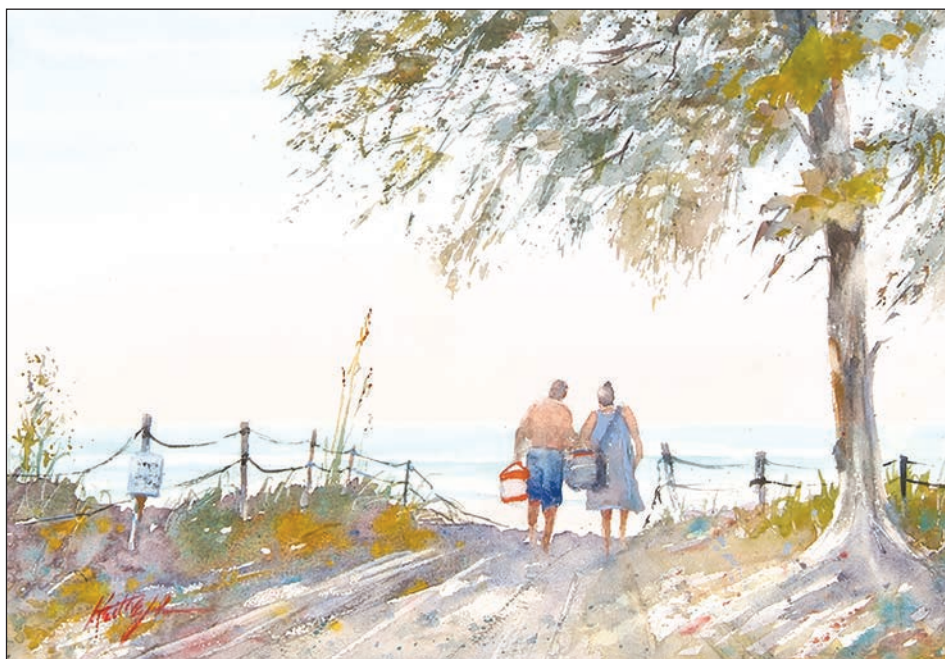
refuge now manages the 68 acres as part of the “Ding” Darling complex.

Last year, the National Fish & Wildlife Foundation (NFWF) awarded \$5,309,000 to the refuge to further plans for restoring the tract’s wetlands. DDWS partnered on the application for that Gulf Environmental Benefit Fund grant aimed at restoring bird populations affected by the catastrophic BP Deepwater Horizon Oil Spill in 2010.

“This new funding will apply to the tract’s acreage not considered wetlands,” said DDWS Executive Director Birgie Miller. “Whereas the BP grant will help rehabilitate habitat for refuge shorebirds, the FWC funding will help the refuge protect gopher tortoises, bobcats and other upland species.”

DDWS previously had applied unsuccessfully for the funding, but with the assistance of Cathy Olson, formerly of Lee County Conservation 20/20 and now part of Pennoni Associates, Inc., the funding application resubmission was successful.

Olson is helping refuge staff with the requirement to complete the invasive continued on page 38



End of Andy Rosse Lane by Keith Johnson

Images provided

Watercolor Exhibit

submitted by Allison Davis

The Sanibel-Captiva Art League is exhibiting original artwork by Keith Johnson and David Tompkins this month at The Community House,

located at 2173 Periwinkle Way on Sanibel. Viewing hours are from 9 a.m. to 1 p.m. Monday through Friday.

Johnson has been a working artist most of his life, first as a professional photographer and now as a fine art painter. He is an award-winning watercolor painter who does most



Rockland Light by David Tompkins

paintings on location. Plein air painting is direct and does not allow for fussiness, which suits his style. He is a member of the Florida Watercolor Society and the Florida Suncoast Watercolor Society. His work is in collections throughout the

country. His paintings can be seen in several galleries in Southwest Florida.

Tompkins, FIDSA, is an award-winning industrial designer who grew up in New York City and graduated from continued on page 8



Pavilion at the Bailey Homestead

photo provided

Summer Camp Begins At Bailey Homestead

Sanibel Sea School officially launched summer camp at the Bailey Homestead on June 21. Themed Look it's a Sea School of Snook week, counselors set up under the pavilion on the grounds in the Bailey Homestead Preserve.

"Campers are really enjoying the experience at the homestead," said Marine Science Educator Brianna Machuga. "Setting up our home base at the homestead has a true remote camp feel to it where we are completely immersed in the nature of Sanibel."

The inaugural week of camp was all

about the iconic Southwest Florida fish, the snook. To learn about snook and other fish, campers did a lot of seining and cast netting to get an up-close look at different fish adaptations. A few camp activities highlighted the prominent black lateral line that snook exhibit, and focused on its function to detect movement and vibrations in the water. Finally, each group took a quick bus ride over to Bunche Beach where they donned snorkels to search for snook hiding in the tangled mangrove roots.

Just like any regular Sanibel Sea School camp, campers at the homestead visit the beach daily for games, activities related to the theme, and surf paddle practice. Located about a mile from the flagship campus, the Bailey Homestead offers a remote camp location with a shaded pavilion, access to nature trails, and is just

a short drive to the beach.

"Our camp at the homestead is just another great example of how joining forces with SCCF was a natural fit," said Sanibel Sea School Director Nicole Finnicum. "Our partnership with SCCF has not only made our administrative operations more efficient, but also has enhanced our summer camp offerings."

Sanibel Sea School hosts about 30 campers at the homestead and they are split up into smaller, separate day groups for safety. Each group is led by a lifeguard-certified counselor that is assisted by several counselors in training. Weekly camps at the homestead and the flagship campus will continue throughout the summer.

For more information, visit www.sanibelseaschool.org.

Community House Events

Children ages 6 to 12 are invited to "Flamingle" Some Fun at summer camp, which runs Monday through Friday, July 5 to 9 from 9:30 a.m. to 1:30 p.m. There will be arts and crafts, cooking, outdoor games and gardening. Cost is \$50 per day or \$225 for the week. Lunch is available for \$10 a day. Call 472-2155 to register.

A blood drive for Lee Health will be held on Tuesday, July 6 from 9 a.m. to 3 p.m. All blood stays in Lee County.

The next paper shredding day is Saturday, July 17 from 9 a.m. to noon. Cost is \$5 per bag or box.

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. with a class offered at 10 a.m. There is no charge to attend the class; supplies range between \$3 and \$5.

The Community House is looking for mangoes for cooking chutneys and barbecue sauce. Drop off any time between 9 a.m. and 1 p.m.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 10:30 to 11:30 a.m. Participants can bring their own weights. Cost is \$5 per class.

Every Thursday at 1 p.m., Tommy Williams leads Living Life Current, an open forum discussion. All are welcome to discuss what is going on locally, nationally and globally. Suggested donation is \$5.

Chair Stretching/Yoga with Mahnaz Bassiri is offered on Thursdays from 1 to 2 p.m. Cost is \$5 per class.

The Sanibel Hearts Club meets every Friday at 1 p.m. Play the card game Hearts. For beginners to experts, all are welcome. Suggested donation is \$5.

Shell Critter Kits to Go are available for purchase or to ship. Choose four out of 13 critters to assemble. Cost is \$20 per kit; shipping is \$8 additional.

Art Kits to Go are also available for purchase or to ship. There are eight different postcards to color and Zentangle. Marker and educational video link included. Cost is \$20 per kit; shipping is \$8 additional.

The Community House is located at 2173 Periwinkle Way. Visit www.sanibelcommunityhouse.net or call 472-2155.

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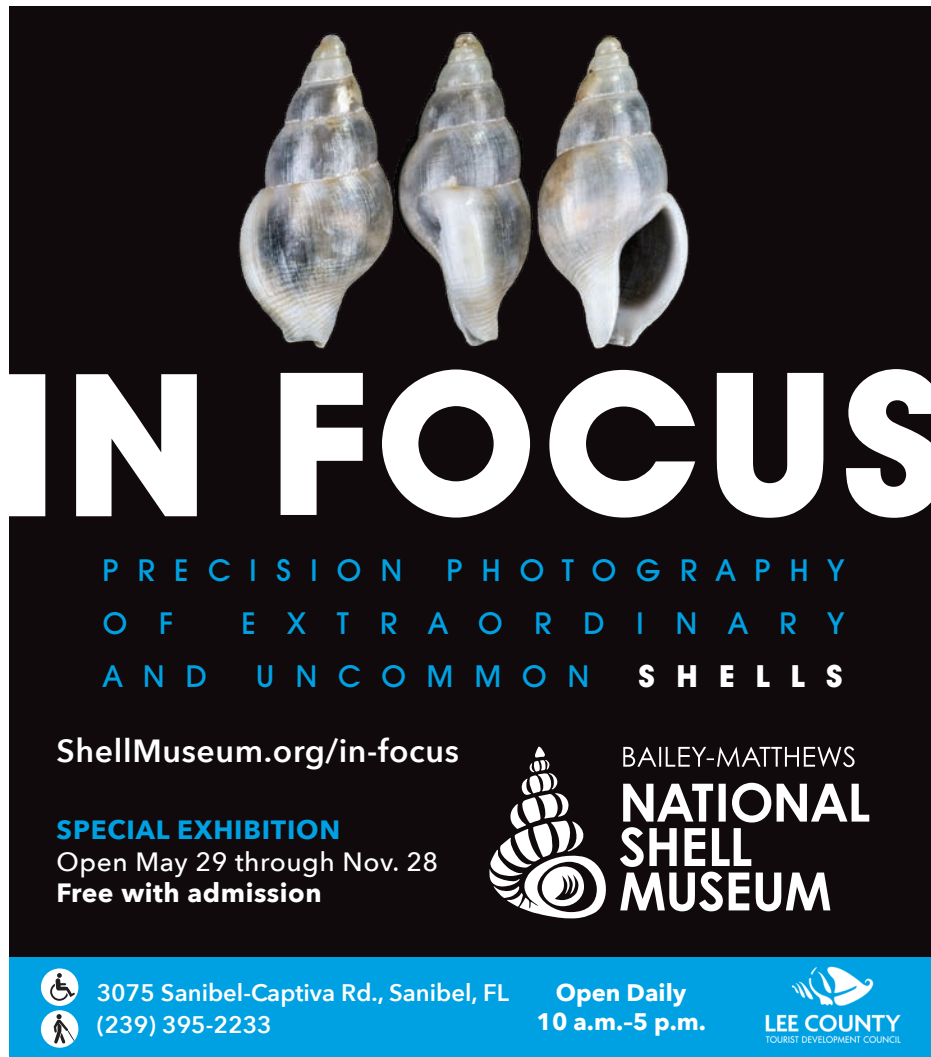
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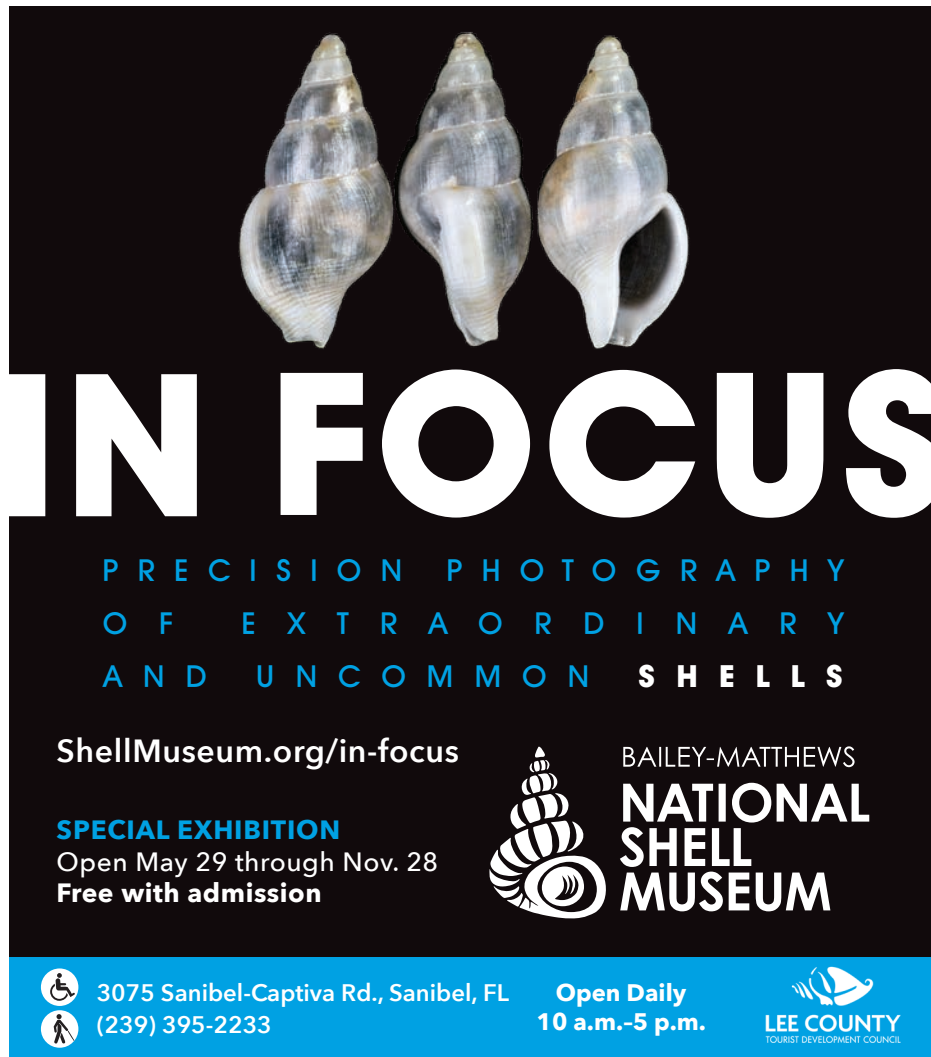


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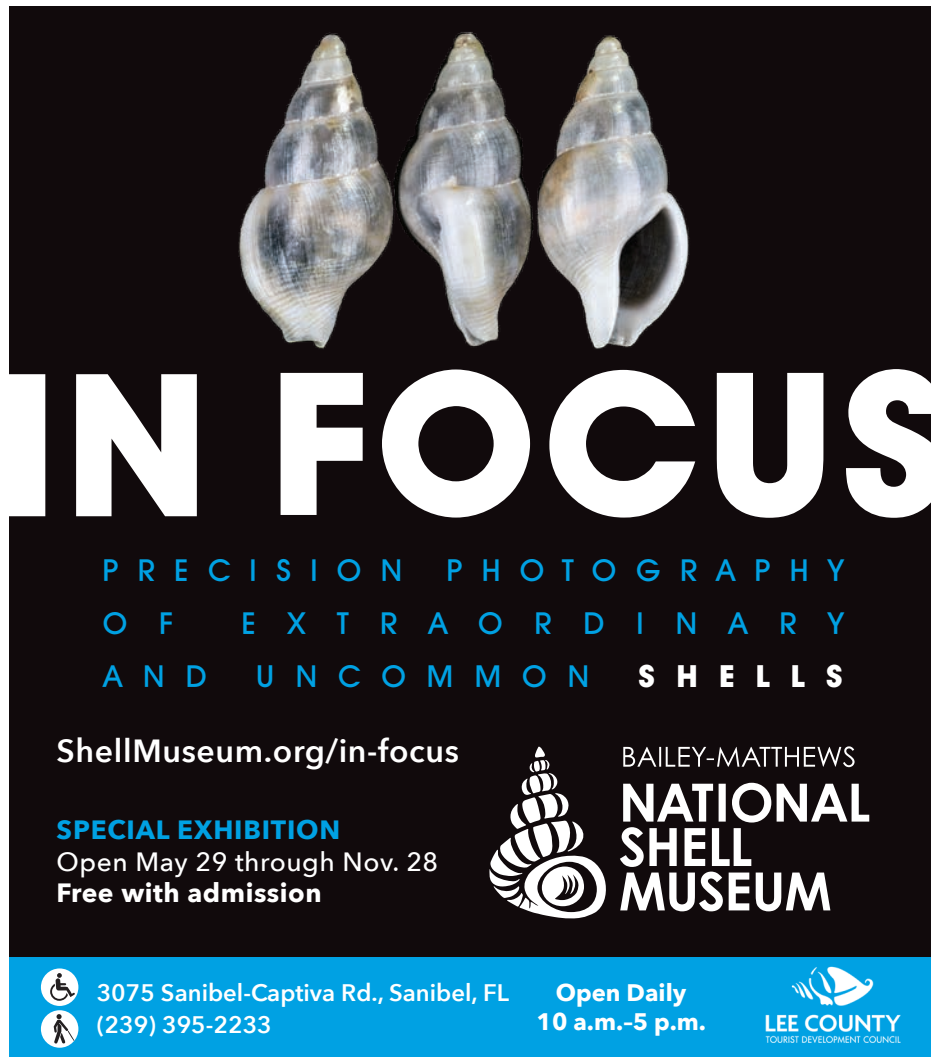
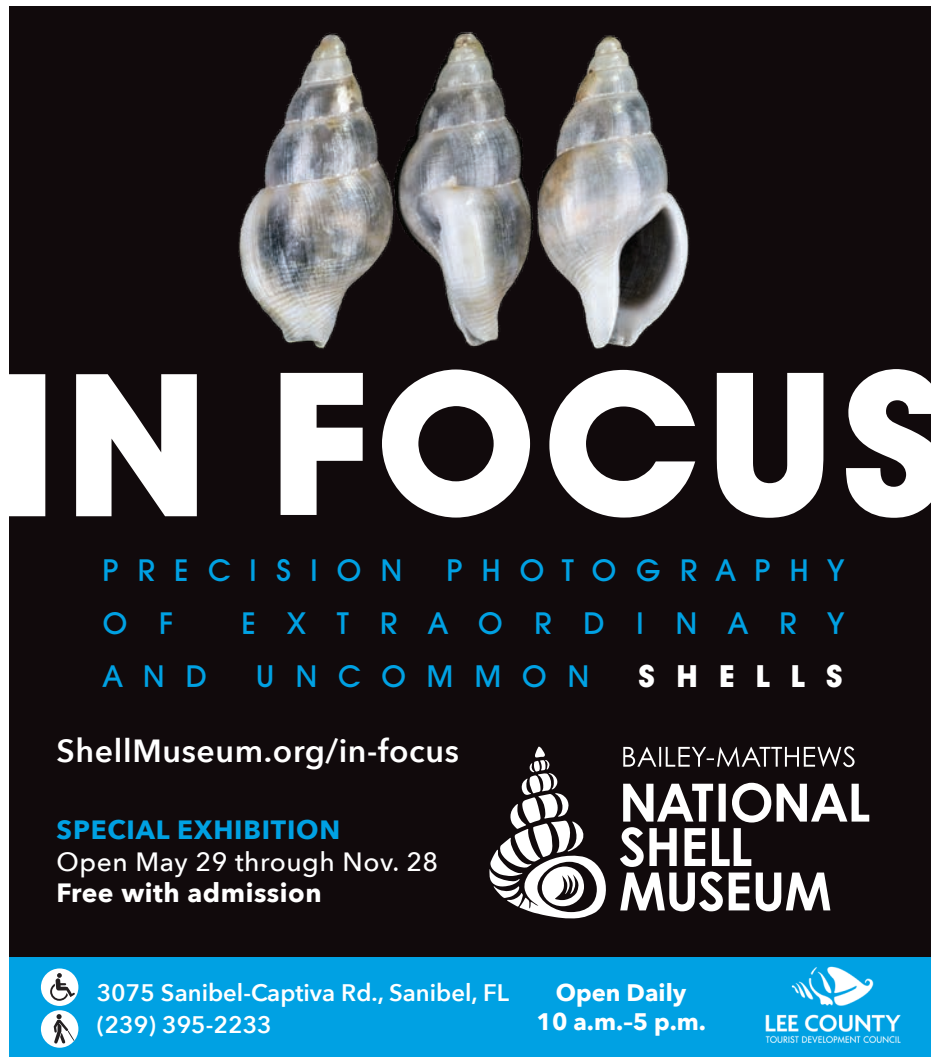
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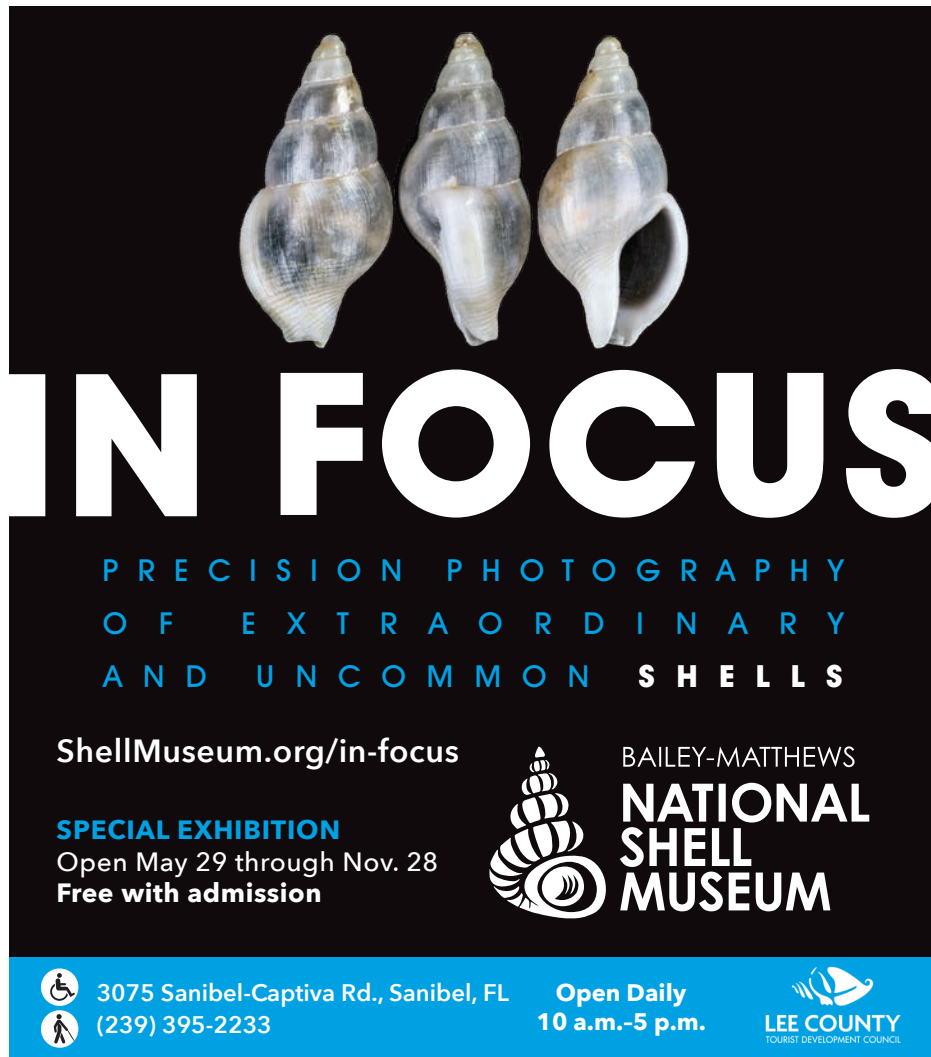
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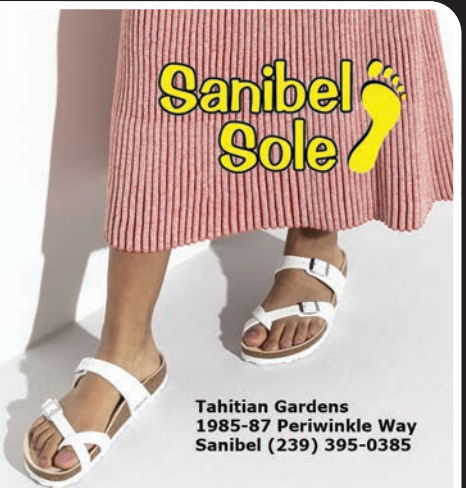
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Pre-1940 photograph photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society

Looking Back: Harris Brothers

The Harris Brothers bought fish from the local fishermen. Fish were iced down in the “ice houses” at the dock before being transported.

The History Gallery, developed by the Captiva Island Historical Society, features



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

Visit the website at www.captiva-island-historical-society.org/archives/research to view many more images to bring you closer to Captiva.*

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Shabbat Worship Services at 7 p.m. on the first Friday of the month for June, July and August. Services held in Fellowship Hall at Sanibel Congregational United Church of Christ. Masks and social distancing guidelines will be followed. Those who wish to Zoom the services can find the link in their email notice. Send any questions to batyamsanibel@gmail.com. Rabbi: Stephen Fuchs, Cantor: Murray Simon, President: Alan Lessack 773-251-8862

HISTORIC CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Outdoor services every Sunday at 11 a.m. Nov. 14, 2021 through April 24, 2022. Previous services posted on the chapel's website for viewing. www.captivachapel.com, www.facebook.com/Captiva-Chapel-By-The-Sea, 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 11 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

Services at the Christian Science Church of Sanibel-Captiva have resumed as follows: Sunday service at 10:30 a.m., Wednesday meeting at 4:30 p.m. Reading room open on Friday, 10 a.m. to noon. 2950 West Gulf Drive, 472-8684.

SANIBEL COMMUNITY CHURCH

Sunday services at 9 a.m. in the Sanctuary and 11 a.m. in the Historic Chapel. View the Sunday services via livestream at 9 a.m. or

later online at www.sanibelchurch.com. Sanibel Community Church is an evangelical, non-denominational congregation, 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. 10 a.m. Traditional Worship Service, www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Father Ed Martin, Pastor, Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, Rector. Summer service schedule, Saturday 5pm and Sunday 9:30 a.m. Masks will be optional for the fully vaccinated attending services. Masks are highly recommended for those who are unvaccinated. There will be some seating in the back of church spaced apart for those who wish to maintain physical distancing. The 9:30 a.m. Sunday service will also be live streamed. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the third 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.

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Stop by Periwinkle Place shopping center for cars and coffee, then head to The Timbers restaurant to sign up for the Freedom Road Rally photo provided

Classic Car Show And Road Rally This Saturday

The San Cap Motor Club is hosting a Cars and Coffee cruise-in on Saturday, July 3 from 9 to 11 a.m. at Periwinkle Place Shopping Center. The Sanibel-Captiva Optimist Club's 41st annual Road Rally will

follow, lining up for a noon start time at The Timbers Restaurant.

No pre-registration is necessary for the car show. All classic cars and bikes are welcome. Coffee, donuts from Bailey's General Store and other refreshments will be available at no charge. For more information on the San Cap Motor Club, call Scot Congress at 472-4177.

To sign up for the 2021 Freedom Road Rally, contact Randy Carson at

rcarsonsan@gmail.com. Cost is \$50 per vehicle and prizes will be awarded. Registration will be accepted until 11:45 a.m. on July 3.

The first place prize is a three-day, two-night stay at Tween Waters Island Resort & Spa, second place is a three-day, two-night stay at West Wind Island Resort, third place is a two-hour cruise with Island Time Dolphin & Shelling

Animal Ambassador Night With CROW

The Clinic for the Rehabilitation of Wildlife (CROW) will be at the Tipsy Turtle Restaurant and Back Bar on Tuesday, July 6 from 5 p.m. to 8 p.m. for a family friendly night of food and drink in support of native and migratory wildlife.

Themed Tipsy Snake night, CROW's Animal Ambassador Cob, the corn snake, will be there to meet patrons while CROW's education staff shares facts and information Florida's snake species and their important role in the environment. Tipsy Turtle will donate 50 percent of proceeds from food and beverage sales that evening to help wildlife recovering in CROW's hospital.

The "wild" nights at Tipsy Turtle, located at 1223 Periwinkle Way, will continue on the first Tuesday of each month. A different animal ambassador



Cob, the corn snake photo provided

will be in attendance for each event. As a 501(c)3 nonprofit, CROW relies on donations from the community, funds raised through events, admission to its Visitor Education Center and foundational grants to treat thousands of animals admitted to its hospital each year.

The CROW Visitor Education Center, located at 3883 Sanibel-Captiva Road, is open Monday through Saturday from 10 a.m. to 4 p.m. For more information or to plan your visit, go to www.crowclinic.org. If you find an animal that is in need of help, call 472-3644 ext. #222.*

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Director Of Administrative Services Named

Sanibel City Manager Judie Zimomra announced on Tuesday that Crystal Mansell has been appointed to the position of director of administrative services. Mansell will be responsible for recruitment, labor relations, benefits administration, compensation and classification, risk management, employee relations, employee training, policy development and inclusion, equity and diversity for the city's workforce.

Mansell earned her bachelor's degree in public administration with human resources management certification from Barry University and has an associate in arts degree from Florida SouthWestern State College. She is a certified professional by the Society for Human Resources Management having earned the SHRM-CP designation. She is a Florida certified labor relations professional (FCLRP) by the Florida Public Employer Labor Relations Association and is pursuing her public human resources professional (PHRP) certification through the Florida Public



Crystal Mansell

Human Resources Association. Since 2014, Mansell has served as co-negotiator in the collective bargaining process, representing city management in negotiating labor agreements with the Fraternal Order of Police and the American Federation of State, County and Municipal Employees. She oversaw the city's worker's compensation program, employee training and management of personnel records. Mansell assisted in several key projects in administrative services that streamlined processes, resulting in increased efficiency and productivity. She also serves as the city's wellness coordinator and coordinates on site health screenings, immunization clinics and blood drives.

Mansell has been employed by the city since 2001, when she was hired as legislative assistant to city council, followed by promotions to executive assistant to the city manager, administrative services technician and human resources generalist. She serves on the structural safety inspector team and is a licensed amateur radio operator. She was selected by her peers as Employee of the Year in 2010 and was a 2011 nominee for the Elaine McClaughlin Outstanding Hospitality Award from the Lee County Visitor & Convention Bureau.

Mansell is a second-generation city employee. Her late father was a city employee in the early 2000s. Mansell is a Fort Myers native. She and her husband, who is also a public servant with Lee County Board of County Commissioners, have three children.✧

Commissioner To Speak At Chamber Lunch

Kevin Ruane, Lee Board of County Commissioners District 1 commissioner and board chairman, will be the guest speaker at the Wednesday, July 14 business meeting of the Sanibel & Captiva Islands Chamber of Commerce. The luncheon meeting begins at 11:30 a.m. at Thistle Lodge at Casa Ybel Resort. H2O/911 Restoration is the sponsor.

A former Sanibel resident, Ruane served as mayor on the island for 10 years before joining the county board. He was appointed to the Sanibel City Council to serve an interim position for a vacant seat in February 2007. In May 2007, he successfully ran for a permanent position on the council. Ruane was re-elected in March 2009 and appointed by his peers as vice mayor for 2009-10. In March 2010, his peers first appointed him as mayor.

Ruane has served as a voting delegate for the Florida League of Cities. In 2016, he was instrumental in forming the



Kevin Ruane

largest compact for water quality in the organization's history, with more than 165 mayors participating. In 2020, he was awarded the Florida League of Cities E. Harris Drew Municipal Official Lifetime Award.

In 2014, Gov. Rick Scott appointed Ruane to the South Florida Ecosystem Restoration Task Force. Gov. Ron DeSantis reappointed him to the task force in 2019.

As one of five commissioners now sitting on the county board, Ruane represents the district encompassing Sanibel and Captiva islands, Pine Island and western Cape Coral.

"Kevin has long had the interests of the islands at heart," said John Lai, chamber president and chief executive officer. "We look forward to welcoming him back as a commissioner and fellow water quality advocate with news of what the future holds for Sanibel and Captiva from a countywide perspective."

The chamber business lunch is a monthly networking opportunity held from 11:30 a.m. to 1:30 p.m. at member locations. The chamber strives to provide speakers to discuss relevant business topics for the membership.

Sanibel-Captiva chamber members will receive meeting invitations by email. Cost for luncheon attendance is \$30 for chamber members only. Advance registration is required; walk-ins are not accepted. Register by 5 p.m. on Friday, July 9 at www.sanibel-captiva.org or by calling 472-8255. Payment is due at time of registration.✧

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OBITUARY



LYNN SPOOR PADGETT

Lynn Spoor Padgett was the middle daughter of Charles H. Spoor and Norma Jean O'Connor Spoor. She is survived by her loving and dedicated husband David; children Juliet Jean Sweet of Parker, Colorado, C. Devon Padgett of Las Vegas, Nevada and Piper Lynn Low of Westminster, Colorado, and grandchildren Nathan and Tyler Ball, and Lyric and Legend Low. She is also survived by her sisters Patricia Ann Horning and Sharon Sue Gille.

As a child growing up in East Wichita, Kansas, Lynn had many passions and interests. She loved to ride with her father to the oil fields where he would check on his producing wells and wildcat drilling activity. In her middle-childhood, her great love was her horse, Strawberry, spending countless hours with him at Bridle and Saddle Farm where he was boarded. She also had a gift for music and especially for drums. As a later teen, she followed this passion and became the beautiful and talented drummer for The Bird and the Worm, a Wichita band which acquired local fame. In these formative years, she attended local Catholic schools: Blessed Sacrament;

St. Thomas Aquinas; and Mt. Carmel Academy, graduating in 1969.

In 1970, Lynn met future husband Dave on a Valentine's Day blind date at Kansas University. Little did either of them know that the silly small talk they shared as Santana's first release played in the background, would result in a 46-year love story many would dream of, but few could ultimately match. They were married in Wichita at Eastminister Presbyterian Church on June 7, 1975.

After two years in Wichita, with Lynn working as an accounting clerk for a subsidiary of the Pizza Hut Corporation and Dave as an engineer for Boeing Aircraft Corporation, they decided a change of scenery would be good for their young family, so they packed up and headed west to Colorado to pursue new, but undefined opportunities. Lynn went to work for Michigan Wisconsin Pipeline in the property administration department, the beginning of a multi-decade roller coaster career in and out of the energy industry that she loved. At the same time, Dave transitioned from engineering to the oil and gas industry with a small exploration and production company.

A multi-tasker before the term was popular, Lynn attended Regis College on a part-time basis, ultimately earning her bachelor of arts degree in business, while balancing the responsibilities with Dave of raising and providing for their children. Filling the gaps during industry downturns, Lynn always found or created meaningful avocations to help others; from launching Pathfinders, a group for displaced professionals, to board positions with the Make-A-Wish Foundation and the Yellow Ribbon Project for emotionally disturbed teenagers.

These philanthropic endeavors get to the core of who Lynn was as a person; someone with a big heart for others. Lynn never passed up an opportunity to help people in their trials and support them in their dreams. Countless lives were changed through her kindness, enthusiasm, support and generosity.

During her 35-year career, Lynn worked for a number of oil and gas companies, finally retiring as a senior land advisor from Anadarko Petroleum Corporation in 2014. At that point, Dave and Lynn decided to trade their snow shovels for beach chairs and moved from Colorado to Sanibel, Florida. Once in Florida, Lynn felt compelled once again to do for others, joining ongoing efforts to raise funds and support for the Golisano Children's Hospital of Southwest Florida.

At this point Lynn, a beautiful, vibrant, intelligent and caring woman that her family already misses so much, had her life turned upside down. Lynn was diagnosed with triple-negative breast cancer, which she beat over the following two years, when she was deemed to be 98 percent cancer-free.

Next, she experienced a loss of balance and some infrequent stumbling incidents that she initially thought were related to neuropathy from the chemotherapy treatments. Initially misdiagnosed as a treatable condition called CIDP, Lynn's condition continued to deteriorate, and she and Dave sought out a second opinion. Unfortunately, that was March of 2020 and all the hospitals and clinics that were qualified to see and evaluate her condition were shut down due to the COVID pandemic. Eventually, the University of Colorado Hospital in Denver bent the rules and in May 2020, after a thorough and painful evaluation, the doctors told Lynn that she had Lou Gehrig's Disease, or ALS, a cruel and fatal condition with no treatment and no cure.

Lynn spent the final months and weeks of her life fighting ALS with her clear mind, even as she lost all her physical capabilities. Her courageous battle is a testament to how much she loved and valued her family, and life itself. Everything Lynn did, she did with all her heart and might. Even as her body failed her, her spirit kept her fighting to live so that she could be with her loving family and experience the small graces of each day. With her husband by her side in the comfort of her home, her big heart finally gave out on the evening of June 18 and this precious angel gained her wings on the aptly named Angel Drive on her beloved Sanibel Island. She will be missed greatly.

In lieu of flowers, Lynn's family requests donations be made in her name to: Sean M. Healy and AMG Center for ALS at Mass General, Boston, Massachusetts as Lynn was a fierce advocate for ALS treatment and cures.

Religious services will be held on Friday, July 9 at Ave Maria Catholic Church in Parker, Colorado, with a rosary at 10:30 a.m. followed by mass. A celebration of life will commence at 1 p.m. at Casa Vallarta Mexican Restaurant in Aurora, Colorado.*

City Of Sanibel
Holiday Schedule

The City of Sanibel administrative offices will be closed on Monday, July 5 in observance of the Independence Day holiday, and will resume regular operating hours on Tuesday, July 6.

Refuse, recycling and vegetation waste collection by Advanced Disposal scheduled for Independence Day, Sunday, July 4, will not interrupt residential normal pick up. Waste collection will proceed as normal throughout the week. If you have any questions, call Advanced Disposal at 334-1224.

The Sanibel Recreation Center will be closed on Monday, July 5 in observance of the Independence Day holiday, and will resume regular operating hours on Tuesday, July 6. If you have any questions, call the recreation center at 472-0345.*

From page 1

Exhibit

Pratt Institute, Brooklyn. He had a 40-year career as a product designer and executive for: Richardson/Smith Design in Columbus, Ohio; RCA Consumer Electronics in Indianapolis, Indiana; and Montell Polyolefins in Wilmington, Delaware.

He and his wife, Marcia Andrews, retired to North Captiva in 1997. Tompkins is a member of the Shell Point Painters Guild and the Sanibel-Captiva Art League.*

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Contributing Writers

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FISH Collecting School Supplies



Some of the needed school supplies
photo provided

The FISH of SanCap Back to School Supplies Drive is under way. From now through July 25, members of the community can drop off basic school supplies between 9 a.m. and 4 p.m. at the FISH Walk-In Center, located at 2430-B Periwinkle Way. Items such as paper, glue sticks,

pens, pencils, rulers and notebooks are requested. The organization is also accepting new socks and underwear for boys and girls in grades K-12, as well as cash donations to ensure enough supplies are available on distribution day. For more information, contact Maria Espinoza, assistant executive director, at 472-4775.

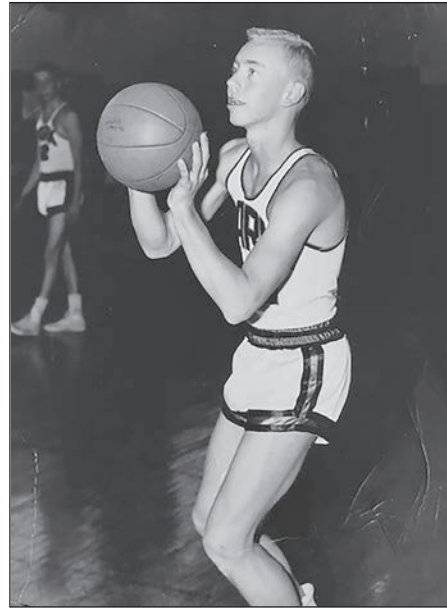
Last year, the FISH supplies drive assisted over 130 students and the organization expects an increase in requests this year. "We are extremely grateful to our community partners for their assistance and contributions for our upcoming school supply drive," said Espinoza. "With the support of businesses, service clubs and individuals, students will feel confident and organized for the school year."

"Our neighbors are still trying to catch up financially from strain caused by the COVID crisis. Many students will be returning to in-person learning this August, and having the right supplies can help them feel more prepared and less anxious as they re-enter the on-campus learning model," said Espinoza.

Families who are in need of school supplies are encouraged to contact FISH at 472-4775. Distribution of supplies will take place July 26 to 30 at the walk-in center.

Financial assistance is available for specialized equipment, scientific calculators, SAT prep books, instruments, clothing and school uniforms. For more information, visit www.fishofsancap.org.

OBITUARY



ROBERT (BOB) B. VARTDAL

Robert (Bob) B. Vartdal, 84, died of prostate cancer on June 9, 2021 at his home on Sanibel Island, surrounded by his loving family.

Bob was born in Minneapolis, Minnesota on July 21, 1936 to J. Arnold and Marie Vartdal. He is survived by his devoted wife of over 60 years, Sharon Vartdal; his brother, Roger Vartdal (Mary); his son Brett Vartdal (Many); his daughter, Elaine Rawls; his grandchildren, Eric Vartdal

Jr., Rebecca Lee Rawls, Forrest Rawls, Reagan Rawls, Shelby Rawls, Sophia Vartdal and Gwendolyn Vartdal. He was predeceased by his eldest son, Eric Vartdal (Judi) in 2009.

Bob was a Sanibel resident since 1970 and was involved in many Sanibel Island activities and organizations. He was a Sanibel Island realtor/broker, honorary member of the Florida Sheriffs Association, chairman of the Sanibel Shell Fair committee for many years, and a member of the United States Power Squadrons for over 50 years, just to name a few.

He will be dearly missed by all of his family and many friends.

Anyone who wishes to donate in Bob's memory can go to the ALS Foundation For Life website at <http://www.alsfoundation.org>, or to Hope Hospice.✽

July 4 Community Church Services

Sanibel Community Church will hold an all church prayer meeting at 9 a.m. on Sunday, July 4. There will be one worship service on July 4 at 10 a.m. Regular service times of 9 and 11 a.m. will resume on Sunday, July 11.

Sanibel Community Church is a non-denominational congregation, located at 1740 Periwinkle Way, next to Jerry's Foods. For more information, visit www.sanibelchurch.com.

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Biologists Publish Research On Python Tracking

A team of wildlife biologists at the Conservancy of Southwest Florida, in partnership the United States Geological Survey, has published peer-reviewed research on the longest and largest tracking study to date on the invasive Burmese python.

Titled *Spatial ecology of invasive Burmese pythons in southwestern Florida*, the research article is published in the June issue of *Ecosphere*. The objective of the Conservancy's five-year study was to better understand the spatial ecology of the python to assist in the design of effective control programs. Determining and quantifying home range estimates and habitat associations can streamline targeted removal efforts for wide-ranging, cryptic animals such as the Burmese python.

"This is a heavy-lifting assignment and we've been hot on the trail of these invasive apex predators for the past eight years," said Ian Bartoszek, the Conservancy's environmental science project manager and lead author on the publication. "The Burmese python is not interested in us, but they are decimating our native wildlife. The more we learn about their habitat use and movement patterns, the better we can inform and guide solutions for controlling the python population. We



Conservancy of Southwest Florida Wildlife Biologist Ian Easterling and Conservation Associate Mady Eori with captured Burmese pythons, which were located utilizing a radio-tagged male scout snake during the breeding season photo provided

need to stay cool, calm and follow the science on this issue."

Research findings suggest that searching for adult pythons during the November through April breeding season in elevated habitat with appropriate cover may increase detection probability and removal rates for reproductive pythons. According to the research paper, this investigation

is the first to quantify the scope and scale of invasive python movements and habitat use in southwestern Florida.

"Understanding Burmese pythons' ideal non-native habitat is critical information when it comes to detecting this hard-to-find invasive species," said USGS research ecologist Kristen Hart. "Our collaborative work extends what we know about their home range

and habitat selection, and this type of information can be used by natural resource managers to work towards designing python control strategies."

In addition to the recently published article, the Conservancy has reached a milestone in terms of the amount of python removed. Since launching its Burmese Python Research and Removal Program in 2013, the Conservancy has captured and removed over 20,000 pounds (9,072 kg) of pythons through active searching and scout snake tracking efforts.

The Conservancy's nationally recognized python research program uses radio transmitters implanted in male "scout" snakes to understand python movements, breeding behaviors and other characteristics. During the breeding season, adult male pythons equipped with transmitters can lead biologists to breeding aggregations that consist of multiple males and a single large female. This technique allows researchers to then find breeding females and remove them from the wild, a targeted approach to reducing the population of pythons by removing females and their developing eggs. Several record-breaking large snakes have been removed through this technique. The largest female python captured through the Conservancy's program weighed 185 pounds (83.9 kg) and was the heaviest python captured to date in Florida. The largest male python captured on the study weighed 140

continued on page 12

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CHILDREN'S TUTORING SCHOLARSHIP FISH offers financial assistance for families with children who can benefit from one-on-one or group tutoring. Parents and the child's teacher may identify a tutor that best fits the child's needs and FISH will work with the family to offset the cost partially or entirely.

CHILDREN'S BACKPACK PROGRAM Designed to battle childhood hunger by providing nutritious weekend food and extra snacks for children throughout the year, including summer and other breaks. Students receive non-perishable, nutritious foods on a weekly basis. The program is offered at no cost to participants. Additionally, FISH offers a fresh meal weekly which consists of a kid-friendly, simple recipe and all of the fresh ingredients for a family to prepare their homemade meal together.

BACK TO SCHOOL ESSENTIAL CLOTHING & SUPPLIES Undergarments, socks and school supplies for children ages Pre-K through 12th grade are offered to offset back to school shopping expenses.

CHILDREN'S GIFT ASSISTANCE Each year FISH provides extras for our island youth, to make our neighbors celebrations a little brighter. FISH is here to help our neighbors during the holidays with stocking stuffers for Christmas, adopt-a-family program, Holiday Toy Drive, bunny baskets for Easter, and pumpkins at Halloween.

BIKE DISTRIBUTION For a healthy form of exercise and child's enjoyment or needed transportation for older youth.

SPECIALIZED SCHOOL SUPPLY ASSISTANCE In addition to basic school supplies, FISH offers financial assistance for students who need specialized supplies for school or extra-curricular activities ranging from calculators to textbooks to musical instruments to sports uniforms. FISH works with each family on an individual basis to address their child's need.



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Plant Smart

Seaoats

by Gerri Reaves

Iconic seaoats (*Uniola paniculata*) is one of the most beautiful native plants common to South Florida's coastal areas.

This perennial clumping grass is also extremely important in protecting the shores from erosion. Thus, it's protected by law, so don't even think about collecting those pretty seed heads.

Thick rhizomes, which are horizontal root-like structures, creep and root at the nodes. Sand collects at the nodes, thus stabilizing dunes. The root system can grow up to 30 feet or more.

The base of the grass provides another major benefit: safe nesting sites for sea turtles, of which all species are under threat.

The stout jointed stems, or culms, of sea oats reach three to six feet tall.

The flat leaf blades are sheathed and linear with tufts of hair where the leaf joins the stem. Measuring a yard or longer, the leaves roll inward toward the flexible point.

Nodding, or arching, golden tan terminal panicles resemble wheat waving in the breeze. About 18 inches long, they contain flattened oval spikelets with a braided or woven-basket appearance.

Each spikelet has 20 to 30 florets.

Seaoats blooms all year long in South Florida, most prolifically in



Spikelets have a braided or woven-basket appearance photos by Gerri Reaves

summer.

Beach residents can't go wrong with this valuable plant. It protects property, survives hurricanes, endures full sun, thrives in poor soil and requires no maintenance.

If you want to establish seaoats on your property, obtain seeds or plants from nurseries authorized to sell legally protected species.

Sources: *Common Grasses of Florida and the Southeast* by Lewis L. Yarlett, *Everglades Wildflowers* by Roger L. Hammer, *A Gardener's Guide*



Seaoats prevent dune erosion and are protected by law

to Florida's Native Plants by Rufino Osorio, *Growing Native* by Richard W. Workman, *A Guide to Florida Grasses* by Walter Kingsley Taylor, *National Audubon Society Field Guide to Florida* by Peter Alden et al.,

Native Florida Plants by Robert G. Haehle and Joan Brookwell, and www.regionalconservation.org.
Plant Smart explores the diverse flora of South Florida.✧

From page 10

Python Tracking

pounds (63.5 kg) and is the largest male python documented in the wild.

"At the Conservancy, we follow the science and allow it to guide our mission," said Rob Moher, president and CEO of the Conservancy. "Our python research is a great example of scientific collaboration with partners at the local, state and federal level to address threats to our native wildlife and uncover strategies to control the population. In addition to our research, the Conservancy is expanding our educational outreach with the opening of the new John & Carol Walter Discovery Wing at the Dalton Discovery

Center later this fall. The new wing will feature an Invasive Species Gallery and digital Climate Change Gallery as we seek to better educate our members and guests on the impact of invasive species on our ecosystem and quality of life."

Funding for the Conservancy's python research and removal program is provided through the Naples Zoo Conservation Fund, the Fish and Wildlife Foundation of Florida, U.S. Geological Survey and private philanthropy. The Conservancy collaborates with Rookery Bay National Estuarine Research Reserve, Collier Seminole State Park and Big Cypress National Preserve for radio-telemetry research and removal efforts. For more information, visit www.conservancy.org.✧

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YES

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NO

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Wildlife Society Earns Award For Conservation

In a recent virtual award ceremony, the U.S. Fish & Wildlife Service (FWS) Southeast Region honored the “Ding” Darling Wildlife Society-Friends of the Refuge (DDWS) with the 2021 Regional Director’s Friends Group of the Year award. DDWS is the nonprofit partner to the JN “Ding” Darling National Wildlife Refuge on Sanibel, one of 146 refuges and fish hatcheries within the Southeast region, which encompasses 12 U.S. states and territories.

DDWS was one of only two refuge friends groups out of 49 to receive the award this year.

“This stands as a testimony to the hard work each of you put in to make the Lee Anne Tauck Conservation Tract acquisition happen,” said Refuge Manager Kevin Godsea in congratulating DDWS. Godsea nominated the group for the award.

In partnership with Lee County Conservation 20/20, DDWS worked to raise \$9.5 million to acquire the largest remaining parcel of undeveloped land on Sanibel Island in 2019. The 68-acre tract was deeded for up to 29 luxury homes. As an important corridor between the refuge and Sanibel-Captiva Conservation Foundation (SCCF) lands, the property originally known as Wulfert Bayous was deemed critical to the refuge’s conservation mission.

The refuge now manages the 68 acres as part of the “Ding” Darling complex. The tract soon will be undergoing restoration, thanks to grants DDWS helped facilitate.

“Our amazing staff, donors and board of directors so deserve this award, but it also could not have happened without our wonderful



Birgie Miller and Toni Westland with the 2021 Regional Director's Award photo provided

partnerships with the refuge team and Lee County,” said DDWS Executive Director Birgie Miller. “This is a huge honor, but even more gratifying is knowing what we all achieved in the name of keeping Sanibel a sanctuary island and this property a valuable habitat for wetland and upland species.”

Miller was among the six specific award recipients named, along with immediate past board president Mike Baldwin, current president Sarah Ashton, acquisition project leader John McCabe, and board members Wendy Kindig and Bill Valerian.

The Regional Director’s Honor Award goes out annually to volunteers, partners and employees who have contributed to the accomplishments of FWS’s mission and vision in the South Atlantic-Gulf and Mississippi Basin Interior Regions.

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

Lions Club Elects Officers

The Sanibel Captiva Lions Club elected new officers for the 2021-22 year at its June meeting. They are: President Steve Schulz; First Vice President and Treasurer Valerie Tutor; Second Vice President Lori Schulz; Co-Secretaries Lyn Kern and Sharon Miller; and Directors Ed Gray, Bill Sartoris and George Veillette.

The Sanibel Captiva Lions Club has been serving the Sanibel and Captiva Communities for over 50 years. While the Lions Club is most known for its efforts to eliminate preventable blindness, the club serves citizens of the islands and greater Southwest Florida in a variety of ways. The local club is part of Lions Club International, the largest service organization in the world, with over 1.4 million members in chapters in over 200 countries.

The Sanibel Captiva Lions Club holds dinner meetings on the first and third Wednesdays of the month

during the year. Visiting Lions or other interested parties are welcome to attend. For more information, contact Steven Schulz at P.O. Box 391, Sanibel, FL 33957, 233-6261 or visit www.sanibelcaptivalionsclub.org.✱

Top 10 Books On The Island

1. *Float Plan* by Trish Doller
 2. *Where the Crawdads Sing* by Delia Owens
 3. *China* by Edward Rutherfurd
 4. *The Plot* by Jean Hanff Korelitz
 5. *The Other Black Girl* by Zakiya Dalila Harris
 6. *Hello Summer* by Mary Kay Andrews
 7. *The People We Meet on Vacation* by Emily Henry
 8. *All the Devils are Here* by Louise Penny
 9. *Golden Girl* by Elin Hilderbrand
 10. *The Last Thing He Told Me* by Laura Dave
- Courtesy MacIntosh Books and Paper.✱



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Run From The Storms To Stay Safe



by Capt.
Matt Mitchell

With our summer rain pattern now in overdrive, watching both the sky and the weather radar on your phone is more important than ever. These fast-moving

thunderstorms are dangerous, often packing lightening, strong winds and heavy rains. The last place you want to be is out on a boat during one of these storms. Lately, after roughly 2 p.m., your chances for being chased off the water are pretty good.

Drifting the passes during lower tide periods has been great for catching snook, redfish and even a few trout. The bait of choice has been small to medium grunts and pinfish rigged with just enough weight for them to skip along the bottom while the boat drifts on the current. Depending on the speed of the drift, you may need to change the size of the sinker so you are making contact with the bottom. Make long casts uptide and keep the line tight with the tip up, so the strike will bend the rod. This method is deadly all summer long.

When we have higher tides, mangrove fishing has been the better choice. Look



Big trout are eating up jigs on the flats

photo provided

for the fish to be way up under the trees, back in the shade. Favorite baits for this include a well-trimmed pinfish along with cut ladyfish and mullet. Making that perfect low skip cast to get the bait way up under the trees will often make all the difference between catching and not.

While set up against the mangroves, we cut smaller chunks of ladyfish or mullet and chummed to draw the redfish in. Another way that works really well during these hot water periods is a jumbo frozen shrimp fished under a float. Throw this rig

up to the mangroves then let the line out and reel it in to let the float drift down the shoreline. When the water is as hot as it is now, fish get lazy and eat a dead bait quicker than anything else.

Trout fishing out on the flats has remained strong with locating small fry bait and feeding birds being the key. Jigs have been working better for me than even live baits. Glass minnow jigs and soft plastics cast around the bait schools have been catching lots of trout along with a mixed bag of mackerel, jacks and ladyfish. Many

swim jigs only require a slow retrieve to get bites. Seems like most of the fry bait schools have been up on the edges of the bars that are in close proximity to grassy flats. Some days the best action has been as shallow as two to three feet.

Capt. Matt Mitchell has been fishing local waters since he moved to Sanibel in 1980. He now lives in St. James City and works as a back country fishing guide. If you have comments or questions, email captmattmitchell@aol.com.✪

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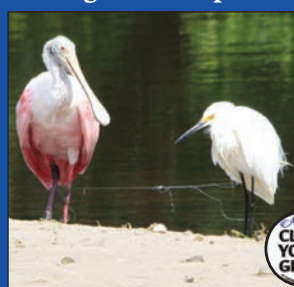


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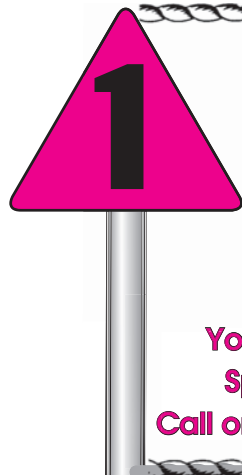


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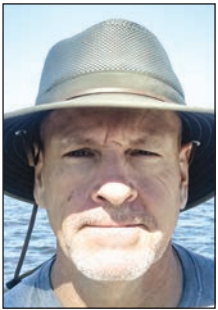
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Dave Doane

CROW Case Of The Week:

North American River Otters



by Bob Petcher

The North American river otter (*Lontra Canadensis*) is equally adapted to water and land, but tends to make a burrow near the water's edge.

At CROW, a juvenile female North American river otter was transferred from the Tampa Bay Raptor Center after being found alone in a drainage gutter in Brandon. The orphaned otter was in good health and joined two other orphaned river otters to be raised together.

The Tampa Bay Raptor Center is one of many wildlife partners that CROW works with.

"Tampa Bay Raptor Center has worked with us for many years," said CROW Rehabilitation Manager Breanna Frankel. "We transfer animals back and forth depending on the situation. They assist us with live prey testing for some of our young raptors. If they need our help – or vice versa – they just call our hospital."

The three young otters have since been moved to the outdoor otter



Patient #21-871 joins patients #21-448 and #21-488 poolside

photo by Brian Bohiman

enclosure which features a large, deep pool. The pool facilitates the learning of vital skills needed in the wild, like swimming and hunting for fish.

"All three got along immediately," said Frankel, when asked about their compatibility. "We typically don't have any issues after the first day or two. They initially make some warning/nervous vocalizations to each other and may be a bit protective of their food, but they overcome that quickly. Since our little female was ill for a long time, she didn't have the energy to play and wrestle with the young male we initially

admitted. When this female was brought in, she and our young male started to play immediately."

The otters reportedly have voracious appetites and eat lots of fish.

"Currently, our otters are eating anywhere from 20 to 50 fish a day – 10 to 15 each – depending on the size of the fish," said Frankel. "Otters in the wild will also eat eggs, small mammals, crustaceans, amphibians and more. We offer them everything from fish to eggs to frozen/thawed mice to ensure they have a wide array that they are used to."

To fulfill the need for live fish for

the otters, CROW is seeking dedicated volunteer anglers to help.

"We are looking for any type of freshwater fish, preferably invasive species fish. We've seen a bit of bluegill, Mayan cichlids and tilapia so far. Anglers would have to catch them and keep them live while transporting them to our clinic, which can easily be managed in a large Tupperware storage bin with a bubbler/aerator attachment," said Frankel.

"These juveniles had no introduction to live fish prior to coming to the clinic, so ensuring they have the necessary survival skills is critical for their release. A release is considered successful when that animal is able to sufficiently survive after being returned to the wild. We, as their caretakers, are responsible for their success, and you can help them succeed, too. Even if you only have time to go fishing one time, that's better than nothing. Some people bring three fish, some people bring 15, but it all goes to a good cause. So, if you have the time, our otters will appreciate it. Please email me (bfrankel@crowclinic.org) to coordinate a drop-off, and thank you to everyone involved so far."

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

The Smooth Sundial



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

Reaching only about 14mm (about 0.6mm) in diameter, *Psilaxis krebsii* (Mörch, 1875),

is one of the smallest species in the sundial family Architectonicidae. The Smooth Sundial has an *amphi-Atlantic* distribution, living in moderately deep water from Florida to Colombia in the western Atlantic, and the Mediterranean Sea, Canary Islands and off West Africa.

A large reproduction of this illustration is displayed in the In Focus exhibition at the national shell museum.

Read more about mollusks and their shells at <https://shellmuseum.org/shell-guide> and <https://shellmuseum.org/blog>.

The Bailey-Matthews National Shell Museum is open from 10 a.m. to 5 p.m. daily. 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. The Bailey-Matthews



The Smooth Sundial, *Psilaxis krebsii*, from off St Augustine, Florida photo by James F. Kelly

National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✱

Hurricane Guide Available Online

Lee County Electric Cooperative (LCEC) encourages residents to review its annual hurricane guide

to ensure they are prepared for storm season. Preparing early is key to riding out any storm.

The guide includes information about the storm restoration process, preparing your home and business, life support, evacuation protocol, disaster supply kits, portable generator safety, debris and vegetation, and important phone numbers and links.

To download a copy of the guide, visit www.lcec.net.✱

American Legion Post 123

American Legion Post 123 is celebrating Independence Day with live music by the Marty Stokes band from 3 to 6 p.m. and free hot dogs served all day. All are welcome to join in the celebration this Sunday, July 4.



On Tuesdays, tacos are served all day. Steak and cheesesteak sandwiches are served on Fridays. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m. Sunday specials are served from noon to 8 p.m.

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

The 8-Ball Pool League plays at 5 p.m. on Monday nights. There are two tables in play. Come out and watch the action.

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.

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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CROW Calendar Of Events

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

General admission is \$12 for adults, \$7 for ages 4 to 12, and no charge for ages 3 and under.

Guests learn about CROW's history and day-to-day operations through displays, interactive exhibits and video. The center also features live animal exhibits, children's areas and live camera feeds of the hospital intake room and several outdoor rehabilitation enclosures. General admission includes the daily presentation (see schedule) and no reservation is required.

Hours are 10 a.m. to 4 p.m. Monday through Friday. CROW is located at 3883 Sanibel-Captiva Road.

For the safety of the animals and other guests, masks are required at all times in the Visitor Education Center.

Wildlife Walk Guided Hospital Tours – \$25 (includes general admission)

Southwest Florida is filled with fascinating wildlife, and CROW provides a unique opportunity to look into wildlife rehabilitation and meet the staff responsible for their care. Wildlife walks are the best opportunity for visitors to get an in-depth look into



the inner workings of the hospital and the treatment process. The hour and a half program has two parts: the daily presentation in the Visitor Education Center and then a guided tour through treatment areas of the hospital, concluding on the rehabilitation grounds. This program is open to all, but it is not recommended for children under the age of 13. Masks are required at all times during the tour.

Tours are offered Monday through Friday at 12:30 p.m. Capacity is limited to eight participants. Advance Registration is required. Tours are subject to modification and cancellation based on patients recovering in the hospital.

To register, call 472-3644 ext. 229 or email reservations@crowclinic.org. Payment is required to complete reservation.

Daily Presentation Schedule

Friday, July 2, 11 a.m., Patient Profiles: Virginia Opossums – Virginia Opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important

role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Monday, July 5 – The Visitor Education Center will be closed in observance of Independence Day.

Tuesday, July 6, 11 a.m., Patient Profiles: Gopher Tortoises – The life of a gopher tortoise revolves around its burrow. These tortoises are found digging from southern Georgia to southeast Florida. Because of its contributions to the ecosystem, it is classified as a keystone species. CROW's presenter will explain why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Wednesday, July 7, 11 a.m., Patient Profiles: Virginia Opossums – Virginia Opossums are the only marsupial, or pouched mammal, native to the United States. They are highly adaptable animals and can live in a variety of habitats, both natural and human made. Although it may not be obvious to some people, opossums are a unique member of Florida's wildlife, playing an important role in the function of a healthy ecosystem. One of CROW's animal ambassadors will be present.

Thursday, July 8, 11 a.m., Patient Profiles: Owls of Southwest Florida – Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and

migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.*

Aquifer Storage Plan Online

After receiving input from the public, stakeholders and a review panel, the South Florida Water Management District (SFWMD) 2021 Aquifer Storage and Recovery (ASR) Well Science Plan is now available at https://www.sfwmd.gov/our-work/alternative-water-supply/asr?utm_medium=email&utm_source=govdelivery. This inaugural plan is anticipated to be updated annually to reflect the latest science and best available information on the use of ASR wells in Everglades projects.

The SFWMD and U.S. Army Corps of Engineers developed the plan to support a phased, science-based implementation of ASR wells as part of the Lake Okeechobee Watershed Restoration Project (LOWRP).*

Dean's List

Carson Towle of Sanibel was named to the dean's list for the spring 2021 semester at Tallahassee Community College. Students must earn a 3.50 grade point average or higher to receive the recognition.*



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Junie Doelitch with Take & Make kits
photo provided

Art Kits And Virtual Programs At The Library

Sanibel Public Library's Summer Reading Program is in full swing. This year's theme is Tails and Tales, with a focus on animals. All children, from babies to age 18, are eligible for the program. Locals and visitors welcome. Participants will receive a gift (quantities are limited).

Programming is online with Take and Make activities available to pick up



Summer readers Liliana and Sebastian Acevedo

photo provided

at the library. The library is open for browsing and contactless curbside service is available.

Beanstack is used for online reading logs. Sign up from a smart phone or computer. Beanstack is a free, user-friendly app for PCs, Apple and Android devices. Adult readers can also use Beanstack by visiting <https://sanlib.beanstack.org/reader365>.

Youth Services Librarian Deanna Evans posts her Baby Bounce Time videos and storytime videos to the children's webpage weekly.

The Page Turner Adventures Challenge is available in tandem with

the Summer Reading Program and Beanstack. The Animal Adventures program is based on the intrepid storyologist Page Turner and Kenny, her slap-stick sidekick. Together, they transform children into storyologists and send them on comic quests to collect, tell and write stories. Viewers will journey through the Once Upon a Time Machine for virtual adventures based on a variety of themes. Each theme includes professionally produced shows, virtual field trips, and arts and crafts projects.

As in years past, children read to earn books for their home libraries and for patients at Golisano Children's Hospital



Kenny Mikey and Jill Ross Nadler of Page Turner Adventures
photo by Kirk Marsh

of Southwest Florida.

The library will be closed on Monday, July 5 in observance of Independence Day. A pop-up dollar-per-bag book sale starts Tuesday, July 6 upstairs.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers.

The library is open from 9 a.m. to 1 p.m. on Saturdays through August.

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

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Amazing Grace



by Allison
Havill Todd

Current resident
centenarian,
Grace Horn,
first learned of
Sanibel when
reading an article
about the tropical
barrier island in
a 1949 issue
of *National*

Geographic Magazine. It was then that her love affair with the island began.

Still in her 40s, this brave and independent woman made the drive from Illinois to Sanibel by herself while her husband was still working. She will be quick to let you know that the roadways we are familiar with today were quite different at that time, and what sounds like an easy drive was quite an undertaking for a woman to embark upon on her own. She planned very carefully to ensure she would be able to catch the last ferry out to the island, as it would be decades before the causeway was built.

After spending a week on Sanibel, Grace fell in love with the island and the people, and was determined to make this their new home. Her husband, Clarence, who worked for the State of Illinois, was a willing participant, so she set out to find a place to rent that would accommodate them along with her aging parents. For several years, the Horns rented a house on the west end of the island until something



Grace Horn at 103 years young
photos provided

suitable became available to purchase. As you might imagine, real estate options were a bit more limited in that era, and Grace remembered there only being three available homes at the time.

Fortunately, she became good friends with a longtime islander named Dottie (the namesake of the well-known Gramma Dot's restaurant), who helped her discover the newly built home on Aningha Lane, which would remain the Horn residence until this day. Grace remembered knowing the house was just perfect for all of them with its beautiful natural wood walls and adjacent apartment with no steps for her parents. The home, now modest by today's standards, must have been



Dozens of birthday cards adorning the walls of Grace's bedroom

well built as it has survived three major hurricanes with only some minor roof damage as a result of Hurricane Wilma.

It wasn't long before Grace decided she wanted a job and approached the owner of the Seahorse Shops on the east end of the island. It was a brief interview with the proprietor, Joe Gault, handing her a set of keys and a bag of money to go run his other store on Captiva Island. The enterprising Grace was employed by the store for over 18 years and handled many responsibilities, which included managing the displays of the store's merchandise, attending buying trips to Miami and even acting as a model at the South Seas

fashion shows where attendees could enjoy viewing the latest styles in women's clothing. Photos of Grace in her late 50s portray a striking, slim woman with enviable platinum hair, who was perfectly suited for the role.

With her talent for creativity, Grace also won first place on several occasions at the Sanibel Shell Fair for her intricately formed shell-based works of art. Many of her artistic pieces are still displayed in the rooms of her home including several beautifully framed oil paintings. While many people have approached her about buying some of her artwork, her now

continued on page 24



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Fish Caught



Dan Tomasko

photo provided

Dan Tomasko of New Castle, Colorado caught a tarpon while fishing with a friend on North Captiva on April 27. He said, "As luck would have it, it wasn't long before the bite hit! An hour and a half, over a mile of chasing, several tarpon jumps and six blisters later, this 140- to 150-pound tarpon was reeled to the side of the boat. What a catch!"

Tomasko was visiting his sister and brother-in-law on Sanibel.*

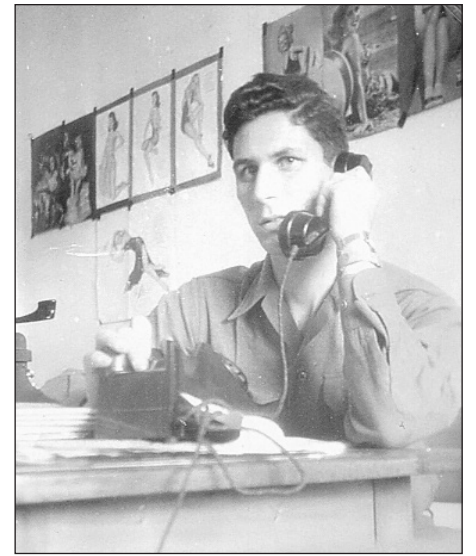
Documentary Salutes Activist

WGCU is celebrating a humanitarian, activist, educator, author/playwright and friend, Robert Hilliard, with a documentary based on his life.

Hilliard was born into Depression-era Brooklyn, New York, which would profoundly influence his life. A U.S. Army veteran, he was wounded twice before becoming an Army journalist. His attention to the plight of concentration camp survivors in Germany drew the attention of hundreds of citizens and even President Harry Truman, who took action to lift them out of the hunger, thirst and lack of medical attention in which they were living.

Hilliard would go on to earn a doctorate from Columbia University, write 35 books of nonfiction and poetry and have a guiding hand in what became the Public Broadcasting Act. He was on hand in the Oval Office when President Lyndon Johnson signed the act in 1967.

Producer of the 30-minute documentary is Melanie Pefinis, a Southwest Florida writer and



Robert Hilliard during his days as an Army journalist photo provided

documentary filmmaker who has worked in multicultural environments including Japan, England, Portugal, France, Africa, Malaysia, Thailand, Jamaica and Central America. She has a range of experience working with public broadcasting.

A Force for Freedom: The Robert Hilliard Story airs on WGCU PBS at 8 p.m. on Thursday, July 29.*

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 1 ounce freshly squeezed lime juice
 ½ teaspoon vanilla extract
 2 tablespoons fresh-cracked sea salt
 Prepare the glass by running a lime wedge around the rim. Invert glass, and twist rim in salt. Fill cocktail shaker with ice. Pour passion fruit juice, tequila, orange liqueur, orange and lime juices, and vanilla extract in cocktail shaker. Shake the mix vigorously, 50 times or more. Pour into glass; serve chilled.✱



Passion Fruit and Orange Margarita

photo courtesy Fresh From Florida

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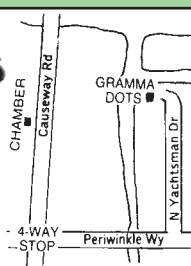
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Poetry Corner



by Clay C. Ewell

ASCENDING

The rock strewn track meandered before us as we trudged upward
in the thin air
The sun light, vivid and harsh, sparkled and rebounded like
splashing water,
Rinsing away the color and texture from the jagged and broken
slopes
Where only the intrepid pine and stunted oak cast forlorn shadows
Over beds of cast off needles and windrowed leaves and sheltering
serpents.

The warm air seemed thirsty for moisture, drying our flushed skin before the sweat
Of our labors could muster into the familiar dampness of the lowland.
We came to this foreign place as a rite, as a reward, as a privilege
Bestowed upon the few deemed able to endure and see beyond the travail
To the summit in the distance, silhouetted in the blue sky of the unknown.

We were young and knew little of the world that lay beyond the things we did.
Our lives to come resided in the recesses of our thoughts, where images
Great and small, appearing among our dreams, filled us with wonder and dread.
And so we ascended the trail, hearts pounding to a summit and there to
Offer up tribute to the gods and marking in our souls the day we first crossed the
threshold.

Clay C. Ewell resides on Captiva with his wife and four-legged family. Self-employed as a consultant in the construction industry for 35 years, he flirts with retirement while enjoying time with Rita and pursuing his interests in reading, writing and cycling. Your comments and contributions to this feature are welcome at press@islandsunnews.com.✱

Business Women's Group Awards Scholarship

The 2021 San Cap Business Women's Association Scholarship was awarded to FSW student Haley Caponi.

Caponi is a graduate of Fort Myers High School and a Rho Kappa Honor Society member. She intends to pursue a law degree and a career in criminal defense. "Everyone deserves at least one person in their corner," said Caponi. "It's my goal to become an attorney and use my capabilities to help others."

"Our mission is education and the advancement of women's career development," said Taylor Osborne, co-owner of Iris Print & Designs and president of San Cap Business Women's Association. "Our fundraising focus is an annual local scholarship, combined with mentoring and networking. Haley is an eminently deserving recipient. We are delighted to be part of her support team."

"I grew up wanting to be a veterinarian," said Caponi, who has owned eight cats, 3 Guinea pigs, numerous fish and frogs, a turtle and a hamster. "But involvement for over 10 years with the legal system, largely custody issues, has made family law my priority. I want to be able to help the kids caught in these situations."

Caponi was raised by grandparents Jackie and Ron Martin since the age of 5. Jackie Martin has worked on the islands for 26 years and is currently with Knight Barry Title Solutions. "We are tremendously proud of Haley," said Martin. "She will put the scholarship to excellent use."

Caponi's pastor, Dr. William Broderick of Safe Harbor Community Church in



From left, Jackie Martin, Haley Caponi and Taylor Osborne photo provided

Fort Myers, submitted a recommendation. "What always amazed me was how Haley was able to be so balanced as she overcame obstacles placed in her way from others," wrote Broderick, who built his career as a Navy chaplain and serves in the reserves. "She has always taken what life has thrown her and made it the best she could. She remained positive through it all. I believe she can do wonderful things for her life and for our community."

"The San Cap Business Women's Association scholarship is a tremendous help," said Caponi. "I am funding my education entirely on my own. I am the first person in my immediate family to go to college."

The next Women in Leadership Speaker Series luncheon will be held on Tuesday, July 20 at Sundial Beach Resort & Spa. The next Tips & Sips after hours networking will be held on Wednesday, July 21 at Blue Giraffe 2 at Beachview Estates.✱



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The Mango



by Chef Jarred Harris

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Mangoes were first grown in India over 5,000 years ago and are a member of the cashew family. Spanish explorers brought mangoes to South America and Mexico in the 1600s and introduced them to the United States in 1833 through Florida.

There are hundreds of varieties of mangoes grown around the world and they all have different characteristics and flavor profiles. All mangoes have natural medicinal properties and can be eaten ripe or unripe. Even the leaves of the mango tree can be eaten. Mango leaves contain vitamins, minerals and antioxidants, which



Mango Chutney photo provided

have been used in treating diabetes, high blood pressure, kidney stones and gastrointestinal infections.

Unripe mangoes have many health benefits and are healthier than ripe mangoes. They have far less sugar than ripe mangoes and are good to use in healthy cooking recipes. Unripe mango prevents the loss of iron and sodium in the body, which means they are good for prickly heat and excessive sweating. Unripe mango contains properties that can also help the body fight off heat stroke.

If you have one mango tree in your yard, or several, you probably have a surplus of ripe and unripe mangos. Here are two simple recipes using each type:

Mango Chutney
3 cups mango (diced)
¼ cup red pepper (fine diced)
¼ cup onion (fine diced)
1" piece of ginger (minced)
1 jalapeno pepper (seeded and fine diced)
¼ cup white raisins
½ cup honey
½ cup cider vinegar
1 tsp. cinnamon (ground)
½ tsp. cloves (ground)
½ tsp. mustard seeds (optional)
Method
Place all the ingredients in a saucepan and bring to a boil. Reduce to a simmer and cook until the chutney thickens (25-30 minutes).
The chutney is ready to be canned.

Green Mango Pickles
5 green mangoes (shredded)
2 cups cider vinegar

1 cup organic unprocessed sugar
3 serrano peppers (cut in half)
Method
Fill preserving jars with the shredded green mango.
Place the sugar, vinegar and serrano peppers in a saucepan and bring to a boil. Remove the vinegar mixture from the heat and pour over the green mangoes. Discard the peppers and cap the preserving jars, then refrigerate for a minimum of 2 hours.
Jars will keep for one month in the fridge.
*Although I have retired early and am no longer the resident chef at The Community House, my heart is still with the members of the SCA and the Sanibel community. I will continue to share my knowledge and recipes with you. Please be a patron of The Community House and visit the Culinary Education Center.**

From page 20

Amazing Grace

deceased husband said absolutely not; they are not for sale!

When asked what drew her to Sanibel Island, Grace responded, "Everyone was so nice and friendly. There were never any economic boundaries, and we were welcomed by everyone in the community." She reminisced about longtime friendships with well-known people such as Francis Bailey (Bailey's General Store), who attended her 90th birthday party.

Now at 103 years young, Grace's former neighbor of many years, Candace Ledbetter, who has acted as the daughter Grace never had, recently organized a birthday party to celebrate the centenarian's life. There were over a dozen people in attendance, and when other islanders learned of this milestone anniversary, Grace received a plethora of hand-written notes and cards, many of which still adorn one of the walls of her bedroom. When asked what her wish was, while blowing out the candles on her cake, Grace said in a matter of fact manner, "That everybody could have a big party like this!" This is a statement

that is representative of this lovely and gracious lady's character. While Grace still lives in her own home, her mobility was compromised just before the age of 100 when she broke an ankle and never completely healed from the injury. Her live-in caretaker, Joyce, shared that Grace always has a positive attitude and is a delight to care for.
In reply to the question of what keeps her so young, Grace stated, "Living on Sanibel Island! I have had a wonderful and full life with so many adventures near and far." She must be doing something right as many people of far younger years would envy her beautiful, smooth skin and mane of wavy white hair.
And... hint, hint... she loves to receive cards, photos or notes in the mail to 1230 Anhinga Lane as she isn't able to get around.
Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggie mom and facebook.com/thedoggie mom.*

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Book Review

White Ivy



by Di Saggau

White Ivy is a dazzling and sophisticated debut novel about a young woman's obsession with her grade school crush. Ivy Lin is a liar and a thief, though she doesn't look the

part. She was raised for a while by her maternal grandmother, Meifing, a petty thief. Ivy moved to Massachusetts from China when she was 5 years old to live with her parents. Meifing followed later and managed to teach Ivy a few tricks of her trade.

Years later, Ivy is a poised young woman, but restless due to her feelings about her upbringing and her family. In Boston, she runs into her old boyfriend's sister, which results in reconnecting with Gideon. Ivy feels it's fate. She attaches herself to his family and attends fancy dinners and special getaways to the Cape.

Ivy doesn't feel she fits in and doesn't like her looks. She would have "traded her face a thousand times over for a blue-eyed, blond-haired version, instead of her own Chinese one with its too-thin lips, embarrassingly high forehead, two fleshy cheeks like ripe apples before the

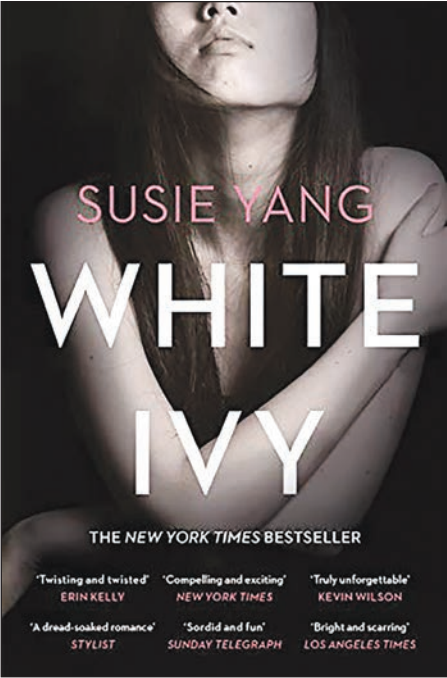


image provided

autumn pickings." Her mother, a bitter woman, doesn't help her insecurities. She often aims her vicious mean streaks at her daughter.

Ivy becomes a first-grade teacher, even though she doesn't especially like children. Just as she feels her life is about to change for the better, someone from her past comes on the scene, threatening what she has worked so hard to create.

Yang moves us through a plot that has wonderful twists and she makes Ivy

an unforgettable narrator. We also get insights into the immigrant experience, exploring class, race, family and identity. White Ivy gives us a look into the dark side of a young woman who is determined to achieve success at any cost. Ivy is an intelligent, broken and deeply insecure woman who will enthrall readers.✪

School Smart



by Shelley M. Greggs, NCSF

Dear Shelley, Fireworks season is upon us and a question that parents often ask themselves is, at what age is it OK to take a young child to the fireworks?

Fireworks, while a time-honored tradition, can be somewhat frightening for children younger than 5, and it's very wise to prepare your children ahead of time. It's smart to discuss the event before you go.

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

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

If your child does become anxious, don't make fun of them, or compare them to their sibling who's having a great time. You should stay close by and coach them through each firework until they start to understand the pattern. While the name of the various types of patterns are listed, it might be fun for you and your child to come up with your own names for these popular patterns. Following are some descriptions, (courtesy of PBS) of the most common fireworks that you and your child can look for, discuss and hopefully enjoy.

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

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

Willow – The willow resembles a chrysanthemum, but with long burning silver or gold stars that produce a soft, dome-shaped weeping willow-like effect.

Diadem – As a type of peony or chrysanthemum, a diadem has a cluster

of stationary stars at its center. Palm – This shell contains a few large comet stars which, in bursting, create large tendrils that give it the appearance of a palm tree. Crossette – A crossette produces stars that each break apart into four smaller stars, creating a crisscross effect. Horsetail – The horsetail shell is identifiable by its break, which resembles a short tail. Ring – A ring shell emits stars in a halo-like shape. Smiley faces, stars and other such identifiable shapes are common variants.

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

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

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

Shelley Greggs is former faculty at Florida SouthWestern State College, where she taught 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 or at www.schoolconsultationservices.com.✪

Sea School Receives Grant

Sanibel Sea School recently received a grant from Sanibel-Captiva Kiwanis Foundation to support summer camp scholarships.

Sanibel Sea School never turns anyone away from its programs due to financial constraints and believes everyone should have access to an ocean education. Each year, thousands of dollars in scholarships are granted to families in need to attend summer camp.

"We are so thankful for the generous support from the Kiwanis Club, because this allows us to share the ocean with people who otherwise wouldn't be able to experience our programs," said Sanibel Sea School Director Nicole Finnicum. "This funding means a lot to us after an especially challenging year."

The scholarship policy is simple, the school just asks that people "pay what they can" and the school covers the rest, which is funded by donations and grants from individuals and organizations like the Kiwanis Club. Scholarships are offered in full and partial amounts, and can be applied to any program.

Sanibel Sea School offers scholarships to local working families on Sanibel, as well as to families in Fort Myers. The educators also offer multiple after school programs to local childcare centers in Fort Myers, free of charge, where many of the students come from low income families.✪

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BIG ARTS Scholarship Winner Returns

BIG ARTS welcomed back 2017 BIG ARTS Classical Music Scholarship recipient Rebecca Tutunick recently. Tutunick has been selected as one of three finalists in the National Flute Association's Piccolo Artist Competition. She returns to Sanibel to record her entry for the final round on the Christensen Performance Hall stage. Due to COVID-19, this year's finals will be held virtually with the three finalists submitting their recorded performances, and a winner being selected in August.

The biennial Piccolo Artist Competition is one of the world's largest piccolo competitions and attracts musicians from across the globe. "Our scholarship programs are an important part of BIG ARTS mission," said Executive Director Lee Ellen Harder. "There are few things that bring us more joy than seeing these incredibly talented young people grow in their artistry and move on to professional success."

Tutunick grew up in Coral Springs and now lives in Fort Myers. She was a recipient of the BIG ARTS scholarship while she was an undergraduate at the University of Miami, where she received her bachelor's degree in music. She went on to receive her master's degree



Rebecca Tutunick photo provided

in music from Indiana University. Tutunick is currently in a fellowship training program called The Orchestra Now, which brings audiences together with the next generation of classical musicians.

When asked about how the scholarship helped her continue her music education, Tutunick said, "The scholarship made it possible for me to pursue my studies without as many financial limitations. I'm still incredibly grateful I was selected and can't stress enough the value of BIG ARTS and other scholarship programs for young

musicians like myself."

The BIG ARTS Classical Scholarship program, which rewards students who have professional goals to pursue training in classical music, has been in place since 2010. BIG ARTS offers annual scholarships for classical music, and performing and creative arts. For more information about the scholarships program and 2022 scholarship opportunities, visit www.bigarts.org or call 395-0900.✧

New Research Center Opens At Shell Point

Shell Point Retirement Community has opened the Neuropsychiatric Research Center (NPRC) of Southwest Florida – Shell Point. The new outpatient research facility, located within the Larsen Pavilion, combines the strength of Neuropsychiatric Research Center, an Evolution Research Group Portfolio Site, and Florida's largest continuing care retirement community to conduct high-quality clinical trials in Alzheimer's disease and other neurological disorders.

During an open house in May, guests toured the new NPRC – Shell Point site and met Dr. Vinod K. Bhatnagar, who will lead a team of board-certified physicians that includes Dr. Wendy Bond and Dr. Andrew J. Cutler. The NPRC – Shell Point

team will offer cutting-edge research opportunities and education for the residents of Shell Point and throughout Southwest Florida.

"As families navigate cognitive conditions like Alzheimer's and dementia, and neurological disorders, such as Parkinson's, NPRC – Shell Point will offer the education and support they need," said Christy Skinner, vice president of healthcare at Shell Point. "Shell Point is proud to share this learning opportunity not only with our residents, but our regional community as well."

Alzheimer's is the most common form of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases. According to the Alzheimer's Association, an estimated 6.2 million Americans age 65 and older are living with Alzheimer's dementia in 2021.

As part of its diversification of central nervous system disease trials, NPRC – Shell Point will also offer an inpatient unit to serve even a greater population of volunteers desiring to participate in clinical research trials and fight back against Alzheimer's, memory loss and other central nervous system disorders. Research will also branch into chronic conditions like diabetes and cardiovascular conditions.

For more information about NPRC – Shell Point, visit www.nprc-SWFL.com or call 790-0080.✧



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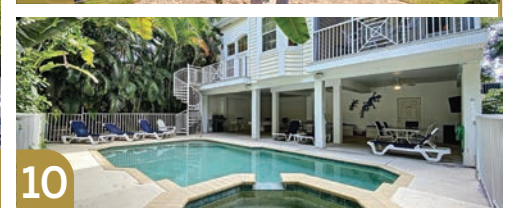
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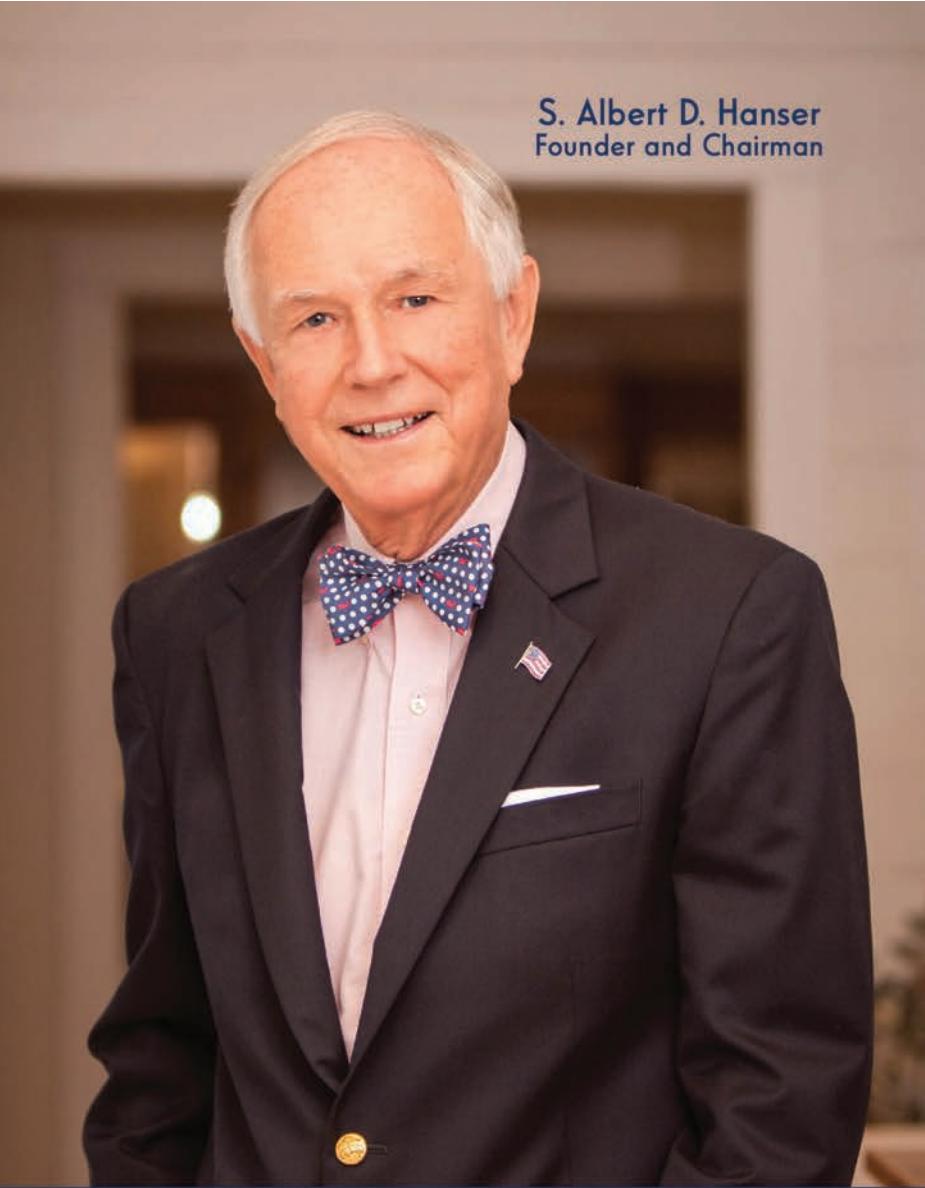
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Superior Interiors
Subtle Interior
Design Tips



by Linda Coin
Often, the difference between a run-of-the-mill room and a truly extraordinary one is subtle. You can't quite put your finger on what sets the latter apart, but there is just something about it that makes sense. It is cohesive without being monotonous, engaging without being cloying and well-appointed without being stiff.

Much of it comes down to experience and creativity. Designers have a wealth of knowledge in making rooms look their best, and the intrinsic artfulness to transform a vision into reality. Their ability to walk into a space and figure out how to get the most out of it is borne of years of practice and resists easy categorization. However, there are some principles that help guide top-notch interior decoration.

In a small or medium-sized room, you generally want to choose one point of visual focus. In a larger room, you might go with two, but anything more than that and you run the risk of creating cacophony. A space without a focal point is dull, but one with too many can be distracting. Antiques, unique finds, and large paintings are all good choices. They naturally draw the eye and are worth showing off. Use one of them to anchor a room and make the other pieces secondary. Visitors will naturally have their attention drawn to the star of the space, without being distracted by too much going on.

One of the readiest tells of amateur design is thoughtless rug placement. You have three basic choices (all on, front on, or all off) when it comes to putting your furniture on an area rug, and you should always be deliberate when deciding which to go with. Whichever of these you choose, make sure that you are

consistent. If some of the furniture is on the rug and some of it is off, the room could look sloppy.

If you want to create a dynamic visual contrast in your room, you don't always need to use a variety of colors. Sometimes, using furniture and accessories in different textures is a better, more cohesive method of breaking through the monotony. The worry with these shades is that they will come off as bland and uninteresting. Avoid this pitfall by switching up the materials, mix and match raw silk, velvet, cotton and linen for a visual depth that goes beyond hue. Some of the sheens will absorb sun, whereas others will reflect it, allowing you to play around with the influence of light on the space.

Shopping for new furniture on your own can be difficult, particularly because you see it out of the context of your own room. Something that didn't seem onerous in the store can completely dwarf the rest of your pieces. Or, it could have stood out when you bought it, but seemed far too small and forgettable once you brought it home. You should have items of various scale in the rooms you design, and always have a keen understanding of how new pieces will fit into that scheme. Your best bet for doing this well is to bring pictures and measurements whenever you go shopping, or to simply consult with a design professional who can help guide you through the process.

When you're redesigning a room or moving into a new house, it can be tempting to make painting the walls the first thing you do. Sometimes, this makes sense, but it is well worth considering switching the order and leaving repainting until the end.

There are thousands of paint colors out there, and dozens even within the same general color scheme. A particular hue might be perfect to start with, but as you bring in more pieces to complete the room, it could be slightly off from ideal. If you take the time to finish planning the space before painting, you avoid these issues and can be assured that you are choosing the perfect color.

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

SPORTS QUIZ

1. What former NBA player and coach served as head coach of the Utah Utes men's basketball program from 2011-21?
2. Traktor Chelyabinsk, Dinamo Minsk and Lokomotiv Yaroslavl are teams competing in what ice hockey league?
3. Against what boxer did Riddick Bowe win consecutive fights – both by disqualification for low blows – in 1996?
4. In 1955, driver Pierre Levegh died in a crash and 83 spectators were killed by debris at what famous motorsports endurance race?
5. What University of Miami Hurricanes running back suffered torn knee ligaments in the 2003 Fiesta Bowl and would miss his entire rookie season with the Buffalo Bills?
6. What long-distance relay running series includes races named Bourbon Chase, Wasatch Back, Northwest Passage, Del Sol and Reach the Beach?
7. First awarded in 1962, the King Spud Trophy is the prize in the college basketball rivalry between what two teams?

ANSWERS

1. Larry Krystkowiak. 2. Kontinental Hockey League (KHL). 3. Andrew Golota. 4. 24 Hours of Le Mans. 5. Willis McGahee. 6. Ragnar Relay Series. 7. The Idaho State Bengals and the University of Idaho Vandals.



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HomeServices



Berkshire Hathaway HomeServices (BHHS) Florida Realty is pleased to announce that Sanibel-based Realtor® Tony DiBiase has been named to Berkshire Hathaway HomeServices' esteemed Chairman's Circle-Gold award level for 2020 sales production. The Chairman's Circle-Gold is awarded to the top 2% of the network's Sales Professionals based on gross commission income or closed units. Tony was also recognized as one of the top 25 Sales Professionals for BHHS Florida Realty out of almost 1,700 Sales Professionals company-wide throughout the state of Florida.



“To all my customers/new neighbors; I'm very grateful and humbled because without you I couldn't have had a such a successful year in 2020. It is my honor and privilege to be of service to you. And thank you to Berkshire Hathaway and my broker Craig who give me the inspiration and marketing FIREPOWER to help me attain my real estate success.”

Tony DiBiase
239-839-4987

Rotary Happenings

submitted by Cindy Carter

Rotary is all about redefining itself to keep up with the fast-paced, ever-changing ways of the world. Yet, even with forward progression, it is important to look back on the past for lessons learned. This is an annual event for Rotary; redefining and recreating. We all celebrate moments of the past year and look forward to the upcoming year with new leadership and new ideas. While we celebrate all the hard work and creative ways in which past President (and Prime Minister) Richard Green has led us through a very tumultuous year, we look with anticipation to the upcoming year with President Bill Letendre. More on this next week.



This past week, our speaker was Bill Trelease. He spoke on how the Battle of Gettysburg became one of the defining moments in our nation's history and, more specifically, the leader of the winning Union Army, Maj. Gen. George Gordon Meade. Trelease shared interesting facts about the build up to the battle and those who played a vital role in the Civil War.

After retiring from a 40-year career in the insurance business, Trelease decided to pursue his lifelong



Bill Trelease photo provided

passion; Civil War history. In 2014, he passed the examinations to become a licensed battlefield guide in Gettysburg, Pennsylvania. Trelease has had the honor of taking hundreds of visitors on the hallowed grounds of Gettysburg, retelling the stories of a battle that had a great impact on the history of this country.

*The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Dunes Golf & Tennis Club. To attend a meeting in person, email Bill Harkey at william.harkey@gmail.com by Wednesday. Zoom meetings are held on Fridays. Log on as early as 7 a.m., the meeting begins at 7:30 a.m.**

Charitable Foundation Adds Board Member

The Charitable Foundation of the Islands (CFI) appointed Tom Libonate to the board recently. Libonate and his wife, Merni, are residents of Captiva. He has been a member of the Captiva Island Historical Society since 2015, and for the past four years has served as president of its board of directors.



Tom Libonate

Libonate also serves as a trustee for the board of the Sanibel-Captiva Conservation Foundation, chairing the communications and marketing committee. In March 2021, he was installed as a board member of the Captiva Island Yacht Club. Prior to his retirement in 2010, Libonate was vice chairman and co-founder of Ryan Partnership, headquartered in Wilton, Connecticut.

Since co-founding the company in 1984, Libonate spearheaded the creation of one of the premiere marketing agencies in North America, specializing in promotional, direct and Internet marketing, creative and website design, and retail marketing.

From two people in 1984 to just over 625 people in 2010, with six offices throughout the U.S. and Canada and with gross revenue more than \$250 million, Ryan Partnership, until its acquisition in 2011, was the largest independently owned marketing agency in North America.

In addition to his board work with the Captiva Island Historical Society, Libonate has served as chair of the Roselle Catholic High School Consultative Board (Roselle, New Jersey), served on the educational and faculty affairs committee of Monmouth University (West Long Branch, New Jersey) and the Westport Arts Center Board of Directors (Westport, Connecticut).

"The CFI board is privileged to welcome Tom. He will play an integral role as we prioritize, plan and execute key initiatives in the coming year," said Virginia Stringer, co-chair of the CFI board.

"Tom has been an avid supporter of the Sanibel-Captiva community for years and we look forward to his participation on the board as CFI explores more opportunities to improve the lives of residents", said Chip Roach, co-chair of the CFI board.

The mission of the Charitable Foundation of the Islands is to identify community needs and collaborative opportunities that empower organizations to affect real change; support those in need, and build and distribute resources that contribute to the vitality and health of the Sanibel and Captiva community.*

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16280 CAPTIVA DRIVE



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- \$8,900,000**

3304 SAINT KILDA ROAD



NEAR BEACH

- Possible Gulf Views from Piling Home
 - Private, Lake View Setting
 - Location off West Gulf Drive
 - Great Building Site
- \$599,000**

11559 LAIKA LANE



MODERN, ICONIC, BEACHFRONT ESTATE

- Iconic, Modern, Gulf Front Estate, 4,730 S.F.
 - Rooftop Terrace, Floor to Ceiling Windows
 - Open Concept Kitchen, Double Islands, Chef's Dream
 - 2 Master Suites, Perfect Home & Vacation Rental
- \$7,500,000**

15261 CAPTIVA DRIVE



WATERFRONT SECLUDED OASIS ON CAPTIVA ISLAND

- 4 BR, 4.5 Bath, Furnished Home, Private Deep -Water Dock w/Lift
 - Custom Design by Stofft Cooney of Naples
 - Heated Pool w/Infinity Spa, Lush Landscape, Estate Lot
- \$11,499,000**

1237 ISABEL DRIVE



EAST END

- Deep Water w/Direct Access, 70' Dock
 - 6 BR, 6.5 BA, Open Floor Plan
 - iPad Controlled Home, Workout Room
 - Bay/Canal Views, Resort Style Pool
- \$2,995,000**

5633 BALTUSROL COURT



SANCTUARY CC SPEC HOME

- Awesome Lot Location w/Championship Golf Course Setting
 - 4 Bedroom/4.5 Bath Open Great Room Floor Plan
 - Spectacular Outdoor Space w/ Fireplace, Kitchen., Pool/Spa w/Sun Splash Area
- \$ 2,100,000**

15138 WILES DRIVE



CAPTIVA BEACH FRONT

- 102 Feet of Premier Gulf Frontage
 - Comfort Meets Luxury w/ 6 BR 5.5 BA 4611 SQFT
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Will Power

Providing A Monthly Stipend



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

Don and Theresa were married for 15 years, each had children from a prior marriage. They lived at a continuing care retirement community (CCRC) that required ongoing monthly payments that included life care. The couple agreed that if Theresa survived Don, his estate would pay \$1,500 toward her monthly expenses for the rest of her life.

"I want you to put that in my trust," Don instructed, "then leave the rest to my two children in equal shares."

"How much should I carve out of your estate from which to pay the monthly amount?" I asked.

"You don't understand," Don continued, "I want my estate to pay \$1,500 a month until she dies, the rest will go to my children."

"Do your children have to wait until Theresa's death to inherit?" I asked.

"No!" Don said, looking increasingly exasperated.

"Well, in order for your personal representative to know how much to distribute to your children at your death, we need to know how much to carve out of your estate to hold from which to pay the \$1,500 a month," I explained.

"How should I know that?" Don said, scratching his head.

How much, indeed.

I have seen several will and trust documents that don't make sense because they call for distributions over an unknown time period, such as in this example, for the life of Theresa. Unless we know exactly how long Theresa is going to live, it's only a guess how much to hold aside for her care.

The issue becomes that much more complex when it's laid out as an obligation under a nuptial agreement. It becomes even more complex as in one case that I encountered where the monthly stipend was to increase annually by Consumer Price Index (CPI).

The way I tackled it in one case was to create a formula at the time of Don's death. The first step directed the trustee use the Social Security Administration's Actuarial Life Table to estimate Theresa's life expectancy at the time of Don's death. Then, a conservative internal rate of return on the investments over the period was used, and a CPI estimate added to that to determine the amount that would be carved out to make the distributions.

In case Theresa had a condition that would affect her life expectancy, the trust required her to be medically examined after Don's death and to share that report

with the trustee. If that exam indicated an issue that would adversely affect her life expectancy, then the trustee was directed to use a life insurance morbidity table in determining the amount to carve out from which to pay the monthly payments.

You can see that there are a number of variables involved. Another option I drafted into the document let the trustee purchase a commercial annuity rather than make the calculation. Because Don wanted whatever was left at the end of Theresa's life to be distributed to his children, the annuity would have to include a remainder provision.

Another issue that had to be addressed is how the monthly amounts were to be satisfied. Since income trapped in an irrevocable trust is taxed at a higher federal tax rate, the ordinary income would first be distributed to Theresa, then capital gains, then the principle.

I bring up this case because in another that landed on my desk, the clients had attempted to draft these provisions themselves using an online program. It was an expensive mess for the family.

Rather than promise a monthly amount, spouses in this situation could always agree to set aside a specific dollar amount to satisfy the obligation. That dollar amount may be too much or not enough, but in so doing, the trustee would be absolved from making the inquiries necessary to calculate the carve out.

Sometimes what seems like a simple direction can be anything but. That's why it's so important to seek competent, experienced legal advice. Next time you want a monthly or annual amount distributed to a beneficiary, consider the issues and alternatives that might be much easier to administer.

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Progressive Club To Meet

The Progressive Club of the Islands monthly virtual meeting will be held on Thursday, July 15 at 5 p.m. Guest speakers will be representatives from the SWFL Coalition for LGBTQ Youth. The coalition was formed to fight for LGBTQ youth in SWFL and consists of LGBTQ organizations, parents, students, faith leaders, civic leaders and businesses.

The program will feature a presentation and discussion to educate attendees

on issues facing LGBTQ youth in the community and constructive actions that can be taken.

The meeting will be interactive with time for questions. For the Zoom link, email pcisancap@gmail.com. View the program live or afterwards on Facebook at www.facebook.com/pcisancap.

Annual dues for the club are \$30 for an individual or \$60 for a couple. To renew a membership or join, mail a check payable to PCI, P.O. Box 898, Sanibel, FL 33957. For more information visit <https://pcislands.org>, call 994-3175 or email pcisancap@gmail.com.✧

How's The Market? Ask Ann



Ann Gee
Broker/Owner

Buyers and Sellers be AWARE! Current market conditions that may include multiple offers demand that you make your offer as strong as possible. Therefore, some buyers are making cash offers, but do intend to obtain a mortgage. Generally, they allow for 6 weeks for the actual closing. The offer is a cash offer and not contingent on obtaining a loan. If you are buying under these circumstances, be aware that the bank will require insurance in place, a flood elevation certificate and a survey. Make sure you get all these items completed as soon as possible. Surveys that used to take a week now take 3-5 weeks. The same holds true with the elevation certificate. The Seller will need to know that an appraisal will be required by the bank, requiring access to the property. The point I am making is, make sure all these requirements are done in a timely manner so the Closing can take place as scheduled. If you are thinking about selling, call me about my 4.5% Commission plan that saves you an average of \$14,000 in fees. Call me at 239-850-0979 for a confidential discussion.

22 Closed Sales Going Back One Week: 11 Homes & 11 Condos

1501 Middle Gulf Dr. Sundial West F106 - \$435,000	5186 Sea Bell Rd. - \$1,015,000
5117 Sea Bell Rd. E104 Blind Pass - \$549,000	604 Sea Oats Dr. - \$1,022,000
806 E. Gulf Dr. A1 Sanibel Arms - \$560,000	2755 Wulfert Rd. - \$1,038,000
3111 W. Gulf Dr. 264 Kimball Lodge - \$570,000	1795 Middle Gulf Dr. C-202 Sanddollar - \$1,225,000
966 Fitzhugh St. - \$610,000	2265 West Gulf Dr. 230D Island Beach Club - \$1,300,000
5859 Pine Tree Dr. - \$755,000	1795 Middle Gulf Dr. C-103 Pointe Santo - \$1,400,000
1560 Center St. - \$768,000	5765 Baltusrol Ct. - \$1,648,000
760 Sextant Dr. 943 Mariner Pointe - \$800,000	2445 W. Gulf Dr. A47 - \$2,413,000
605 Donax St. 102 Pelicans Roost - \$875,000	750 Periwinkle Way - \$3,300,000
610 Donax St. 123 Sanibel Surfside - \$905,000	1253 Anhinga Lane - \$3,700,000
750 Nerita St. - \$1,010,000	1020 Bayview Dr. - \$4,500,000

Call or email me with any questions. Stay safe & have a Happy 4th of July!

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1306 Seaspray Lane, Sanibel

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- New roof. Impact Windows and Doors
- Beautifully decorated. Private community w/tennis.

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852 Birdie View Pt., Sanibel

- Spacious Home for Family & Entertaining
- 4 Bedrooms + Den, 3 Baths, Pool/Spa
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RECENTLY SOLD - Seller Represented By Trevor



1044 Whisperwood Way, Sanibel

- Exclusive lake front community of 6 homes
- 4 bedrms & 4.5 baths. Pool and Spa
- 4300' living sq'. Elevator. Office
- Newer roof and impact windows

Offerd At: \$1,995,000

RECENTLY SOLD - Buyer Represented By Trevor



956 South Seas Plantation Road, Captiva

- Newer 6 beds/ 6 baths home
- Awesome bay views w/boat house
- Pool. Gorgeous wrap around balconies
- Walk to resort amenities including beach, marina, restaurants

Offered At: \$4,995,000

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2284 Troon Court, Sanibel

- The Sanctuary. Private + Luxurious Residence.
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Frankly Speaking



by Howard Prager

Playoffs heat up, another no hitter, Olympic trials. Let's start with the Stanley Cup featuring the top city in sports, Tampa Bay (really? yes!) and one of the original six, the

Montreal Canadiens, who had the worst record of the 16-playoff contenders in this years' Stanley Cup. The last time these teams met was in 2020 when Tampa swept the series going 4-0. Two games will have been played by the time you're reading this, as the Lightning attempts to become the first team to repeat as champions since the Penguins in 2015-16 and 2016-17. The Canadiens haven't won the cup since 1993, a year after the Lightning franchise was founded. They own the record with the most wins of any team with 24. Founded in 1909, the Canadiens are the longest continuously operating professional ice hockey team worldwide and the only existing NHL club to predate the founding of the NHL. A storied franchise versus an expansion franchise is the backstory of this series.

On the hoops side, I got a chance to see the Bucks take on the Hawks and

then fizzle at the end of Game 1 in the Eastern Conference Finals. In Game 2, the Bucks came back strong to win, then went on to win the first game in Atlanta Sunday night in Game 3 for a 2-1 lead. So home court appears to be no advantage As of this writing, Phoenix is one game away from winning the Western Finals, and would have at least a few days to recover before the Finals begin. Although the NBA honchos would prefer to see the LA market in the Finals, the Suns have never won a Finals and were last in the finals in 1993. The Bucks won a Finals back in 1971 on a team with Kareem and the "Big O" Oscar Robertson handing out a team record 668 assists. In winning the championship in only their third season, the Bucks set a record for going further and faster than any other expansion team in professional sports history.

I'll stay with basketball a minute to talk about the next "Dream Team," led by the Nets' Kevin Durant. Of the playoff teams mentioned, the Suns are represented by Devin Booker, and Khristian Middleton and Jew Holiday are from the Bucks (this isn't like the All Star game where each team is represented). It does appear that the Olympics will take place, but with no fans in attendance. Personally, I don't think it's fair to Japan to go ahead with the games under these circumstances, but the IOC has spoken, so the U.S. (and other countries) are in their trials to determine team members.

The Chicago Cubs are one streaky team this year, playing either great or awful baseball. Last week, they recorded their first combined no-hitter, dating back to 1876. A combined no-hitter was last done in 2019 by the Astros. In fact, the three relievers who came in to relieve starter Zach Davies had no idea that they were taking part in a no-hitter, each throwing one inning: Ryan Tepera, Andrew Chafin and closer Craig Kimbrel. On another historical note, it was the first no-hitter thrown against a lineup with three former MVP Award winners – Mookie Betts, Cody Bellinger and Albert Pujols.

The good news story of the week comes from CBS News reporter Steve Hartman, taking us back to Chris Nikic who was the first person with Downs Syndrome to complete an Ironman last year. Since then, 21-year old Nikic has been a hero to 14-year old Caleb Prewitt, another person with Downs Syndrome. At first, Prewitt couldn't even bike without assistance. But Nikic took him under his wings, like a mentor or even older brother, to Caleb's delight. They train together, and Nikic's pushing has helped Prewitt reach his first goal – being invited to Florida's Special Olympics triathlon team, the youngest person to do so. "Just the fact that he was so warm and inspiring helped Caleb realize that these are things that I can do, too," said his mom Karen. Concluded Steve Hartman, "Heroes come in many different shapes, sizes and abilities. But they all have the

same superpower: To lift the hopes of others." As we enter into our July 4 holiday, let us all lift the hopes of those around us as we thank and celebrate those who brought us the freedom we all enjoy every day.

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.✪

Openings At Sanibel School

The Sanibel School is currently accepting new student applications. If you live on or off island and desire an education from a small public community school for your school-age child, now is the time to apply. The Sanibel School is "A" rated and designated a School of Excellence by the Florida Department of Education. The K-8 campus provides an exceptional learning environment for its students, and the array of programs available is comparable with even the largest schools in the district. To learn more about enrollment and the waiver process, or to set up a tour of school, call registrar Donna Marks at 472-1617 or email donnamm@leeschools.net.✪



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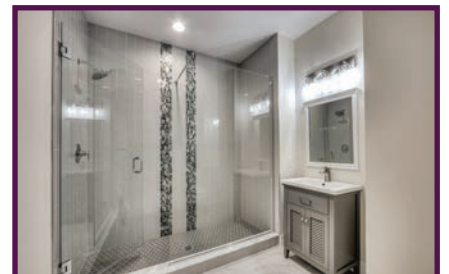
AMAZING OPPORTUNITY! Look no further for the best golf course and lake views in the Dunes with amazing waterfront sunsets. This gorgeous and professionally decorated 3/2 home in the sought after Dunes Community is a WOW. A home that redefines the word "great" in great room with one of the most open and spacious floor plans anywhere. You will be impressed with the natural light that illuminates every inch of the main living area. The pictures give you a visual story of an updated and meticulously cared for Island home nestled in the tranquility and magnificence of the Dunes neighborhood. Homes like this, in this location and in this market, sell fast. Waiting will only bring disappointment.

547 NORTH YACHTSMAN DR

LIKE NEW HOME AT THE SANIBEL MARINA

\$1,399,000

LIKE NEW SPACIOUS EAST END ISLAND HOME. New flooring, LG appliances, quartz countertops, moldings, lighting, faucets, metal roof, AND MORE, The pictures tell the visual story of a home WHICH IS NOW SPECTACULAR. Situated on one of the most sought after streets on the east end of Sanibel, this private raised piling home includes a massive third floor master suite with his & her private decks, a wood burning fireplace, and full master bathroom with free standing bath tub. Community tennis court (recently resurfaced) and pool are also included as part of the small and quaint homeowners association. This is your opportunity to own your Island dream home in one of the most desirable and special locations on the Island. Only steps down the shell road to the Sanibel Marina (and walk to your boat!) and Gramma Dots Restaurant, or the beach. Those that have visited the Sanibel Marina and this neighborhood during the holidays when the Marina's Royal Palm trees and Sea Plane are decorated with lights, understand how special it is to live here.



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Health First

Six Lifestyle Tips To Prevent Wrinkles



by Julie Rosenberg, MD

We all develop facial lines as we age. Why? Our skin loses elasticity over time due to decreased collagen production. The skin also becomes thinner

and dryer, making us more prone to wrinkles.

The appearance of wrinkles is frustrating for most of us. While genetics plays a role in how our skin ages over time, there are lifestyle modifications that can help us manage and slow down the progression of wrinkles.

Following are six proven ways to address wrinkles without medical or surgical intervention:

1) Protect Your Skin From The Sun – Sun exposure can damage your skin, leading to premature aging and wrinkles. Exposure to ultraviolet radiation from the sun can lead to redness, swelling, hyperpigmentation, photoaging and skin cancer.

Apply sunscreen to your face and all other exposed areas of the skin daily, regardless of weather. Ultraviolet rays

penetrate clouds, so it's important to protect your skin from the sun even when it's cloudy. Use a sunscreen with an SPF of at least 30. If you're out at the beach or in prolonged sun, consider wearing a wide brim hat, sunglasses and light clothing with UV protection.

2) Moisturize Your Skin – Moisturizers help nourish and hydrate the skin. This is especially important as you age, since your skin becomes drier. Read labels on moisturizers and anti-wrinkle creams. Some skin types can't tolerate the harsh chemicals found in many over-the-counter products.

There is scientific evidence that hyaluronic acid and vitamin C are especially effective at preventing and limiting wrinkles. Hyaluronic acid effectively delivers moisturizing benefits to the skin without causing irritation. To protect my skin and enhance my complexion, I use products with hyaluronic acid and vitamin C daily and have been doing so for over 40 years. "Wrinkle management" is a long-term commitment!

3) Drink Plenty Of Water – Water is your body's principal chemical component and makes up about 50 to 70 percent of your body weight. Drinking water is essential for most bodily functions. Water helps keep the skin hydrated from the inside and boosts the skin's elasticity. Health experts commonly recommend drinking at least eight 8-ounce glasses of water per day, which equals about two liters, or half a gallon per day.

4) Eat A Healthy Diet – You've probably heard the saying, "You are what you eat." In my view, this adage is especially true as relates to your skin. Diets that are high in sugar, saturated fats and unhealthy snacks will naturally accelerate the aging process.

On the other hand, foods that are rich in antioxidants help to combat the aging process and can improve the skin's elasticity and protect against damage. Such foods include leafy green vegetables, berries, flax seeds, avocados, salmon and olive oil.

5) Manage Your Sleep Cycle – When we sleep, our bodies renew and repair. This includes the skin cells. Poor sleep and lack of sleep can aggravate skin conditions such as acne and eczema, and speed the aging process. Consult your healthcare provider if you have insomnia or are otherwise not sleeping well.

6) Don't Smoke – Smoking cigarettes has many negative health-related effects. As related to the health of the skin, tobacco smoke damages collagen and elastin. Therefore, smoking can lead to a loss of the skin's elasticity and strength. The nicotine in cigarettes causes blood vessels to constrict, which reduces blood flow to the skin and limits the amount of oxygen and vital nutrients that the skin receives from the blood. Lastly, pursing the lips when smoking can lead to premature wrinkling around the mouth.

In summary, while we cannot change our genetics, we do have some control over the appearance of wrinkles by ensuring adequate sun protection and

embracing a healthy lifestyle.

Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.✱

From page 1

Funding

species removal project within a year's time, as required by the FWC. Currently, the team is seeking bids for the work.

"A huge thank you to Cathy for her help with this crucial project in ridding the Lee Anne Tauck Conservation Tract of nonnative vegetation that hinders the survival of native species," said Miller. "We rely on partners in the public and private sector to fulfill the refuge conservation mission, and this is one more example of how beneficial collaboration can be."

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

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



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dearRPharmacist

Get Control Of Headaches Once And For All



by Suzy Cohen, RPh

Dear Readers: Recently, I was headed to meet a friend for lunch, and she texted me last minute she had a migraine. I turned the car around,

went home, grabbed a copy of my *Headache Free* book and dropped it off for her. When I checked on her the next day, she was way better than she normally would be 24 hours after the episode. She said she had tried a couple of the quick hacks I recommended in my book and improved, so today's article is dedicated to migraines, and the migrenades that cause them!

A "migrenade" is my term for substances that go off like a grenade in your brain, and trigger a migraine. It's a made up term that works well and is immediately understood. All the pain-causing cytokines in your body should be considered migrenades, because they are responsible for the pain and inflammation associated with headaches. One of them is NF Kappa B, which is discussed below. But first of all, I suggest you minimize or eliminate these most powerful migrenades if you ever want to feel better:

- Artificial sweeteners and dyes
- Any clothing that requires dry cleaning
- Monosodium glutamate (MSG)
- Vegetable oil which contains bromine
- Fancy dryer sheets
- Perfume that contains synthetic chemicals

By the way, you can make your own dryer sheets by taking some cotton and putting a few drops of your favorite essential oil and tossing it in the dryer with your clothes. I like lavender mixed with either wild orange or lemon essential oil. The possibilities using natural essential oils are limitless and this

trick won't harm your endocrine glands. Now, let's cover two important nutrients that support your endocrine glandular health.

Iodine – Iodine is one of the components that helps make thyroid hormone. Low thyroid hormone is one cause for migraines, so iodine or a good thyroid supplement could be helpful at reducing frequency.

Ashwagandha – This herb comes from a shrub native to India, and it's also called Indian ginseng. The extract helps make thyroid hormone and provide antioxidant protection. One of my favorite supplements for thyroid (and adrenal) health is "winter cherry" or ashwagandha, known botanically as *Withania somnifera*. I often suggest it as an option for people cannot sleep because it is so sedating. This herb is a strong antioxidant and will protect your DNA.

Earlier, I mentioned NF Kappa B as a natural compound in your body, but one that is associated with migraines. Activation of this substance is also associated with facial pain, autoimmune diseases, depression, anxiety, attention deficit, diabetes, chronic infections, obesity and just the mere fact that you're aging.

Fortunately, there are natural compounds that slow down this pathway, reducing pain. Among the best are probiotic supplements, a cup of green tea, lipoic acid, omega 3 fish oils, curcumin, lipoic acid, resveratrol and a few others. The popular medication for diabetes "metformin" also happens to dampen down this pathway. If you'd like to read a more comprehensive version of this article, please sign up for my newsletter at www.suzycohen.com and I'll email you more information.

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.✱

Soma Abuse

Soma is a drug being prescribed by many pain management clinics. To learn more about Soma abuse, visit www.narconon-suncoast.org/drug-abuse/soma-effects.html.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: How can I live my life filled with more passion?

A: I think the first thing to ask yourself is, "What is my meaning and purpose?" Whatever that may be, you can live

your purpose with passion. When I talk with clients about this, I hear responses that are centered around living life to the fullest without fear or doubt, totally present in the moment. They want to love with infinite passion, holding back nothing, unafraid of intimacy and unafraid of truth. Living with passion also includes losing the false sense of self and in so doing, finding your true self and embracing your essence. People often feel that death is not the worst thing, yet not living fully is.

Experience the full spectrum of feelings with the knowledge that life is to be lived expressing all of those emotions without fear of being judged or criticized. Know that life is a full-bodied symphony of feelings and experiences played out to its fullest.

When one cultivates present moment awareness, one can live with meaning,

purpose and passion right here, right now and for all of time. You can live your life filled with meaning, purpose and passion.

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.✱

Lee Health Seeks Blood Donations

Lee Health is seeking blood donations to help replenish supply levels. Current blood supplies are low, and Lee Health's blood centers are in urgent need of donors.

As home to the region's only trauma center, it is vital that the health system's blood supply remains at healthy levels in order to quickly care for patients needing an urgent transfusion. Blood and blood products are not only used in the trauma center, but also to treat cancer patients, premature babies, anemia and a variety of other conditions.

All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida.

For more information on how and where to donate, visit www.leehealth.org/our-services/blood-centers.✱

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Doctor and Dietician

Nutritious Picnic Fare



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

Holiday picnics are so much fun, especially when great food is involved. We love getting together with family and friends to celebrate America’s Independence Day. Instead of always consuming high-fat, processed foods, take some time to consider nutritionalizing your picnic fare. We are blessed with a foodie group of friends who love to eat healthy, delicious food. We are regularly trying new ways to make our get-togethers healthier. Here are some of our favorites:

Potato Salad: Instead of mayonnaise-based potato salad, consider making it with a mayo-free herb olive oil dressing. We like to use red skin potatoes or baby Yukon gold potatoes. Boil them until

fork-tender, about 10 minutes. Drain. Make a vinaigrette-based dressing by simply whisking together extra virgin olive oil, vinegar (we love balsamic, apple cider, and lemon), seasonings of your choice (our top choices are fresh chopped garlic, basil, oregano, and parsley with some lemon zest), salt/pepper. Other great herbs are dill, cilantro, chives, tarragon, and mint. Mix it up a bit. Add the dressing to the warm potatoes to allow time for the flavors to enhance. Favorite additions to the potatoes include avocado, capers, celery, onion, hard-boiled eggs, pickles, bell pepper, olives, radishes, or even chopped fruit such as pear, apple or pineapple.

Charcuterie Boards: For us, it’s all about the board – we just love making charcuterie boards. They make great picnic fare as well. Our board favorites include roasted veggies, an assortment of cheeses, olives, dried and/or fresh fruits, crusty GF bread or crackers, and nitrate-free meats, and smoked salmon or white fish. These pair well with a delicious chilled white or rose wine.

Grilled Proteins: We are so blessed that one of our friends loves to grill a wide array of things that are great to take to the beach or backyard, including ribs, steak, chicken, salmon and shrimp. Preparing these ahead of time and eating them at room temp or cold makes for an easy, healthier version. Marinating in an olive oil herb (the green stuff) for a few hours before grilling takes it to a whole new level.

Salads In A Jar: Mason jar salads have become a favorite when we go fishing or picnicking with our friends. Put the dressing in the bottom, then add the hard veggies like onions, carrots, radishes, etc., lettuce or spinach, bleu cheese, pecans, tomatoes, or whatever you like in your salad. Grab and go. Dump onto a plate and top with your grilled proteins. Healthy and delish!

Fresh Fruit: Fresh fruit makes such a wonderful healthy dessert. We love making fruit salad with a drizzle of lime juice, vanilla and a pinch of salt. Fruit skewers are also a fun way to make individual servings. Banana, strawberry

and banana look great for July 4th – or add a baby mozzarella ball. Another fun thing to do is make fruit-yogurt parfaits in individual small mason jars or cups.

We wish our readers a wonderful upcoming holiday weekend and hope that you can use these tips to make those picnics just a little healthier.

*This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.**

Beautifulife:

Integrity



by Kay Casperson

There are several definitions of the word integrity. One is the quality of being honest and having strong moral principles; moral uprightness. Also, the state of being whole and

undivided. People with integrity are generally known to be trustworthy, honest and kind. I believe that this is something we should all put as a priority in our lives. I also think we should surround ourselves with people who have the utmost integrity in everything they say and do.

Following is a checklist of things you and those you surround yourself with should do in order to have true integrity.

Stand behind your choices in life – Follow through with your decisions until there is a proper time to move in another direction. Never make harsh or rash decisions without thinking them through.

Know when you are wrong – Learn from your mistakes, say you are sorry when necessary, and understand that sometimes the crooked road will lead you to where you belong. It’s not always easy, but it’s worth it.

Be honest – I am a firm believer in telling the truth no matter what the outcome will be. But, of course, you have to learn when to say or not to say, because I also believe certain things are better left unsaid. This is to preserve

relationships, friendships, etc., but for the most part, when asked, be honest.

Lend a helping hand – People with integrity tend to lean in when needed. For example, they usually offer a helping hand with community functions or charitable events. They are also in tune with the needs of their work or neighborhood community.

Respect all humans – I am very particular about this one. I have seen people disrespect others in many different situations, and it really goes against my grain. All humans deserve respect. No matter who you are or who you think you are, everyone deserves a please, a thank you, a smile and a warm greeting. If you feel you are above this, integrity is not your strong suit, and you need to work on it.

Be humble – Your accomplishments are notable and should be celebrated. But not at the expense of others who either don’t care or should not be bombarded with that. Know when to talk about what you have done in your life and when to just listen to others.

Be reliable – If you say you are going to do something, show up in a big way. Making a commitment and then not being available is one of the worst things you can do in terms of integrity. Keep your promises, and over-deliver every time.

My affirmation for you this week is: “I will be honest, kind, respectful, humble and reliable to exemplify true integrity in all that I do.”

*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.**

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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
Lee County Mosquito Control	239-694-2174
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) 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
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	239-313-6918
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 47



"If you ask me, he's losing his _____."

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!

Bandit
PARTIE

Delightful
VOLLEY

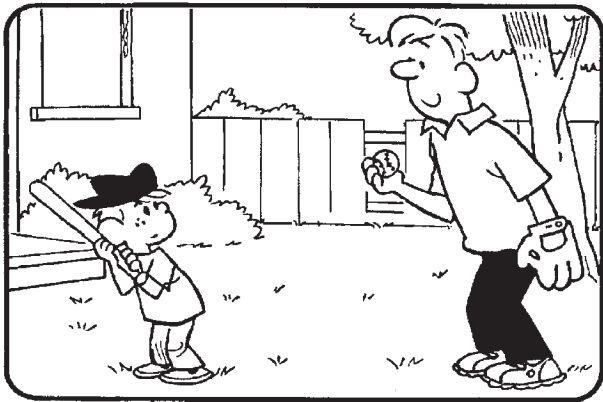
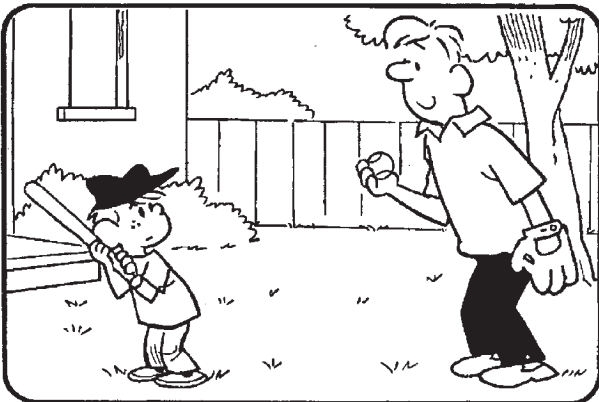
Quiet
ERENSE

Joyful
DALETE

TODAY'S WORD

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Window is wider. 2. Ball is different. 3. Hedge is smaller. 4. Cap is reversed. 5. Shoes are different. 6. Fence is broken.

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

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.

PUZZLES

Answers on page 47

Super Crossword

UNTHEMED #1:
MASSIVE MIDDLE

- ACROSS
- 1 City in Orange County, California

11 Extended animal shelter initiative

21 Regular guy

22 Well-practiced pieces

23 Good snorkeling sites

24 Within a single school

25 Have a brawl

26 — liver (dish rich in iron)

28 Secret agent

29 — -mell (confused)

30 Frozen water

31 Narrow sea routes

33 Title girl in a J.D. Salinger story

35 Swift feline

39 "Have a Heart" singer

41 Total up again

45 People giving accounts

49 Many Bosnians

51 Socratic "T"

52 Homer Simpson

56 Opiate, e.g.

58 Johnson of old comedy

59 Some rupee spenders

60 Most tranquil

61 Ring around the collar?

62 Cellars

64 "Mercy me!"

65 Ring around the collar?

67 Diet for a boxer

69 Get a move on

72 Discussion venue

74 Ponchos' kin

76 — Fernando Valley

77 Major U.S. field yield

80 Soft, knit fabrics

81 Herr von Bismarck

82 She admired the Man of Steel

83 Perfume ingredient

85 Suffix with meth-

86 Soothing additives

88 Like needles with fibers through them

89 Resembling a hornet, say

91 "Republic"

93 Largest parts of brains

97 Memo start

99 "Dream on!"

103 Bk. after Exodus

104 Send cyberjunk to

107 Kind

109 Took illegally

110 Electric resistance measure

113 Long-life-cycle plants

116 Cabal boss

118 "Way to go, hero!"

119 Field of a retail boss

120 Gazpacho, basically

121 Warnings about shady deals

DOWN

1 Milk-derived

2 Affirm as true

3 Olympian

4 Distinctive stretches

5 Descend

6 Horrid giant

7 "Riddle me, riddle me —"

8 Thrust out

9 As of now

10 Model 3 car

11 Former Sony record label

12 Where lions lie

13 Makes a selection

14 Be guilty of

15 Waiters' loads

16 24-hr. cash cache

17 Certain wig

18 Put to work

19 Verbal

20 Tony-winning Carter

27 Method of valuing inventories

31 Sedimentary rocks

32 She's part of the fam

34 North Pole wife

36 One-named Art Deco artist

37 Summer top

38 Free of artificial ingredients

40 XXX, maybe

42 Affirms as true

43 Oration station

44 With 46-Down, held together with a plumbing adhesive

46 See 44-Down

47 Fill with love

48 Consign to an inferior rank

50 "Glass half full" outlook

52 Announce

53 Sector

54 Uses a wok

55 Bowl over

57 Alero's make

62 — Center (Brooklyn arena)

63 World Cup sport

66 Electrojet particles

68 Lorna of literature

70 Sol followers

71 Hydroxyl compound

73 Corners on the market

75 Hook up (to)

77 Hawk's nail

78 "Game of Thrones" actress

79 Lime discard

81 Bygone, quaintly

84 — Lingus (carrier to Dublin)

87 Announce

90 One of the Ewings on "Dallas"

92 Even choice

94 One on in-line skates

95 Acting king

96 Heads off

98 Rio — (mining company)

100 Fishing bait

101 Of a pelvis bone

102 Three-time Grand Prix champion

104 Roast rod

105 Colombian cash

106 William Saroyan's "My Name Is —"

108 Deck in a boxing ring

110 Korbuto on a balance beam

111 Loaf end

112 Musical "Auntie"

114 Rabid fan

115 Hitter Gehrig

117 Whale pod

1	2	3	4	5	6	7	8	9	10		11	12	13	14	15	16	17	18	19	20
21											22									
23											24									
25							26			27			28				29			
30						31						32		33		34				
35				36	37	38				39			40			41		42	43	44
			45					46	47	48			49			50			51	
52	53	54									55		56				57			
58						59							60							
61					62							63		64						
65				66				67					68		69				70	71
			72					73		74								75		76
77	78							79			80							81		
82										83								84		
85					86					87		88								
89				90			91			92				93				94	95	96
				97		98				99				100	101	102			103	
104	105	106				107		108		109								110	111	112
113					114					115				116				117		
118														119						
120														121						

King Crossword

- ACROSS
- 1 "Sad to say ..."

5 Armed conflict

8 Folksinger Joan

12 Jet speed measure

13 Greek mountain

14 Big name in scat

15 Docking site

16 Leftovers carrier

18 Screenwriter's creations

20 Reddish horses

21 "I'm not impressed"

22 Martini liquor

23 Skilled

26 Flood protection

30 Gun the engine

31 Witty one

32 "As I see it," to a texter

33 Sleazy hotel

36 Be nosy

38 Train lines (Abbr.)

39 Aunt, in Acapulco

40 Part of Hispaniola

43 Iced desserts

47 Cinched

49 October birth-

6 Big fusses

7 Cleaning cloth

8 Past

9 Jessica of "Dark Angel"

10 Flair

11 Turns sharply

17 Beam

19 Favorite

22 Joke

23 Canine cry

24 N.J. neighbor

25 First lady?

26 Droop

27 Life story

28 I love (Lat.)

29 Republicans

31 Existed

34 Camelot king

35 French cheese

36 — Lancelot

37 Bigwigs

39 Roman robes

40 Wasted no time

41 Con

42 "Suffice — say ..."

43 Shopper's delight

44 Fencing sword

45 London gallery

46 Bridge coup

48 Inlet

DOWN

1 Band boosters

2 Secular

3 Computer brand

4 Tempura choice

5 Shoebox datum

MAGIC MAZE ● — OUT

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: No Radio or TV Coverage Allowed

- Average
Bail
Break
Brown
- Carry
Cook
First-in, first-Lock
- Psyched
Reached
Rounded
Scooped
- Shouted
Stamped
Stretch

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FRIDAY
Cloudy
High: 84 Low: 76



SATURDAY
Few Showers
High: 83 Low: 77



SUNDAY
Chance Showers
High: 85 Low: 76



MONDAY
Partly Cloudy
High: 88 Low: 82



TUESDAY
Mostly Cloudy
High: 87 Low: 79



WEDNESDAY
Partly Cloudy
High: 88 Low: 82



THURSDAY
Sunny
High: 87 Low: 80

Redfish Pass Tides					Point Ybel Tides					Punta Rassa Tides					Cape Coral Bridge Tides				
Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low	Day	High	Low	High	Low
Fri	8:37 am	1:29 am	8:51 pm	2:51 pm	Fri	7:42 am	1:31 am	7:56 pm	2:53 pm	Fri	8:07 am	1:49 am	8:13 pm	2:35 pm	Fri	10:47 am	4:45 am	11:01 pm	6:07 pm
Sat	9:07 am	2:06 am	10:33 pm	4:01 pm	Sat	8:12 am	2:08 am	9:38 pm	4:03 pm	Sat	8:39 am	2:29 am	9:04 pm	3:26 pm	Sat	11:17 am	5:22 am	None	7:17 pm
Sun	9:37 am	2:42 am	None	4:59 pm	Sun	8:42 am	2:44 am	11:10 pm	5:01 pm	Sun	9:09 am	3:02 am	10:01 pm	4:15 pm	Sun	12:43 am	5:58 am	11:47 am	8:15 pm
Mon	12:05 am	3:17 am	10:09 am	5:49 pm	Mon	9:14 am	3:19 am	None	5:51 pm	Mon	9:39 am	3:27 am	11:12 pm	5:07 pm	Mon	2:15 am	6:33 am	12:19 pm	9:05 pm
Tue	1:25 am	3:49 am	10:43 am	6:33 pm	Tue	12:30 am	3:51 am	9:48 am	6:35 pm	Tue	10:12 am	3:32 am	None	6:04 pm	Tue	3:35 am	7:05 am	12:53 pm	9:49 pm
Wed	2:32 am	4:18 am	11:17 am	7:15 pm	Wed	1:37 am	4:20 am	10:22 am	7:17 pm	Wed	12:20 am	3:18 am	11:09 am	6:59 pm	Wed	4:42 am	7:34 am	1:27 pm	10:31 pm
Thu	11:53 am	7:54 pm	None	None	Thu	10:58 am	7:56 pm	None	None	Thu	1:13 am	3:34 am	12:06 pm	7:52 pm	Thu	2:03 pm	11:10 pm	None	None

PETS OF THE WEEK



Dodge ID# A872566 photos provided Lee County Domestic Animal Services
Amelia ID# A870438

Dodge And Amelia

Hello, my name is Dodge. I'm a tan 2-year-old male pit bull mix. I'm 60 pounds of "Pittie Love." I'm looking for a family that I can run, play and cuddle with at the end of the day. I'm obsessed with Animal Services' kiddie pools – especially if you put a

ball in it for me to chase. I will keep you entertained and be your loyal companion. My adoption fee is \$10.
Hi, my name is Amelia. I'm a black and white 7-year-old female domestic shorthair. I'm a girl that knows what I want, and I am not afraid to tell you. I'm quite independent and will go about entertaining myself with watching the action around the shelter. When I want attention, I will let you know with typical cat behavior and meowing loudly. My adoption fee is \$10, and you can adopt a friend for me at no additional charge.
Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.

My Stars ★★★★★
FOR WEEK OF JUNE 28, 2021

Aries (March 21 to April 19)
You feel ready to face up to a major change, although it might involve some risks. A once-dubious family member comes around and offers support and encouragement.
Taurus (April 20 to May 20)
Move forward with your plans, despite discouraging words from those who underestimate the Bovine's strong will. Your keen instincts will guide you well.
Gemini (May 21 to June 20)
A misunderstanding is easily cleared up. Then go ahead and enjoy some fun and games this week. A Libra might have ideas that merit serious consideration for the future.
Cancer (June 21 to July 22)
You might feel as if you're in an emotional pressure cooker, but the situation is about to change in your favor. Take time out for some well-earned fun.
Leo (July 23 to August 22)
A shift in your workplace responsibilities creates resentment among some co-workers. Deal with it before it becomes a threat to your success on the job.

Virgo (August 23 to September 22)
Expect some surprises in what you thought was one of your typically well-planned schedules. Deal with them, and then enjoy some lighthearted entertainment.
Libra (September 23 to October 22)
Be careful: What appears to be a solid financial opportunity might have some hidden risks attached. A hazy personal matter needs to be cleared up.
Scorpio (October 23 to November 21)
It's a good time to strengthen ties with family and friends. You might feel unsure about a recent workplace decision, but time will prove you did the right thing.
Sagittarius (November 22 to December 21)
Just when you thought your relationship was comfortable and even predictable, your partner or spouse could spring a potentially life-changing surprise on you.
Capricorn (December 22 to January 19)
Your usually generous self is overshadowed by your equally strong suspicious nature. You might be judging things too harshly. Keep an open mind.
Aquarius (January 20 to February 18)
Love and romance dominate the

continued on page 46

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From page 44

My Stars

week. Married Aquarians enjoy domestic harmony, while singles could soon be welcoming overtures from loving Leos.

Pisces (February 19 to March 20) An old health problem recurs, but it is soon dealt with, leaving you eager to get back into the swing of things. A favorable travel period starts this week.

Born This Week: You have an independent spirit that resists being told what to do. But you're also wise enough to appreciate good advice.

MOMENTS IN TIME

- On July 21, 365 AD, a powerful earthquake off the coast of Greece causes a tsunami that devastates the city of Alexandria, Egypt. It was not until 1995 that archaeologists discovered the ruins of the old city off the coast of present-day Alexandria.
- On July 22, 1598, William Shakespeare's play *The Merchant of Venice* is entered on the Stationers' Register. By decree of Queen Elizabeth, the register licensed printed works, giving the Crown tight control over all published material.
- On July 19, 1799, the Rosetta Stone is found in Egypt by a French soldier. The irregularly shaped black basalt slab contained fragments of passages written Greek, Egyptian hieroglyphics and Egyptian demotic. It held the key to solving the riddle of hieroglyphics, a written language that had been "dead" for nearly 2,000 years.
- On July 24, 1901, William Sydney Porter, otherwise known as O. Henry, is released from prison after serving three years for embezzlement from a bank in Austin, Texas. He began writing stories

- to support his young daughter while he was in prison.
- On July 25, 1917, in Paris, the exotic dancer Mata Hari is sentenced to death by a French court for spying on Germany's behalf during World War I. Since 1903, she had performed in Paris as a dancer, claiming she was an Indian priestess.
 - On July 20, 1948, President Harry Truman institutes a military draft with a proclamation calling for nearly 10 million men to register for within the next two months. Truman's action came during increasing Cold War tensions with the Soviet Union.
 - On July 23, 1976, members of the American Legion who were gathered in Philadelphia begin suffering from a mysterious form of pneumonia. Within 10 days, 22 people were dead and hundreds were experiencing pneumonia-like symptoms. Their ailment would come to be known as Legionnaires disease.

NOW HERE'S A TIP

- Add a cinnamon stick or softener sheet to your vacuum bag when you change it. As you clean, you will distribute the good smell throughout your home.
- There's been a lot of talk at my house about kitchen gadgets that do double duty, especially since I have made whipped cream for the first time – in my coffeemaker. I have a French press that I rarely use, until now. Add heavy whipping cream and a bit of sugar to the pot, and use the screen to whip the cream by rapidly pumping it up and down. Magic. – JoAnn
- "To save money on electricity costs, hang jeans and other heavy clothing to dry first. White or light towels and

- garments especially love the sun. When they're mostly dry, pop in the dryer to fluff.
- "I love to eat pancakes, but I don't have time to make them every morning. I make a very large batch on Sundays and reheat them through the week. In order to recreate that fresh-from-the-pan crisp (which you don't get if you microwave them), I put them in my toaster." – PE in Ohio
 - "I use an extra coffeepot to brew a pot of hot water. I use the water for both tea and instant oatmeal packets in the morning." – MS in Nevada
 - "Before I go to the beach, I freeze an ice-cube tray full of lemonade. Then, we use the cubes in our travel cups. It keeps the lemonade cool, and as it melts (which tends to be quickly), it doesn't water down the drink." – KH in South Carolina

STRANGE BUT TRUE

- On May 19, 1996, Kermit the Frog gave the commencement speech at Southampton College, Long Island University.
- TASER is actually an acronym for Tom A. Swift's Electric Rifle. "Tom Swift" references the book character who is not just an inventor of amazing gadgets, but a childhood favorite of the Taser's inventor, Jack Cover.
- The average high-school swimmer swims 1 million strokes per season.
- Researchers found that male bottlenose dolphins in Western Australia's Shark Bay have formed "boy bands" that harmonize their mating calls together in order to better attract females.
- While working as an extra on the set of *The X-Files*, singer Michael Buble was fired for stealing a hot dog from the

- craft services table.
- The most common injury caused by makeup is scratching the eye with a mascara wand.
 - A local folk remedy in Boho, Ireland, involved placing soil from the local church under one's pillow while sleeping to cure infections. The nature of the remedy proved more scientific than divine when, in 2018, a microbiologist found the soil contains a previously unknown strain of streptomycetes, which can be used to create antibiotics.
 - Out at sea, a tsunami is only about 3 feet high, and could pass a boat without being noticed.
 - At the 2011 World Scrabble Championships in Poland, a competitor demanded officials strip-search his opponent after a "G" tile went missing. The officials decided against it due to a lack of evidence of cheating.
 - With every bottle of Laphroaig whisky, you're entitled to a lifetime lease on a one-square-foot plot of land on the Scottish island of Islay, as part of Laphroaig's loyalty program "Friends of Laphroaig."

THOUGHT FOR THE DAY

"When you're good at something, you'll tell everyone. When you're great at something, they'll tell you." – Walter Payton

TRIVIA TEST

- Television:** What city is the setting for the 1980s medical drama *St. Elsewhere*?
- History:** When was the first Veterans Day celebrated in the United States?
- Movies:** Who played the role of Lt. Dan Taylor in the 1994 movie *Forrest Gump*?

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5/28 ★ 7/16

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7/2 ★ 7/9

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4/24 ★ TFN

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.

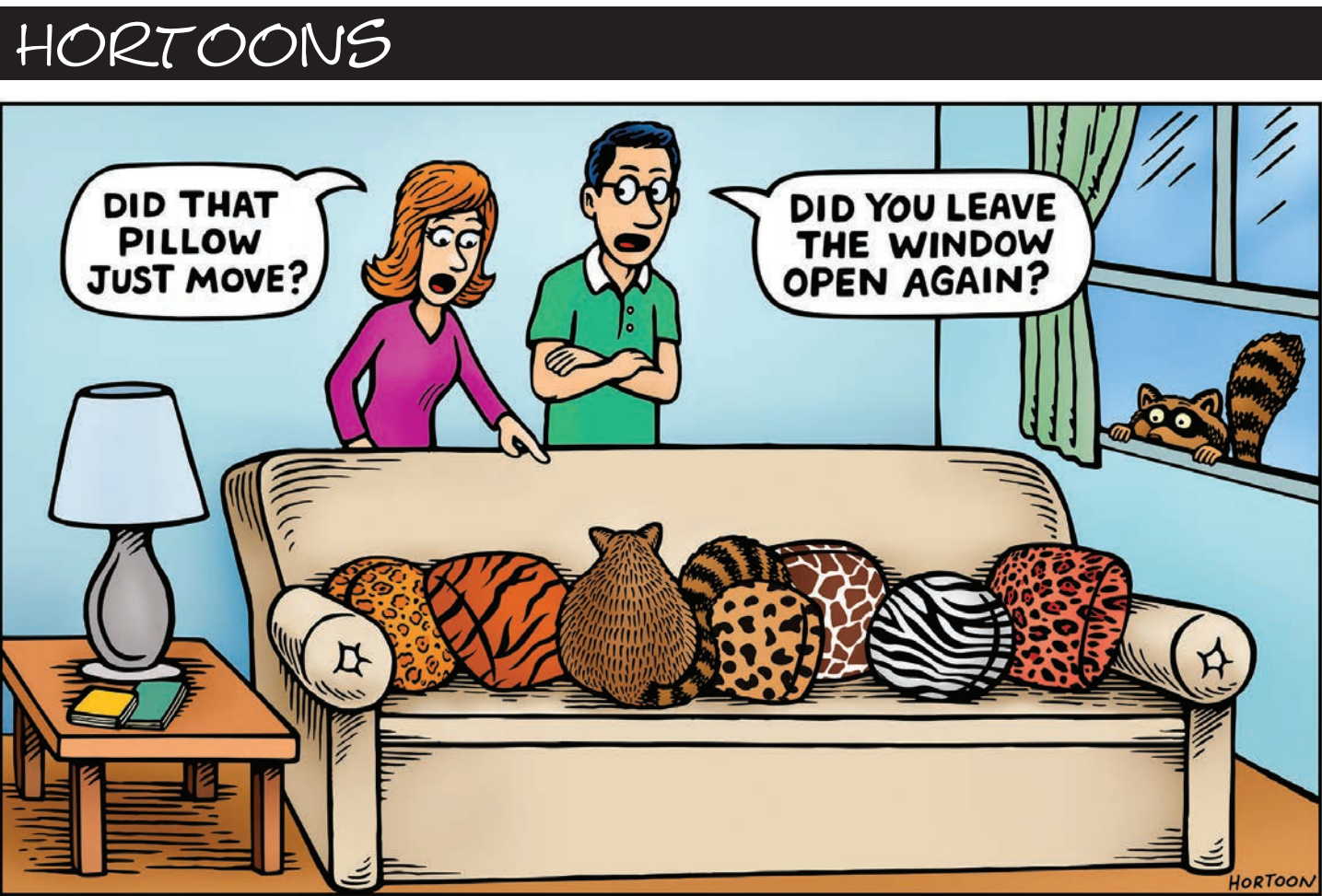
- 4. **Psychology:** What fear is represented in the condition called chorophobia?
- 5. **Geography:** What is the southernmost city in Africa?
- 6. **Famous Quotes:** Who wrote this about fleeting summer, "Summer's lease hath all too short a date"?
- 7. **Science:** Which nerve transmits sound to the brain?
- 8. **General Knowledge:** What is the color papaya?
- 9. **Food & Drink:** In which U.S. state did Pepsi Cola originate?
- 10. **U.S. Presidents:** Which president received the Secret Service code name "General"?

TRIVIA ANSWERS

1. Boston 2. 1954 3. Gary Sinise 4. Fear of dancing 5. Cape Town 6. William Shakespeare, Sonnet 18 7. Auditory nerve 8. Orange 9. North Carolina 10. Harry Truman.

SCRAMBLERS ANSWER

1. Pirate 2. Lovely; 3. Serene; 4. Elated
Today's Word
NERVE



PUZZLE ANSWERS

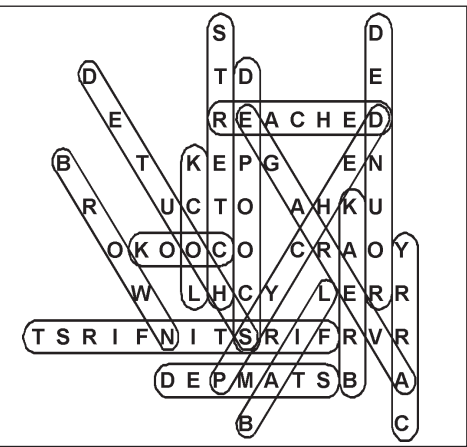
SUPER CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Sanibel	2001	4,570	\$4,595,000	\$4,500,000	39
Shell Harbor	Sanibel	1975	3,616	\$3,300,000	\$3,300,000	0
Cape Coral	Cape Coral	2017	3,543	\$3,200,000	\$2,850,000	61
Venetian Gardens	Fort Myers Beach	2014	3,216	\$2,895,000	\$2,850,000	7
Barefoot Bay	Bonita Springs	2005	6,590	\$2,895,000	\$2,750,000	160
Wildblue	Fort Myers	2019	4,319	\$2,413,360	\$2,413,360	124
Plantation Village Of Sanibel	Sanibel	1990	3,170	\$1,995,000	\$1,875,000	17
Flamingo Harbour Condo	Fort Myers Beach	1994	2,604	\$1,895,000	\$1,825,000	3
Heron	Sanibel	2000	4,054	\$1,648,000	\$1,648,000	5
Cape Coral	Cape Coral	2014	2,765	\$1,590,000	\$1,590,000	300

July 4th Weekend Sidewalk Sale

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