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VOL. 29, NO. 3

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 16, 2021

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North American river otters check out the camera

photos by Brian Bohlman

Otter Pups Raised At CROW Now On Their Own

Three orphaned North American river otters were returned to the wild on July 9 after being raised at Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel. The otters were released at River Park in Bonita Springs.

The orphaned otters were in care at CROW since they were just a few weeks

old. The first otter pup, a healthy young male, was admitted on February 10 after being found on the side of the road in Labelle. A few days later on February 12, a young female otter was transferred to CROW after being initially admitted to Peace River Wildlife Center in Punta Gorda. The female battled pneumonia, but quickly recovered under the medical care of CROW's staff before joining the male pup.

North American river otters are very social creatures and otter pups typically remain with their mother throughout



Thanks to local anglers, the otters learned how to catch live fish, which is critical to their survival in the wild

their first year of life. Growing up with a sibling is vital to their learning and development of survival skills needed for life in the wild.

In early March, the third otter, a young female, was found alone in a drainage ditch and admitted to the Tampa Bay Raptor Center. She was in good health when she was transferred to CROW on March 10 to be raised with the other two already in care. The three otters quickly bonded.

"As the otters grew, we weaned them onto solid food and introduced

them to the water," said Breanna Frankel, CROW rehabilitation manager. "Eventually, they were moved to our outside enclosures, where they learned important skills like hunting."

The otters' development in hunting ability was aided by volunteer anglers who donated time to catch and deliver live fish.

"We are so thankful for the amazing people who answered our call for fisherman," said Frankel. "All of the live fish provided for us to feed the otters helped them prepare for this day." ✨



The otters were released together in Bonita Springs



The trio of otters back in the wild

HAPPY ANNIVERSARY



Jennifer and Joe Glavosek

photo provided

Happy 35th wedding anniversary to Joe and Jennifer Glavosek of Senoia, Georgia. Joe and Jen were married by their pastor, Dennis Watson, in Fayetteville, Georgia on April 26, 1986. They have been visiting Sanibel Island since 1995 and have passed on a love for the island to their two daughters, son-in-law

and five grandchildren. The family has been blessed to make many memories walking the shores and biking the trails together. When they're not on Sanibel Island, they also enjoy RV camping and line dancing together. Their family is so thankful and inspired by the deep love they have for each other.✽



The Community House

photo by Logan Hart

Community House Events

Paper shredding day is this Saturday, July 17 from 9 a.m. to noon. Cost is \$5 per bag or box. Businesses welcome. Call ahead if you have more than 10 bags or boxes. Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. with a class offered from 10 to 11 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. The Sanibel-Captiva Art League exhibit by Keith Johnson and David Tompkins is on view through July 31. 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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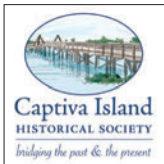
McCarthy's Marina
Captiva Island Historical Society

photo courtesy Captiva Island Historical Society Archives

Landmark: McCarthy's Marina

This week's image is a view of McCarthy's marina and dock circa 1989.

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.captivaislandhistoricalsociety.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, 472-4901.

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

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Blustery Week Of Summer Camp



Campers and CITs practiced their surf paddling on the calm waters after Tropical Storm Elsa passed photo provided

The first week of July for Sanibel Sea School campers proved to be a wet one. Tropical Storm Elsa passed by the Sanibel coast line on Tuesday and Wednesday morning, creating windy and rainy conditions for the summer camp. With winds forecasted to be near 40mph, Sanibel Sea School staff decided to close camp for the day on Tuesday.

"We've never had to cancel camp as a result of a tropical storm or hurricane before," said Director Nicole Finnicum.

"Usually the larger storms come later in the season, after camp is over."

Despite the one-day cancellation, campers were able to be out and about around Sanibel the rest of the week. The rain passed by Wednesday afternoon and campers were back out on the bay surfing in no time.

While out on the beach exploring post-Elsa, campers enjoyed finding many shell treasures and beach debris. They even found a pygmy octopus washed ashore. After a quick look at the octopus'

eight legs and allowing it to crawl atop the campers' hands, it was safely released back into the sea.

"Since I've been on Sanibel, I've only ever seen one other octopus wash ashore and it was also after a tropical storm," said Education Programs Manager Shannon Stainken. "They are not uncommon around Sanibel, they are just very elusive."

On Thursday night, Plankton Week campers embarked on a night snorkel in

search of bioluminescent plankton. As the sun set over the horizon, campers donned their snorkels and began combing through the dark water and seagrass. Some highlights included a batfish, comb jellies and even a few seahorses.

Part of the Sanibel-Captiva Conservation Foundation (SCCF) family, Sanibel Sea School's mission is to improve the ocean's future, one person at a time. For more information, visit www.sanibelseaschool.org.✱

Open House At Children's Center

The Children's Education Center of the Islands will hold its Back to School Bash on Thursday, August 5 from 3 to 6 p.m. The open house format for new students and parents will include a scavenger hunt, snacks, an opportunity to meet the teachers and sign paperwork, and "Touch a Truck" with the local fire department.

Registration for this upcoming school year is still open and there are a few remaining spots. Call 472-4538 to schedule a tour.

The Children's Education Center of the Islands is a nonprofit preschool with a nature-based curriculum, located at 350 Casa Ybel Road on Sanibel.✱



image provided

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OBITUARY



CRAIG COZENS SCOTT

Craig Cozens Scott, a loving husband, father, grandfather, brother and friend, passed away peacefully on his birthday, July 9, 2021, surrounded by his family. Craig was a native of Philadelphia, Pennsylvania and a longtime resident of Sanibel Island, Florida.

Craig, the youngest son of Raymond P. Scott and Rita C. Scott, was born in 1937. After graduating from Lower Merion High School in 1955 and

University of Southern California in 1959, Craig followed in his father's footsteps by opening his first car dealership in 1969 in Allentown, Pennsylvania. Over a 52-year career, Craig, a highly respected automobile dealer known for his integrity, was honored as the Time Quality Dealer of The Year in 1993. He served as president of the Pennsylvania Automobile Association from 1998 to 1999, he was an active Rotary member, and most recently, a board member for The Heights Foundation, which supports family and community development in Fort Myers, Florida.

Sports were a meaningful part of his life, including excelling on the high school football field and later as a relentless supporter of his children's and grandchildren's teams as spectator, self-proclaimed team statistician, and coach. He loved traveling to the NCAA basketball tournament, Indy 500 and Philadelphia Eagles' games, including their Super Bowl win.

"Captain Craig's" passion for sailing was illustrated by the Scott family's signature Star Boat placed on the back of every Scott car sold. Craig spent many of his favorite times with family and friends in Stone Harbor, New Jersey where he served as commodore of the Stone Harbor Yacht Club. He was passionate about sailing the Chesapeake Bay, cruising the waters of Sanibel, and moving his boats up and down the Intracoastal Waterway with his first mate, Susan. In addition,

he was a gifted karaoke singer (Frank Sinatra songs were his favorite), a Harley Davidson gang member and a smooth ballroom dancer.

Craig lived an extraordinary life, typically with a hint a mischief in his blue eyes and a welcoming smile. He touched the hearts and souls of many. All who knew him felt the depth of his compassion and kindness. Craig was always a true gentleman.

Craig is survived by his wife, Susan; daughter, Ashley; son Duke and his wife Melissa; son Gordon and his wife Elisabeth; grandchildren, Ben, Andrew,

DJ (Craig Cozens Scott, III), Samantha, Pendleton and Piper; his brothers Philip and Robert; and many cousins, nieces, and nephews. He was preceded in death by his brothers Raymond P. Scott Jr., Warren B. Scott and Gary K. Scott.

There will be a celebration of Craig's life at 3 p.m. on Thursday, July 29 at Westminster Presbyterian Church, located at 10 W. Pleasant Grove Road in West Chester, Pennsylvania. In lieu of flowers, the family suggests donations to The Heights Foundation (www.heightsfoundation.org) on Craig's behalf.✧

National Spirit Of '45 Day

Lee County's National Spirit of '45 Day in Fort Myers will be held on Sunday, August 8 from 4:15 to 7:15 p.m. at Sanibel Harbour Marriott Resort, located at 17260 Harbour Pointe Drive in Fort Myers.

Dinner will be served from 4:15 to 5:45 p.m. The World War II veterans tribute and ceremony will be held from 5:45 to 7:15 p.m. Guest speakers will include several World War II veterans and entertainment will be provided by Guns N' Hoses Pipes N' Drums.

There is no admission charge for World War II veterans and spouses of the World War II generation. For all others, cost is \$30 per person. Reservations must be made by Sunday, August 1 and paid for by Wednesday,

August 4 (non-refundable). To make a reservation, contact Eryka Aptaker, Lee County Spirit of '45 chairman, at 917-607-4385. For more information, visit www.spiritof45.org.✧

View Hurricane Seminar Online

The City of Sanibel held its annual hurricane seminar on June 17. Citizens of Sanibel who were unable to attend can watch the 96-minute seminar online. The seminar was presented by the Sanibel Police Department and can be viewed at <https://www.youtube.com/watch?v=oR52lf-MjK0>.

For more information on hurricane preparedness, call the Sanibel Police Department at 472-3111.✧

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Historical Village Off-Season Closure



Aerial view of Sanibel Historical Museum & Village photo provided

The Sanibel Historical Museum and Village will close for the off-season on Saturday, July 31 and reopen on Tuesday, October 19. For the rest of July, the village will be open Tuesday through Saturday from 10 a.m. to 1 p.m. Upon reopening in October, hours will be Tuesday through Saturday from 10 a.m. to 4 p.m. with guided tours at 10:30

a.m. and 1:30 p.m. The Sanibel Historical Museum and Village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access. Admission is \$10 for adults over 18; no charge for members and children. For more information or to make a donation, visit www.sanibelmuseum.org or call 472-4648 during business hours.✪

Bonus Outdoor Seating Moves Forward

by Wendy McMullen

Most diners prefer to eat outdoors most months of the year, and Sanibel planning commissioners and staff are trying to make it easier for islanders to dine outdoors in nature. Currently, outdoor dining is part of the officially approved plan of a limited

number of island restaurants. The onset of COVID-19 brought more demand for outdoor seating, and temporary approvals were passed to allow what was termed “bonus outdoor seating.” Now, despite the pandemic passing, many people still want to eat outdoors, and the planning commission is working on codes to make it possible. But they want to distinguish between approved outdoor seating, built into the original plan for the restaurant, and bonus seating which is an addition to the number of seats previously allowed. Restaurants like Doc Ford’s already

planned extensive outdoor seating when the restaurant was designed. Many restaurants, however, have no provision in their initial plan for outdoor seating, and it is these restaurants to which the bonus seating applies. Temporary use approvals were given to Gramma Dot’s at Sanibel Marina, George and Wendy’s in Bailey’s Center and Blue Giraffe at Periwinkle Place. Staff is now recommending that the city have a permanent policy allowing all Sanibel restaurants to add between 16 and 32 “bonus” seats to their restaurants, providing they do not contravene other codes. More bonus seats can be added if they do not exceed 15 percent of the already allowable seats. Seating, which is already approved for outdoors, is included in the number, providing they were in the original plan for the restaurant. Several commissioners pointed out that even though the rules temporarily allowed bonus seating, not all restaurants complied with them. “So many restaurants did not comply,” said Commissioner Karen Storjohann, who asked if the application form was a simple one available on the city’s website. “Everyone wanted their business to benefit, but they didn’t take the time to fill out the form. I find that reprehensible.” The placement of the bonus outdoor seating must comply with the city’s vegetation and landscaping plans, and not interrupt the flow of people entering the restaurant. Planners will also allow the indoor seating approved in the original design to be moved outdoors, providing that the total dining seat count does not increase. “Moving seats from indoor to outdoor does not intensify use,” said Craig Chandler, acting community services supervisor. “The vast majority of restaurants would not be required to apply for a new permit.” The document recommending the changes as discussed at Tuesday’s meeting will be reconsidered at the next meeting of the planning commission.✪

Periwinkle Place Landscaping Finally Approved

by Wendy McMullen

Changes to Periwinkle Place’s landscaping plan were finally approved at Tuesday’s planning commission meeting. A new landscaping plan was necessitated by the proposed addition of Pinocchio’s Italian Ice Cream at the entrance to Periwinkle Place. This represented a change of use for the shopping center that prompted a landscaping review. Vegetation buffers screening commercial establishments are an integral part of the Sanibel Land Development Code. The vegetation plan required for Periwinkle Place was hotly contested by store owners and Ben Dahlmann, the owner of the center, who claimed that the required screening was impossible and would hide the shopping center from public view. Recognizing that overhead power lines, the shared use path and other considerations made the vegetation plan required by the land development code difficult to achieve, planning staff amended the landscaping plan for the front of the shopping center. Then the rear and side buffers of the shopping center came under discussion, and plans had to be drawn up to bring this into conformity within a certain period. Periwinkle Place owners, planning commissioners and planning staff finally reached an agreement to allow for less than the required installation, location, numbers, types, size and variety specified for commercial vegetation buffers at the end of the last planning commission meeting, and the amendment was drawn up as agreed and presented at Tuesday’s meeting. But all was still not well. Attorney for Periwinkle Place owners, Steve Hartsell, said that he had only received the amendment the previous evening and had not had an opportunity to speak

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Brooke Adams photos provided

Lions Club Awards Francis Bailey Scholarships

submitted by Bill Sartoris

The Sanibel Captiva Lions Club awards Francis Bailey Scholarships annually. The fund supporting the scholarships was originally created by Francis Bailey, one of the founders of the Lions Club. The scholarships are awarded for post-secondary education to qualified students who either live or



Jianna Senkeleski

work on Sanibel or Captiva, or have parents who work on islands. Awardees are selected based upon their academic achievement in high school, leadership in extracurricular activities and financial need. We are proud to announce that we have awarded new scholarships to three outstanding students for the 2021-22 academic year. The awardees are Brooke Adams, Jianna Senkeleski and Julia Senkeleski.

Brooke Adams is a graduate of Fort Myers High School. In addition to her scholastic and extracurricular activities, she was a puppy raiser for the Southeast Florida Guide Dogs, a charity



Julia Senkeleski

long supported by the Lions Club. Adams will be attending Tallahassee Community College (TCC). After two years at TCC, she plans to matriculate at Florida State University, where she will major in business management.

Jianna Senkeleski was home schooled on Sanibel. She will be a freshman at Liberty University where she will work toward a degree in business with a major in marketing and entrepreneurship. She hopes to open her own business after graduation and work with non-for-profit organizations.

Julia Senkeleski will be a senior at Liberty University where she is majoring in nursing. After graduation, she hopes to work on a master's degree where she will specialize in midwifery.

Join us in congratulating these three outstanding students and wishing them the best in their future education and careers. Contact the Sanibel Captiva Lions Club if you would like to assist in contributing to the Francis Bailey Scholarship Fund.

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.

Sanibel Captiva Lions Club holds regular dinner meetings on the first and third Wednesday of the month during the year. Visiting Lions or other interested parties are welcome to attend. For more information, contact Lion Steven Schulz, membership chair, at P.O. Box 391, Sanibel, FL 33957, 233-6261 or visit www.sanibelcaptivalionsclub.org.

From page 8

Landscaping

with the landscaping contractor regarding whether the plan outlined in the amendment was the same as the one agreed upon.

"Is it just that you haven't had time to discuss with the landscaper or is there something substantial?" Planning Commissioner Paul Nichols asked the attorney.

"I believe that this accurately reflects what has been agreed. We're being told to provide detailed plans and we've done that. I'm just not confident that the same staff will be here when we come to put it in," said Hartsell.

"Is this substantive or semantics?" asked Planning Commissioner Karen Storjohann, expressing her frustration with the slow process.

"You're just going to have to trust us, Steve," she concluded.

The vegetation plan for the front of Periwinkle Place must be in place within 120 days but the owners have 15 months to complete the revegetation of the sides and 27 months for the rear of the property.

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THE QUESTIONS ARE SIMPLE:

Should the Island Senior club have a permanent home in the existing facility they have enjoyed since 1993 and operate independently at the discretion of their Board?

YES

Should the City of Sanibel have a new multi-million-dollar Center 4 Life building to compete with the Recreation Center and Community House?

NO

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OBITUARY**ELIZABETH "BETTY"
BURFORD HARRIS**

Elizabeth "Betty" Burford Harris passed away on July 2, 2021 after an extended illness. Betty was born on April 19, 1956 in Montgomery, Alabama. She was preceded in death by her parents, Mary Elizabeth and John Emmet Harris, and her brothers, Dr. Terry Chase and Johnny Harris. She is survived by her brother, Dr. Thomas Chase (Judy), her sister-in-law, Barbara Chase, her aunt, Betty Van Paterson, her cousins, Burns Paterson (Nancy) and Sally Fletchinger (Don), and many friends.

Betty graduated from Sidney Lanier High School and St. Margaret's Nursing School in Montgomery, Alabama. She was a devoted resident of Sanibel Island, Florida where she made her home for the last 40 years. Betty loved cooking, visiting with friends and her Auburn Tigers. She will forever be remembered for her fun-loving attitude and sense of humor. Betty will be dearly missed by her family and friends.✽

Trimming On San-Cap Road

Vegetation trimming along Sanibel-Captiva Road from Bowman's Beach Road to Blind Pass is under way on both sides of the road, including the shared use path, weather permitting. The project began on July 12 and will continue through Friday, July 30 from 8 a.m. to 5 p.m.

Due to the nature of the vegetation work, one lane of Sanibel-Captiva Road may be intermittently closed to traffic. Please be prepared to expect delays. Drivers and pedestrians are asked to proceed slowly and cautiously through the area when workers are present.

Contact the Department of Community Services Public Works Division at 472-6397 if you have any questions regarding the trimming.✽

City Surveying The Beaches

On July 12, the City of Sanibel began surveying the island's beaches to monitor coastal erosion and accretion. This work will not interfere with access or usage of any of the beaches and will take approximately three weeks to complete.

This year's monitoring project has been awarded to Aptim Environmental & Infrastructure, LLC. The project is half funded by the Tourist Development Council with the remaining half being funded by beach parking fees. It is part of a continuing effort to collect and analyze beach profile data.

Contact the Department of Community Services Public Works Operations at 472-6397 if you have any questions regarding the project.✽

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Northern mockingbirds feasted on this royal palm fruit just prior to this photo being taken
photos by Gerri Reaves

Plant Smart

Leave Palm Inflorescences For Wildlife

by Gerri Reaves

Removing the flowers and fruit of native palms like cabbage palm (*Sabal palmetto*) or royal palm (*Roystonea regia*) is a common practice. Plant experts advise that doing so does little or no damage to the palms. However, before you automatically



Abundant fruit and flowers exist simultaneously in various stages of growth on the cabbage palm, a boon for birds, butterflies and other wildlife

and prematurely remove the flower and fruit stalks, consider the cost to wildlife and your pocketbook. Also consider that the palms are self-pruning. Native palms aren't just decoration for the landscape. They are habitat and food sources for a host of native wildlife. Songbirds and woodpeckers rely on them, as do a variety of pollinators, such as bees and butterflies. Bats and treefrogs also utilize them, and some animals build nests in the crown. Cabbage palm's abundant blue-black berries provide food for birds, including herons, gulls, crows, woodpeckers and

blue jays. Mammals such as squirrels, deer and reptiles are a few of the other animals that depend on the tree. Beetles and bees visit the creamy flowers for nectar and pollen. All of these benefits make it clear why this palm is Florida's state tree. Royal palm's abundant red berries also provide food for wildlife, and the stately palm is the larval host plant for the monk skipper. When securing your property for the storm season, remember that while it might be advisable to remove loose cabbage or royal palm fronds for safety, removing green living fronds should be



left on the tree to photosynthesize and nourish the plant. Besides, removing live fronds actually renders the palm more vulnerable to wind damage. Palms stripped of flowers and fruit are food deserts for wildlife striving to survive in compromised ever-shrinking habitat. So, leave those beautiful fragrant flowers on the palms and support our native wildlife. Sources: <https://ffgs.ifas.ufl.edu> and www.fnps.org. *Plant Smart explores the diverse flora of South Florida.*✧



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Florida Yards Sought For TV Makeover Series

The City of Sanibel has received notice that the Florida Department of Environmental Protection (DEP) and the University of Florida Institute of Food and Agricultural Sciences (UF/IFAS), are seeking nine Florida homeowners who want help "flipping" their yard into a Florida-Friendly landscape as part of the *Flip My Florida Yard (FMFY)* television series. The FMFY team will work with the selected homeowners to determine how to flip the yard, develop a landscape design and bring it to life. Depending on the size and needs of the landscape, a yard or a portion of the yard could be flipped. Sanibel property owners are encouraged to visit the City of Sanibel's Department of Natural Resources website for resources on native vegetation, fertilizer, water quality and protecting the beaches, as well as the *Environmental Reference Handbook*. Contact Rachel Rainbolt in the Natural Resources Department by email at rachel.rainbolt@mysanibel.com or phone at 472-3700 with any questions. The FMFY show will travel to homes around the state for the ultimate Florida-Friendly makeover, transforming selected yards to help protect and

conserve Florida's natural resources through science-based landscape practices. The landscape designs are based upon the nine principles of Florida-Friendly Landscaping (FFL): right plant, right place; water efficiently; fertilize appropriately; mulch; attract wildlife; manage yard pests responsibly; recycle yard waste; reduce stormwater runoff; and protect the waterfront. To learn more or sign up to be considered for season two, visit, <https://www.flipmyfloridayard.com/want-your-yard-flipped.html>.✧

LCEC App Provides Multiple Account Services

Managing your Lee County Electric Cooperative (LCEC) account safely and securely online with SmartHub is an electricity win. LCEC's bill pay and customer service tool offers a multitude of ways to make your life easier and even lower your electric bill. With SmartHub, you are able to view payment history, pay your bill, request a payment extension, receive bill reminders, set usage alerts, monitor energy usage and report an outage. Visit www.lcec.net or download the free SmartHub app. Make sure to have your account information handy when you register as a new user.✧



SFWMD Governing Board Member Charlotte Roman activates the Faka Union Pumps
photo provided

Pump Station Activated At State Forest Site

The South Florida Water Management District (SFWMD) reached a major milestone for the Picayune Strand Restoration Project in unincorporated Collier County and began using the Faka Union Pump Station earlier this month for the first time. This pump station, coupled with other restoration activities, works to rehydrate drained wetlands in the Picayune Strand State Forest and restore the area's natural sheet flow.

"In the 1960s, a developer dug canals to drain the land and constructed miles of shell-rock roads, destroying the natural habitat," said SFWMD Governing Board Member Charlotte Roman. "Under the direction of Gov. Ron DeSantis to expedite Everglades restoration, the water management district has worked with its partner, the U.S. Army Corps of Engineers (USACE) to expedite the filling of some of those canals. Now we can restore the hydration and ecosystem of this beautiful natural treasure."

This past dry season, the USACE completed the backfilling of 3.3 miles of canals in the north central region of Picayune Strand. Now, with sufficient water supply from the region, SFWMD is using the Faka Union Pump Station for the first time to pump up to 2,650 cubic feet per second (cfs) of water into a large spreader basin. The basin fills up and allows water to flow naturally through the area and restore its natural state of hydration.

Rehydration of these wetlands supports wildlife habitat, water quality improvements, and overall ecosystem restoration efforts in the region. SFWMD has been working with the USACE for years on the Picayune Strand Restoration Project, which is part of the Comprehensive Everglades Restoration Plan (CERP).

In the 1960s, more than 85 square miles of wetlands in western Collier County was drained for a failed real estate development called Southern Golden Gate Estates. Road construction and canal excavations severely impacted the area, reducing aquifer storage, increasing

freshwater discharges to estuaries in the Ten Thousand Islands, disrupting native plant communities, and increasing the frequency of wildfires.

The Picayune Strand Restoration Project restores surface water flow to these vital wetlands and supports numerous environmental benefits including:

- Restored and enhanced habitat for fish and wildlife;

- Reduced drainage of adjacent sensitive ecosystems;

- Improved aquifer recharge to protect underground water supplies and prevent saltwater intrusion;

- Reduced freshwater releases/improved health of downstream estuaries; and
- Increased recreational opportunities.

The Picayune Strand Restoration Project is a partnership with the U.S. Army Corps of Engineers and is expected to be completed by 2025. The restoration effort is one of dozens of projects Gov. DeSantis directed SFWMD and its partners to expedite with his Achieving More Now For Florida's Environment Executive Order as soon as he took office in 2019.✱

Punta Rassa Boat Ramp To Close Temporarily

The Punta Rassa Boat Ramp will be closed temporarily from Monday, July 26 through Thursday, July 29 for parking lot improvements. The ramp will reopen Friday, July 30, weather permitting. Patch work began on July 14.

The Punta Rassa Boat Ramp is Lee County Parks & Recreation's most-used boat ramp. Signs have been posted to alert boaters of the upcoming closure.

During the project, the Lee County parking sticker will be honored at the City of Sanibel boat ramp – just across the Sanibel Causeway from the Punta Rassa Ramp – so boaters with stickers have the option to pay the bridge toll and use that ramp without paying its meter fee.

Visit www.leeparks.org for more information. Parking fees are \$10 for 24 hours, \$20 for 48 hours or \$30 for 72 hours. Boaters can purchase an annual parking sticker online or by calling 533-7275.✱

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Post-Elsa Action



by Capt.
Matt Mitchell

After a few rain days off of work due to effects of Elsa, we experienced cooler water temperatures once back at it and it did wonders to fire up the fishing. The western side of the

bay and beaches was stirred up for several days while the eastern side of the sound remained remarkably clear. Dirty stirred-up water in the passes does wonders for the snook bite, while trout fishing in the clear water of the sound was also a good choice. For as much rain and wind that we had, things quickly got back to normal after a few days and tide cycles.

Snook and redfish action was strong around the passes while the water was still sandy and cloudy from the rough conditions of the storm. Some days, the better bite came while drifting the passes, while other days it was better from a stationary boat. Often, working a whole shoreline is what it took to pick away at some really quality fish. After returning to these same shorelines for several days on the same incoming tide period, clients caught both snook and redfish over 30 inches.

Grunts and pinfish have remained the baits of choice when going in and around the passes. When I fish mangrove shorelines close to the passes, I prefer

to tail-hook these baits by pitching them under the structure. This method makes the bait swim under the trees while they put out lots of vibration. When the tide is moving really fast or you're drifting, try adding a split shot up on the leader and hook the bait through the mouth to keep them skipping along the bottom. Getting the presentation down changes by the day and tide, so mix it up until you get it dialed in.

Tarpon are still around, though not in the huge numbers they have been the past few months. They have become a little harder to locate, but if you are willing to put in a little more search time, the effort can and will pay off. While running a tarpon trip over the past weekend, I was surprised at how few other boats where tarpon fishing. After a few stops, I did find some slow-rolling fish in the bay. We snuck up on them and jumped three under a float all on pinfish. Unfortunately, we just could not get one to stick. These post-spawn fish just feed better then they do in the spring.

No matter what species you choose to target, big schools of small fry/hatch bait are marking the way. When you find this tiny bait in the passes, look for snook and redfish to be under it. Out on the flats, the trout will be there. In deeper water, when ladyfish and mackerel are in it, the tarpon should be there too.

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. ⚓



Twelve-year-old Nick caught this 31-inch snook while out with Capt. Matt Mitchell this week photo provided

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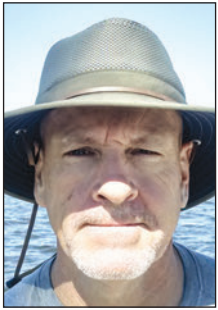
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CROW Case Of The Week:

Common Gallinule



by Bob Petcher

The common gallinule (*Gallinula galeata*) is a marsh bird with the ability to swim like a duck and the skillfulness to walk on top of floating vegetation due to its large feet and long toes.

You can distinguish between an adult gallinule and an adolescent one by the coloring on its head. Adults have a red shield on their foreheads and red beak, while juveniles have no shield and a brownish-black beak. All common gallinules have a white racing stripe down their backs and white outer tail feathers that help identify them from other rails (small- to medium-sized, ground-living birds).

At CROW, a fledgling common gallinule arrived at the clinic after being found at Palmetto Point in Fort Myers. The patient was unable to walk and was suspected to have a broken leg. Upon admission, veterinarians took radiographs that showed a fracture in its left femur. Pain medication was administered and the patient was not fed in preparation for surgery. Surgery



Patient #21-3743 is sporting a red bandage to cover the external fixator – the pins stabilizing the fracture

photo by Brian Bohlman

to repair the femur was performed the next morning.

"The bird was fed the night before surgery, but it did not receive any feedings the morning of surgery since it would be going under general anesthesia," said Dr. Robin Bast, CROW staff veterinarian. "Just like in people, the stomach should be empty to avoid any complications associated with regurgitation."

During surgery, the patient was put under anesthesia while pins were placed

in the leg to properly align the injury. Antibiotic cream was applied to the pin sites and they were bandaged.

"A small, thin layer of triple antibiotic ointment is applied to the sites where the pins exit the skin for a couple of days post-surgery in order to prevent secondary infection," Dr. Bast explained.

The rehabilitation for such a fracture will depend on a number of factors. The patient's young age will help quicken its healing process.

"It depends on how severe the fracture is, the size and age of the bird, and what bone in the body is broken," said Dr. Bast. "This bird is younger and smaller, and the femur is fractured, so it will heal faster, over the course of a few weeks."

Remarkably, the bird was seen standing on both legs the day after surgery.

"That is a good sign of a stable surgical repair and good pain control," said Dr. Bast. "Although we don't want the bird to be running around overdoing it, it is important for a patient to start bearing weight on the affected leg in order to heal appropriately."

The young gallinule looks to be on the road to recovery, although patience will be needed in the weeks ahead.

"This bird will have regular physical therapy sessions over the next two weeks and, after a callus has formed at the fracture site, the pins will be removed," said Dr. Bast. "The bird will have another week of cage rest and then move to an outdoor enclosure at that time to continue doing its own physical therapy."

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 Beautiful Miter



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

V*exillum pulchellum* (Reeve, 1844) is a member of the family Costellariidae that may reach 23 mm (about 0.9 inch). Its shell has a sculpture of strong axial (“vertical”) ribs and an elegant color pattern of an orange or salmon-pink background as well as a single, narrow spiral band of lighter color which is, in turn, crossed by short dark-brown bars. The species is found in Florida and the Caribbean. (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 www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.
The Bailey-Matthews National Shell Museum is open from 10 a.m. to 5 p.m. daily. Safety measures have been put in place, and staff and visitors are required to wear face masks.
Your gift helps ensure that our



The Beautiful Miter, *Vexillum pulchellum*, from Islamorada in the Florida Keys
photo by James F. Kelly

staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.
The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.✧

American Legion Post 123

American Legion Post 123 is serving a meatloaf dinner from noon to 8 p.m. this Sunday, July 18. Barbecued ribs and chicken are on the menu for Sunday, July 25. All are welcome.

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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The Neighborhood Place

Located on Casa Ybel and Periwinkle Way



This properly cared for garden continues to provide colorful summer blossoms

photo courtesy www.MelindaMyers.com

Keep Your Garden At Its Best This Summer

by Melinda Myers

Summer means hot and often dry weather for many gardeners. Keep your garden looking its best with less water and maintenance throughout the summer.

Spread a layer of organic mulch like leaves, evergreen needles or woodchips on the soil surrounding plants. This helps keep plant roots cool, conserves moisture, suppresses weeds and improves the soil as it decomposes. Use a three- to four-inch layer of coarser material like wood chips and a thinner, one-inch layer of finer material like leaves. Pull the mulch away from the trunk of the tree, stems of shrubs, and base of flowers and vegetables.

Water thoroughly to encourage deep, drought tolerant roots. Light, frequent watering promotes shallow roots, making plants more susceptible to drought and other environmental stresses.

Check new plantings every day or two and water often enough to keep the root area and surrounding soil slightly moist. Gradually extend the time between watering. Most plants thrive with an inch of water each week. Let soil moisture, not the calendar, be your guide. Adjust your watering practices based on temperature, soil type and rainfall.

Water gardens early in the day to reduce water lost to evaporation and the risk of disease. Consider using drip irrigation or soaker hoses to apply water directly to the soil where it is needed. You will conserve moisture and help reduce the risk of spreading disease with overhead watering.

Check container gardens daily. Water thoroughly – until excess water exits through the drainage hole – whenever the top few inches of potting mix are dry. Succulents like it a bit drier while moisture-loving plants prefer evenly moist soil.

Continue weeding throughout the summer. These unwanted plants compete

for water and nutrients. Many are hosts for insects and disease, attracting them to the landscape and putting your garden plants at greater risk.

Remove faded flowers (deadhead) to improve the plant's appearance, encourage more flowers or prevent reseeding. Self-cleaning plants like impatiens, cuphea and calibrachoa need no deadheading to keep blooming. Columbine, Amsonia and bee balm are a few perennials that produce lots of seedlings. Deadhead these and other plants that produce more seedlings than you desire. Stop deadheading perennials in late summer or early fall to allow seed heads to form. The seed heads add winter interest and many attract songbirds to the garden.

Use twigs, decorative stakes or other supports to keep tall, floppy plants standing tall in the garden. Take time to mask functional supports so staked plants still look their best. Consider decorative stakes or convert found items into garden art that adds interest while keeping your plants upright.

Don't fret when some of your annuals stop blooming during the hotter days of summer. Lobelia, French marigolds, and sweet alyssum are a few annuals that may stop flowering (heat stall) during hot weather. Continue to water and trim back as needed. Then wait for cooler temperatures and flowers to return.

Add a few hanging baskets or containers for extra color and pizzazz. Place containers and hanging baskets in lackluster garden areas like the front entrance, next to the patio or anywhere a bit of fresh color is needed.

Employ a few or all of these strategies to keep your garden looking its best. You will be amazed at the big impact such small efforts can provide.

Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses How to Grow Anything DVD series* and the nationally-syndicated *Melinda's Garden Moment TV and radio program*. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her website is www.MelindaMyers.com. ✨



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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 16, 11 a.m., Why Animals Come to CROW – Do you wonder how and why animals become patients at CROW? Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

Monday, July 19, 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.

Tuesday, July 20, 11 a.m.,

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

ambassadors will be present.

Wednesday, July 21, 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 discuss why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.

Thursday, July 22, 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.✧

Drain Standing Water After The Storm

The Florida Department of Health in Lee County is encouraging residents and visitors to be mindful of standing water after Hurricane Elsa.

The following are some tips on how to protect yourself and your family against mosquitoes by remaining thorough in personal protection efforts with these suggestions:

Drain Standing Water: Drain water from garbage cans, buckets, pool covers, coolers, toys, flowerpots or any other containers where sprinkler or rainwater has collected;

Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used;

Empty and clean birdbaths and pet water bowls at least once or twice a week;

Protect boats and vehicles from rain with tarps that don't accumulate water;

Maintain swimming pools and keep appropriately chlorinated. Empty plastic swimming pools when not in use.

Cover Your Skin: If you must be outside when mosquitoes are active, cover up. Wear shoes, socks, long pants and long sleeves;

Apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with 10 to 30 percent DEET, picaridin, oil of lemon eucalyptus and IR3535 are effective;

Use mosquito netting to protect children younger than 2 months old.

Cover Doors And Windows With Screens: Keep mosquitoes out of your house. Repair broken screening on windows, doors, porches and patios.

Tips On Repellent Use: Always read label directions carefully for the approved usage before applying a repellent to skin. Some repellants are not suitable for children;

Products with concentrations of

up to 30 percent DEET are generally recommended;

Other potential mosquito repellents, as reported by the Centers for Disease Control and Prevention (CDC) in June 2007, contain picaridin or oil of lemon eucalyptus. These products are generally available at local pharmacies. Look for active ingredients to be listed on the product label;

Apply insect repellent to exposed skin, or onto clothing, but not under clothing. In protecting children, read label instructions to be sure the repellent is age appropriate;

According to the CDC, mosquito repellents containing oil of lemon eucalyptus should not be used on children under age 3. DEET is not recommended on children younger than 2 months old;

Infants should be kept indoors, or mosquito netting should be used over carriers when mosquitoes are present;

Avoid applying repellents to the hands of children. Adults should apply repellent first to their own hands and then transfer it to the child's skin and clothing;

If additional protection is necessary, apply a permethrin repellent directly to your clothing. Always follow the manufacturer's directions.

Tips On Eliminating Mosquito Breeding Sites: Clean out eaves, troughs and gutters;

Remove old tires or drill holes for drainage in those used on playgrounds; Turn over or remove empty plastic pots;

Pick up all beverage containers and cups;

Check tarps on boats or other equipment that may collect water;

Pump out bilges on boats; Replace water in birdbaths and pet or other animal feeding dishes at least once a week;

Change water in plant trays, including hanging plants, at least once a week;

Remove vegetation or obstructions in drainage ditches that prevent the flow of water.

Visit www.lee.floridahealth.gov or www.floridadisaster.org for more information.✧

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FWC Releases Manatee And Sea Turtle Decals

The Florida Fish and Wildlife Conservation Commission (FWC) just released its new 2021-22 manatee and sea turtle decals. These high-quality waterproof stickers feature two different designs and are a fun way for people to support research, rescue and management efforts that conserve these species and spread awareness about the challenges they face.

Each July, the FWC introduces new manatee and sea turtle decals that are available for a \$5 donation. The designs look good on a vehicle's bumper or the side of a boat, and you can also stick them on laptops, water bottles and coolers. Get yours online or when registering or re-registering a vehicle or boat at local tax collector's offices across the state.

"Purchasing a manatee or sea turtle decal and displaying it is a simple way to make a difference for some of Florida's most iconic, imperiled species," said Ron Mezich, section leader of the FWC's Imperiled Species Management Section. "The financial support directly contributes to their conservation, and displaying it for others to see also helps raise awareness."

Manatees and sea turtles depend on Florida's waterways and coastal habitats. Therefore, preserving Florida's beaches



Displaying the decals raises awareness and helps fund conservation efforts for manatees and sea turtles

image provided

and aquatic ecosystems is a crucial component of species conservation.

These collectible decals help fund manatee and sea turtle conservation efforts and raise awareness about the species and their habitats. For example, when someone calls the FWC's Wildlife Alert Hotline at 888-404-3922 to

report an injured, entangled, or sick manatee or sea turtle, FWC staff works with partners to rescue, rehabilitate and release these animals in need.

The decal themes highlight important conservation issues, such as manatee-safe boating and keeping waterways clean. This year's themes include:

"Go slow – Look out below!" This message encourages safe boating around manatees, what to look for while on the water and shows others that you support Florida's manatee conservation efforts.

"Protect Florida Sea Turtles" shows a leatherback sea turtle swimming among jellyfish. Leatherbacks are true oceanic travelers in the sea turtle world and need your help in keeping the waterways clean so they can keep swimming long distances.

For more information, visit www.myfwc.com/manatee and www.myfwc.com/seaturtle. Select the "Decals" link to order new or past editions of decals. You can also support these species by purchasing a "Save the Manatee" or a "Helping Sea Turtles Survive" license plate at your local tax collector's office. For more information about how to get involved, visit www.wildlifeflorida.org.

Shredding Day This Saturday

The next paper shredding day at The Community House is scheduled for Saturday, July 17 from 9 a.m. to noon. Cost is \$5 per bag or box. Call ahead if you have more than 10 bags or boxes.

The Community House is located at 2173 Periwinkle Way. For more information, visit www.sanibelcommunityhouse.net or call 472-2155.

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Golfer's Passion Becomes A Lifesaver



by Allison
Havill Todd

How many of us are fortunate enough to say that we've been able to spend a vast majority of our life doing what we love and loving what we do? Longtime

Sanibel resident Jack Stahl is one of these lucky people and has been following his passion for golf since he was a teenager, and it may well have helped save his life.

Stahl first had an opportunity to play with some neighbor friends in 1965. Having never played the sport before, he borrowed a few golf clubs from the local barber down the street in his hometown of Nelson, Nebraska and set out to join his comrades on a rough course located in a cow pasture. They were hitting balls over the grazing cattle and dodging "cow chips" along the way. Although he had never set foot on a golf course before, he picked up the sport right away and won the round that day, going on to shave 20 points off his score the very next game. He still has the Titleist brand ball he used that introductory day. It is displayed amongst the rest of the memorabilia he has collected over the years and showcased in a dedicated room of his home known as "Jack's Golf Museum." He was never afraid of making errors and joked, "I've learned more from my mistakes than anything I ever did right in life."

In his early adult years, Stahl ran a ski resort in Wisconsin during the winter season while remaining involved in a local golf club during the summer months. During his 20 years at the ski area, Stahl recognized his "incredible ability to take ownership of whatever he was doing." After becoming tired of the harsh winters, Stahl made the decision to live in a more tropical, coastal climate where he could enjoy his pursuit of golf year-round. With the guidance of a friend in Naples, he landed his first job in the industry, working in golf course maintenance at minimum wage at a Fort Myers country club.

Recognizing his desire to ultimately become a golf course superintendent, Stahl enrolled in classes at the age of 40 at Edison College in the Turf Management program. He was able to complete his certification while also meeting regularly with other local superintendents during his off hours to share a beer and absorb as much knowledge from them as he could. Shortly thereafter, he met his now life partner of 30 years, Bobbie McGlynn, who introduced him to Sanibel Island where he took a position in golf course maintenance at what was then South Seas Plantation Golf Club on Captiva Island. Because of his strong work ethic and ability to earn the trust of those he worked with and for, it wasn't long before Stahl achieved his lifelong dream of



Jack Stahl in his golf museum

photo by Bobbie McGlynn

becoming a golf course superintendent. He flourished in this role and when asked how he handled the hard work and responsibilities that went with the position, he replied that he never thought of it as work; he was doing what he loved. Stahl beamed, "I couldn't wait to get up and go to work every day knowing that I would get to do it again tomorrow!"

Sadly, after many years of living his passion, this part of the dream came crashing to an end when Hurricane Charley ravaged the island in 2004. Under new ownership, the course was never rebuilt to its former level and Stahl moved on to The Dunes Golf and Tennis Club on Sanibel, where he had to start

all over again. He remained at the course until 2016 when he retired, though he still helped out as part of the team as a course ranger, until illness struck.

Diagnosed with a very aggressive and deadly form of skin cancer on his head, Stahl spent the next three years only leaving his home to go to doctors' appointments or treatments that left him with gaping wounds on his face and head. While this type of life altering experience might drive another person into a state of deep depression, Stahl kept busy sorting, organizing and cleaning all the items in his golf museum.

He has received framed photos and wearables autographed by some of the

most famous names in golf that would leave any avid golf enthusiast in awe. The museum, beginning with golf balls sent to him by friends from courses around the world, has evolved over time, and Stahl keeps a donor's notebook meticulously cataloging each item that has ever been given to him. With over 2,000 golf balls alone displayed on the walls, each is in a particular place for a precise reason. When asked what a few of his most special pieces are, Stahl proudly smiled, "A golf ball from Moscow and a set of Shakespeare Gary Player Black Knight clubs with their original leather grips and solid brass heads that Bobbie spotted at a local estate sale."

As a cancer survivor, Stahl attributes his recovery to his golf museum, which became his refuge and his therapy during the long treatment process. He humbly spoke, "I'm just really lucky to still be doing what I'm able to do and enjoy myself." Thanks to the generosity of Sanibel Island Golf Club, the several time Sanibel City Golf Championship winner is able to play golf four times a week with an honorary membership awarded to him in recognition of his 25 years as a golf course superintendent in the industry, where he continues to do what he loves and love what he does.

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 @thedoggiemom and facebook.com/thedoggiemom.*



Some of Jack Stahl's favorite golf memorabilia

photo by Allison Havill Todd

Shell Found



Tony Swin photo provided

Tony Swin of Kansas City, Missouri found a three-inch junonia in waist-deep water at Sanibel Beach Club on July 7, after Hurricane Elsa passed through. Swin said, "Members of our family have been coming here for over 50 years, and while we go shelling every year, this is the first time anyone in our group has found such a unique treasure."✱

Shell Found



Addie Quillen photo provided

Addie Quillen, 9, found her first alphabet cone near Bowman's Beach on Saturday. Addie is a full time island resident.✱

Virtual Cooking Class With Private Chef Next Week

FISH of SanCap will host its second Cooking with Leslie webinar on Thursday, July 22 from 2 to 3 p.m. The program will be offered monthly via Zoom and registration is required.

Leslie Adams, chef and owner of Sanibel Captiva Catering, LLC/Catering by Leslie Adams, will lead the class.

The format will allow participants to cook together, virtually, as a group. Ingredients can be provided on the day of the class, compliments of FISH, and delivered to Sanibel and Captiva residents, or participants can purchase them on their own with a list provided by FISH. Recipes are geared toward smaller portion sizes.

This month's recipes are Pecan Encrusted Salmon, Creamy Risotto, Hericort Vert (French green beans) and Mascorated Berries for dessert.

Adams is the former owner of award-winning Rosie's Deli on Sanibel. After six years of ownership, Adams sold the deli to devote her energy and talents to catering and private



Leslie Adams photo provided

chef service. She was trained at the California Culinary Academy in San Francisco and expanded her expertise by attending classes at Le Cordon Bleu in Paris. She has been a caterer and private chef on Sanibel and Captiva for 14 years.

Register by Monday, July 19 by contacting Susan Alexander or Manuela Martinez at 472-4775. Once registered, FISH will provide a link and meeting ID number for access to the webinar.✱

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- 4 slices Swiss cheese
- 4 whole-wheat wraps
- ¼ cup plain yogurt
- 1 tablespoon Dijon mustard
- 1 lemon, juiced
- 1 lime, juiced
- Sea salt and fresh ground pepper, to taste

In a small bowl combine the yogurt, mustard, and lemon juice; season with sea salt and pepper, to taste. Place two slices of cheese on top of each wrap, place on a cookie sheet and broil in the oven until the cheese melts. Remove from the oven and add chicken slices to each wrap. Add sliced avocado, sprinkle with lime juice, and top with yogurt sauce. Fold the wrap to create a sandwich.*



Chicken, Avocado and Swiss Wrap

photo courtesy Fresh From Florida

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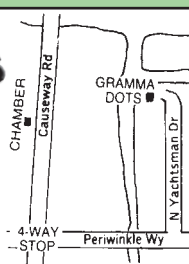
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Painting by Peter Zell

Art League Exhibit At Library

submitted by Allison Davis

Members of the Sanibel-Captiva Art League are participating in the Sanibel Public Library's Home Sweet Home exhibit, which is on view now through September at the library. Members turned out on July 1

photo provided

to help hang the many original works of art which vary in style, medium and interpretation of the theme.

All of the artwork is for sale. For assistance with a purchase, contact one of the staff members at the library.

Sanibel Public Library is located at 770 Dunlop Road. Hours are: Monday and Thursday, 9 a.m. to 8 p.m.; Tuesday, Wednesday and Friday, 9 a.m. to 5 p.m.; and Saturday, 9 a.m. to 1 p.m.✱

Reception With The Artists Saturday



Matanzas by Alejandro Gómez Hernandez

photo provided

On Saturday, July 17 from 5 to 7 p.m., BIG ARTS will host a fine arts reception and artist talk to celebrate the current exhibit, Fast Forward, which features work by alumni of Florida SouthWestern State College. The reception will be held in BIG ARTS Dunham Family Gallery. Complimentary wine and other beverages will be available; the talk will begin at 5:30 p.m.

Featuring artists Martha De la Cruz, Dalton Howard, Alejandro Gómez Hernandez, Claire Malécot, Leila Mesdaghi, Kirsten Pettifor and BA

Wikoff, Fast Forward is a multi-media exhibition in which the artists imagine the future from the vantage point of this historically turbulent and uncertain time.

The exhibit is currently on view and closes July 31. Gallery hours are Tuesday through Friday from 10 a.m. to 3 p.m. and Saturdays from 9 a.m. to 1 p.m. A high-definition virtual gallery walk-through of the exhibit is available online at www.bigarts.org.

BIG ARTS is located at 900 Dunlop Road on Sanibel. For more information, call the box office at 395-0900.✱

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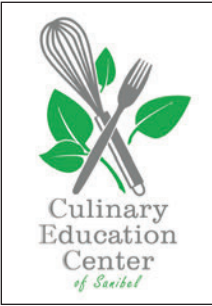
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The Community House

Mint



by Chef Jarred Harris

Originating in Europe, Asia and Africa, mint is an herbaceous plant that is a member of the Lamiaceae family. It has been around for thousands of years and is often used as a symbolism of hospitality. In the Middle East, mint tea is offered to guests when they arrive. In ancient Greece and Rome, mint was rubbed on furniture to welcome visitors and clear the air. There are over 600 varieties of mint grown around the world. The most common garden variety in America is spearmint. Spearmint is also known as savory mint and is mostly used in cooking. The second most popular variety is peppermint, also known as sweet mint. Peppermint is used mostly in gum, teas, mouthwash and beauty aids. The United States produces 70 percent of the world's peppermint and spearmint.

Mint gets its name from the Greek mythical character Menthe. According to the Greek myth, Menthe was a river nymph that Hades (the god of the underworld) fell in love with. Persephone (Hades' wife) found out about it and turned Menthe into a plant, so people would walk over her and crush her. Hades was unable to break the spell, so he gave Menthe an amazing aroma, so he could smell her and be near her when people walked on her. Mint contains the essential oil menthol, which gives it the "mint" aroma. Mint contains vitamins A, C and B2 plus calcium, magnesium, zinc and copper. Here is a simple salad recipe for you to try.

Tabbouleh Salad
Ingredients
2 bunches of flat-leaf parsley (roughly chopped)
1 bunch of fresh mint (roughly chopped)
1 bunch scallions (finely sliced)
1 English cucumber (skin-on, finely diced)
1 pound of vine-ripe tomatoes (roughly chopped)
2 cups quinoa (cooked and chilled)
Juice and zest of 1 lime
1 clove of garlic, minced
2/3 cup extra-virgin olive oil
Salt and fresh black pepper to taste
Method
Place the first five ingredients in a large mixing bowl. Add the quinoa and

gently toss.
Whisk the lime juice, zest and garlic in a small bowl. Gradually whisk in the olive oil. Season with salt and pepper to taste.
Drizzle all the dressing over the salad and toss.
Serve with warm pita bread and hummus.

*Although I have retired early and am no longer the resident chef at The Community House, my heart is still with the members of 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.**

Poetry Corner



by Clay C. Ewell

FRIENDS

Like the first glimmer of the dawn, your gaze slowly rose from some Imagined object or the threads of distant memory And your eyes gathered in the impressions that flood the heart and mind As we all sat together in a quiet room, sheltered but somehow exposed By too many secrets imprisoned and unspoken words hovering in the silence.

And you withdrew again into your private space and warned yourself Of all the reasons why you should not be here with us, Poised at the gateway to a new world. And you noticed your own hands, tightly gripping your knees And you blushed with the realization that you had not known

They were placed such, nor for how long. And you saw for a moment, in your hands, the stories of all The other moments in a quiet unnoticed life that so long Lay ignored and almost forgotten and they all rose up And gently lifted you into the world and you said "Good morning, my name is....."

*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.**

Lee County Mosquito Control

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. Mosquito season typically runs from May through October and mosquito activity increases with rain, particularly after heavy rains that produce large areas of standing water. Due to the abundance of mangroves, wetlands and salt marshes,

Sanibel is a prime breeding ground for mosquitoes. If you are experiencing a high number of mosquitoes at your residence, make a service request by contacting the LCMCD directly at 694-2174. If the LCMCD receives complaints from a specific area or neighborhood, the district will dispatch personnel to conduct a mosquito count and, if warranted, will fog or spray the area. For more information regarding mosquito control on Sanibel, visit Lee County Mosquito Control District's website at www.lcmcd.com.*

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Art Exhibit And Summer Reading At The Library

The Sanibel Public Library Summer Reading Program is going strong. More than 250 children, from babies to teens, have been signed up, and have logged 7,318 minutes of reading. This year's theme is Tails and Tales, with a focus on animals. Locals and visitors are invited to sign up, and participants receive a gift.

Summer reading programming is online with Take and Make activities available to pick up at the library. The library is open for browsing and contactless curbside service is also available.

Instead of paper logs for tracking reading and activities, the library offers Beanstack. Sign up from a smart phone or computer, or call the library for help. Participants can pick up their registration gift and any books earned. Beanstack is a free, user-friendly app for PCs, Apple, and Android devices. Adult readers can also use Beanstack at <https://sanlib.beanstack.org/reader365>.

Children read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. The Sanibel Public Library Foundation matches each book earned with a book for patients at the children's hospital. Since its inception in 2012, participants have helped to contribute nearly 12,000



Mermaid Treasures, textile, by Ann Reardon of Sanibel Captiva Art League is one of the works on exhibit photos provided

books to patients at the hospital. The summer reading program is funded in part by a grant from the Sanibel Public Library Foundation's Joan Hunt Cory Children's Fund. The fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory, who was also a 20-year Sanibel resident.

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

From July through September, stop by the library to see 25 works of art from the Sanibel-Captiva Art League's exhibit, Home Sweet Home.



Makayla Depagnier with her summer reading certificate

The library is seeking stories, photos and videos of people and places of Sanibel and Captiva for the archive. The digital archives are now online. With over 2,000 items, this ever-growing collection is a peek into the past. To see the images, newspapers and oral histories, go to the homepage at www.sanlib.org.

The library is also looking for help in identifying names and places shown in the archives photograph collection. Seed development for this ongoing project

is supported in part by the Roni Jo Freer Fund of the Sanibel Public Library Foundation.

Computers, printers, scanners and fax machines are available as well as magazines and daily newspapers. For contact-free pickup, materials can be placed on hold and picked up outside the building on weekdays from noon to 3 p.m.

Hours are: Monday and Thursday, 9
continued on page 26



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Book Review

While Justice Sleeps



by Di Saggau

While Justice Sleeps by Stacey Abrams is described as an inside-Washington thriller about an ambitious law clerk thrown into a life-or-death treasure hunt with major

national implications when the Supreme Court justice she works for slips into a sudden coma. And that makes for a very interesting read. Abrams' writing style has been compared to John Grisham and Dan Brown. It's a legal thriller that uses the history of chess to get to the truth.

Avery Keene is the brilliant young law clerk who works for Justice Howard Wynn. She excels in her job and, at the same time, is dealing with a troubled family. Justice Wynn is the swing vote on many high-profile cases. Unknown to Avery, he has left instructions for her to serve as his legal guardian and power of attorney. The fate of one of the most powerful men in the world is in her hands and her life is in danger. As political fighting begins in Washington to replace the ailing judge, Avery follows a number of chess-like clues that the Justice left

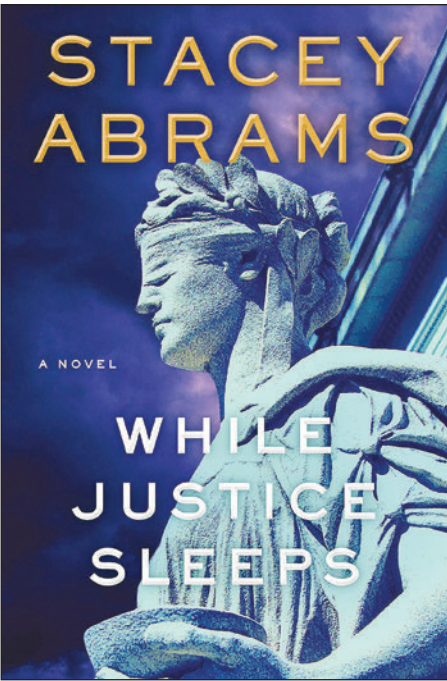


image provided

behind. She soon realizes there is a lot at stake.

While Justice Sleeps has a myriad of twists and a lively cast of characters. Abrams draws from her inside knowledge of the court and political landscape. Anyone who follows the news knows Abrams as a politician and voting rights activist. She gives her readers a look into the world of biotech, a president with domineering tendencies and a young woman struggling to unravel a

conspiracy. Abrams has a gift for weaving a daunting number of plot threads into the story. Author Jeffery Deaver said, "One of the best political thrillers I've read in years. It checks all the boxes: roller-coaster plot twists and turns, a

fascinating look behind the scenes of the Supreme Court and an utterly compelling main character. Author Abrams has given us a book that demands to be read in one sitting."✱

School Smart



by Shelley M. Greggs, NCSP

Dear Readers, Every summer, I receive many questions from parents of preschool-aged children who are concerned about their child's

readiness for kindergarten. Many of you are wondering if your child has the maturity, the preparation and the skills to be successful in today's more academically rigorous kindergarten. In the next weeks, I will be addressing these questions through a series of articles focusing on school readiness, skills and social/physical/cognitive maturity. I hope you find the information helpful.

The Basics – What is School Readiness?

Most states designate a specific, arbitrary cut-off date to have uniformity in school entry practices. If a child reaches a certain age by the cut-off date (typically age 5 for kindergarten and age 6 for first grade), a child may begin school. However, cut-off dates vary considerably across states, and research tells us that age is not the most accurate measure of how well a child will adjust to school. However, these policies are relatively fair because all students are treated equally. Often school districts and communities hold kindergarten screening programs designed to help parents determine if their child is ready for school and to identify problems in development that might warrant attention or extra services.

While much of the data collected by these kindergarten screening programs is helpful for understanding a child's readiness for school, we must remember that young children are very difficult to evaluate accurately given their rapid development, short attention spans and often inconsistent performance on demand. Children also may be entering the school system with varying linguistic abilities, varying cultural heritages and varying levels of both personal experience and cultural exposure. So, while it is reasonable to expect that children enter kindergarten as active, curious and motivated learners, it is not reasonable to expect that all 5-year-olds have the same level of preparation needed to acquire early reading, math and social skills, or have the same attention spans or motor dexterity. Children learn different skills at different rates.

Deliberation of school readiness must take into account the range and quality of children's early life experiences. Research has suggested that many aspects of children's lives influence their preparation for formal school learning, including

cognitive, social, emotional and motor development, and, most importantly, early home, parental and preschool experiences.

School readiness then signifies the child's attainment of a certain set of emotional, behavioral, motor and cognitive skills needed to learn, work and function successfully in school. School readiness means that a child is ready to enter a social environment that is primarily focused on education.

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.✱

Higher Education Can Lead To Brighter Future

For most students, getting at least some advanced training or education after high school will lead to a future with more opportunities and higher expected income, according to Kentucky Higher Education Assistance Authority (KHEAA).

Data from the Census Bureau's 2020 American Community Survey show why.

According to the survey, U.S. high school graduates age 25 and older reported a median income of \$31,956 per year. A median means that half of the people who responded made more than that amount, while half made less.

Students who had some post-high school education made over \$5,000 more per year, while those with two-year degrees made over \$7,000 more each year.

The unemployment rates for high school graduates and those with some college or technical training didn't differ much; 4.8 percent versus 4.9 percent. The jobless rate for people with a two-year degree was much lower at 3.3 percent.

For more information, visit www.advantageeducationloan.com.✱

From page 25

Library

a.m. to 8 p.m.; Tuesday, Wednesday and Friday, 9 a.m. to 5 p.m.; and Saturday, 9 a.m. to 1 p.m.

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

Sanibel Public Library is located at 770 Dunlop Road.✱

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Historical Society Assigns Project For Memorial Fund

submitted by Molly Downing

On February 16, 2021, a ripple spread around the waters of Captiva and Sanibel as islanders heard the news of the transference of ownership of Jensen's Twin Palm Resort and Marina. The historic cottages and marina were known as the last bastion of old Captiva and had the Jensen family's steadfast protection of that institution.

That ripple soon became a tidal wave as, only four days after the sale of the family business, word spread of the unexpected death of Dave Jensen. Although the eldest of the Jensen "boys" had moved to Italy in 2019, his larger-than-life personality and good work in the community good seemed to remain on Captiva. Those who knew Dave mourned for his wife, Queenie, and for the Jensen family.

Many in the community also bemoaned the passing of an era and found themselves wondering, "What will we do now?"

The board of directors of the Captiva Island Historical Society announced it has begun production of a feature-length documentary chronicling Twin Palm, the contribution the Jensens have made to Captiva, and the many ways Dave and



Dave Jensen

photo provided

his family will long remain a part of the island's memories. The documentary will premiere in the CIHS 2022-23 season.

The Jensens have been a colorful part of Captiva's narrative for more than 45 years. As a co-founder of the Captiva Island Historical Society, Dave remained an active director on the board, even after relocating to Italy.

This dedication came as no surprise to those who knew him. Dave not only loved his community, he championed Captiva history. The Jensens have personally contributed to the Captiva Island Historical Society each year since its beginning in 2010. If you are so moved, perhaps you would like to make a donation to the CIHS Dave Jensen Fund, in his memory.

Of all the island organizations, it's natural the CIHS lead this tribute to the Jensen family and commemoration of Dave. Your donation to the

Dave Jensen Memorial Fund may be made safely and conveniently online via the CIHS website: www.captivaislandhistoricalsociety.org If you prefer to contribute by mail, make check

payable to Captiva Island Historical Society and write "Dave Jensen Memorial Fund" on the memo line. Your check may be mailed to: CIHS, P.O. Box 163, Captiva, FL 33924.✱

Networking Plus Wellness Tips

The next Tips & Sips community networking and socializing event with the San Cap Business Women's Association will be held on Wednesday, July 21 at 6 p.m. at Blue Giraffe 2 at Beachview Estates. Taylor Osborne Cleary, co-owner of Iris Print & Designs, will share tips on self-care and wellness to get the conversation started.

"When life gets fast-paced, it's easy to overlook self-care and wellness," said Osborne Cleary, a multi-tasker who runs a business and family, has a master's degree in psychology and built her career in pharmaceutical sales. "Through many experiences, I have accumulated some useful tips," she said.

"Handouts highlighting resources in the local area and online information



Taylor Osborne Cleary

will be shared," said Osborne Cleary. "We have information covering physical, emotional and spiritual health."

"Taylor is one of the busiest and healthiest people we know," said Gloria Garrett, past president and founding board member of San Cap Business Women's Association. "As president of our organization, she is leading us back from the pandemic and, happily, helping us all make wellness a priority."

The networking session will kick off with a Sanibel & Captiva Islands Chamber of Commerce ribbon-cutting ceremony for the San Cap Business Women's Association, founded in 2020. The group presents the Women in Leadership Speaker Series luncheon every third Tuesday at Sundial Beach Resort & Spa. Sign up on Eventbrite and choose in-person or Zoom.

Tips & Sips is held on the third Wednesday each month at rotating Sanibel and Captiva restaurants.

Blue Giraffe 2 is located at 1100 Par View Drive on Sanibel. Light appetizers will be provided by Iris Print & Designs with cash bar available.

Registration for is free at <https://sancapbwa.eventbrite.com> or email taylor@irisprintdesigns.com. Updates at www.facebook.com/SanCapBWA.✱



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Tips For Finding A Good Fishing Spot In Open Water

When learning the ropes – and rods – of saltwater fishing, thorough preparation involves more than just a rich arsenal of gear and the appropriate attire. Open-water fishing is challenging and requires technique and prior research.

If you're embarking on an open-water adventure for the first time, keep the following saltwater fishing tips in mind.

Research Your Destination – The key to discovering a spot rich in saltwater fish is ample research. At least a week before your trip, you'll want to read up on fishing reports, tide charts and weather forecasts.

For instance, while a rainy morning might deter most anglers, it can also surprise you with better catches – if you know where to look.

Some areas are more crowded with fishing enthusiasts during different times of the year. Consider whether you are traveling in the spring, summer, fall or winter and do the appropriate research. You can get some ideas of where to go at www.myfwc.com/marine by clicking "Where to Saltwater Fish."

Think About Your Target Species – The type of catch you're after will dictate where you anchor your boat. Targets, such as yellowfin or other

tunas, for instance, are surface feeders. Thus, you'll want to be on the lookout for weed lines and baitfish breaking the surface.

On the other hand, some species including groupers and snappers are bottom feeders and prefer structures including reefs and wrecks. Angling for these species can require special equipment, such as a fishfinder, circle hooks, dehooking tools and descending devices. Visit www.myfwc.com/fishhandling to learn more.

Stay up to date on the latest regulations for saltwater fishing at www.myfwc.com/marine by clicking "Recreational Regulations" or by downloading the Fish Rules app on your smart device. Learn about fish identification at www.myfwc.com/fishinglines or by visiting www.myfwc.com/marine by clicking "Fish Identification."

Use a Bathymetric Map – When it comes to open-water angling, you can never underestimate the usefulness of a map. Bathymetric maps are a type of underwater topographic map that indicates specific depths. Space between lines on the map illustrates whether an area is close to a steep slope, drop off, flat or shoal. Lines that are close together indicate a rapidly changing depth in the area.

Keep in mind that bathymetric maps can be challenging to find at your local angling shop. If you have trouble coming across a bathymetric map, you can rely on other tools, such as nautical

charts or satellite images.

Speak to the Locals – While ample Internet research might suffice, nothing quite compares to gathering input from local anglers. When you have a specific target species in mind, drop by the local bait shop for advice. Or join an online group focused on fishing in your area of interest.

Some angling hot spots have knowledgeable fishing guides who can direct you to the ideal area for your specific catch. Hop on a trip for a chance to see the area up close with an expert who can teach you how to catch your target species.

Alternatively, you can venture out into the ocean yourself and observe where other anglers are setting up shop. Just be sure to mind your distance and not crowd other anglers. Learn more about angler etiquette at www.myfwc.com/marine by clicking "On-the-Water Etiquette."

Make the Most of Angling Technology – Nowadays, you won't find any shortage of state-of-the-art angling technology available online and at your local bait shop. Make sure that a reliable fish finder is part of your staple arsenal.

Fish finders use sonar to locate fish within your chosen area. When an

echo transmits back to your device, it indicates the presence of fish immediately under or around your vessel. Some wireless fish finders are Bluetooth compatible and will quickly pair with your Android or iOS device.

You'll want to consider other staple needs for open-water fishing: GPS, VHF two-way radio, flares, noise-making device, first aid kit and life jacket for each person on board. Wearing a life jacket while on the water is a simple way to prevent you from drowning if you fall overboard due to a boating accident. Learn more about boating requirements and safety at www.myfwc.com/boating. Find more tips and tricks at www.myfwc.com/marine by clicking "How to Saltwater Fish."

The Bottom Line – If you have recently taken an interest in saltwater fishing, knowing how to target your intended catch will go a long way in the open water. Make the most of your day out by researching your destination beforehand, coming well-equipped and learning how to identify different kinds of saltwater fish. Consider sharing your catches with scientists through the iAngler app and submitting catches for recognition at FWC's www.catchafloridamemory.com.*

Generator Safety Tips From LCEC

If you power your home with a portable generator during electrical outages, it is essential to consider the serious health and safety risks to you, your neighbors and unsuspecting line crews working in the area, if not operated properly. Keep the following in mind to protect yourself and others this storm season.

Before you buy a generator, determine how much electricity you need for your home. Be sure to buy the right size generator.

Read the operating instructions

carefully before operating the generator.

Do not connect a generator directly to your home's electrical system. Plug appliances directly into the generator.

Never use a generator indoors or in an attached garage. Keep in an open, well ventilated area outside and away from open windows.

Buy a battery-operated carbon monoxide alarm, which will alert you if carbon monoxide levels become dangerous.

Do not touch a generator if you are wet or standing in water.

Consult an electrician if you have any questions about the safe operation of your generator.

Visit www.lcec.net for more tips for staying safe around electricity.*



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Charitable Foundation Adds Board Member

The Charitable Foundation of the Islands (CFI) recent appointed John Morse to the board recently. Morse and his wife, Kay, have been year-round residents of Sanibel since January 2005. He graduated from Wichita State University in 1972 and received his juris doctor degree from the University of Kansas School of Law in 1975.



John Morse

As of January 1 of this year, Morse fully retired as a corporate attorney, having spent 10 years in private practice in Wichita, and the past 35 years as senior vice president and general counsel (and a partner) of LodgeWorks Partners, LP (and its predecessors), a national hotel development and management company with corporate offices in Wichita. Upon his retirement, Morse was named senior vice president and general counsel emeritus.

Morse is serving in his 10th year on the board of directors of FISH of Sanibel-Captiva, Inc., having served two years as board chair. He is the current board chair of the FISH of Sanibel-Captiva Foundation, Inc. He has also served two terms as president of the Kiwanis Club of Sanibel-Captiva Islands and continues to serve on its board. Morse recently retired from the volunteer position of secretary and general counsel for USA Swimming, Inc., the national governing body for swimming and USOC member.

Morse served as the board chair of

the Wichita State University Foundation for two years and was a member of its board of directors for 28 years. He continues to serve on its national advisory council.

Morse and his wife are life members of Sanibel-Captiva Conservation Foundation (SCCF) and were sea turtle volunteers for 12 years. He served five years on the SCCF Board of Trustees, with one term as president and two separate terms as vice president. He continues to serve on the finance committee.

"John's legal expertise along with his commitment to strengthen the Sanibel-Captiva community will be a welcome addition to the CFI board," said Virginia Stringer, co-chair of the CFI board.

Chip Roach, co-chair of the CFI board, added, "John's passion for the Sanibel-Captiva community is evident in his support of critical organizations within the community. We are thrilled to welcome him to the CFI board."✱

ISLAND SUN BUSINESS NEWSMAKERS

Pfeifer Realty Group



Greg Demaras



Jennifer McSorley

The top sales associates for June at Pfeifer Realty Group were Greg Demaras and Jennifer McSorley. The top listing agent was Greg Demaras.✱

Financial Aid Tip For College Bound Graduates

Pay close attention to application deadlines for financial aid. High school seniors should keep an eye on deadlines when applying for college financial aid, according to the Kentucky Higher Education Assistance Authority (KHEAA).

It's important to take full advantage of any scholarship or grant opportunity that can help pay for technical training and college. Staying on top of deadlines will help students earn more in free student aid, so they won't have to depend as much on student loans.

Here are some tips from KHEAA:

File the Free Application for Federal Student Aid (FAFSA) as soon as possible, beginning October 1. You must submit the FAFSA to qualify for most state and federal student aid.

Check with the financial aid offices

of the schools to which you've applied to determine if they require any forms other than the FAFSA.

Look for scholarships using the free online scholarship search at www.careeronestop.org/toolkit/training/find-scholarships.aspx.

Attend any college fairs and financial aid seminars offered in your area. If a company charges a fee for helping with applications, remember that you can do that yourself for free. If you decide to pay for help, make sure the company is reputable by checking with the attorney general's office or the Better Business Bureau in your area, as well as the area where the firm is located.

KHEAA is a public, nonprofit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents. KHEAA also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit www.kheaa.com.✱



Thursday, July 22, 2021
11am - Noon

Whether you own one home or more, everyone reaches a time when reducing the complexities of life becomes necessary as you age.

- Will you choose Independent living or age in place?
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Committee of the Islands (COTI)

Stop The Pollution



submitted by
Barbara Joy
Cooley,
Environment
Committee Chair

Prior to 2019, the City of Sanibel's code allowed leaf blowers and other lawn equipment to be operated seven

days a week, from 8 a.m. to 9 p.m. The code does not limit noise from leaf blowers; it merely requires that leaf blowers have mufflers. The Sanibel code does not address problems of pollution from leaf blower use at all.

In March 2019, Committee of the Islands (COTI) issued a position statement urging the city council to prohibit the use of gas-powered leaf blowers and to further restrict hours during which electric leaf blowers may

be used (e.g., 8 a.m. to 7 p.m. Monday through Saturday).

The council discussed the issue several times in 2019, ultimately deciding in December of that year to merely further reduce the hours during which vegetation contractors may use gas-powered leaf blowers to 9 a.m. to 4:30 p.m. Monday through Saturday. The council decided not to ban gas-powered leaf blowers at that time, meaning that nothing was done about the pollution caused by these devices.

Significant Polluters of the Air – As COTI representatives stated before the council more than once in 2019, that pollution is significant. The emissions from gas-powered lawn equipment include high levels of benzene, butadiene, formaldehyde and fine particulates – all of which are health risks. The workers who use this equipment are the most at risk.

According to the California Air Resources Board, operating the best-selling commercial gas-powered leaf blower for an hour emits air pollutants comparable to driving a 2017 Toyota

Camry about 1,100 miles. Small gas engines, such as those used in many leaf blowers, contribute ozone-damaging pollutants that are projected to exceed those same emissions from vehicles by sometime in this decade.

Many other communities in Florida and across the nation have banned the use of gas-powered leaf blowers. Sanibel citizens take pride in protecting the environment, and it is time for this city to address this pollution problem.

Sanibel City Council, SCCF and COTI Take Action – Following the Sanibel City Council election this past spring, city councilmembers – with Councilman Mike Miller taking the lead – asked the city attorney to draft a proposed ordinance that would ban the use of gas-powered leaf blowers by January 2023, giving vegetation contractors time to replace their equipment. That draft was discussed at the June council meeting. It will be on the agenda for a first reading on July 22, and then for a second reading and possible vote at the August 24 meeting. (Note: there is no public comment at

first readings.)

COTI supports the proposed ban. Together with the Sanibel-Captiva Conservation Foundation (SCCF), COTI co-sponsored a workshop for vegetation contractors presented by the American Green Zone Alliance in early June. That workshop was an opportunity for the contractors to try out electric leaf blowers and other battery-powered lawn equipment.

Sanibel citizens have spoken out loudly and repeatedly in favor of banning gas-powered leaf blowers. It is time, once more, for them to voice their views about these devices. Comments can be addressed to sancouncil@mysanibel.com, with a copy to coti@coti.org.

COTI invites your input on this and other issues affecting our island. Send an email to coti@coti.org. Mail may also be sent to COTI, P.O. Box 88, Sanibel, FL 33957. To read our past commentaries on island issues, visit www.coti.org. Or visit Committee of the Islands on Facebook.✱

Superior Interiors

Make A Major Difference With Just A Little Paint



by Trinette Nelson

Painting features within the home can make an unexpected difference. Consider utilizing the humble can of paint for a major impact within your next home

improvement project.

Why put in brand new flooring when you can simply paint your existing foundation? Sometimes, hardwood floors can feel out of place in a modern-style room. Painting them is an easy way to take away the attention of flooring that was seemingly out of place, and it can make for a beautiful feature that your guests will love when they come to visit. These types of floors are so simple to paint with the right preparation. Just like painting the walls, we recommend making sure the floors are cleaned, dried and primed before adding your first coat.

Perhaps your kitchen is a mid-century modern setup, but you've been eyeing the modern farmhouse design for months. If you're ready to make the switch and your cabinets are traditional wood, they're in need of a nice coat of paint. A solid muted color can help you achieve the look, but classic white is the standard option, and it makes a gorgeous statement in the kitchen. In fact, painting the kitchen cabinet may be one of the easiest ways to achieve the farmhouse look you're going for. Painting your cabinets can facilitate any style, however. Stepping away from

the traditional hues and painting with a bold color is an excellent way to stand out.

Having a fireplace and mantel feature in your home is such a treasure, but that doesn't mean that its traditional look won't become outdated. A fresh coat of paint over the entirety of the feature can make for a gorgeous revamp. A matte finish shade is a perfect way to make a subtle statement. If you're painting over brick, just remember to use a primer so you can avoid the need to apply more than one to two coats of the actual paint.

The idea of painting a unique feature in your home for the first time may have you feeling unsure about the commitment, but maybe you just need a helping hand for the project. A design professional may be the answer to give you the confidence you need to get started and transform your living space into the new and improved haven of your dreams. If there's a certain feature in your home that you're fully committed to, a design consultant will let you know your options and can also potentially provide suggestions for painting other features that will complement the rest of the room.

Trinette Nelson is an interior designer on Sanibel/Captiva Islands and can be reached at trinette@coindecaden.com.✱

Summit For Manufacturers

Manufacturers across the state are facing supply chain delays, workforce shortages, inflation and other challenges as they attempt to return to business as usual after a year of pivoting and pandemic. Southwest Regional Manufacturers Association (SRMA) will host a live Manufacturer Mastermind Summit for manufacturers at Florida Gulf Coast University (FGCU)

on Wednesday, August 18 from 8 to 9:30 a.m. Top manufacturers will be selected to lead the discussion, and manufacturers large and small across the state are invited to take part in the conversation.

"Our goal is to create an environment where manufacturers can freely discuss challenges, solutions and milestones over this past year," said SRMA Executive Director Rob Harris. "There is a great deal that manufacturers can learn from one another."

There is no charge to attend the summit, which is sponsored by S4J Manufacturing Services, Inc. Light refreshments will be provided. Online registration is required as space will be limited.

The summit will take place in FGCU's Lutgert College of Business, Room 2201. To register or for more information, visit srma.net, call 941-730-7903 or email info@srma.net.✱

Openings For New Students At Sanibel School

The Sanibel School is 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, call registrar Donna Marks at 472-1617 or email donnamm@leeschools.net.✱

ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Connie Walters



Ted Benjamin



Martha Smith and Robin Humphrey

The top producers for June at VIP Realty Group were Connie Walters, top sales; Ted Benjamin, top listings; and the team of Robin Humphrey and Martha Smith, top producers.✱

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Rotary Happenings

submitted by Cindy Carter

The Sanibel-Captiva Rotary Club started its new year with newly elected officials. We are happy to welcome Bill Letendre as the Sanibel-Captiva Rotary Club president for 2021-22. He is excited to have a productive year with record-breaking fundraisers as well as welcoming many new members.



Annie Campbell will serve as the vice president. Jonathan Dean will serve as the president-elect. Chet Sadler will continue to serve as secretary and John Raho will continue to serve as treasurer.

The 2021-22 Rotary International president, Shekhar Mehta, encourages Rotarians to be change makers and to grow more so that Rotarians can do more. He said that Rotarians have the power, and the magic to serve and change lives. The theme serves as an inspiration for all Rotarians and as a rallying call for our efforts in this upcoming Rotary year.

Sanibel-Captiva Rotary is over 70 members strong with an active contingency of snowbirds during the seasonal months. We are dedicated people who share a passion for both



Bill Letendre

photo provided

community service and friendship.

Rotary brings together a global network of volunteer leaders who dedicate their time and talents to tackle the world's most pressing humanitarian challenges. Rotary connects 1.2 million members from more than 200 countries and geographical areas. Their work impacts lives at both the local and the international levels.

The Sanibel-Captiva Rotary Club is holding hybrid meetings on Zoom and in person at The Dunes Golf & Tennis Club. To attend a meeting in person (limit 20), 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.✱

United Way Helps Fund Eye Care For Underserved

The United Way of Lee, Hendry, Glades, and Okeechobee Counties recently awarded a grant of \$27,500 to the Florida Lions Eye Clinic (FLEC). The funding is to support optometry/ophthalmology staffing at the clinic, a mobile eye clinic and monthly eye screening events. The United Way orchestrated an additional \$20,000 donation from an anonymous supporter to fund the purchase of equipment used to perform selective laser trabeculoplasty, a form of laser surgery used for glaucoma patients. The laser treatments reduce eye pressure and/or prevent future progressive elevation of eye pressure.

"Our underserved populations continue to face difficulties in accessing eye care due to cost, transportation and limited access to services," said Robin Goldstone Garcia, FLEC executive director. "This partnership with the United Way allows us to reach more people in need and to provide the professional care that is currently underprovided. Sight can make the difference between a life of poverty and a life of opportunity to the population

we serve in Lee County."

The clinic currently serves over 2,000 patients a year, but the unmet needs remain strong. FLEC is the only free eye clinic in Florida that offers comprehensive eye care services, including on site surgeries and funding for surgeries referred out, to the underserved, uninsured individuals in Southwest Florida. Partnerships such as the one with the United Way, can bring new resources and opportunities to our most vulnerable population, while strengthening the broader community as a whole.✱

ISLAND SUN BUSINESS NEWSMAKERS

John Gee & Company



Bob Hodosky



Michelle Bornhorst

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Blood Drives In Lee County

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

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.

Lee Health's blood centers are the sole supplier of all blood products for the entire health system. About 800 units of blood are needed per week, and the blood centers rely on lifesaving donations from the community to maintain inventory levels.

The Lee Health Blood Mobile will continue to be at numerous locations throughout Southwest Florida for the remainder of July. All blood donated at Lee Health stays within the health system to care for patients in Southwest Florida. If unable to attend one of the upcoming blood drives, donations can also be made at one of Lee Health's blood centers to help save lives.

Upcoming blood drives include:

Friday, July 16, 8 a.m. to 4:30 p.m. – HealthPark Medical Center, 9981 HealthPark Drive, Fort Myers

Saturday, July 17, 10 a.m. to 4 p.m. – Bell Tower, 13499 South Cleveland Avenue, Fort Myers

Friday, July 23, 2 to 5 p.m. – Iona

Lakes, 15000 Iona Lakes Drive, Fort Myers

Friday, July 23, 8 to 11 a.m. – Iona-College/South Pointe Fire Station, 6061 South Pointe Boulevard, Fort Myers

Wednesday, July 28, 8 a.m. to noon – The Outpatient Center at The Sanctuary, 8960 Colonial Center Drive, Fort Myers

Friday, July 30, 10 a.m. to 4 p.m., Galeana Fort Myers, 14375 South Tamiami Trail, Fort Myers

Saturday, July 31, 10 a.m. to 2 p.m. – The South Cape Hospitality and Entertainment Association, 909 SE 47th Terrace, Unit #105, Cape Coral

Visit www.leehealth.org/our-services/blood-centers for more information.✱

Drug Abuse Is On The Rise

Drug abuse is on the rise in almost every community nationwide.

Many families don't know where to turn or what to do about their loved one who is suffering from addiction.

To learn more about how to help your loved one, visit www.narconon-suncoast.org/blog/a-letter-to-any-family-dealing-with-addiction.html.

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

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Will Power

Separation Agreements And Your Florida Estate Plan



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

Many states allow for a couple to legally separate instead of filing directly for a divorce. Couples may decide to first separate for religious reasons, or because of healthcare coverage, Social Security or military or family benefits rather than divorce, which severs the relationship for most, if not all those purposes. Florida, however, does not have a legal process for separation. Consequently, Florida residents who do not get a divorce remain treated as married for purposes of our estate laws. Federal tax law also plays into separations. Today, I'm going to review a few of these issues.

While a divorcing couple may split an IRA with something called a Qualified Domestic Relations Order (QDRO), a separated couple may not, without adverse tax consequence. A QDRO creates or recognizes the existence of a divorcing spouse's right to receive all or a portion of benefits payable from his or her former spouse's benefits with respect to retirement plans.

When a judge issues a QDRO, for example, it may divide an IRA account between spouses without the transferor spouse recognizing the distribution as taxable income, and the transferee spouse is not burdened with contribution limitations. The account is simply divided tax free.

Separation agreements, in contrast, cannot split an IRA tax free unless the separation agreement is incident to the decree of divorce. Any transfers could be recognized by the transferor spouse as taxable income. Moreover, the transferor may trigger the 10 percent excise tax penalty if he or she is under the age of 59½.

Another consideration is a spouse's rights to inherit the estate of a deceased spouse. Florida, like many other states, has two such laws that may apply. One is called the "pretermitted spouse" and the other is a "spousal elective share."

Absent a nuptial agreement waiving these rights, a surviving spouse who is not included in the decedent spouse's will (or trust) is entitled to either one or the other. A pretermitted spouse is one who becomes a spouse after the decedent created his will. The law assumes that the decedent intended to provide for the spouse but did not get around to updating his will. The pretermitted share is the same as the intestate share,

generally 50 percent of the estate. The elective share, in contrast, makes no assumption about what the decedent intended and is a mechanism for enforcing Florida's public policy against disinheriting one's spouse. The elective share is 30 percent of the decedent's estate. I'm generalizing here, because there are statutory complexities in determining both the amount of the estate subject to the elective share and how assets bequeathed to the spouse are valued. Florida homestead laws also factor into how a primary residence may be subject to surviving spouse's rights. Under the Florida Constitution and descent and devise laws, a decedent spouse must bequeath his home to his spouse at death. Failure to do so, even in a trust that grants the surviving spouse rights for the remainder of her life, constitutes an invalid devise.

Under an invalid devise, Florida law disregards the decedent spouse's will and trust. The surviving spouse is entitled to ownership depending upon whether the decedent spouse had surviving descendants. If there are not surviving descendants, the surviving spouse takes the property in fee simple. If there are surviving descendants, then the surviving spouse may choose between a life estate interest or an undivided one-half interest in the residence as tenants in common.

With a life estate interest, the surviving spouse will get to reside on the property for the duration of her life if she chooses to do so, then upon her death, the property passes to the first decedent spouse's descendants (children or grandchildren).

If the surviving spouse instead elects the one-half interest, then she owns it as tenants in common with the decedent spouse's descendants. Here, the surviving spouse may leave her one-half share of the residence to anyone that she wants in her will or trust.

Having a separation agreement does not affect the surviving spouse's rights under Florida law with either pretermitted share, elective share or homestead rights. To avoid these possibilities, a valid nuptial agreement must be in place.

Finally, a word about a divorce decree as it relates to Florida estate plans. Florida law provides that all provisions in favor of a divorced spouse in a will (or trust) are treated as if the surviving former spouse predeceased the testator. As an example, if John dies following his divorce from Susan, any provision in John's will or trust naming Susan is treated as if Susan died before John died.

This is true unless the will or trust document or the divorce judgment provides otherwise. For example, some divorce judgments require one spouse to bequeath assets to the former spouse in his estate plan. Otherwise, a Florida resident must generally amend his documents if he still wants to include his former spouse in his estate plan.

Even if you signed a valid separation agreement while residing in one of the many states that recognize them, if you are a Florida resident, you should review your estate plan with a competent estate planning attorney.

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How's The Market? Ask Ann Special Offer for Buyers & Sellers No Catch! Keep Reading



Ann Gee
Broker/Owner

We are beginning to witness the effects of our low monthly inventory on existing homes and condos for sale on Sanibel; 27 Homes and 19 Condos. Last week, we had 26 total Closings. This week, the total is down to 8. The "pie" is getting smaller. My goal is to provide a high-quality experience to both Buyers and Sellers in a competitive market.

I am providing Buyers a free Home Inspection plus a Home Warranty on a Sanibel home purchase. For Sellers, I am reducing the listing side of my commission by 50%. This results in a \$15,000 to \$20,000 savings to the Seller. Call me for a confidential consultation regarding either of my plans.

8 Closed Sales Going Back One Week: 6 Homes & 2 Condos

- 3114 W. Gulf Dr. 244 Kimball Lodge - \$520,000
- 9195 Dimmick Dr. - \$550,000
- 1649 Sand Castle Rd. - \$635,000
- 429 Lake Murex Circle - \$740,000
- 3960 W. Gulf Dr. - \$1,010,000
- 1401 Middle Gulf Dr. P-403 Sundial E. - \$1,300,000
- 1460 Middle Gulf Dr. - \$1,725,000
- 768 Limpet Dr. - \$2,200,000

Call or email me with any questions. Stay safe & have a successful year!

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New Lee Health Media Source

The media relations team at Lee Health has unveiled a new newsroom site to serve as a dedicated resource for journalists seeking information on key healthcare topics and Lee Health-related news.

The Lee Health Newsroom features several different sections that journalists can utilize as a one-stop-shop for stories.

The new site is located at www.leehealth.org/about-us/media and includes several different resource sections, such as:

News – a location that houses the latest articles on Lee Health and important healthcare-related news;

Press releases – a database of all the press releases Lee Health has sent out in recent years;

From the Desk of Dr. Antonucci – a blog from Lee Health's president and chief executive officer on the latest healthcare topics;

Fast Facts – a centralized page that lists facts on Lee Health, it's four acute-care hospitals and two specialty hospitals;

Resources – direct links to download high and low resolution photos of Lee Health facilities for news stories.

Plans to expand the newsroom site to include a Meet the Experts section and B-roll library are already under way. Feedback on what else you'd like to see is being requested. Email pat.dolce@leehealth.org or meaghan.smith@leehealth.org with your suggestions.✴

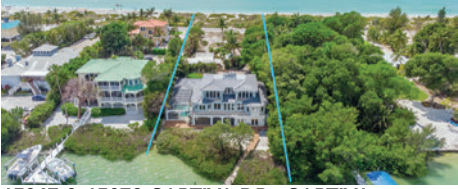


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Frankly Speaking



by Howard Prager

Two names will dominate today's column, Shohei Ohtani and Novak Djokovic. Because, as Duke Ellington would have said, they are beyond category.

Not since Babe Ruth has baseball seen as great a two-way star as Shohei Ohtani, pitcher and designated hitter for the L.A. Angels. At the All Star break, he's batting .279 and leads the majors with 33 home runs. Not just your run of the mill home runs but majestic, gigantic homers that have soared 470 feet and more. He's both one of the best hitters in the game AND a starting pitcher with a 4-2 record and a 3.31 ERA – not bad for a starter. Ohtani throws a devastating slider and split-finger, which can get up to 100 mph. And he's just 26. When he played ball in Japan in 2016 he was pitching to a 10-4 record and hitting .332. At the All-star game, he's both pitching and hitting as the first player ever appointed to the roster as a pitcher and a position player. According to The Ringer, "Ohtani (this season) leads all hitters with 56 extra-base hits and a .698 slugging percentage while also pacing the AL in bunt hits, tying for the lead league in triples and stealing 12 bases in 16 attempts. Another first: No previous player has hit at least 32

homers and stolen at least 12 bags before the break." Unfortunately my deadline prevents me from reporting how he performed at Tuesday's game. Some backstory: Ohtani pitched 99 mph in high school. He decided to go right into the Japanese leagues, where he was a five-time all-star from 2013 to 2017. He was MVP in 2016, and his total stats in the league were 42-15, 624 strikeouts, .286 average and 46 homers. He became an international free agent, and the Angels wound up getting him. His first year in the majors, he won rookie of the year, playing in 104 games and batting .285 with 22 homers and 61 RBIs despite some injuries that led to having Tommy John surgery. He hit .286 in 2019 and hit for the cycle, showing his speed and prowess as a complete hitter. Last year, injuries still nagged him and shut him down from pitching, and he hit only .190 with 7 homers and 29 RBIs in 43 games. Which brings us back to this year where if he continues the way he's playing, he should be a consensus MVP and true league superstar of the century. Baseball is a team sport and despite his great success, the Angels are 10 games behind Houston, fourth in the AL West at the break. Still, I'd rather have Ohtani with me any day. Let's jet over to Wimbledon, where Novak Djokovic won his sixth Wimbledon and his 20th grand slam event (tying him with Roger Federer and Rafael Nadal) against first-time Grand Slam finalist Matteo Berrettini. Djokovic is the youngest at 34 to win 20 Grand Slam titles and, with his age and performance, looks to have more

Grand Slam titles ahead for him. Nadal is 36, Federer is 39. Both Djokovic and Federer have been ranked No. 1 for more than 300 weeks while Nadal was ranked No. 1 for more than 200 weeks. The victory at Wimbledon made Djokovic the first male player to win the Australian Open, French Open and Wimbledon titles in the same calendar year since Rod Laver did it in 1969, the second male player to win three slams in one year on three occasions after Federer. If Djokovic wins the upcoming U.S. Open, he will be the third man to win all four slams in one year after Don Budge and Laver. And before leaving Wimbledon, hats off to Ash Barty, the first Australian to win since Evonne Goolagong 50 years ago. It was also Barty's 10th anniversary of winning the Junior Wimbledon at age 15. Truly a momentous time for her. We are clearly seeing unparalleled excellence in both Ohtani and Djokovic. Which leads me to the Olympics. Djokovic said he's 50-50 about playing. Serena Williams and Rafael Nadal both have pulled out, and Federer remains undecided. Tokyo has declared there will be no spectators for the Olympics due to COVID-19. I've said before the Olympics should have been pushed back another year to hopefully get the pandemic behind us. After watching live sports here and elsewhere (Italy just won the Euro cup football (soccer) tournament against England), I'm not sure how exciting it will be without the noise and support of fans. Not to mention the big loss Tokyo will now take in paying for games without any ticket revenue. These games are controlled by

the International Olympic Committee, which I believe cares more about holding the event than postponing it for the safety of all involved. We need some good news and I have it. It has to do with walking and commitment. As reported on the Good News Network, Donte Franklin from Oklahoma walked 17 miles roundtrip to make it to his shift at Buffalo Wild Wings, leaving for work three hours early in order to get there. One step at a time. He then made the reverse journey afterwards. He credits his late mom with his work ethic, saying "I really don't care if it gets tiring, I just have to keep pushing. I want to make my family proud." "In this very hot summer, someone saw Donte walking in the excruciating heat and offered him a ride. After hearing his story, he was in awe of Donte's commitment to getting to work. He posted the story on Facebook, where a bike-riding charity group, My Riding Buddies Oklahoma, saw it. In appreciation to his commitment, they got him a brand-new bike making his commute much faster. A GoFundMe page was also started for him to purchase a car. He's studying to be a welder and using the money right now to help his family." We can all learn from Donte Franklin. May we all have his perseverance. Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandnews.com.

Summer Break Reflections



submitted by Mary Fischer

Summer break is a time to review, rest, relax, renew and refresh our bodies, minds and spirits. As we reflect on this past school year, we find ourselves in a changing environment. We have been faced with the challenge of identifying ways to continue serving students and families. Our incredible leaders, teachers, support staff, bus drivers, food service and maintenance employees have come to the rescue. We owe special thanks to our staff who are creative, innovative, adaptable and incredibly hard working. Under the leadership of Superintendent Greg Adkins, we were able to keep our schools open to provide face-to-face instruction for our students. We fed thousands of students and partnered with community agencies to provide support for families. Now, as he retires from a 30-plus-year career in education, we thank Dr. Adkins and wish him happiness and success as he turns the page to the next chapter of his life.

We welcome Dr. Ken Savage, interim superintendent, who takes the helm as we search for a new long-term superintendent. With more than 20 years of service in public education, Dr. Savage has made leading for equity his personal mission in schools at all levels, as well as with district and state level leadership positions. We will look to him to lead us through our transition. During this summer break, we will continue to educate, feed and support our students and families. The Summer BreakSpot program will be distributing breakfast and lunch to students and families at 35 school sites, along with 13 of our community partner agencies (visit <https://summerbreakspot.fdacs.gov> to find a site). Summer learning opportunities are being offered across our district (<https://www.leeschools.net/>), including the SOS program at Dunbar Community Center, a free camp for students enrolled in grades eight to 11, designed to mentor youth by allowing students to attend classes where they explore careers and learn life skills such as budgeting and resolving conflict. We also continue to support mental health and wellness. Our student services department has licensed mental health professionals, who maintain communication with students and are available to assist virtually and by phone, and provide referrals to trained professionals as needed. To access help, contact your child's school or call

337-8132. We were excited to provide the class of 2021 with face-to-face graduation ceremonies after having to cancel last year due to the pandemic. These are kids who are adept at being connected virtually, academically and socially. We are experiencing a tremendous moment in the history of our world. We are so proud of their perseverance, dedication and accomplishments. Parents were critical in helping students to stay engaged and focused, and they are our most important partners in education. There is an opportunity before us. We played a role in where we are now and we share the responsibility to move

forward. With the focus on children, using the resources of this Lee County School District and with the support of our caring community, we can work together to create solutions. We will leave a mark in history. Education is a dynamic process, the economic driver for the community. We are grateful for the tremendous support from our business partners. Achieving our goals takes a collaborative effort that involves communication between school, family and community. Let's continue to work together. Mary Fischer is a Lee County School District board member for District 1.

SPORTS QUIZ

1. Name the player from Senegal who was the first-round pick for the Cleveland Cavaliers in the 2001 NBA Draft.
2. Before Phil Mickelson won the PGA Championship at age 50, who was the oldest golfer to win a major tournament?
3. What racecar driver, nicknamed "Lone Star JR," won the Indianapolis 500 in 1974, '76 and '80?
4. What Detroit Tigers right-handed pitcher had a 31-6 win-loss record in 1968?
5. "El Derbi Madrilenio" is a match between which two rival Spanish football clubs?
6. What Irish stick-and-ball sport is similar to hurling but is traditionally played only by females?
7. What rapper and Toronto Raptors superfan got into a verbal altercation with the Cleveland Cavaliers' Kendrick Perkins in Game 1 of the 2018 Eastern Conference semifinals?

ANSWERS

1. DeSagana Diop. 2. Julius Boros (1968 PGA Championship at age 48). 3. Johnny Rutherford. 4. Denny McClain. 5. Real Madrid and Atletico Madrid. 6. Camogie. 7. Drake.

BURNS family TEAM



1



2



3

1. LAKE & GOLF COURSE VIEWS IN BEACHVIEW - SANIBEL

- 5 BR/ 3.5 BA completely renovated with gourmet kitchen, soaring 2 story ceilings, and incredible views
- Private office, library, formal dining room, private pool, 2 car garage & more
- **\$2,695,000 EURO 2,204,949**

3. GORGEOUS BAYOU VIEWS ON WEST END - SANIBEL

- 3BR/2 BA Coastal chic remodeled home with wood floors & open floor plan overlooking Clam Bayou
- Fantastic outdoor areas including screen closed pool and sitting area, outdoor kitchenette area, firepit, & more!
- **\$1,350,000 EURO 1,137,848**

4. REMODELED DIRECT ACCESS HOME IN SHELL HARBOR - SANIBEL

- 4 BR/ 2.5 BA ground level home with tray ceilings, large kitchen & living area perfect for entertaining
- Private pool, 2 outdoor showers, wrap around boat dock & 10,000 pound lift with direct access to the Gulf of Mexico
- **\$2,450,000 EURO 2,014,421**

5. ON A WHIM - CAPTIVA

- 2BR/ 2 BA cottage located steps to the Bay in the Captiva Village area
- Newly painted, wood plank tile floors, multiple lanais, & tropical décor
- **\$1,295,000 EURO 1,064,765**

6. CANAL LOT ON SANIBEL

- Build your island dream home on this wonderful canal lot on Sanibel's East End
- This location offers both the ability to get a boat to the Gulf of Mexico, while also being walking distance to Sanibel's famous beaches
- **\$699,000 EURO 591,365**



4



5



6



7



8



9

7. SHORT WALK TO BEACH - SANIBEL

- 3 BR/ 4 BA + den home constructed by Gulf To Bay homes on prime lot in Beachview community
- Open kitchen, high ceilings, private pool with spillover spa, 2 story screen enclosure all just a short walk to the deeded beach access
- **\$1,749,000 EURO 1,434,917**

8. CAPTIVA HIDE A WAY

- 2 BR/2 BA move in ready condo with gorgeous Bay views & steps to restaurants and shops
- Intimate community includes Bayside pool, 220ft pier with dock, fitness room, garden & more
- **\$1,075,000 EURO 882,514**

9. 5 HOUSES FROM THE BEACH ON SANIBEL

- 3 BR/2 BA ground level beach house just 5 homes from the private beach access
- Roof, AC, & garage door recently updated. Great rental potential or perfect island getaway
- **\$815,000 EURO 674,873**

10. LONG CANAL VIEWS ON PERIWINKLE - SANIBEL

- 3 BR/3 BA home with 120ft of canal frontage, private 60 foot boat dock and lift
- Elevated pool and spa, vaulted ceilings, elevator, fireplace, and 2 car garage
- **\$2,300,000 EURO 1,886,970**

11. CUSTOM DESIGNED LAKE & RIVER FRONT HOME - FORT MYERS

- 4 BR/ 3.2 BA + office with soaring 2 story ceilings, chef's kitchen, loft area, daily sunsets from the 180 degree views of the River
- Outdoor kitchen & resort style pool with swim up bar, waterfall, sun shelf, & spa
- **\$2,395,000 EURO 1,944,840**

12. HAPPY DAZE - CAPTIVA

- 4 BR + den/4 BA home situated among the tropical vegetation just a short walk to the Captiva Village
- Wood floors, open kitchen, soaring ceilings, fireplace, large lanai overlooking the private pool & spa
- **\$1,699,000 EURO 1,398,507**



10



11



12

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Health First

Use Intuition To Support Health And Wellbeing



by Julie Rosenberg, MD

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

– Albert Einstein

What is intuition? Intuition involves implicit perceptual and cognitive processes that can be quickly and automatically executed. It is the ability to understand immediately, without reasoning. Simply put, intuition is often described as instant sensing or knowing; a “gut feeling.” A person might say, “My gut told me that something was wrong.” or, “The moment

I met her, I knew that we would marry.”

Intuition lives in our bodies. Therefore, learning to listen to your body’s clues is central to applying intuition to health and healing. Being attuned to your body’s normal patterns will help you to recognize and assess changes. Listening to your body’s signals will allow you to sense warning signs that can help you act quickly to address health-related concerns.

Intuition arises in multiple ways. While some people are instinctively more intuitive than others, it is possible for each of us to nurture and expand our intuitive capacity. Here are six ways to do so:

1) Avoid Constant Stimulation – Our world is filled with noise: television, computers and smart phones, to name a few. This constant stimulation can negatively influence your attentional capacities, as the stream of information encourages divided attention across multiple media sources. When you turn off digital distractions, you can better tune in to your inner world.

2) Learn To Slow Down – Give your mind and body breaks each day. Embrace time in quietude. Consider doing deep breathing exercises and meditating for at least 10 minutes per day. These practices

will help you to ground and focus your mind and to develop your intuitive abilities. I’ve personally found that meditation opens a space between something happening and how I choose to respond to it. As one who is generally moving quickly, I embrace this pause.

3) Cultivate Somatic Awareness – It can be challenging to feel truly connected with your physical self. However, it’s important to be in tune with your body. Pay attention to your body’s signals. Learn to recognize subtle changes in your body. Learn to become more attuned to your body by simply increasing your awareness of your physical sensations. Do you feel light or heavy? Do you have a tightness in your gut? Are you prone to headaches? Be curious, not judgmental.

4) Rest And Restore Your Body – Make a conscious decision to sleep, take a power nap, or simply relax when your body signals the need to do so. During sleep, your body repairs cells and restores energy. Lack of sleep can lead to impaired memory and focus, mood changes and other health-related concerns.

5) Pay Attention To Your Dreams – When you are awake, your cognitive mind is engaged. During sleep, your

cognitive mind rests and opens space for your subconscious mind to signal you in dreams. The unconscious mind is the wellspring of intuition.

6) Don’t Dwell On Negative Thoughts – Negative thoughts and emotions can have a negative impact on your body. Negative thoughts are often irrational, while intuitive thoughts are rational; they generally make sense. Negative thoughts can therefore cloud your intuitive state. Dealing with negative thoughts is not always easy, nor is it prescriptive. Seek guidance from your healthcare provider if you are affected by chronic negative thought patterns.

In conclusion, you can learn skills to enhance your intuition. Intuition can help you make informed choices about your health and wellbeing that will come from a place that is in alignment with your personal values and beliefs.

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.✧



FISH offers complimentary use of medical equipment for island residents and visitors
photos provided

FISH Medical Equipment In New Location

For many years, the City of Sanibel has provided storage space at city hall for FISH of SanCap medical equipment. The Sanibel Fire and Rescue District has accepted and stored equipment returns, keeping them until FISH volunteers can clean and prepare them for the next user. FISH extends its thanks to the city for its assistance with the equipment program.

As FISH programs continue to evolve and grow, the organization has secured a new location for the equipment program at 2330 Palm Ridge Road, Unit 16. While the new space will be used mainly for equipment distribution, it will provide additional space for storage and assembly for FISH Smile Box, holiday, school

supply and toy drive programs.

Requests for medical equipment will remain the same. Those needing medical equipment must call the FISH answering service, available 24-hours a day, at 472-0404. An equipment volunteer will return the call, confirm the request, and arrange to meet at the new location, where a check-out area will be located.

For the time being, all equipment must be returned to the FISH Walk-In Center, located at 2430-B Periwinkle Way on Sanibel.

Complimentary medical equipment loans is one of the many services offered by FISH. Islanders and visitors may borrow equipment temporarily, on a first come basis. FISH medical equipment loans include: wheelchairs and transport chairs (requires a person to push); walkers (non-wheeled, four-legged with wheels, with wheels and seat, and three-wheeled); canes (standard adjustable, four-legged and three-legged with a fold down seat);



New Location for FISH of SanCap Equipment Program

adjustable crutches; bath bench, bath transfer bench and shower chairs; and commodes and elevated toilet seats (with and without arms).

Free Autism Screening

Golisano Children’s Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder (ASD) screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, July 23 from 9 a.m. to 2 p.m.

It is estimated that one in every 59 children is diagnosed with some form of ASD, making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined.

Medical consultants for the project stress that an early diagnosis can

make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well.

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

A physician referral is not required. The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. To schedule a screening, call 343-6838.✧

dearPharmacist

Confusion About The Types Of Collagen



by Suzy Cohen, RPh

Dear Readers: We as humans make our own collagen naturally by utilizing amino acids. Those amino acids (aka peptides) are the smaller particles

that come from protein we eat. We then string together all kinds of proteins that we need for our bodies. One of these proteins is collagen and we make it from glycine, proline, hydroxyproline and alanine.

Topical collagen peptides, like those sold in face creams, wound healing ointments and facial serums have a lot of clinical research to support their use in the dermal layer. Orally bioavailable collagen is not sold as a dietary supplement, although many people think it is. In other words, if you're buying a "collagen supplement," what you're really taking are the four peptides that your body uses to string collagen together. Collagen itself will not survive through the stomach acid after you take it, so therefore it is not sold as a dietary supplement. You can boost collagen production in the body by taking dietary supplements of collagen peptides, as well as vitamin C, which is required as a cofactor to drive the reaction.

There are patented, proprietary forms of collagen peptides that are clinically studied for benefits in the skin, and those can (and should) be taken orally. So become well-informed when supplementing with collagen. They are not all created equal. Some types of collagen are derived from cow hide and some from fish scales, and there are other sources too. Some types of collagen work for joints, some work for wrinkles.

If you have brittle nails, thinning hair, fine lines, a loss of muscle mass, joint, tendon or ligament problems or even

irritable bowel syndrome (IBS), it's likely that you're low in collagen, and probably several different types of collagen, but it's hard to say. It's not a given. Those issues could also be caused by food allergens, various diseases, a deficiency in B vitamins or thyroid hormone, estrogen, testosterone or DHEA.

Most women who take collagen are taking it for its beauty aspects. Keep in mind that there are only a few specific types of very tiny peptides that are recognized by your fibroblast cells in the dermal layer of your skin. If and only if recognized, are your cells capable of being provoked to increase their own collagen metabolism. Of the five types of collagen, only Type I and III are useful in terms of beautifying your skin, hair and nails. Type II is for tendons, joints and ligaments.

Making sufficient amounts of collagen (or being young!) will significantly increase your skin's moisture, resulting in noticeably firmer and smoother skin. In addition, the oral intake of collagen peptides supports healthy joints, flexibility and cartilage. I take my own collagen peptides and suggest that you research the vast array of products on the market today to make sure it has the type you desire. If you'd like to read the more fascinating and longer version of this article, sign up for my free newsletter at www.suzycohen.com.

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.

Treatment Options For Addiction

An addict or alcoholic will be quick to jump into a short-term detox program to try and solve their addiction problem in three to seven days. Short-term medical detox programs will get you through the physical withdrawal as comfortably as possible, but that's all. Patients are never forced to face reality or deal with the reason they are using in the first place.

With space and a clean and sober mind, an addict can realize things they never had with the use of drugs or

alcohol. With time, this can happen in an inpatient treatment center. Then, they can have a successful recovery.

For more information on the difference between detox and inpatient

treatment, visit www.narconon-suncoast.org/blog/detox-is-not-treatment.html. Call 877-841-5509 for a no cost screening or referral.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I'm thinking of joining a support group. Can you help me understand what I can get from a support group?

A: Support groups are places where people can share their

own stories in a safe environment of understanding and acceptance.

Support groups are encouraging and respectful of everyone's space and story. Participants share information and resources.

With the sharing, the group can become cohesive, and members strengthen and empower themselves.

Confidentiality is maintained just like individual therapy and can have a positive effect and impact on the overall health of the individual and group as a collective.

People are able to benefit from the

information sharing that takes place in a support group. It is a setting to help with managing symptoms, developing better and healthier coping techniques. It can help with increased communication with their medical provider, friends and family members.

There are many kinds of support groups that range from topics of women's issues to various addictions, and discrimination and racism.

Often they are advertised in the local newspapers and Facebook for communities. You may want to decide what support group you are interested in and try it to see how comfortable you are and how you like it.

Support groups are known to be very beneficial, and they are either low cost or free of charge. Often, there is a number to call to inquire about the group. I encourage you to seek the group that may fit your needs and attend, so you will know if this is a good fit for you.

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.✱

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Pumpkin Marinara Pasta



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

Pumpkin is not just for making pie in the fall! We have discussed in prior newsletters how using pumpkin in recipes can be a great way to add more nutrients and vegetables to your daily diet. We use either fresh pumpkin (which can be a bit laborious to make) or organic canned pumpkin puree in our recipes. Yellow or orange veggies such as pumpkin are particularly rich in vitamin A and beta-carotene which turns into vitamin A. Free radicals are molecules in your body that are unstable and create a state of oxidative stress, which has been linked to cancer, heart disease and chronic illnesses. Vitamin A and beta-carotene can neutralize these free radicals stopping them from damaging your

cells. Studies have also shown them to protect against sun damage, lower cancer risk, eye disease and other conditions. Immune function is also improved, helping you fight off infections. Finding ways to use pumpkin in recipes will help you gain the above nutritional benefits in a tasty recipe. We love to make interesting pasta dishes. This alternative pumpkin pasta is a great way to give yourself a little more nutrient bang for your buck!

Recipe for Pumpkin Marinara Pasta:

1 box rotini or shells (we use gluten-free); 2 tbsp. olive oil; 2 minced garlic cloves; 1 diced medium onion; 1/2 tsp. oregano or 1 tsp. fresh; 1/4 tsp. cinnamon; 1/2 tsp. salt; 1 10-ounce can of crushed tomatoes (we like fire-roasted); 1/2 can pumpkin puree; 1/2 cup vegetable broth; chopped fresh basil; and grated fresh parmesan. Add more pumpkin if you like. Cook pasta and set aside. Add oil to a large pot over medium heat and cook onion until tender. Add garlic and cook for another minute. Add pumpkin, tomato, broth and seasonings. (We like to add more fresh herbs from our garden). Stir for about 10 minutes. Toss with pasta and add freshly grated parmesan and fresh chopped basil. A little lemon zest is also delicious in this recipe.

If you would like to make this recipe cheesier, you can add more parmesan or even other cheeses such as mozzarella or Havarti. Some like making this recipe without the tomatoes for a more

traditional mac and cheese recipe, using more pumpkin, cheese and some liquid milk or plant-based milk.

We love to make sauteed garlic spinach to serve alongside this dish. Sometimes we will also add some baby portabella mushrooms with a drizzle of balsamic reduction. Grilled Italian sausage (homemade from Bailey's!) is delicious with this dish as well. Give it a try next

Beautifulife:

I Am Woman



by Kay Casperson

Just recently, on a flight home from traveling, I was able to relax and enjoy a movie about the life of Helen Reddy, called *I Am Woman*. She passed away last September at 78 years old. She

was from Melbourne, Australia, where my husband grew up, and came to the United States with her little girl because of a promise of a record contract. When she arrived, she was told by the agency that they were only interested in male groups at the time.

So, as the biography goes, she does what every woman would do and juggles being a mom while trying to keep her dream alive. My husband was also inspired by the movie since he is from Melbourne, knew of Reddy, and is married to a strong and motivated woman.

While watching this movie and remembering all of her hit songs, I started to think about how times have changed so much since the song *I Am Woman* was released. From the mid-'60s to now, there has been much improvement in the equality of men and women. Still, back then, this song struck such a chord and became the anthem for women's rights and equality.

It's hard to believe there was a time when women were not allowed to do many things. They could not vote, wear pants, own property, serve in the military, keep their maiden name, serve on a jury or compete in the Olympics. So yes, we have come a long way. But, there are still things that need to be done, and below are just a few.

Women earn 82 cents for every dollar men earn, which means that a woman would have to work well into the following year to make the same amount

time you are in the mood for some tasty and healthy pasta.

*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.**

of money.

Women make up only 26.7 percent of the United States Congress, which is growing but still has a ways to go.

Women account for just over seven percent of the CEOs of Fortune 500 companies. They also have a shorter tenure in their positions than men do.

Women are still taking on most of the household duties even if they have outside responsibilities. Most will take temporary leave or reduced hours of work due to having or raising children.

Women athletes continue to fight for their differences in what they are paid versus the males in the same sports position.

There are even more things to be improved upon, but I know for sure that the song that was famous for bringing hope to women is still relevant today. The chorus goes like this; *Yes, I am wise, but it's wisdom born of pain. Yes, I've paid the price but look how much I gained. If I have to, I can do anything. I am strong (strong), I am invincible (invincible), I am a woman.*

My affirmation for you this week is:

"I will respect, appreciate and honor all women in my life for what they do, what they endure and what they dream for every day."

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.*

Soma Abuse

Soma is a drug prescribed by many pain management clinics. A person abusing Soma builds up a tolerance and often a dependence to this drug. In a study of 20 Soma users, 13 admitted to using more than prescribed.

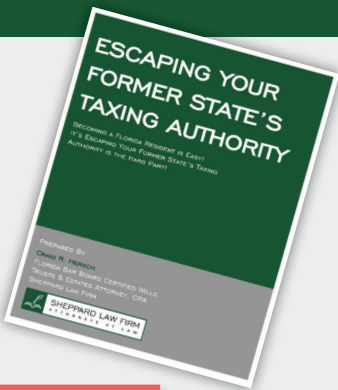
To learn more about Soma abuse, visit www.narconon-suncoast.org/drug-abuse/soma-effects.html.*

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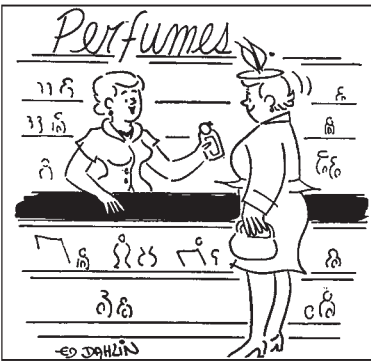


Emergency	911
Sanibel Police.....	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy.....	477-1000
Fire Department, Sanibel	472-5525
Fire Department, Captiva	472-9494
Florida Marine Patrol.....	332-6966
Florida Highway Patrol	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	472-1080
City 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
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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



"Husbands love it — it's _____ !"

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!

Revolver

PILOTS

Serve

REACT

Royalty

HORNET

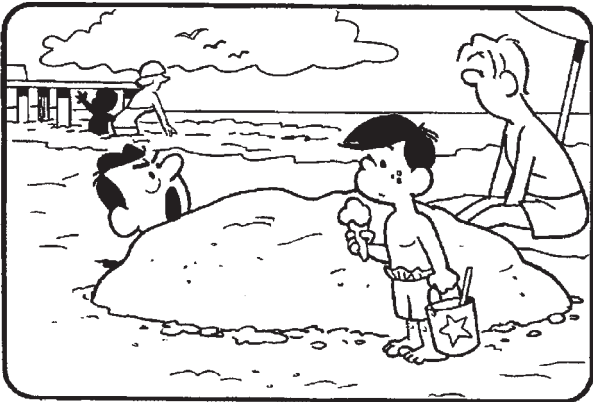
Cherish

EARNED

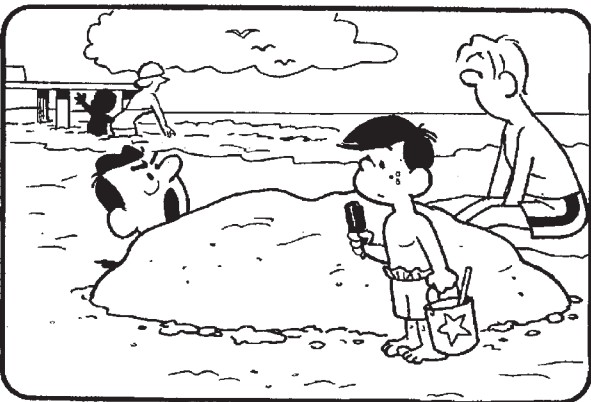
TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Birds are moved. 2. Cloud is smaller. 3. Ice cream is different. 4. Pier support is removed. 5. Ice cream is missing. 6. Umbrella is missing. 7. Trunks are different.

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

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

ALTERNATING NAMES

- ACROSS**

1 Trapped

8 Moderately slow tempo

15 Hot coal

20 Left over

21 Velvet Underground singer

22 Myanmar, previously

23 * "Chicago" poet who worked for a rival of Revlon?

25 Vital liquid

26 Pitcher — Nomo

27 Big joint

28 Antique auto

30 Furry Oz visitor

31 More like baking bread's smell

34 * 2003 "American Idol" runner-up from Alberta?

39 Like Hindi or Urdu

41 Many a youth

42 Soup sample

43 * Reply when the crooner of "Honey" asked how he should criticize people?

48 The Fate who cut the thread of destiny

52 Pitti Palace's river

53 Gladys Knight & the Pips' "I've Got to — Imagination"

54 Like an obsessed mind

55 A whole lot

57 * "Go take a nap, you Bolshevik leader"?

61 Dig up

63 Range ropes

64 Emmy winner Michaels

65 What each guy who's an answer to a starred clue is? [hint: skip over the even letters in his first name]

69 "— diem!"

74 Ate into

75 "180 illegal" road sign

77 * Gets hold of the singer of "(Sittin' on) The Dock of the Bay"?

85 Got closer to

86 Pungent red roots

87 Din

89 Spanish body of water

90 Many private planes

91 * Novelist of "Humboldt's Gift" imitating a beach bird?

95 Chaney of "The Trap"

96 Certain peer

97 "McSorley's Bar" painter John

98 * Co-star of "Neighbors" with a Seussian Star-Belly?

103 Conjecturer's words

108 Is unwell

109 Anvil setting

110 401(k) kin

112 Many a youth

113 Flood control

115 * 20-season Houston Astros player who was a hot rodder?

121 Big blue expanse

122 Worked, as dough

123 Garage door gadgets

124 Aeries, e.g.

125 Veterans

126 Co-star of HBO's "Insecure"

DOWN

1 Restless

2 "I'm serious!"

3 Carne — (burrito fill)

4 Is like a mole

5 Like salivary glands near ears

6 Gold, to Luis

7 — Aviv

8 Jai —

9 Like Macs

10 Film bomb

11 Wall St. operator

12 Not old, in Ulm

13 Earthling, in sci-fi

14 Lawn tidier

15 Dwindle

16 Like PCs with several peripheral hookup points

17 Small stream

18 Overact

19 Cellar gas

24 Dwindle

29 Pearl holders

32 Smitten erotically

33 Big name in ice cream

35 121-Across off Va.

36 Spike in film

37 "Is that so!"

38 — surface missile

40 Short negligee, for short

43 Dufy of art

44 University city in Maine

45 Fewer than

46 Actor Lloyd

47 Soap stuff

48 Basketballer Jamison

49 Faux —

50 Doc — (foe of Spidey)

51 Big blue expanse

54 Savvy about

56 Prior to

58 "Judge —" (1995 film)

59 Crude fluid

60 Retail store starter?

62 Stable group

66 Diana of "West 11"

67 Ike's initials

68 Grazed (on)

69 Acting nudge

70 The tiniest bit

71 Pastoral

72 Rival of Ragú

73 Bequeath

74 Embellish

76 Barely there phone signal

77 Frodo foe

78 Sweetie, in modern lingo

79 Eagles' stats

80 Non-window flight request

81 Ain't correct?

82 Gerund suffix

83 We, to Henri

84 Anderson of "The X-Files"

88 Trough food

91 — Paulo

92 Unit of work

93 London beer

94 Foes

96 Wayward

98 Beauty shop

99 Family girl

100 Santas' aides

101 Taxi drivers

102 Not as nasty

104 — petition

105 Felix played by Randall

106 Kelly of "One Tree Hill"

107 Irregularly notched

111 Clears (of)

114 USN off.

116 "Citizen X" co-star

117 Sleazy paper

118 Lemon drink

119 "... grace of God —"

120 Med. stats. taken with arm cuffs

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			

King Crossword

- ACROSS**

1 Pack cargo

5 Billboards

8 On — with

12 Vagrant

13 Old Oldsmobile

14 TV's "Warrior Princess"

15 Actress Falco

16 Rep.'s rival

17 Apple product

18 Criminal's "why"

20 Latin love

22 Whiskey variety

26 Dishonor

29 Succor

30 Blue

31 Runner's tempo

32 Greek H

33 "Three Sisters" sister

34 Last (Abbr.)

35 Nay undoer

36 Void

37 Outing for two couples

40 Bedouin

41 Boston athlete

45 Wrinkly fruit

47 Dhabi preceder

49 "— la Douce"

50 Thaw

51 Allow

52 Pants part

53 Adams and Schumer

54 Grant's foe

55 Vegas game

9 Pre-game morale booster

10 Year in Spain

11 "Awesome!"

19 Compete

21 Club —

23 Like some exclusive communities

24 Cabin components

25 "— the night before ..."

26 Tater

27 Head light?

28 In reality

32 Size up

33 Washington Monument, e.g.

35 Carte lead-in

36 Chowd down

38 Londoners, e.g.

39 Keen

42 Nest setting

43 One-named supermodel

44 Roman censor

45 Actress Thurman

46 Tiara sparkler

48 Spell-off

DOWN

1 Son of Noah

2 Commotion

3 Life story

4 "Alas ..."

5 "As You Like It" setting

6 Actor Billy — Williams

7 Neighbor of Kenya

8 Self-evident truth

MAGIC MAZE ● EGYPTIAN CITIES

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: CAPITAL CITY

- Alexandria

Arish

Aswan

Asyut
- Banha

Desouk

Faiyum

Gizeh
- Ismailia

Luxor

Mansoura

Port Said
- Qena

Suez

Tanta

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FRIDAY
Few Showers
High: 86 Low: 74



SATURDAY
Mostly Cloudy
High: 87 Low: 76



SUNDAY
Cloudy
High: 86 Low: 75



MONDAY
Cloudy
High: 89 Low: 79



TUESDAY
Cloudy
High: 90 Low: 78



WEDNESDAY
Cloudy
High: 91 Low: 80



THURSDAY
Mostly Sunny
High: 88 Low: 76

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	6:52 am	12:07 am	6:37 pm	12:27 pm	Fri	5:57 am	12:09 am	5:42 pm	12:29 pm	Fri	6:45 am	12:24 am	6:54 pm	12:38 pm	Fri	9:02 am	3:23 am	8:47 pm	3:43 pm
Sat	7:27 am	12:45 am	8:13 pm	1:54 pm	Sat	6:32 am	12:47 am	7:18 pm	1:56 pm	Sat	7:05 am	1:00 am	7:54 pm	1:44 pm	Sat	9:37 am	4:01 am	10:23 pm	5:10 pm
Sun	8:06 am	1:22 am	10:10 pm	3:18 pm	Sun	7:11 am	1:24 am	9:15 pm	3:20 pm	Sun	7:25 am	1:37 am	8:56 pm	2:47 pm	Sun	10:16 am	4:38 am	None	6:34 pm
Mon	8:50 am	1:58 am	None	4:35 pm	Mon	8:50 am	2:00 am	11:17 pm	4:37 pm	Mon	7:52 am	2:13 am	10:07 pm	3:47 pm	Mon	12:20 am	5:14 am	11:00 am	7:51 pm
Tue	12:12 am	2:32 am	9:40 am	5:42 pm	Tue	8:45 am	2:34 am	None	5:44 pm	Tue	8:29 am	2:42 am	11:41 pm	4:55 pm	Tue	2:22 am	5:48 am	11:50 am	8:58 pm
Wed	10:34 am	6:41 pm	None	None	Wed	9:39 am	6:43 pm	None	None	Wed	9:20 am	3:04 am	None	6:09 pm	Wed	12:44 pm	9:57 pm	None	None
Thu	11:29 am	7:34 pm	None	None	Thu	10:34 am	7:36 pm	None	None	Thu	1:04 am	3:18 am	10:51 am	7:18 pm	Thu	1:39 pm	10:50 pm	None	None

PETS OF THE WEEK



Cookie ID# A867275 photos provided Darla ID# A872020

Lee County Domestic Animal Services

Cookie And Darla

Hello, my name is Cookie. I'm a brown brindle 4-year-old female pit bull mix. I've been at the shelter for quite a while now. I bark for attention in my kennel (wouldn't you in a shelter full of other dogs?) so people tend to pass right by. Unfortunately, they're missing out on a very special girl who loves to cuddle, give sweet kisses and has the happiest, most adorable

face! My adoption fee is \$10. Hi, my name is Darla. I'm a gray 2-year-old female domestic shorthair. I'm one of the longer term residents at the shelter. I'm overlooked because everyone tends to go for the cute, little kittens. They don't know all the great advantages of adopting a "tweenager." I have already developed my personality so there will be no surprises with this sweet girl. No litter box training, or pesky late night kitten antics to deal with either. My adoption fee is \$20, and you can adopt a feline 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 JULY 12, 2021

Aries (March 21 to April 19) You dislike waiting for promises to be fulfilled and for commitments to be kept, but resist your headstrong tendency to push things along. Your patience will be rewarded.

Taurus (April 20 to May 20) Expect continuing opposition to your plans from die-hard detractors. However, your determination to see things through will carry the day. A Pisces has romantic ideas.

Gemini (May 21 to June 20) You might be too close to a troublesome workplace situation to deal with it successfully. Step away in order to get a better perspective. A solution soon becomes obvious.

Cancer (June 21 to July 22) You might suspect that someone you trust has misled you on an important matter, but a more balanced view of things reveals a misunderstanding to be the culprit.

Leo (July 23 to August 22) The Big Cat's animal magnetism has rarely been stronger. You can either just bask in all that admiration or use it to your

advantage, especially in the workplace.

Virgo (August 23 to September 22) Someone who previously balked at cooperating with you on a project suddenly has a change of heart. Accept both help and advice with grace.

Libra (September 23 to October 22) Some hazy issues still need to be cleared up before you can move on with your new plans. A friend from the past reaches out to re-establish old ties.

Scorpio (October 23 to November 21) Continued positive fall-out follows that risky workplace decision you made some time ago. Your payoff will soon prove to be more substantial than you expected.

Sagittarius (November 22 to December 21) A personal relationship continues to be affected by a recent unexpected turn of events. Things need to work themselves out without finger-pointing.

Capricorn (December 22 to January 19) It's a wonderful week for all you capricious Goats to kick up your heels with friends or family members in some well-earned fun and frivolity.

Aquarius (January 20 to February 18) Caution is advised before making a

continued on page 46

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From page 44

My Stars

financial commitment to someone you don't really know. There are better ways to build friendships than with risky fiscal dealings.

Pisces (February 19 to March 20) Travel plans continue to be favored. A change of scenery brings new opportunities, both personally and professionally. Be open to the possibilities.

Born This Week: You have a strong sense of loyalty that shows itself best in your relationships with family and friends.

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

- Get cobwebs off a window screen with a lint roller.
- Want to make that summer at-home pedicure last? Don't skip the base coat or a UV topcoat. The base coat will allow the color to adhere evenly and better. Then the topcoat will protect the color from the sun while giving it a little extra shine.
- "Use an over-the-door shoe holder to house your makeup and hair accessories, plus jewelry and other personal items. You can trim a curtain or piece of fabric to fit over the length of it, and tie it to the top if it looks too messy in your room." – MK in North Carolina

- Use this trick to freshen your stuffed animals. Dust with baking soda and put several together in a large paper grocery bag until it's half full. Fold the top of the bag down and shake vigorously. Remove the stuffed friends and shake off any excess baking soda. For good measure, put the dusted-off toys in a low- or no-heat dryer cycle for 10-15 minutes.
- Hashbrowns can be made on a waffle iron. Coat liberally with canola oil or butter-flavored nonstick spray, and add shredded potatoes and finely diced onion. Allow the iron to cook the potatoes to your desired level of crispness, and flip out both sides onto a plate. They will be both crisp and soft.
- Honey has amazing properties, and one of them is its antiseptic powers. You can even use it on pimples. Just a tiny dab will help keep bacteria responsible for breakouts from taking over.

STRANGE BUT TRUE

- "Bonobo," the common name for apes, was a typo. Researchers are said to have first found the animals in the town of Bolobo, Zaire, but misspelled the town's name as "Bonobo" on the crate in which one was shipped, and the error stuck.
- Are you a fan of coffee breaks? Then you'll want to head to Stoughton, Wisconsin, for their annual Coffee Break Festival, featuring coffee tastings, "brew-offs" and – seriously – bean-spitting contests. Next one's in August.
- The world's largest padlock measures an impressive 56.8 inches tall, 41.3 inches wide, and 10.2 inches deep, and weighs in at 916 pounds. Sorry, we don't know what it was built to protect...
- One of the earliest known vacuum cleaners was so large that it had to be hauled via a horse-drawn carriage. Giant

- hoses were inserted into customers' windows while a gas-powered motor sucked dirt into a glass container for the shock and awe of onlookers.
- You can thank the American armed forces for the first McDonald's Drive Thru, which made its debut in Sierra Vista, Arizona, near the Fort Huachuca military installation. Rules prohibited soldiers from wearing their uniforms in public, and no one wanted to switch to civvies just to grab a burger, so restaurant manager David Rich cut a hole in the wall, allowing them to pick up their orders without leaving their vehicles. Unsurprisingly, the idea quickly caught on with the general public.
 - The next time someone tells you they're sweating like a pig, they're actually lying (though, we're sure, unintentionally): Pigs are born without sweat glands, hence the need for a nice mud puddle to cool off in.

THOUGHT FOR THE DAY

"The beauty of nature has been one of the great inspirations of my life."
– Jim Henson

TRIVIA TEST

- 1. Geography:** How many states are in Australia?
- 2. Literature:** The character of Miss Havisham appears in which 19th-century novel?
- 3. Astronomy:** What is the name of the boundary between Earth's atmosphere and outer space?
- 4. General Knowledge:** What creature was a hood ornament on the 1933 Hudson Essex Terraplane car?
- 5. Television:** What were the names of the boys on the 1990s sitcom *Home Improvement*?

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7/16 * 7/16

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.

- 6. Music:** The Jug saloon was the setting in which Lynyrd Skynyrd song?
- 7. Movies:** What was Charlie Sheen's nickname in the 1989 movie *Major League*?
- 8. Animal Kingdom:** What are the offspring of echidnas (Australia) called?
- 9. U.S. States:** What is the state flower of West Virginia?
- 10. Food & Drink:** Which country produces Gouda cheese?

TRIVIA ANSWERS

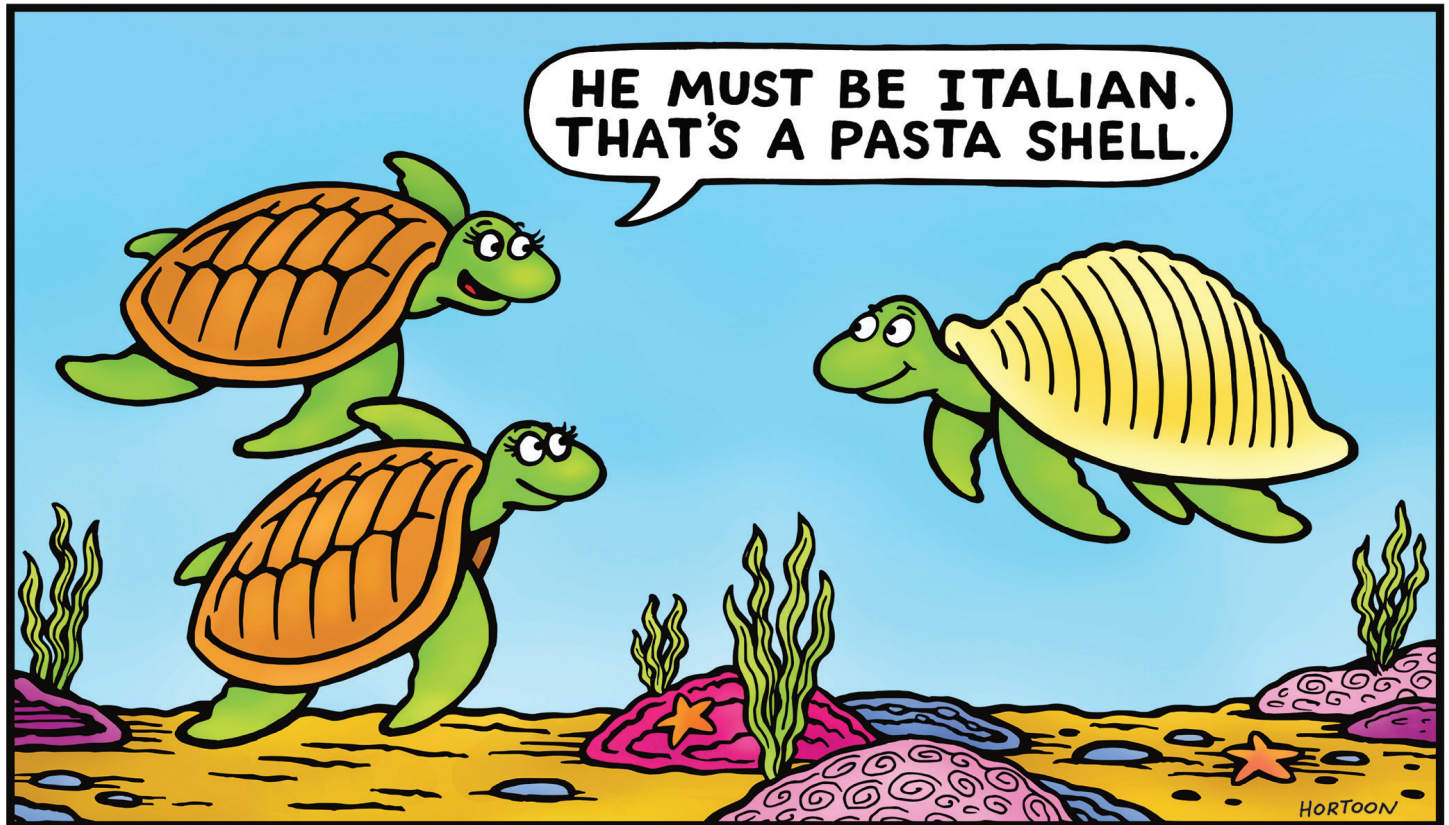
1. Six 2. *Great Expectations*, Charles Dickens 3. The Karman line 4. A griffin 5. Brad, Randy and Mark 6. *Gimme Three Steps* 7. Wild Thing 8. Puggles 9. Rhododendron 10. The Netherlands

SCRAMBLERS ANSWER

1. Pistol 2. Cater;
3. Throne; 4. Endear

Today's Word
CHEAP

HORTOONS



PUZZLE ANSWERS

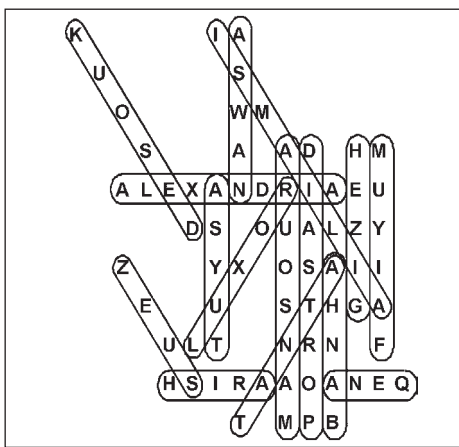
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Town And River	Fort Myers	2020	4,363	\$3,595,000	\$3,595,000	3
Harbour Preserve	Cape Coral	2006	6,593	\$3,850,000	\$3,500,000	80
Fort Myers	Fort Myers	1999	8,130	\$3,300,000	\$2,961,000	62
Metes And Bounds	Captiva	1987	2,365	\$2,995,000	\$2,695,000	402
Shell Harbor	Sanibel	1971	2,421	\$2,300,000	\$2,200,000	0
Laguna Shores	Fort Myers Beach	1962	1,685	\$1,699,000	\$1,462,500	160
Devonwood	Fort Myers	1999	3,051	\$1,250,000	\$1,275,000	4
Renaissance	Fort Myers	2012	3,303	\$1,200,000	\$1,200,000	0
Mossy Glen	Fort Myers	2005	3,523	\$1,250,000	\$1,200,000	59
Sanctuary	Bonita Springs	2000	3,241	\$1,299,000	\$1,150,000	57

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