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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 15, 2022

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'Ding' Darling Amateur Photo Contest Opens

The 30th annual "Ding" Darling Amateur Photo Contest officially opens on Friday, July 15. Deadline for submission is Thursday, September 15 and all entries must be submitted electronically. Cash prizes are \$300 for first place, \$225 for second place, \$175 for third place and \$25 for honorable mentions.

The contest, sponsored by "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), is held in conjunction with "Ding" Darling Art in the Wild Day, scheduled for Saturday, October 29 at the refuge. Winners will be announced during Art in the Wild.

For an entry form and contest information, visit www.dingdarlingsociety.org/articles/photo-contests.

Entries must be delivered by email to ddamateurphotocontest@gmail.com by September 15. Each photo must be a jpeg file of at least 3,000 by 2,400 or four megabytes. Panoramic photos are not allowed. For assistance, call 472-1100 ext. 233 or email shois@dingdarlingsociety.org. Entrants can pay by sending a check made out to "Ding" Darling Wildlife Society, P.O. Box 565, Sanibel, FL 33957 with a memo "for photo contest" or online at www.tinyurl.com/dingphotofee.

The \$25 per person entry fee includes a membership to the society and helps defray costs associated with the



Doug Meurer of Fort Myers won first place in 2021 for *Roseate Spoonbill & Reddish Egret* photo by Doug Meurer

contest. One fee covers two entries per person but each person is eligible to win only one award.

Only amateur photographers (all ages) are eligible to enter (may not possess a professional photographer tax identification number for the sale of photographs). Photos must be taken at JN "Ding" Darling National Wildlife Refuge on Sanibel and within two years of entry date. Photos that have won awards in previous "Ding" Darling photo contests may not be resubmitted.

Judging will be anonymous. Do not put your name or anything that will identify you on your photograph.

Judging criteria includes:

Technical excellence (sharpness, lighting, composition, exposure);

Originality/creativity;

Interest; and

Ability to be reproduced for publication.

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

Judges include a refuge staff person, professional photographer and a member of the Sanibel community.*



Beachgoers need to take extra caution during hatching season, especially after dark photo provided

Sea Turtles Are Hatching

The first sea turtle hatch of the season was documented by Sanibel-Captiva Conservation Foundation (SCCF) on June 27. So far, 20 nests have hatched and about 1,853 hatchlings have already emerged and begun their trek to the water and eventually into the Florida Loop Current.

Now that hatching season has officially begun, residents and visitors are reminded

to be cautious when on the beach from dusk to dawn. Hatchlings are vulnerable to threats such as predators, holes and beach lights. It is especially important for beachgoers to be careful when they are on the beach at night, as they pose a threat to these little hatchlings.

If you do find yourself near an emerging nest, keep a safe distance of at least 20 feet and eliminate white lights (including flashlights, house lights, cellphones and photography lighting).

If you see hatchlings that appear

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New Resident At Shell Museum

In early June, the Bailey-Matthews National Shell Museum's giant Pacific octopus began the natural process of senescence, or end of life. He began refusing food and released spermatophores, a sign of a reproductive phase after which the animal declines over a period of weeks or even days, and their death is imminent.

While in the museum's care, the octopus inspired and educated over 100,000 visitors to the museum and over 33,000 viewers online through social media and www.shellmuseum.org/octocam. He will be missed.

On June 29, the museum brought in a new resident giant Pacific octopus who is adjusting well to its new home. Carly Hulse, senior aquarist, has already begun to form a bond with the octopus.

"Following the first couple of sessions of enrichment (stimulation to encourage natural behaviors), Carly has already established a strong bond with the new octopus, who is now active and responsive to her actions," said Dr. José H. Leal, science director and curator.

The museum is introducing its latest addition during Aquarist-led Keeper Chats, held at 11 a.m. daily at the museum.

Bailey-Matthews National Shell



The new giant Pacific octopus

photo provided

Museum is a natural history museum, and the only accredited museum in the United States with a primary focus on shells and mollusks. Permanent exhibitions on view include the Great Hall of Shells, which displays highlights of the museum's collection of roughly 550,000 shells, as well as the Beyond Shells living gallery

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30th Annual Independence Day Parade Winners



The Color Guard from American Legion Post 123 led the way for the 42 parade entries on July 4. Crowds of spectators lined both sides of Periwinkle Way to celebrate Independence Day on Sanibel. photos by Anna Marrero



The parade judges were, from left, Betsey Kane, John English, Susie Wilson and KC Cuscaden (not pictured)



Boy Scout Troops 193 and 316 won for Best Salute to the U.S. Military



RS Walsh Landscaping captured the award for Best Float – Commercial



The award for Best Music went to the Sanibel-Captiva Rotary Club



Best Nature Theme went to the Sanibel & Captiva Islands Association of Realtors



Bank of the Islands took the honors for Most Patriotic



The Island Cow won the award for Best Original Design



Best Nonprofit was awarded to the Sanibel Bicycle Club



Sanibel Captiva Business Women's Association was the winner of Best Float - Small Entry

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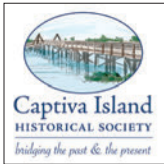
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Dickey Hotel photo courtesy Captiva Island Historical Society Archives

Captiva Island Historical Society
Landmark:
Dickey Hotel

The Dickey Hotel, built in 1911, was leased by Eyber and later by the Snyder School. After it burned down in 1935, Belton Johnson built his first house on the site. 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. The gallery is closed temporarily for repairs. Call 533-4890 for information. Visit the website at www.captivaaislandhistoricalsociety.org/archives/research to view many more images to bring you closer to Captiva.✪

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS
Summer services, now through August, are held on the second Friday of the month at 7:30 p.m., led by congregants. Services are held at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Email batyamsanibel@gmail.com for links to services and information, 2050 Periwinkle Way.
CAPTIVA CHAPEL BY THE SEA
Rev. Larry Marshall. Worship services every Sunday at 11 a.m., November 14, 2021 through April 24, 2022. Sunday services posted on the chapel's website, www.captivachapel.com and 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 7:30 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 service at 10 a.m. July 10 though

September in the Sanctuary. View the Sunday services via livestream at 10 a.m. through the summer or later online at www.sanibelchurch.com. The 9 and 11 a.m. services resume in October. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684
SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST
Interim Pastor: Rev. Dr. Randall Niehoff. Traditional Worship Service at 10 a.m. 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. www.saintisabel.org, 3559 Sanibel-Captiva Road, 472-2763.
ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH
The Rev. Bill Van Oss, May through October. Saturday at 5 p.m., Sunday service at 9:30 a.m. and is also livestreamed. Messy Church every second Sunday of the month 4 to 6 p.m., includes activities for all ages, celebration and free meals. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.
UNITARIAN UNIVERSALISTS OF THE ISLANDS
Meets 5 p.m. one Sunday each month from January through April on Zoom or at Sanibel Congregational United Church of Christ. ruthiyengar42@gmail.com, 2050 Periwinkle Way, 847-309-3926. Email changes to press@islandsunnews.com or call 395-1213.✪



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Community House Calendar

Caterpillars to Butterflies Summer Camp runs July 18 to 22 for ages 6 to 14. Activities include baking, crafts, art, gardening, cooking, games and guest speakers. The program operates Monday to Thursday from 9:30 a.m. to 1:30 p.m. and Friday from 9:30 a.m. to 3 p.m. Cost is \$300 for the week or \$60 per day. Snacks are provided. Campers can bring a lunch or purchase one for \$15 per day (advance notice required). Call 472-2155.

The paper shredding truck will be in the north lot across from The Community House from 9 a.m. to noon on Saturday, July 16. Cost is \$5 per box or bag. Large binder clips and paper clips must be removed but staples and small paper clips are acceptable.

Elevated Wine and Spirits will host an educational wine tasting featuring Ovi French wines on Friday, July 29 from 6 to 8 p.m. Food will be prepared by Chef John Wolff. Cost is \$50 for members, \$55 for guests. Call 472-2155 for reservations.

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. A shell crafting class is offered at 10 a.m. There is no charge to attend; supplies start at \$5. Young children must be accompanied by an adult.

Aerobics with Mahnaz Bassiri is offered on Monday, Wednesday and Friday from 9:30 to 10:30 a.m. Bring your own weights (optional). Cost is \$5 for



The Community House file photo

members and \$10 for guests.

Chair Stretching with Mahnaz Bassiri is offered on Thursdays from 1 to 2 p.m. Cost is \$10 for members and \$15 for guests.

The Sanibel Hearts Club meets on Fridays from 1 to 3 p.m. to play the card game Hearts. Cost is \$5. Beginners to experts are welcome.

Chef John Wolff is in need of locally grown fruit for youth cooking classes and other culinary projects. If you have a fruit tree of any kind and are willing to share its bounty, even if you are not in town, contact The Community House at 472-2155 or office@sanibelcommunityhouse.net. Volunteers are needed to collect fruit.

Sanibel-Captiva Art League is exhibiting works by Ann Reardon and Marianne Ravenna for the month of July. The exhibit can be viewed Monday through Friday from 9 a.m. to 1 p.m.

Shell critter kits are available for purchase or to ship. Choose from 13 critters to assemble. Cost is \$5 per kit; shipping is \$10 additional.

Shell necklace kits are available for purchase or to ship. Cost is \$20 per kit; shipping is \$10 additional. All materials

and instructions included. Art kits 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 \$10 additional. Proceeds from art and craft kits

support operations at The Community House. Available from 9 a.m. to 1 p.m. Monday through Friday. The Community House is located at 2173 Periwinkle Way. Visit www.sanibelcommunityhouse.net or call 472-2155.✧

OBITUARY

PETER THOMAS MEEKIN

Peter Thomas Meekin passed away on June 18, 2022 at age 72 near his home on Sanibel Island, Florida. He was a devoted husband, father, grandfather, brother, uncle, friend and colleague.



Born in Troy, New York in 1949, Peter grew up in Upstate New York, Florida and Vermont. He attended Shaker High School in Latham, New York (1967) and graduated from SUNY New Paltz with a degree in mathematics (1971). After the small software company he cofounded in New York, InfoCenter Software, was purchased by Lotus Development Corp., he raised his family in the Boston area. Peter later worked for Dun & Bradstreet and became a managing partner with Trident Capital of Palo Alto, California. He continued to live close to his family by remaining on the east coast, residing in Bennington,

Vermont and on Sanibel Island. After retiring, he enjoyed and was dedicated to volunteering at JN "Ding" Darling National Wildlife Refuge on Sanibel. He loved reading, nature, gardening, astronomy, science fiction, history and traveling. His greatest joy was spending time and laughing with his family. He is survived by his loving wife of 25 years, Nancy J. (Barker) Meekin; his two children and three grandchildren with Susan Halpern, daughter Sarah Halpern-Meekin (Nils Ringe) and grandson Max Ringe, of Madison, Wisconsin, and son Ben Halpern-Meekin (Judy Chen-Meekin) and granddaughters Alexandra and Emerson Meekin of Shoreline, Washington; sisters Michele Miller (Michael Miller) of Edmonds, Washington, and Madalan Marine (Tom Marine) of Palm Coast, Florida; and numerous nieces and nephews. He was preceded in death by his father Chester C. Meekin (1905-1971), mother Madeline L. (Boyle) Meekin (1916-1965) and younger brother James W. Meekin (1953-2017). In lieu of flowers, consider making a donation in Peter's memory to "Ding" Darling Wildlife Society at www.dingdarlingsociety.org or P.O. Box 565, Sanibel, FL, 33957.✧

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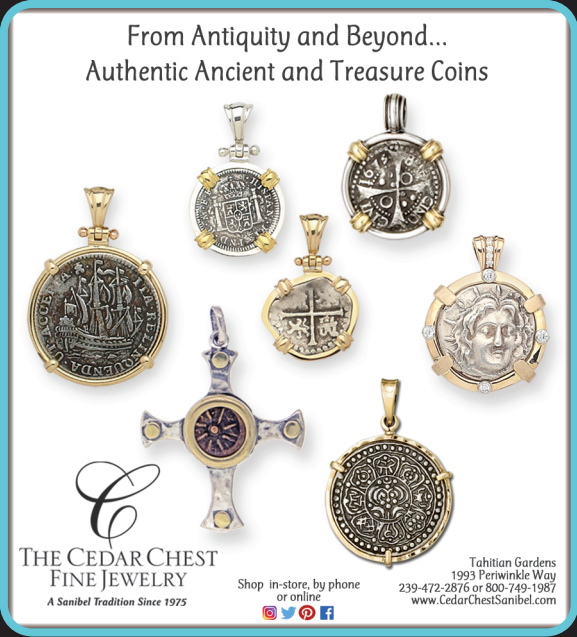
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2022 Road Rally Winners

The 42nd annual Road Rally was held on July 4. Awards were presented at The Sanibel Grill by Tim Moore, Randy Carson and Allen Dunham of Friends of Randy of Sanibel. Proceeds will benefit Community Housing and Resources. The final rankings are:

- 1. No Ragrets
- 2. Sea Gals
- 3. Mermaid Mafia
- 4. The Bookworms
- 5. Kara's Kruisers
- 6. Island Time
- 6. Trotting Turtles
- 7. Plays for Days
- 8. Driving Mrs. Crazy
- 9. Rally'n for Reeses
- 10. Beach Bums
- 10. Poppies Posse
- 11. Long Shots
- 12. Team Gin & Tonic
- 13. Sanibel Sassy Sunshine
- 14. Don't Spill the Tea
- 15. Yippe Sistas
- 15. The San-Cap Guide
- 15. The Rowdy Roseates
- 16. Carleigh's Angels
- 17. Rally in My Pants
- 17. The Hooligans
- 18. Show me 5
- 19. Rally Rosens
- 20. Shelma & the Breezes
- 21. Snowbirds of SanCap PackNShip
- 22. Keep Palm and Carry On
- 23. Buns & Weiners
- 24. Sanibel Road Warriors
- 25. Bailey
- 26. St. Michael's Angels
- 27. White Wolf
- 28. Tennessee Turners
- 29. The Karnos
- 30. Twin Palms – Twice the Fun
- 31. Gobshites
- 32. Chi – Bel
- 33. Best in Show
- 34. Seagrape Yachtsman
- 34. Sip of Sunshine
- 35. Red, White & Birds
- 35. Chebbie
- 36. Nanny's Nuts
- 37. Crash Test Dummies
- 38. Red White & Bulldog
- 39. Wineaux
- 40. The Bubble Car
- 41. CAJO Bird.✱



First place went to No Ragrets: Holly and Jason Smith, Peggy and Michael Leedy, Mary Ellen and Eric Pfeifer, Mark Pfeifer, Chris Miller, Aaron Pruss and Sam Ankerson



Second place was awarded to Sea Gals: Rebecca Cosentino, Sarah Berger, Dawn Ramsey, Rachel Peach and Bobbye Drobnik



Third place was awarded to Mermaid Mafia: MaryBeth Greenplate, Khristy Scheer, Chelle Walton, Karyn Hill and Colleen Bauer



Last place honors went to CAJO Bird: Cathy, Joel and Jenny Vogel, and Stephen Feder



A Best Decorated award went to Rowdy Roseates: Catherine Ford, Erica Thomas, Deborah Makowski and Miggy Hurd



Best Decorated also went to Keep Palm and Carry On: Nicole McHale, Roger Timm, Tayana Pettinat, Alexis Giguee, Nate Giguee, Greg Kerns and Rebecca Kerns

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OBITUARY

JOHN JOSEPH NAUMANN

John Joseph Naumann passed away suddenly on July 4, 2022 at the age of 72. He was born in Toledo, Ohio on November 4, 1949 to John and Jacquelyn Naumann.



John began his career with his father, Jake, at Schlageter-Naumann General Contractors in Toledo. He relocated to Florida when he was 20 years old and began his career in real estate sales at the Innisbrook Golf Club in Tarpon Springs. John then moved to Sanibel Island where he developed the sales program for the Sundial Beach & Tennis Resort and obtained a securities license as a broker for Real Estate Concepts, Inc.

In 1975, John Naumann & Associates was formed, a general real estate marketing and sales firm with offices on Sanibel, Fort Myers, Bonita Beach and Naples, Florida. In 1976, he formed Sanibel Accommodations, which assumed the marketing and sales of the Sundial Resort condominiums. In 1979, John formed BTS Development Corporation, a real estate development company, together with his longtime

friend and partner Jeffrey J. Milton, where John served as president for over 40 years. BTS purchased old motels on Sanibel and created luxury waterfront residences, which helped transform Sanibel into what it is today. During the '80s, BTS developed By the Sea, High Tide, Tantara, Beachcomber, Somerset and Tamarind. BTS then moved from gulf front properties to golf course communities, which included The Sanctuary at Wulfert Point on Sanibel, where John served as chairman for 10 years and the Westminster Golf Club Community in Fort Myers. The Sanctuary Golf Club is a world-class golf course built in the center of a federal wildlife preserve adjacent to JN "Ding" Darling National Wildlife Refuge. Additionally, BTS is responsible for Jonathan Harbor, a private island community and marina in Fort Myers.

In his youth, John excelled in football and golf. During his adult years, John enjoyed playing golf and tennis at The Dunes, The Sanctuary and Gulf Harbor.

John was a beloved fixture in the Sanibel community for over 50 years and will be remembered for his sense of adventure and zest for life. Most of all, John cherished his role as a loving husband, father and grandfather. He embraced every opportunity to love and support his family as the foundation in which they stood. He will be missed immensely.

John is preceded in death by his father, John "Jake" Naumann; mother, Jacquelyn Naumann; and sister, Mary

Catherine Robinson.

John is survived by his loving wife of 38 years, Deborah Kay Naumann. They were married on May 6, 1984.

He is lovingly remembered and also survived by his four children: Stacy (Scott) Naumann-Hair; Jason (Carly) Naumann; Nicole (Kevin) Naumann Hoffer; Samantha (Steven) Baker; 10 grandchildren: Dylan, Carson, Kendall, Devin, Blakely, Ashlyn, Nash, Lainey, Brooks and Blake; and his siblings,

Marsha Shapland, Scott Naumann, Mary Claire Naumann and Mark Naumann.

Services will be held on Thursday, July 14, 2022 at 10:30 a.m. at Church of the Resurrection, located at 8121 Cypress Lake Drive in Fort Myers.

Donations in John Naumann's name can be made to: Bishop Verot Catholic High School, 5598 Sunrise Dr., Fort Myers, FL 33919.✱

GRADUATION

Marin Layne Florence Williams received her dual master's degrees in modern and contemporary art history, and arts administration and policy from the School of the Art Institute Chicago (SAIC) on May 22.

A lifelong Sanibelian, Williams attended the Children's Education Center of the Islands, The Sanibel School and is a graduate of the international baccalaureate program at Fort Myers High School.

Following Williams' graduation from Davidson College in Davidson, North Carolina in 2016 and prior to enrolling at SAIC, she was employed as a distance learning specialist at the Smithsonian American Art Museum for three years.

Williams is the daughter of Kirk and Lisa Williams of Sanibel. She will reside in Chicago with fiancé, Tom Hillenbrand, in the coming year.✱



Marin Williams

photo provided

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Plant Smart

Giant Airplant

by Gerri Reaves

The plight of the giant airplant (*Tillandsia utriculata*), which is endangered in Florida, points to the importance of preserving natural habitats as well as native tree canopies in developed areas.

The specimen pictured here is perched in an old West Indian mahogany tree in an urban setting. Amid other air plants, it is part of a veritable ecosystem unto itself – a source of beauty, shade and benefit to wildlife.

Florida epiphytes, or air plants, usually fall into one of three classifications, bromeliads, orchids, or ferns.

This species, also called giant wild-pine, is a member of the bromeliad, or pineapple, family and is the largest of the state's native air plants, thus the common name.

Like many epiphytes, its natural habitat is on trees in hammocks, cypress swamps and pinelands. They use other plants as platforms on which to collect moisture, nutrients and sunlight, and to avoid the competition on the ground.

They are not parasites.

The plant has 20 to 75 recurved gray-green leaves shaped like a narrow elongated triangle. They measure up to two feet long, with a leathery texture and tiny scales that aid in water retention.

The branched flowering spike can be six feet tall or more, and it bears 10



This endangered giant airplant (center) thrives in an old West Indian mahogany tree in an urban setting. After the tall flower spike blooms, it will die. photo by Gerri Reaves

to 200 small white tubular flowers that bloom in summer. The floral bracts – leaf-like structures beneath the petals – are tinged with green or purple.

It is very drought tolerant and requires light shade.

The hairy seeds are dispersed by wind.

Too often, development involves destroying native trees such as live oak – some more than a century old – and replacing them with palms and nonnative ornamental trees that provide almost no shade or benefit to wildlife.

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disappear with native large canopy trees.

Threats to the giant airplant are many, the destruction of wetlands, dredging, filling and over-development among them. In addition, it suffers devastation from the invasive Mexican weevil (*Metamasius callizona*), as do many other air plants.

Other disadvantages for the species are a slow growth rate and the facts that

it's a solitary grower, dies after flowering and does not produce offsets, or pups, at the base.

Sources: *Guide to the Common Epiphytes of Florida* by Bruce Holst, <http://floranorthamerica.org>, www.regionalconservation.org, and www.wildflower.org.

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

How Wildlife Responded To Holiday Fireworks

To assess the effects of fireworks displays on Sanibel's beach-nesting shorebirds and wading birds, Sanibel-Captiva Conservation Foundation (SCCF) monitored two snowy plover nests and a wading bird roost site on the evenings of July 3 to 5. The snowy plover nests were monitored outside the posted protection zone with night-vision goggles. Monitors were also in place at South Seas Island Resort to watch over current sea turtle nests and ensure no nesting females were disoriented by fireworks on Captiva. No impacts to nesting or hatchling sea turtles were documented.

To assess the impacts on bird's nests and roosts, the locations were monitored on the evening prior to, evening of and evening after the fireworks display during the same period (9 to 9:30 p.m.). One snowy plover remained on her nest incubating throughout the time period each night. The second snowy plover alternated between incubating and foraging close to the nest on all three evenings. Female snowy plovers stay on the nest for the majority of the four-week incubation period, while the males will return close to hatching and stay with the chicks until they are fledged.

Since it is so hot during the day, the females remain on the nest, keeping the eggs shaded from the hot sun. In the

cooler morning and evening hours, they can leave the eggs for short periods to feed themselves. The plover nests were each approximately one mile from the fireworks launch site and no apparent impacts from the fireworks were observed.

At the wading bird site, the birds behaved normally on all nights, except for the beginning and ending of the fireworks display on July 4. The first fireworks startled a handful of birds, causing them to flush, though they settled back down within three minutes. The loud grand finale also startled them, causing them to flush again, but they relaxed shortly after its conclusion. These behaviors were not observed on the nights with no fireworks. Overall, it appears impacts at the sites monitored by SCCF staff and volunteers were minimal.*

From page 1

Sea Turtles

disoriented, call the SCCF Sea Turtle Hotline at 978-728-3663.

Nest counts remain close to those recorded in 2021, with 479 and 174 nests laid to date on Sanibel and Captiva, respectively. The strong season on Captiva is making up some of the difference created by the slower nesting seen on Sanibel's east end.

Last week, 21 new nests were documented on Captiva, and there was a strong showing on the west end with 52 nests. Although this was projected to be a low nesting year for green sea turtles, numbers are on track with the 2021 count for this species as well.*

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OBITUARY

RAY CHARLES MARTORELLI

Ray Charles Martorelli passed away at home with his wife by his side on Sunday, June 19, 2022 at the age of 75. He was born on March 3, 1947 to Ray C. Martorelli, Sr. and Marjorie Taylor Martorelli in Pittsburgh, Pennsylvania.



Ray is survived by his wife of 56 years, Roni Mikusko Martorelli, his sister, Marlene Martorelli Corace, his niece, Suzanne Corace, 11 additional nieces and nephews, six great nieces and nephews and four great, great nieces and nephews.

Ray was raised in Homestead Park, Pennsylvania and attended Pont Park University in Pittsburgh and obtained a bachelor of science degree in business and accounting. Ray went on to attend Ashland University in Ashland, Ohio. There he earned a master's degree in business administration, specializing in finance and accounting.

Upon graduation, Ray became the program administrator at Westinghouse Nuclear Energy Systems in Pittsburgh. He was responsible for developing and maintaining the many facets of that facility's financial and record keeping systems.

In the early 1970s, after reading an article in *National Geographic* magazine, Ray's parents started to vacation on Sanibel Island. Soon after, they decided to move to the island permanently. Ray and Roni followed in 1974 and became the onsite resident managers of West Wind Inn until 1981.

In 1981, Ray was hired as the comptroller of Priscilla Murphy Realty,

the first real estate company on Sanibel, founded in 1957 by Priscilla Murphy. He remained in that position until 2003 when he became the comptroller of RE/MAX of the Islands. He was a highly valued employee and friend to everyone at the company until his passing.

Ray was a multi-talented person with diverse interests. He enjoyed swimming, raising orchids, biking, the martial arts, photography, boating and fishing. Early in his life, he was an avid golfer with a single digit handicap.

Among his many accomplishments, Ray was a Sanibel auxiliary police officer from 1976 to 1979. Ray and Roni shared an interest in Tae Kwon Do. Together, they traveled to Seoul, Korea to perfect their skill. Ultimately, they both achieved a black belt in Tae Kwon Do.

Ray loved music, especially guitar music. He learned to play the acoustic guitar at the age of 12. Over the ensuing 63 years, he became an extremely accomplished musician. Ray entertained patients in various Lee Health hospitals and in private nursing homes. As a young man, Ray loved rock and roll music and also was, according to Roni, "A pretty damn good dancer!" Most of all, Ray loved his wife, Roni. Together, they enjoyed many mutual interests that the Sanibel Island lifestyle has to offer. Ray and Roni were inseparable. They enjoyed each other's company and made the most of their lives together. They were true soul mates.

A service celebrating the life of Ray Martorelli will be held at St. Michael and All Angels Episcopal Church, located at 2304 Periwinkle Way on Sanibel on Saturday, November 12, 2022 from 10 to 11 a.m. A luncheon will follow. Donations in Ray's memory may be made to St. Michael & All Angels Episcopal Church, Sanibel Police Department or Sanibel Fire & Rescue District.*



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Dealing With The Summer Heat



by Capt.
Matt Mitchell

Summer has arrived and getting out early both to beat the heat and the afternoon thunderstorms is a must. Even at first light, our water temperature has

been right around 86 degrees and by late afternoon it's been creeping into the low 90s. Afternoon rains do wonders to cool it off, though being out on a boat during these thunderstorms is just not safe.

Like people, fish are just more active during the cooler part of the day. During the midday heat, nothing says summer like a afternoon siesta for both. Keeping hydrated is more important than ever during this heat. For years, I drank gatorade to stay hydrated, but I've started to make the switch to single-serving electrolyte drink mixes that you simply add to a bottled water. This really keeps you feeling good even during the most extreme conditions.

Covering yourself up with long sleeves, a mask, sun gloves and hat will help keep the sun at bay and, yes, make you feel cooler. Fishing clothing technology has come a long way in the past few years. My daily use sun block SPF 100 resembles dry wall paste. I apply a few heavy coats



Nine-year-old Luke caught this 29-inch redfish to complete his "slam" while fishing with Capt. Matt Mitchell this week

photo provided

of this to my face and ears before leaving the house. This seems to be the most effective way instead of trying to apply it to a sweaty face with wet hands once you're out on the water. The only thing worse than getting it in your eyes if forgetting its on your hands and reaching into your live well and killing your bait.

Keeping bait alive during this extreme heat also requires a little more effort. First off, I do not pack as many baits in my live well because hotter water means

less oxygen content. Basically, I'm only taking half the bait I usually carry until our water temperature gets back into the low 80s. A great tool that I use during these conditions is a floating Airhead. This is a floating pump that blows straight air into the live well to increase the oxygen level and keep my baits frisky and happy. The one I use everyday is just clipped to one of my batteries and makes all the difference in the world for keeping shiners alive.

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.✱

Input Needed On Broadband

Lee County, in cooperation with the Florida Department of Economic Opportunity (FDEO) Office of Broadband, is asking residents and visitors to take a survey and an Internet speed test to evaluate current broadband capabilities and determine areas in need of added service. Surveys may be taken online or at Lee County libraries and recreation centers during the month of July. The survey and the list of locations are available at www.leegov.com/broadband.

The speed test can be found on FDEO's Office of Broadband website, or by visiting the county website landing page at www.leegov.com/broadband and clicking on the speed-test link. This test will take less than a minute and participants are encouraged to take it from multiple locations including worksites, homes and from smart phones in areas where Internet connections are typically difficult.

Participation in the survey and speed test will help identify local gaps in high-speed Internet service and will help advance the state's overall broadband infrastructure expansion goals. The speed test will assist in further developing Florida's Broadband Availability Map.✱

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Striped
Mud Turtle



by Bob Petcher

The striped mud turtle (*Kinosternon baurii*) is a small aquatic turtle with an oval shaped shell. It is so-called due to three stripes that may or may not be visible on its brown upper shell, as well

as two small yellow stripes on each side of its large head.

Since striped mud turtles only grow to four inches in length, they have been known to make great pets, especially with their spunky personalities.

In Florida, striped mud turtles live in ponds and ditches with brackish and freshwater features and must reside in water with low salinity or face extirpation.

At CROW, an adult striped mud turtle was admitted after being thrown into the saltwater due to being mistaken for a sea turtle. Luckily, someone observed the action taking place and retrieved the turtle swiftly. The sensitive reptile did not suffer from the high salinity.

"The finder witnessed the mud turtle being thrown into the ocean inadvertently and was able to rescue it relatively quickly," said Dr. Robin Bast, CROW



Patient #22-3454 is back in freshwater after mistakenly being thrown into the gulf

photo by Alyssa Amundson

staff veterinarian. "It is important that they don't have rapid changes in salinity in their environment as this can affect hydration and can result in electrolyte imbalances that can make the turtle sick if prolonged exposure occurs."

When examined, it was found that the patient was moderately dehydrated and had slowed mentation. There was no swelling caused by the saltwater. "This patient was in normal body condition and had no evidence of edema or swelling on physical exam," said Dr. Bast.

The striped mud turtle is receiving

fluids for dehydration and supportive care. "This striped mud turtle is responding well to supportive care – being housed in an appropriate environment that mimics its natural habitat, offered a healthy diet and rehydrated with fluids initially," said Dr. Bast. "The patient is being housed in the hospital's reptile room, which is kept at the optimal temperature and humidity for the turtles."

Time and fluids are what the striped mud turtle appears to need at this point. It has been cleared from any major trauma.

"This turtle got lucky, and should

hopefully be recovered enough to consider release in a few days," said Dr. Bast.

If the freshwater turtle was not seen being thrown into the gulf, its fate could have been different. The biggest difference between this type of turtle and a sea turtle is its flippers. Land turtles need claws to traverse the grounds, freshwater turtles are smaller and still have nails, while sea turtles cannot retract its limbs under its shell and possess long, paddle-like flippers.

"It's not uncommon for land tortoises, freshwater turtles and sea turtles to be misidentified and accidentally relocated to the wrong habitat by a well-intentioned person. Land tortoises have legs with broad nails for digging, freshwater turtles have legs with smaller/thin nails, and sea turtles have flippers," said Dr. Bast. "When in doubt of what kind of turtle or tortoise you're dealing with, take a photo and reach out to us so we can determine what type of assistance the animal may need. Never place a land tortoise in bodies of water as they're unable to swim. Sea turtles come onto the beaches for nesting purposes but then return to the ocean. Our partners at SCCF (Sanibel-Captiva Conservation Foundation) are also great resources for species identification."

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

Wildlife Walk With Rehabilitators and Staff

There will be no Wildlife Walk guided hospital tours on Wednesdays due to CROW Wildlife Camp. Through the month of July, CROW will host one Wildlife Walk per day after the 11 a.m. presentation. Cost is \$25 and includes general admission. This program is not recommended for children under the age of 13. Advance registration with payment is required. Call 472-3644 ext. 229 or email reservations@crowclinic.org.

Daily Presentation Schedule Friday, July 15, 11 a.m.

Baby Care at CROW – Wildlife parents are devoted to the care of their young and rarely abandon them. Juveniles found “abandoned” might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the hospital and provided supportive care



until they are old enough to care for themselves.

Friday, July 15, 2 p.m.

Patient Profiles: Gopher Tortoises – The life of a gopher tortoise revolves around its burrow. CROW’s presenter explains why they are admitted and how the medical staff treats this species. One of CROW’s animal ambassadors will be present.

Saturday, July 16, 11 a.m.

Surgery and Triage – Several times each day, new patients arrive at the wildlife hospital. After rescue teams have located and restrained injured or ill animals and transported them, they are assessed and admitted to the hospital. Learn about the process of triage, prioritizing and sorting the patients as they arrive, the kinds of problems that occur and how can you help prevent wildlife emergencies.

Monday, July 18, 11 a.m.

Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial native to the United States. They are highly adaptable and a unique member of Florida’s wildlife. Learn how they play an important role in the function of a healthy ecosystem. One of CROW’s animal ambassadors will be present.

Monday, July 18, 2 p.m.

Snakes of Southwest Florida – Florida is home to 46 species of native snakes, only six of which are venomous. Most species are harmless to humans and form vital links in the ecosystem. One of CROW’s animal ambassadors will be present.

Tuesday, July 19, 11 a.m.

Patient Profiles: Owls of Southwest Florida – Raptors prey on other animals in the wild to survive. 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.

Tuesday, July 19, 2 p.m.

Patient Profiles: Armadillos – Nine-banded armadillos are found throughout the U.S. and Southwest Florida, although they weren’t always here. Learn how armadillos came to the U.S., what benefits they provide for the ecosystem and how they adapt.

Wednesday, July 20, 11 a.m.

A Day in the Life – CROW’s teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. CROW also has over 200 volunteers. Students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. See what happens behind the scenes.

Wednesday, July 20, 2 p.m.

Species Profile: American Alligators – This species was once on the road to

extinction. With the help of conservation efforts over the last few decades, alligators have made a drastic comeback. This program discusses how this iconic species contributes to the overall health of Florida’s ecosystems and economy. One of CROW’s animal ambassadors will be present.

Thursday, July 21, 11 a.m.

Patient Profiles: Birds of Prey – Raptors have specialized beaks and talons that make them some of the most effective hunters. This presentation discusses the unique adaptations of native and migratory raptors of Florida. One of CROW’s animal ambassadors will be present.

Thursday, July 21, 2 p.m.

Species Profile: Florida Felines – There are two different species of wild cats inhabiting Florida. This presentation will cover how to identify them, the history of the two species and the challenges they face in a state where human development continues to increase exponentially.✪

From page 1

New Resident

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Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open from 10 a.m. to 5 p.m. daily. For more information or tickets, call 395-0900 or visit www.shellmuseum.org.✪

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From left, SCCF Wildlife & Habitat Management Program biologists Peyton Niebanck, Chris Lechowicz and Mike Mills with the eastern indigo snake photo provided

Rare Sighting Of Indigo Snake

Sanibel-Captiva Conservation Foundation (SCCF) biologists measured and marked an eastern indigo snake in June on an island in Pine Island Sound as part of the SCCF Pine Island Sound Eastern Indigo Snake Project. Sightings of this threatened species during the warm months are uncommon due to the intense heat,

which affects their daily movements and preferred habitats. SCCF Wildlife & Habitat Management Program biologists Peyton Niebanck, Chris Lechowicz and Mike Mills responded to the rare sighting of the diminishing eastern indigo snake in Pine Island Sound. SCCF receives very few reports at this time of year due to the snake's preference for wet and shady areas. Activity times over the summer tend to be very early in the day or late in the

early evening. The breeding season for the eastern indigo snake in Southwest Florida begins around Thanksgiving with the first cold fronts of the season and diminishes around Valentine's Day. Peak breeding activity, resulting in increased movements and public visibility, generally takes place in the early part of the season. Most data from captures are collected from November through March when these snakes are looking for mates. Captured indigo snakes, as part of this research, are measured, weighed, sexed and microchipped, and a sample is taken for a genetic study. This sample doubles as a second method of identification using a standard numbering system. Eastern indigo snakes are considered extirpated on Sanibel since the last verified individual was documented in February 1999. However, there are extant populations on nearby islands facing the same pressures that resulted in their extirpation on Sanibel. If you see and photograph what you believe is an eastern indigo snake in Lee County, email SCCF Wildlife & Habitat Management Director Chris Lechowicz at clechowicz@sccf.org.*

Shells Found



Lane Bennett photo provided

Lane Bennett, 12, of Nashville, Tennessee found a pear whelk, a drill shell, two Mexican flats, an alphabet cone, two banded tulips and a horse conch at Bowman's Beach. She and her family were staying at Blind Pass Condominium.*



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Bailey-Matthews National Shell Museum
Shell Of The Week

The Keys Top Snail

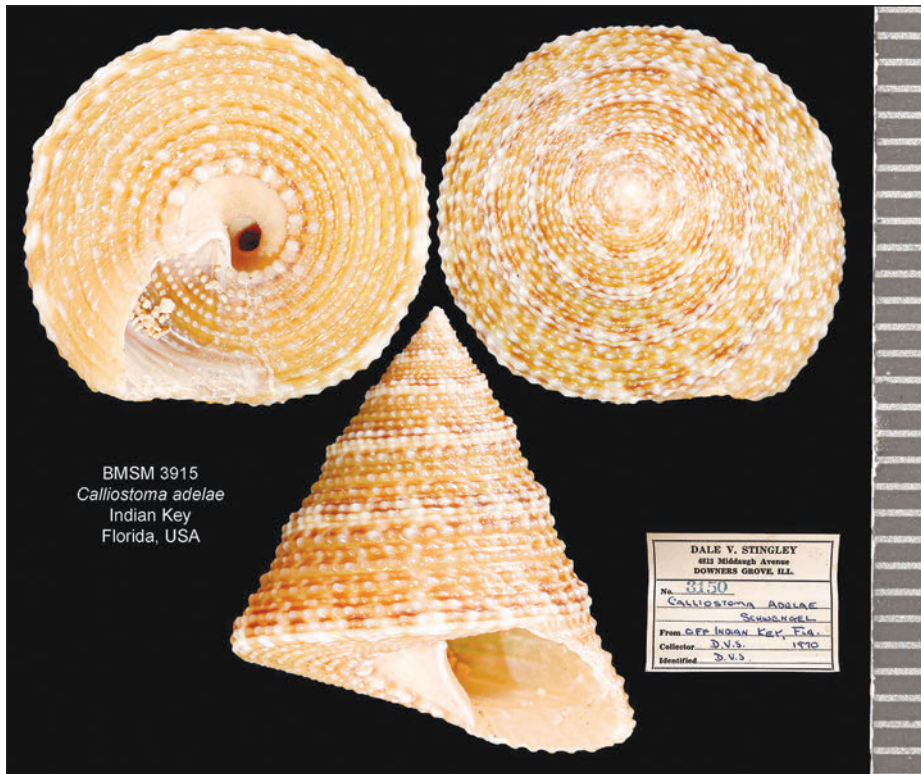


by José H. Leal,
PhD, Science
Director and
Curator

Callios-
toma adae
Schwengel,
1951 reaches
about 40 mm in
height, and has a
moderately wide
spire angle. The

shell sculpture consists of finely beaded spiral cords that alternate with narrower threads in the last shell whorls. There are about two to three cords with larger, lighter-colored beads above the suture (the boundary between two whorls), the umbilicus is moderately large, umbilicus wall cream-colored, bordered by one larger-beaded cord. The shell color is yellowish-brown, with a pattern of diffuse, broad, brownish spiral bands. This shell was collected by Dale Stingley off Indian Key in the Florida Keys in 1970. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Bailey-Matthews National Shell Museum is open daily from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Road. For more information, call 395-2233 or visit www.sanibelmuseum.org.



The Keys Top Snail, *Calliostoma adae*, from off Indian Key, Florida

photo by James F. Kelly

Rare shell find? Stop by our office at 1640 Periwinkle Way so we can take your photo for publication, or email press@islandsunnews.com.

American Legion Post 123

American Legion Post 123 is serving pot roast from noon to 8 p.m. this Sunday, July 17.



Bartenders and cooks are needed, full-time or part-time. Call for details.

Tacos are served all day on Tuesdays. Cheesesteak sandwiches are served on Fridays. There are daily specials and half-pound burgers. Food is served from 11 a.m. to 8 p.m. Monday through Saturday and from noon to 8 p.m. on Sunday.

The first Thursday of the month is Open Mic Night from 6 to 9 p.m. Residents and visitors are invited to play.

All are welcome to shoot 9-ball pool on Mondays now through October at 5:30 p.m. Two tables are 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 for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday, 11 a.m. to 9 p.m., and Sunday, noon to 9 p.m. For more information, call 472-9979.

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Tips For Lost Pet Prevention



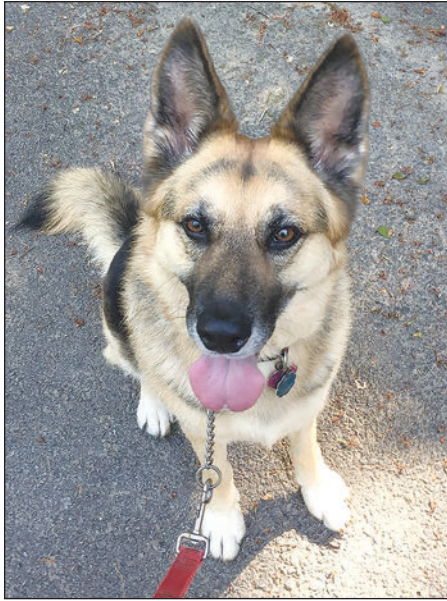
by Allison
Havill Todd

It can strike fear in the heart of many pet owners who have ever had a pet go astray, even if temporarily. I have personally experienced it in past years, one time with a very tragic

ending. In recognition of July as National Lost Pet Prevention Month, it seems timely to address steps we can all take to ensure our animal's safety.

There are many situations in which a pet may become lost, and the days following July 4th fireworks displays are the busiest days of the year at animal shelters. While many of us are enjoying the colorful and loud pyrotechnic shows, it can often send many animals into a frenzied state, looking for any means of escape. In addition, the frequent thunder and lightning storms that are part of living in Southwest Florida can also exacerbate a frightened animal's drive to flee from the situation.

According to the ASPCA, of all the lost pets that end up in animal shelters, fewer than three percent of cats and 17 percent of dogs are ever reunited with their families. What can responsible pet owners



Proper ID tags and a leash help prevent pets from becoming lost

photo by Allison Havill Todd

do to prevent a pet from getting lost? Taking a few basic precautionary steps may save the life of your animal.

Make sure your pet is always wearing a collar or harness with identification tags that are up to date. More importantly, have your pet microchipped. This is a simple, painless and permanent procedure that can be performed by your local veterinarian or animal shelter. A microchip is about the size of a grain of rice and can be scanned by a shelter or veterinary office to identify your pet and enable them to

contact you should your pet become lost.

Spend time training and teaching your dog essential obedience commands such as "Stay" or "Come" to reinforce your control in a variety of situations. Your dog's ability to follow these commands consistently may save its life. When they look at you as their pack leader and trust and respect you, they are less likely to want to escape or run away.

Even if you have a fenced in yard that you feel is secure, it is best to never leave your pet alone outside when you are not home. A frightened or bored animal can jump, dig or chew its way out and end up lost. I once had a golden retriever with an overwhelming fear of thunder who chewed off an entire plank of a wooden six-foot privacy fence to escape a very distant sound of rumbling. I was only gone for a short period of time, but she was able to escape after exiting our home through the dog door only to meet her fate on a distant roadway a mile away when she was hit by a motorist. I only share this in hopes of saving someone else's pet from such a tragedy.

Also, a dog or cat that has not been spayed or neutered will have a strong drive to escape in order to mate, and animal shelters and rescue groups will require pets under their care to be spayed or neutered before being adopted out, not only to help prevent their desire to stray but to also minimize irresponsible overbreeding.

While it is legally required for pets to be on a leash on Sanibel, this is a good practice to observe at all times, especially while traveling or on vacation as pets can easily become frightened and disoriented when they are in unfamiliar surroundings. A common way for pets to escape is through an open door of the home or car. This is a perfect opportunity for an escape artist to dash off if something captures its interest.

By following a few steps, pet owners can avoid the heartbreak of becoming separated from their beloved animal companions and instead ensure their safety and wellbeing.

Allison Havill Todd lives on Sanibel

Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggie mom and facebook.com/thedoggie mom.*

Input Needed On Healthcare

Anyone age 18 and older is eligible to join Lee Health's Healthcare Insights Panel, which gives participants an opportunity to provide input on topics through occasional surveys or interviews. You may be asked to:

Provide feedback about your experiences and healthcare needs;

Help evaluate existing programs and patient or staff materials;

Share your input on new Lee Health services, programs; or

Offer insight into planning for new facilities.

"Lee Health has been our community's major destination for healthcare for more than 105 years, and we have always wanted and strived to listen to our community and respond appropriately, evolving to meet the changing healthcare needs of Southwest Florida," said Dr. Larry Antonucci, president and chief executive officer of Lee Health. "We are excited for a new opportunity to listen through the healthcare insights panel, and we really encourage you to take part in this panel if you're able."

If you decide to be a member of the panel, you can expect to receive invitations to participate in online surveys every month or two. Your responses are confidential and will not be connected with your name or other identifying information. The panel is managed by an expert, third-party research firm. To learn more, visit www.leehealth.org and look for the blue "Healthcare Insights Panel" banner on the homepage.*

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Rachel Pierce and Mayor Holly Smith
photos courtesy Pace Center for Girls, Lee

Dress Collection
A Huge Success

Pace Center for Girls, Lee held its Sanibel collection party on June 23, hosted by local artist Rachel Pierce and Sanibel Mayor Holly Smith at Rachel Pierce Art Gallery. The evening included drinks, appetizers and prize drawings as well as a chance to take home a signature tote from Pierce filled with merchandise. The 450 dresses donated during the gathering will be sold at at the annual Love That Dress! fundraiser on Wednesday, August 24. All proceeds benefit Pace Center for Girls.✱



Laura DeBruce and Shelley Greggs



Pat Lapomarta and Michelle Burks



Amy McQuagge and Margo Brewster



Stacy Goode and Kimberly Powers



Susan Blust and Jayne Lumley



Jesi Crane and Megan Marquardt



Lisa Newmeyer-Cochrane and Valerie Tutor



From left, Sally Jackson, Gail Markham and Rachel Pierce



From left, Carolyn Rogers, Pat Jones and Mark Blust



From left, Marybeth Friedday, Megan Doss, Chelsea Sweiss and Michelle Bornhorst

The Community House

Cornmeal Grits And Polenta



by Chef John Wolff

Are cornmeal grits and polenta the same thing? Well, not exactly. All three are made from ground dried corn, however, the difference is in the types of corn used and the way the corn is processed.

Cornmeal can be made from several varieties of dried corn. Blue, yellow and white corn can be used to make cornmeal. All three varieties can be found in coarse, medium and fine grinds. Cornmeal is the main ingredient in hushpuppies, corn bread and polenta.

Grits are older than the United States and also a Southern American breakfast staple. The dish originated from Native Americans making a corn mash out of dried white corn called "hominy" or "dent." This type of corn is treated with

limewater to remove the husk and then dried. When the corn is dried, a slight indentation is formed on the corn kernel, that's where the term "dent" comes from. This variety of corn contains soft starches, which give grits their creamy texture.

Polenta is a traditional Italian dish made with cornmeal, however, the type

of corn used for the meal is different. The corn variety used to make polenta is commonly called "flint." This variety of corn is made from dried yellow corn that has a hard-starchy center. This characteristic gives polenta its coarse texture when cooked.

Here is a simple recipe to try using polenta or cornmeal:

Creamy Polenta

This light and fluffy polenta is perfect for serving with ribs, chicken, pork, lamb or veal, and is also great with roasted veggies, or sweetened to create desserts.

If preparing polenta in advance, cool, cover and refrigerate. Reheat on stovetop or in the microwave, adding more liquid if necessary. Stir vigorously after reheating to fluff.

Ingredients

4 cups water

1 ½ tsp. salt, or 1 tsp. if using salted butter

1 cup yellow polenta or coarsely ground cornmeal

2 tbsp. unsalted butter

¼ cup cream cheese

Method

Heat salted water (1 ½ tsp. of salt for 1 quart of water) to a boil over high heat in a thick-bottomed 2- or 3-quart pan. Slowly add the polenta into the boiling water, whisking while you add it to prevent any lumps from forming.

Lower the heat to a very low simmer and add the butter. Continue to whisk the polenta until it starts to thicken.

Cover the pan and let the polenta cook

for 25 minutes. Stir occasionally with a wooden spoon so that polenta doesn't stick to the bottom of the pan. The polenta should be soft and tender when done. If not, let it cook a little longer.

Add cream cheese and stir into the polenta. Taste and add more salt if necessary. Add more cream cheese if you want it to be even creamier.

Any type of ingredient can be added while cooking the polenta to enhance the savory or sweet flavor of the polenta (keep in mind the amount of liquid the ingredients are bringing to the polenta). It is best to pre-plan ingredients before beginning the cooking process and add them during that time as opposed to afterwards, when the liquid cannot be adjusted as easily.

Polenta, once cooled, can be cut into portions and reheated or fried in a sauté pan with a small amount of olive oil.

*John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.**

Road Paving Project Under Way On Sanibel

Due to operational issues with the asphalt plant, the City of Sanibel's annual street resurfacing project commenced on July 11 rather than July 10, as originally planned. To minimize inconvenience to the public, the contractor will be doing the milling and paving operation at night between the hours of 7 p.m. and 6 a.m. Weather permitting, the city anticipates paving operations will be completed by Friday, July 29. Follow-up shoulder work will be completed during the day since this operation has less impact to the public and should be completed within approximately two to three weeks of the paving operation.

Streets to be paved include: Sanibel-Captiva Road (Tarpon Bay Road to 600 feet west of Rabbit Road); and Middle Gulf Drive (Fulgar Street to Casa Ybel Road).

Access to residences and businesses will be maintained at all times. The public is reminded to drive slowly and cautiously through the work areas when workers are present. The contractor will have signage and flaggers present to direct traffic.

If you have any questions about the project, contact the City of Sanibel Public Works Department by email at sanpw@mysanibel.com or call 472-6397.*

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Shell Crafting

Shell Mirror



by Anne Joffe

These are general directions for making a shell mirror. You may choose a collage look or a repeat pattern. Mirrors should be made to suit your personal taste.



Shell Mirror photo by Anne Joffe

Materials:
1 mirror and frame (some people paint the frames white)
Any size or shape shells
Acrylic spray glaze
Directions:
Select the shells you will use. Broken or chipped shells can certainly be used.
Always begin by covering the connecting part; that is where the mirror and masonite frame meet. Do not let any of the frame show here. It doesn't make any difference if you use all the same shells or different ones. Also, be sure to cover the outside edge with small shells to give it a finished look.
Glue the first layer of shells over the frame. Use the broken ones here. Always put the glue on the shell, not on the frame. These should be placed flat onto the frame, not touching, but side by side.
Add the next layer of shells by fitting them together like a jigsaw puzzle. Here,

you can hide the flaws of the shells. By fitting them together, you will get a nice beveled look. Do not worry if you get glue on the mirror itself. A cotton swab soaked in nail polish remover will take it off your hands as well as the mirror, if you are using a craft glue.
Continue to build up by gluing shells, touching each other so that none of the frame shows through.
Add finishing touches such as tiny shells, seahorses, small sand dollars or sea whips.
Cover the mirror portion with paper towels and spray shells with acrylic glaze. One coat is usually enough. If you get spray acrylic on the glass mirror, use cotton swab method to remove.
Anne Joffe has owned She Sells Sea Shells on Sanibel since 1976. She

is the author of ShellCrafting Vol. 1 and Vol. 2. Joffe judges Artistic and Scientific categories at shell shows throughout the country, leads shelling trips worldwide, and is a public speaker on shells and shellcraft.*

Poetry Corner



by Clay C. Ewell

The Mountaintop

I wander among the multitudes, amid the voices, the faces,
The rushing about, gazing upward for the sign, the
Word, the star to guide us across the vast spaces of the
Mind and the silence between the pulses of troubled hearts.
The murmuring of the soul as it struggles toward the light,
The voice of eternity as it strives to be heard above the din.

In a wandering soul there resides a lofty peak rising
From the gloomy depths of a mythic ocean, churning with
Creatures of our dreams, our hopes and our fears conjuring
Inner visions, the bones and flesh of the world we see and
Hear, as it restlessly flows in tidal ebb and flood to the silent
Music of the moon's mothering embrace.

Carved upon its towering face by the silent tread of those
That pass along its timeless impressions in the stone,
The spiral ascent tolls the seekers of the starlike glow
That illumines the summit and whispers the question of
The ages, the haze that conceals the hopes and despair
Of the world and those who covet but never find the truth

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.*





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Jun. 16: Spot the Mollusk!
by Rebecca Mensch

Jul. 13: Let's Get Kraken: Cephalopods Coast to Coast by Bret Grasse

Aug. 11: Mobilizing Millions of Mollusks of the Eastern Seaboard by Dr. Rüdiger Bieler and Dr. José H. Leal

Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture by Dr. Megan Davis

Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science by Dr. Jann Elizabeth Vendetti

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Nov. 29: Shell Ambassador Certification Course

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Library Features Crime-Solving And Birdwatching

Sanibel Public Library is circulating two Real Florida Reader state park passes. Patrons can use their library card to place a hold or check out a pass. Each pass is good for one vehicle with up to eight passengers. The program runs through September 12. The library also offers passes to Bailey-Matthews National Shell Museum, Sanibel Historical Museum and Village, Golisano Children's Museum of Naples (C'mon) and Clinic for the Rehabilitation of Wildlife (CROW) Visitor Education Center. Call 472-2483 for more information or to place a hold for a pass.

Sign up for the children's summer reading program online with Beanstack at www.sanlib.org/children. Children earn books for their own collections and for patients at Golisano Children's Hospital of Southwest Florida. Since 2012, readers have helped to contribute more than 12,000 books to the hospital. New books are needed every year because books are given to young patients to take home. Babies to sixth graders earn books while teens earn volunteer service hours when they read a book and write a book review. The program runs until August 6.

In-person programs for elementary-aged children are held on Tuesdays at 3 p.m. in July. On July 21 birdwatching expert Ken Burgener will help young bird



Teens can learn about crime-solving techniques on July 21 photos provided

enthusiasts learn some of the physical characteristics to help identify local birds. Burgener has worked as a park ranger and field trip leader for Audubon and Road Scholar, and leads cruise ship-based birdwatching tours.

Family storytime (for children ages 5 and under) is held on Wednesday mornings. Parents and caregivers should plan to be engaged with their child for this program. The storytime portion is approximately 20 minutes, followed by play and craft centers.

Programs for teens and 'tweens (grades six to 12) are held on Thursday evenings in July. "CSI Sanibel" is the featured program for July 21 at 6:30 p.m. A forensic analyst from the Florida



Birdwatching expert Ken Burgener

Department of Law Enforcement will demonstrate techniques for forensic analysis, locating clues and collecting evidence to solve crimes. Register by 4 p.m. on Wednesday, July 20. Snacks will be provided. Locals and visitors are welcome.

Family-friendly feature films are shown on Fridays. On July 22 at 1 p.m., the movie is *Luca*. On July 29, the final film of the summer will be *The SpongeBob Movie*.

The library is open from 9 a.m. to 8 p.m. on Monday and Thursday, 9 a.m. to 5 p.m. on Tuesday, Wednesday and Friday and 9 a.m. to 1 p.m. on Saturday.

Most devices can connect to the high-speed WiFi from outside the building, even while the facility is closed.

Sanibel Public Library is located at 770 Dunlop Road. Library cards are available to residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID), showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year. Computers, printers, scanners and fax service are available as well as magazines and daily newspapers. For more information, visit www.sanlib.org or call 472-2483.✪

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 2-3 sprigs fresh rosemary
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 2 tablespoons unsalted butter
 1 tablespoon olive oil
 Sea salt and fresh ground pepper,
 to taste

Preheat large sauté pan or cast-iron skillet to medium-high. Season steaks generously with salt and pepper. Add butter and fresh herbs then place steaks directly over herbs. Sear for 2-3 minutes per side, depending on desired doneness. Remove steaks from pan and allow to rest. In same pan add olive oil, sliced vegetables, and Worcestershire sauce. Sauté for 5 minutes or until tender. Adjust seasoning as needed and remove from pan. Slice steak against the grain and serve with warm vegetables. Serve with chimichurri sauce.✽



Steak and Peppers

photo courtesy Fresh From Florida

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—Maria Espinoza, FISH Executive Director



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In Florida, retirees average \$1,537 a month in Social Security benefits. For many of them, that's **most or all of their income**. They struggle to cope with inflation rates—running at a 41-year high—for basic items like housing, food, gasoline and more.

That's one reason why **seniors are more likely than other age groups to fall into the ALICE population**—that's *Asset Limited, Income Constrained, Employed*—or individuals that earn income but struggle to make ends meet. Seniors are also more likely to slip into poverty. **In our area, 42% of seniors live beneath the ALICE threshold.** No wonder they're worried about their financial wellbeing.

FISH's Senior Services provide help and relief for our oldest community members on fixed incomes through many programs—Meals-by-FISH, Friendly Faces Luncheons, Smile Boxes, medical equipment for loan, and hurricane preparedness. FISH volunteers call and visit local seniors to ensure their welfare. The Food Pantry keeps them stocked with nutritious meals, and the transportation program makes sure seniors get to their doctor check-ups and other appointments.

Your continued support for these invaluable senior FISH programs is more critical than ever.

Please consider a gift today.

SENIORS: FIXED INCOME VS INFLATION

| | |
|--------------------------------------|---------|
| 65+ total population | 121,190 |
| 65+ below ALICE threshold | 51,235 |
| average social security check (2021) | \$1,537 |
| 65+ monthly SURVIVAL BUDGET | \$2,283 |



About **1 in 5** island seniors report not having enough money to meet their daily expenses.

*sources—2018 ALICE Report—Florida, Lee County, United for ALICE, <https://bit.ly/3LT1NT6>. State average Social Security ranking, Yahoo Finance, <https://yhoo.it/3vEpTLK>. HOUSEHOLD SURVIVAL BUDGET includes minimal housing, food, child care, health care, transportation, technology and miscellaneous costs.



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Book Review

The Unforgettable Logan Foster



by Di Saggau
The *Unforgettable Logan Foster* is written by Shawn Peters, son of Sanibel residents Gil and Margie Peters. The title is perfect because, believe me, you will not forget Logan Foster. He

is writing the book in the hopes of finding his young brother or sister. He doesn't know which, because his only clue is what was on his T-shirt, when he was found, at age three, abandoned at Los Angeles International Airport. The front of the shirt read "Worlds Best Big Brother."
Logan deals in facts and with his eidetic memory he can recall every detail about everything he's ever seen, read, or heard. He shares many of those facts with us throughout the book when he becomes stressed or upset with someone. This can range from reciting the manifest of the RMS Lusitania, and the world atlas, along with listing all the colors up to mauve in the song *Joseph's Coat* from the musical *Joseph and the Technicolor Dreamcoat*. I chuckled throughout the book at his memory and the way he deals with people.
Logan has spent most of his life in an

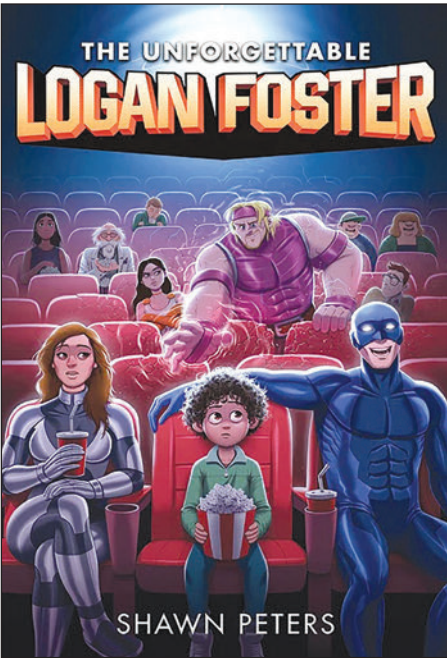


image provided

orphanage, with no prospective parents working out. At age 12, he has almost given up until he meets Margie and Gil. Yes, his prospective parents are named after the author's real ones. Following a violent earthquake, he discovers that they aren't ordinary folks, they are superheroes with amazing, life-saving abilities. They are being hunted by sinister forces, and Logan ends up right in the middle of their battles. Superheroes and villains of both genders are in the story.
The Unforgettable Logan Foster is a

mid-grade book aimed at ages seven to 14. The book is funny and action-packed and filled with many memorable characters. Logan is the real hero, as he searches for a family and shares his life lessons with the sibling he hopes to meet one day. In my opinion, the book can be equally enjoyed

School Smart



by Shelley M. Greggs, NCSP
Dear Readers, Many of you will soon be sending your newly graduated "child" out into the world as an "adult," and will expect them to take care of

themselves, their dwellings, their finances and everything else. It takes significant preparation to leave home for college or work, and there are numerous life skills that need to be mastered for a successful transition. This transition can be a scary one, but with honest communication, you and your child can figure out which skills she or he already has and which they need to work on. Below are listed some of the more important skills that young people need to be competent with as they leave home and become independent.

- Financial Skills:
How to use a checking/savings account;
How to use a credit card;
Credit card versus debit card;
How to make and stick to a budget;
How to report a lost credit/debit card; and
How to build credit and check their credit score.
Personal Health And Safety Skills:
Basic first aid;
Handling and storing medication;
Personal hygiene;
Filling a prescription;
Extinguishing a fire;
Managing health insurance; and
Developing an awareness of their surroundings.
Communication Skills:
Write, address and stamp a letter, personal or professional;
Use the Post Office;

by the lucky parent or grandparent who gets to read it to a youngster. It's available in island bookstores and online. On January 3, the second book in the series titled *The Shadow of Doubt* is due from HarperCollins. I look forward to the further adventures of Logan Foster.✱

- Schedule an appointment;
Make a professional phone call or email; and
How to be a polite/friendly neighbor.
Domestic Skills:
Use the oven safely;
Safe food prep and storage;
Washing dishes by hand;
Doing laundry;
Cleaning /sanitizing kitchens, bathrooms, dusting and vacuuming;
Changing bed linen, towels;
Turning off the main gas/water supply in an emergency; and
Cook five basic meals.
Hopefully you have been working on these skills for some time. It's best to begin teaching these life skills incrementally when kids are younger. However, if you haven't worked on them, you still have time to review and instruct your children in these essential skills to help their sense of confidence and independence.
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. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.✱

Top 10 Books

1. *Sister Stardust* by Jane Green
 2. *James Patterson* by James Patterson
 3. *Wish You Were Here* by Jodi Picoult
 4. *It Ends With Us* by Colleen Hoover
 5. *The Suite Spot* by Trish Doller
 6. *A Slow Fire Burning* by Paula Hawkins
 7. *The Boardwalk Bookshop* by Susan Mallery
 8. *The Hotel Nantucket* by Elin Hilderbrand
 9. *The Diamond Eye* by Kate Quinn
 10. *Where the Crawdads Sing* by Delia Owens
- Courtesy MacIntosh Books and Paper.✱*

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Bank Sponsoring Python Challenge

Edison National Bank/Bank of the Islands has become the first corporate sponsor for the 2022 Florida Python Challenge. Additional sponsors, as well as hunters wishing to register, can learn more at www.flpythonchallenge.org.

This year's python removal competition, organized by the Fish & Wildlife Foundation of Florida in cooperation with Florida Fish & Wildlife Conservation Commission and South Florida Water Management District, is scheduled to

run from August 5 to 14. Participants are encouraged to remove as many invasive Burmese pythons from designated Florida public lands as possible.

The 10-day event also serves as a reminder to the public that irresponsibly releasing pythons into the wild can have devastating consequences for the native wildlife in the Florida Everglades and surrounding ecosystems.

The bank's sponsorship will provide prize money for registered participants who are active military or military veterans.

"My wife Robbie and I are avid python hunters," said bank CEO Geoff Roepstorff. "Python removal is the front lines of Florida conservation for us and our fellow hunters. This year, we are so proud to encourage the involvement of active military and veterans in the 2022 Python Challenge. The prizes we have underwritten are offered just for them. Best of luck to all the competing hunters."✪✪



Geoff and Robbie Roepstorff with a captured Burmese python
photo provided



The new electric vehicle charging station at the corner of Bailey's General Store
photo provided

Vehicle Charging Station At Bailey's

Bailey's General Store has installed a new vehicle charging station, available to Bailey's customers. The station can be found located to the east of the main entrance, near the community bulletin board.

"Many of our customers have transitioned to electric vehicles, so it is an appropriate time to offer this customer convenience," said Bailey's owner Richard Johnson. The station contains

two charging points to accommodate two vehicles at the same time and can charge all brands of electric vehicles.

Customers can feel safe leaving their vehicles at the charging station while shopping at Bailey's. "We are proud to continue our effort of adding customer benefits and continue our commitment to sustainability," said Calli Johnson, fourth-generation owner-operator.

Bailey's General Store is open daily from 7 a.m. to 7 p.m., located at the corner of Periwinkle Way and Tarpon Bay Road on Sanibel. Visit www.baileys-sanibel.com.✪✪



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Center 4 Life Activities At The Rec Center

Island Seniors, Inc. hosts its Center 4 Life activities at the Sanibel Recreation Center. Visit www.center4life.org for more details.

Coffee Social – Tuesday, Wednesday and Thursday, 9:30 to 11 a.m.

Hot Dog Lunch Bunch – Wednesdays, 11 a.m. to noon. Cost is \$3 per person; chips and drink included.

Balance-Core and Strength Aerobics – Wednesdays, 9:30 to 11 a.m. Slower paced class ideal for older, active adults looking to improve their mobility. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available. Space is limited.

Gentle Yoga – Tuesdays and Thursdays, 9:30 to 10:30 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

Chair Yoga – Tuesdays and Thursdays from 11 a.m. to noon. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

Kayaking – Tuesdays, August 16 and September 20, 8:15 to 11 a.m., weather

permitting. Sign up in person at the Sanibel Recreation Center. Cost is \$5 for members and \$20 for non-members. Basic skill level required for most trips but some trips require more experienced levels. This is an active paddle and you must be able to independently enter and exit the kayak, and keep up with the leaders. Restrictions apply. Call Jessica or Dave at 472-0345.

Leisure Lunchers – Thursday, July 21, 11:30 a.m., Sweet Melissa's Cafe on Sanibel. Sign up required. Contact Deborah Butler at 314-4554, deborahbutler@comcast.net or call Jessica or Dave at 472-0345.

Page Turners Book Club – In person and Zoom, Osprey Room. Tuesday, August 9, 2:30 p.m., discussion on *Coming Home* by Rosamunde Pilcher. Popcorn snack is back. For more information, contact Louise Fitzgerald at sanibelbum22@gmail.com.

Broadway Palm Dinner Theatre – Matinee, *Wizard of Oz*, Saturday, August 13. Cost is \$55 for Island Seniors members and \$65 for non-members. Van transportation available on first come basis. Sign up with Jessica at 472-0345.

Become the Family Historian Before You Become Family History – Wednesday, July 20, noon, Osprey Room. Presentation on basic cost effective techniques to help you clean up the clutter and consolidate family pictures and artifacts into a simple format. Sign up with Jessica or Dave at 472-0345.

Moonlight Kayak Paddle – Friday, September 9, 7:30 p.m., launch location TBA. Cost is \$5 for Island Seniors members and \$20 for non-members. Preregister and pay in person by Wednesday, September 7. Space is limited. Basic kayak skill level is required. Trip subject to cancellation due to inclement weather or minimum requirement. For more information, call Jessica or Dave at 472-0345.

Pie Social – Friday, August 12, 2 p.m., Osprey Room. Homemade or pre-made. Taste test for bulletin board bragging rights and pie swap for all who submit a pie. Recipe sharing optional. Coffee, sweet tea and other refreshments available. Sign up with Jessica or Dave at 472-0345.

Upcoming Trips – Limited seating, call ahead for reservations, 472-0345 or visit www.center4life.org for details.

IKEA Shopping Day, Plantation, Florida – Wednesday, September 7. Cost is \$5 for Island Seniors members and \$10 for non-members. Sign up by Friday, September 2.

East Coast Thrifting with Trendy Tours – Thursday, September 22. Cost is \$89 per person. Sign up by Friday, September 9.

Tennessee Trip: Pigeon Forge, Gatlinburg and Dollywood – Saturday to Thursday, October 1 to 6. Cost is \$1,699 per person if sharing a double room or \$2,189 for a one-person single room. Sign up by Friday, September 16.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.✪

ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Mary Morris



Deb Smith



Karen Bell and the Bell Team

The top producers for June at VIP Realty Group were: Mary Morris, top sales; Deb Smith, top listings; and Karen Bell and the Bell Team, top producers.✪



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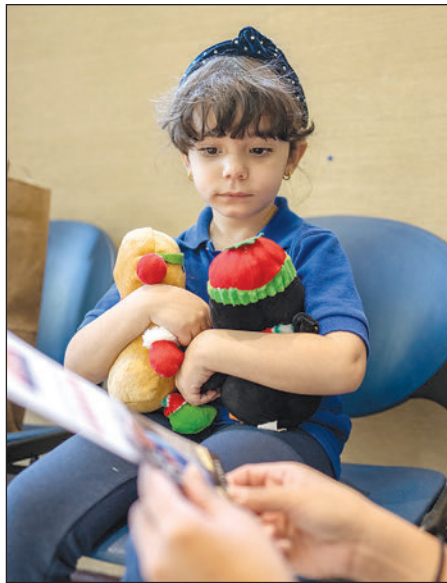
2400 Palm Ridge Rd. Sanibel and 11508 Andy Rosse Ln., Captiva

Making A Difference In The Life Of A Child

In honor of National Make a Difference to Children Month, observed in July, FISH of SanCap is providing positive reinforcement tips focused on child advancement to those who visit the walk-in center and food pantry. The organization is also providing fresh snacks for children attending the Children's Education Center of the Islands and is encouraging children to participate in a coloring activity throughout the month. Coloring projects will be on display at the walk-in center.

National Make A Difference to Children Month raises awareness about the vulnerability any child in the world can face if they do not have the right person in their lives to guide them. In 2006, child advocate Kim Ratz initiated an annual observance where parents, providers and people who care about children would be encouraged to find ways to "make a difference to children" in July and year-round. Since then, studies have shown that children are more likely to succeed if they have mentors and ideals in their lives.

"In honor of the Make A Difference to Children Month, we hope to show children that we care about them and their future," said Nitza Lopez, FISH social services director. "We serve many children through our programs, but



FISH offers family support programs year-round photo by Nick Adams Photography

they may not always be aware of the assistance we provide. By encouraging kids to participate in an activity, we hope to inspire involvement and showcase their achievements. Sometimes, even the smallest acts can make a big difference, and this special month is the perfect opportunity for all of us to have a positive impact on a child's life."

The FISH food pantry is a vital service for many households, especially those with children who are having a difficult time making ends meet as inflation escalates. The backpack program provides supplemental food and

snacks for children year-round, and extra nourishment during school breaks.

Last year, FISH began a fresh meal add-on to the program that provides a meal kit that families can prepare together. Other youth programs include assistance with tutoring, scholarships for summer camps, and school supply and clothing assistance.

Back-to-school supplies are being accepted at the FISH Walk-In Center through the end of the month and will be distributed in early August.

If you or someone you know needs help providing for or connecting with a child, contact Maria Espinoza, executive director, at 472-4775 or visit www.fishofsancap.org.

Noah's Ark Bag Day Sale Coming

Noah's Ark Thrift Shop annual Bag Day sale will be held on Friday, July 29 from 9:30 to 11 a.m. Tickets will be issued that morning, starting at 8:30 a.m.; one ticket per person and everyone in your party must be present to collect a ticket.

Customers may buy specially marked bags in the parking lot for \$5 each, fill them with as much merchandise as the bags can carry. There are no limits to the number of \$5 bags purchased. Any items that do not fit in the bag will be 80 percent off the regular price.

On the days leading up to Bag Day, the following discounts will be offered:

Tuesday, July 19 – 50 percent off everything in the store;

Friday, July 22 – 60 percent off everything in the store;

Tuesday, July 26 – 70 percent off everything in the store.

Bag Day marks the end of the summer season for Noah's Ark, which will be closed after July 29 for routine cleaning and repair.

Operated by the volunteers of St. Michael & All Angels Episcopal Church for more than 60 years, Noah's Ark offers bargain prices for merchandise including women's, men's and children's clothing, jewelry, handbags, shoes, linens, toys, crafts, housewares, vintage collectibles, sporting goods, furniture and home furnishings, and books.

Proceeds from Noah's Ark sales, coupled with funds from the parish's annual budget, go to more than 25 local, regional and global charities.

Noah's Ark will reopen for business on Tuesday, October 4 and will be open Tuesdays and Fridays from 9:30 a.m. to 12:30 p.m. through October. In November, the winter season schedule resumes, open weekdays and the first Saturday of each month from 9:30 a.m. to 12:30 p.m.

Noah's Ark does not take donations between July 17 and September 1.

Noah's Ark Thrift Shop is part of St. Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way on Sanibel. For more information, visit www.saintmichaels-sanibel.org/noahs-ark or call 472-2173.



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Superior Interiors

Lighten Up Your Mood



by Katie Frederick

Lighting isn't always top priority when you're initially designing or redesigning a space. You want enough light to function, and you want it to be well-placed, but most of

us don't worry too much about sconces versus pendants versus lamps. The truth is lighting can really make or break your overall decor and design theme. In fact, some might say you should start with your lighting.

Good lighting is essential in a home. The way a room is lit determines not only how the space will be used, but also how it will make you feel. You will feel more comfortable and at ease in a well-lit room, and effective lighting creates a warm and inviting atmosphere in your home and keeps you safe. The quality of lighting in your environment can influence task performance, comfort and well-being.

Light also has an emotional impact. The overall feeling of a space can be strongly affected by lighting, much like a sunny day makes you energetic and a cloudy day makes you feel dull

and dreary. Bring your sun inside and brighten your day.

A few basics to remember... general lighting is background or overall lighting, often provided by recessed lighting. We typically calculate the amount of light needed in a room by multiplying the room's length by the room's width (in feet). Then that number is again multiplied by 1.5. We find that this gives us the number of watts required to provide adequate ambient lighting for the client's room.

Task lighting is the light needed to do a specific job, usually provided by table lamps, pendant lights, or under-cabinet lights. A good rule of thumb for task lighting is to multiply the room's square footage by 2.5 instead of 1.5 to find the proper wattage.

Accent lighting provides focus and shape to general lighting. It also can be used to gently brighten a dark and dreary space like a hallway. Wall sconces and spotlights can be a source of accent lighting. Place sconces six to eight feet apart and 60 inches above the floor.

Let's add some interest with lighting that is the jewelry that gives a room style and attitude. It can add interest and drama, it can highlight, it can also contribute to the ambiance of a space.

Envision a large white and gold leaf petal chandelier brightening a space, along with gold end tables and gold leaf sconces flanking a beautiful wine cabinet. The addition of glass table lamp adds functional lighting and beauty to the room and can cleverly pull

everything together.

Perhaps the crown jewel in a room is the currently trend of an extra-large chrome and white "sputnik" style chandelier. This type of fixture can deliver a very clean, white, contemporary feeling so even the LED lighting can be adjusted to daylight bulbs instead of soft white based on the desired lighting effect. A beautiful chandelier such as this can demonstrate how lighting can also be art within a space.

Don't be afraid to be bold. Making a statement in a room can be key,

especially if it's one of the first things you see as you enter the space. For instance, an impactful chandelier can add beauty and unexpected drama to a ho-hum dining room area.

The single best tip to ensure a successful lighting plan to lighten your space is to work with an interior design professional. That way, all the decisions you make the first time will be the right decisions for your home and your room.

Katie Frederick is an interior designer on Sanibel/Captiva Islands. She can be reached at katie@coincdecen.com.✱

New Medical Clinic On Sanibel

Lee Health Sanibel Primary/Walk-In Care, located at 2495 Palm Ridge Road on Sanibel, opened on June 28. Dr. Robert Bussing, a physician with more than 40 years of medical experience, is seeing patients at the clinic. The location had previously been established as a primary care practice under another organization before being acquired by Lee Physician Group. Now, it has reopened as a walk-in clinic, in addition to offering primary care. Hours of operation are Monday through Friday from 8 a.m. to 6 p.m.

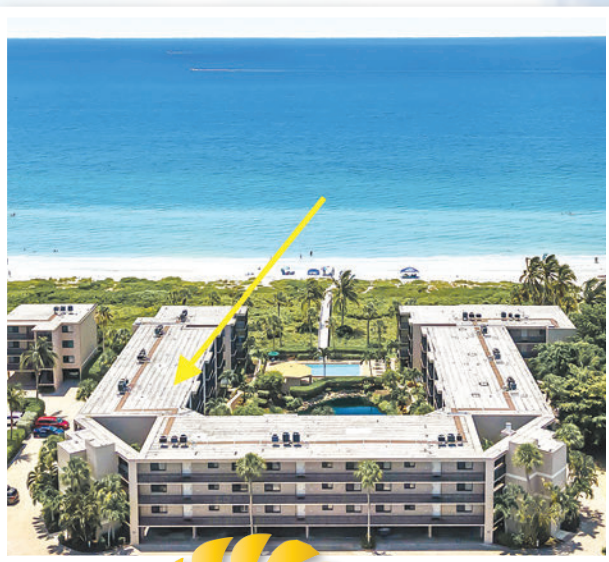
"I'm proud to be a part of expanding care to the Sanibel region," said Dr. Bussing. "Along with providing primary care in a convenient, centrally-located

office, being able to also offer walk-in services to our residents and vacationers will be a major benefit to those who come to the islands."

Dr. John Schmidt, will join the practice on July 18.

Dr. Schmidt has been with Lee Health since 2018 and is currently practicing at the College Pointe location in Fort Myers. In addition to his primary practice, Dr. Schmidt has served at the Lee Convenient Care locations practicing urgent care medicine during the pandemic.

"I am honored to have the opportunity to serve my home community of Sanibel for many years to come. I am truly excited our new practice will include my two passions: primary care and the ability to deliver immediate care when needed," said Dr. Schmidt.✱



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1. NEW CONSTRUCTION ON 106' OF BAY FRONTAGE - SANIBEL

- 3BR/3.5 BA home newly constructed in 2016 with vaulted wood beamed ceilings, 2 story wall of windows overlooking the bay, bayfront pool & spa, all hurricane rated doors & windows
- Separate deeded private wraparound boat dock & lift built in 2021 with water & electric available for purchase

• **\$4,350,000 EURO 4,015,156**

2. OVER HALF AN ACRE IN SEASPRAY - SANIBEL

- 3 BR/ 3 BA + den tucked amidst mango trees and banana palms on over a half an acre of tropical grounds
- Soaring ceilings, fireplace, elevator, large open kitchen, all just steps to the beach access

• **\$1,795,000 EURO 1,706,411**

3. UPDATED HOME IN THE DUNES - SANIBEL

- 2 BR/2 BA beautifully updated home tucked amidst the secluded privacy of tropical vegetation in the coveted Dunes Golf & Tennis community
- Vaulted beamed ceilings, large open kitchen, updated primary suite, impact windows & doors, large back lanai with sunken hot tub and trellis overlooking your own secret garden.

• **\$995,000 EURO 952,604**

4. GULF VIEWS & PRIVATE ROOFTOP DECK AT POINTE SANTO - SANIBEL

- 2BR/2 BA + den top floor condo with an incredible income stream for the investment minded owner.
- Community features pool & spa on island in the center of a lagoon, walking paths, tennis, shuffleboard, tiki huts, and beach access

• **\$1,399,000 EURO 1,281,499**

5. REMODELED HOME IN SHELL HARBOR - SANIBEL

- 3 BR/2.5 BA + den completely remodeled home with private boat dock & lift on seawalled canal just a short walk to the beach access
- Open kitchen, spacious living room, expansive primary suite with redesigned bathroom, impact sliders open to your private pool and canal

• **\$1,995,000 EURO 1,903,698**

6. STUNNING LAKE & GOLF COURSE VIEWS IN THE DUNES - SANIBEL

- 3 BR/2 BA + den exquisite home with 2 story coral accent wall, vaulted ceilings, wood floors, and gorgeous views of the golf course and lakes beyond
- Open kitchen, glass sunroom, large screen enclosed pool and close to the multiple amenities offered by The Dunes community.

• **\$1,795,000 EURO 1,763,694**

7. REMODELED ON DIRECT ACCESS CANAL - SANIBEL

- 3 BR/ 2.1 BA gorgeously remodeled home just a 5 minute boat ride to the Bay with the ability to accommodate a sailboat or larger vessels
- Kitchen includes GE Café appliances & quartz countertops, wide plank oak flooring in the living room, remodeled pool & spa.

• **\$2,495,000 EURO 2,390,029**

8. ISLAND COTTAGE STYLE CANAL HOME - SANIBEL

- 3 BR/3.1 BA home on Sanibel's west end offering easy access to Blind Pass Beach, Santiva, the Bay and open water
- Remodeled with Mexican Saltillo floors, open kitchen, private pool, new roof, private boat dock & lift, & more

• **\$1,390,000 EURO 1,296,842**

9. BUCK KEY - CAPTIVA

- One of the last remaining buildable tropical islands, Buck Key provides a once in a lifetime opportunity located just across the Roosevelt Channel from Captiva Island
- Offering 14.13 acres of stunning land and water frontage along the channel - Develop your own family compound, corporate retreat, private club or wherever your vision takes you.

• **\$22,000,000 EURO 20,014,556**

10. GULF FRONT CONDO AT GULF BEACH - SANIBEL

- 2 BR/2 BA corner unit in a low density complex on Sanibel's East End
- Deeded dock with canal access for kayaks and paddle boards across the street. Established rental history.

• **\$999,000 EURO 981,577**

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6



7



8



9



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Rotary Happenings

submitted by Cindy Carter

This past week, the Sanibel-Captiva Rotary Club had the privilege of inducting our president for the 2022-23 year, Annie Campbell. We are looking forward to a great year! This week's article is best said by Campbell in her welcoming speech.



"Imagine Rotary... Fellow Rotarians, it is an honor and privilege to serve as your 2022-2023 president. Thank you for the opportunity to serve in this capacity. As your president, I promise to do my best, to be committed, to be intentional in this role, to dream big, to offer a fresh perspective, to listen and take action, and to be a leader who makes everyone feel like someone.

"Imagine Rotary... A little bit about me. I was born in a small town with a population of around 1,000 people along the beautiful shore of lake Michigan. The oldest of three, I did well in school and graduated third academically in my class of 37 students, I was on student council, I was in 4H, I played tennis, I took piano lessons and was also a band geek. I played the alto saxophone and was the drum major for the school's marching band my sophomore, junior and senior



From left, Bill Letendre, outgoing president, passing the gavel to Annie Campbell, in the company of Rotary District Gov. Neil Snyder photo provided

year. I was also voted by my peers to be homecoming queen. Upon high school graduation, I was the lucky recipient of a Rotary college scholarship to attend Michigan State University (MSU). From that moment, I imagined that someday I would become a Rotarian. Little did I know that I would be standing here in front of you today.

"I graduated from MSU in 2001 with a BS in psychology and then earned a master in education degree from Aquinas

College in Grand Rapids, Michigan. I then earned a certificate in fundraising management from the Lilly School of Philanthropy at Indiana University and, more recently, a certificate in strategic leadership from Harvard University. During my studies, I volunteered for several nonprofits, including Special Olympics, the Women's Resource Center, Big Brothers Big Sisters and AmeriCorps.

"I've served on several nonprofit boards throughout the years, including

the board of directors of Child and Family Services, Artists Creating Together, Third Level Crisis Center and Benzie Housing Council. I currently serve on the board of directors for the Heights Charter School and Eva's Closet and foundation.

"My career began at Disability Network Northern Michigan, a small nonprofit organization in Traverse City. I traveled to 15 schools within TBAISD (Traverse Bay Area Intermediate School District) to teach life skills to students receiving special education service and by fluke, toward the end of my tenure there, ended up fundraising, specifically raising money to make beaches accessible for individuals with mobility issues. I was with Disability Network for a little over a decade when I made the decision to move to sunny Florida. It was negative 20 degrees in Traverse City for an entire week, literally warmer in Snowhill, Antarctica than it was in Traverse City. My love for Southwest Florida grew from my grandparents who were snowbirds here.

"After moving to Florida, I served as a community director for the March of Dimes, development director for Pace Center for Girls in Immokalee, and for the past five years as development director of BIG ARTS. And, I'm excited to share with you that I'll be starting my next career adventure on Monday as the first development director of the Heights Foundation.

"In 2016, I met my significant other, Daniel. Daniel was born in Iowa City, but continued on page 36



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 - Unique Property, 125' Water Frontage
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- 3 BR, 2 BA, Family/Dining Area, TV Room
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Will Power

I'm A Father-In-Law



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

I'll diverge from my normal estate planning column to get sentimental. Many of you who've read my column over the two decades-plus that I've been writing it have followed my family musings.

Over the Independence Day weekend in Asheville, North Carolina, my eldest daughter, Gabrielle, married her longtime boyfriend/fiancé Benji Bernstein. Benji's been like a son to Patti and me for quite some time. The married couple met while attending Brandeis and have been together ever since.

Benji is a fantastic young man. He always has a smile on his face and radiates a positive energy everywhere he goes. The groomsmen and bestmen toasts (he has two younger brothers) reflected his effervescent attitude. He's the perfect complement to my eldest daughter, who is detail oriented and focused.

I have no idea where she got that from! Gabi's two sisters, Courtney and Madison, served as co-maids-of-honor and performed a cute poem for their toast to their sister and new brother-in-law. Between their toasts and the others, let's say I learned a few things about Gabi that I didn't know before! Even though she's nearly 28 years old, when I look at her, I still see a cute little 5-year-old version of her. This weekend opened my eyes to the confident, beautiful, exceptional young woman that she's become.

The venue was on a farm on the outskirts of town that serves as an event center. The groomsmen had a separate cabin from the bridesmaids as we prepared for the ceremony. That's when I discovered that I brought the wrong suit pants! The photographer is in the cabin taking pictures of us guys getting ready and the father of the bride had to hide behind my father (my kids and Benji refer to him as Papa Joel) and others so the pictures wouldn't reveal my boxer-briefs! Luckily, my daughter Courtney's boyfriend, Phil, drove back to our townhome to retrieve them.

A wedding can't go off without a hitch, of course, and my pants mishap was minor compared to the rain that engulfed the area, causing us to move the ceremony to under a tent as opposed to having it out in the beautiful flower garden. The rabbi, who was the same rabbi who presided over Benji's Bar Mitzvah 16 years ago, did a remarkable job. The ceremony was meaningful, touching,

funny and spiritual. Gabi and Benji exchanged the most meaningful and beautiful vows that I've ever heard (perhaps I'm a bit biased), but the two majored in anthropology and philosophy respectively, so I wasn't surprised. The band was outstanding. I heard that the food and desserts were excellent, but I don't know if that's everyone being polite or not, as I didn't get a chance to taste much of anything, as I was circulating amongst our friends and dancing (the terrible jig that I've been known to do).

Aside from being a proud papa and now father-in-law, I couldn't be more pleased with our families. Patti and I feel that we gained a whole new branch as the Bernstein and Hersch clans share a lot of similarities and get along famously. There's no better feeling than that.

The bride and groom are off on their honeymoon now, while Patti and I recover from the weekend. Like all big events, the lead up seemed so long, and then – in a flash – it's all over!

Next week, I'll return to estate planning here. I'm sorry if I bored you. I'm relaxing in the mountains for a spell, then I'll get right back to it! ©2022 Craig R. Hersch – The Sheppard Law Firm. Learn more at www.floridaestateplanning.com.✧



The newlyweds, Gabi and Benji photo provided

How's The Market? Ask Ann
Changes We're Seeing in the Market



Sanibel is back in business! Short-term rental resorts are fully booked. The Fourth of July parade and fireworks were very successful.

Pending real estate sales are down due partially to a seasonal adjustment and a combined shortage of actual homes and condos available for sale. Selling prices are up from a year ago, with short-term marketing times of 30 to 40 days. Having said this, in my view, we are moving towards a more stable market.

Thinking of Selling? Let me give you a marketable price on your home or condo. My husband John and I have over 70 years of local experience and knowledge on Sanibel. Call me for a confidential discussion on today's market conditions. What a great country!

6 Closed Sales Going Back One Week: 4 Homes & 2 Condos

- 409 East Gulf Dr. Colonnades 10 \$455,000
- 1236 Sand Castle Rd. \$932,111
- 600 Boulder Dr. \$970,000
- 651 East Gulf Dr. 124 White Pelican \$1,650,000
- 1710 Dixie Beach Blvd. \$2,195,000
- 2915 Wulfert Rd. \$3,300,000

Have a good week and call me with any comments or questions.

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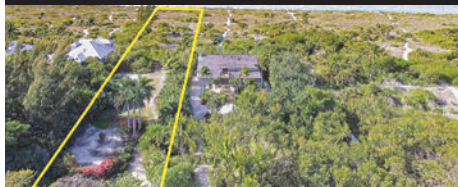
0 W. GULF DR., SANIBEL
• 104'+ Beachfront
• Incredible Opportunity, Ideal Location
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SEASPRAY



1318 SEASPRAY LN., SANIBEL
• Spectacular Gulf Location, Boardwalk Beach Path
• 5 BR, 3.5 BA, Wonderful Beach Home
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5085 JOEWOOD DR., SANIBEL
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• 4 BR, 4 Full & 2 Half Baths + Den, 3,682 S.F.
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1283 PAR VIEW DR., SANIBEL
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• Great Room w/Vaulted Ceiling, Plank Floors
\$1,249,000 **MLS# 222050588**
Cindy Sitton 239.810.4772

GUMBO LIMBO



9476 BALS CT., SANIBEL
• Open 3 Bedroom, 2 Bath
• Pool/Spa, PV Solar Electric
\$1,135,000 **MLS# 222024499**
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3005 TURTLE GAIT LN., SANIBEL
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\$995,000 **MLS# 222023861**
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1321 SEASPRAY LN., SANIBEL
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COCO BAY UNDER CONTRACT



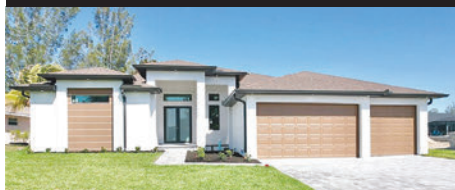
16359 COCO HAMMOCK WAY, FT. MYERS
• Immaculate 4 BR, 3 BA w/Long Lake Views
• Vaulted Ceilings, Breakfast Bar in Kitchen
\$824,900 **MLS# 222039493**
Jason Lomano 239.470.8628

MARINA BAY NEW PRICE



11546 MEADOWRUN CIR., FT. MYERS
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• Upgrades Galore, Upstairs Loft
\$775,000 **MLS# 222046627**
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NORTHWEST CAPE CORAL



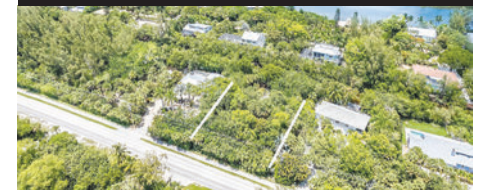
305 NW 36TH AVE., CAPE CORAL
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Frankly Speaking



by Howard Prager

Lots of good news and firsts in today's column. Wimbledon Women's Finals was the first time in 60 years that two women faced each other who had never played a grand slam finals. Elena Rybakina was a 100 to 1 long shot to win, the second lowest-rated player to win since ratings were introduced in 1975. Born in Moscow, she has represented Kazakhstan since 2018 when Kazakhstan offered to invest in her dream of becoming a world class tennis player. She could not have played at Wimbledon this year had she not done that. No players from Russia or Belarus were allowed to play because of the ongoing war in Ukraine. Rybakina beat No. 2-ranked Ons Jabeur, the first African and first Arabic woman to play in a grand slam final. The loss brought Jabeur's 12-match (grass) winning streak to an end.

As Inside Hook put it, "On a Fourth of July weekend that saw the Cardinals

become the first team in the history of Major League Baseball to hit four straight HRs in the first inning and pitchers on the Astros combine for a record-tying 20 strikeouts against the Angels, the Twins also did something significant in MLB history." Seventh inning of the White Sox-Twins series with two Sox on base. "Outfielder Byron Buxton tracked down a deep fly ball off the bat of A.J. Pollock at the right-center field wall and gunned it back into the infield to third baseman Gio Urshela. Chicago baserunners Adam Engel and Yoán Moncada were apparently convinced Buxton was going to be unable to catch the ball and were forced to attempt to head back to their respective bases. It didn't work as Urshela was able to tag out Moncada and step on second to erase Engel. Urshela then threw the ball, unnecessarily, to Alex Kirilloff standing on first base. According to the SABR database, which has tracked every triple play in MLB dating back to 1876, the 8-5 triple killing was the first one on record in American or National League history."

"I don't know how much more stuff can be a first in MLB history, so at least it was something left for us in the middle age to kind of grab, I guess," Buxton said afterward. "It's cool. Ain't

too much thought into it other than the triple play got us out of the inning and it kind of got us a little momentum going."

Our good news story of the week features Andrew Holmes. Who? A 56-year-old maintenance worker in Chicago. Several years ago, Holmes was delivering flowers to senior homes on Mother's Day and Father's Day and noticed an increase in seniors who didn't have families to see them in senior care. One particular female was 102 years old. She would just sit there, and he asked the staff about her family for Mother's Day. Staff said no one comes to see her. He decided to research and find if there were more seniors who are 100 or more. It seemed like no one cared about them, which to him wasn't right. Holmes met with the staff and started Club 100, an exclusive club for seniors age 100 or more. As he researched and located more centenarians, he located the oldest man he could find, 112-year-old CP Crawford. He worked with him for three years. Crawford lived in Lansing, Illinois, and Holmes thought he should celebrate with other centenarians at Guaranteed Rate Field and see his favorite team the Chicago White Sox. The Sox hosted the party complete with caps, food and a special section and picture on the scoreboard. People from around the

ballpark made their way to meet him and former Hall of Famer Harold Baines was their guest host.

Just last week with more activities reopened after the pandemic, Holmes planned another outing, to the Sox-Twins game. He arranged for six women to come to the game, and got a limo for each of them to travel in style. The oldest was "only" 106 and had never been to a ball game. Holmes supplemented what the Sox did with the caps and food by buying them jerseys with their names and ages on the back, along with extra food. The highlights were featured on NBC-5 Chicago.

If you know Chicago, you know there are south side (Sox) fans and north side (Cubs) fans. For Holmes' next outing, he's trying to work with the Cubs to take those fans to Wrigley Field. He has started a foundation to help fund this dream and take Club 100 around the country. Never underestimate anyone's ability to make a difference for others. Thanks to the Sox for helping and to Andrew Holmes.

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 to press@islandnews.com.✴

Rotary Happenings

grew up in Fort Myers. He's currently a marine engineer and coincidentally graduated from the Maritime Academy in Traverse City. We have a sweet 11-month-old fur baby goldendoodle named Trouper who I hope to get officially certified as a therapy dog to help youth, seniors and veterans.

"Service above self is the motto of Rotary – and a motto of which I live and breathe. My favorite quote is by Mahatma Gandhi: 'Be the change you wish to see in the world.' My friends, together we are making our community, our nation and the world a better place.

"In her speech at the PETS training in Orlando, Jennifer Jones, our Rotary International president, challenged us

to: 'Imagine that we can get up every day and make a difference.'

"Imagine a world with no polio, imagine a world with clean water for everyone, where every child has the opportunity to learn to read. Imagine hope, peace and kindness. Dream big, my friends, like eradicating a disease and creating world peace. It's our responsibility to dream these dreams and then make them real... to be brave and courageous, and to share the gift of Rotary with others.

"Rotary is the oldest and largest service club in the world. Fellow Rotarians, with over 200 countries represented and over 46,000 clubs, we have a shared responsibility to take action on our world's most persistent issues. Rotarians around the world are working together to: promote peace; fight disease; provide clean water, sanitation and hygiene; save mothers

and children; support education; grow local economies and protect the environment.

"My friends, we have a lot of work to do. I challenge you to dream big and imagine. Think about your why... why Rotary? Whether you joined for fellowship, friendships and social opportunities, networking, professional development or to serve... find your why and take action. Now is the time for us to dig deep and get moving.

"What kind of world do we want? Imagine Rotary... Together, we can move mountains. Together, we can make a difference. Together we WILL make a difference because we are people of action. Imagine Rotary... just imagine all we can do and all that we

will accomplish this year.

"If you need anything, if you have questions or ideas, please do not hesitate to reach out... Thank you, fellow Rotarians. Thank you for all you do and for selecting me to serve as your president this year. Dream big and imagine. It's going to be a great year. Thank you."

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email william.harkey@gmail.com by Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit www.sanibelrotary.org.✴

SPORTS QUIZ

- 1. Name the South African golfer who beat Tiger Woods by three strokes to win the 2008 Masters Tournament.
- 2. What 1988 comedy film had cameos by Curt Gowdy, Jim Palmer, Tim McCarver, Mel Allen, Dick Enberg, Dick Vitale and Dr. Joyce Brothers in a baseball broadcast booth?
- 3. Before Marcus Ericsson won the 2022 Indianapolis 500, who was the only Swedish driver to win the race?
- 4. Name the National Soccer Hall of Famer who started 159 games as goalkeeper for the U.S. Women's National Team from 1994 to 2008.
- 5. France's Tony Estanguet, Slovakia's Michal Martikan and the Czech Republic's Stepanka Hilgertova are all Olympic gold medalists in what water sport?
- 6. Starting pitcher Dennis Ray Boyd, who played in Major League Baseball from 1982 to 1991, was better known by what nickname?
- 7. Before she married NBA star Dwyane Wade in 2014, actress Gabrielle Union was married to what former NFL running back?

ANSWERS

- 1. Trevor Immelman. 2. "The Naked Gun: From the Files of Police Squad!" 3. Kenny Brack, in 1999. 4. Briana Scurry. 5. Canoeing. 6. Oil Can. 7. Chris Howard.

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Lee Health Adds Robots For Orthopedics

Since the creation of Lee Health's robotics program last year, the healthcare system has more than tripled its number of daVinci robots, has added a specialty neurosurgery robot and now is adding two robots for orthopedic procedures.

The Zimmer Biomet's ROSA Hip and Knee System – located at both Cape Coral Hospital and Lee Memorial Hospital – is a robotically assisted surgical system designed to help perform total knee and hip replacement surgery. It includes features to assist with bone resections and to assess the state of soft tissues in order to facilitate implant positioning intraoperatively.

The ROSA robot system enables surgeons to use computer and software technology to control and move surgical instruments, allowing for greater precision and flexibility during procedures. The procedure is performed entirely by a surgeon who controls the system.

Because the procedure is minimally invasive, patients generally experience less pain after surgery, have a quicker recovery and shorter length of stay in the hospital. They also need less medication.

"The results I have seen in my patients have been nothing short of

amazing," said Dr. John Thompson, orthopedic surgeon. "We're using this technology for total knee and hip replacements. We're putting in top-of-the-line implants, but with more accuracy and less invasive surgery with the robot. My patients are telling me that their recovery has been much easier and faster than they expected."

The addition of the two ROSA orthopedic robots compliments Lee Health's robust robotics program, which is comprised of the ExcelsiusGPS, a first of its kind robotic surgery in Southwest Florida for minimally invasive spine and brain procedures, and seven da Vinci Xi Surgical Systems, which are designed to help surgeons perform minimally invasive surgeries, such as colorectal surgeries and unique surgeries in the areas of gynecology, urology, ear nose and throat and general surgery.

"Robotic-assisted surgery is a huge benefit to our patients and, by continuing to bolster our program at Lee Health, fewer patients have had to leave the region to get this type of surgery," said Dr. Fia Yi, Lee Health's medical director of the system robotics program. "We are proud to bring this cutting-edge technology to the region, so our patients can get the care they need close to home."

The addition of these value-enhancing services is made possible through donations from the community to the Lee Health Foundation, which works to bring novel and enhanced medical options to Southwest Florida.✴

Progressive Club Virtual Meeting

Adam Hattersley, a Democrat running for Florida chief financial officer on August 23, will be the guest speaker for the Progressive Club of the Islands' Zoom meeting on Thursday, July 21 at 4 p.m.



Adam Hattersley

A Navy veteran and author, Hattersley is focused on improving the lives of those in his community through public service. He served as Florida House representative, District 59 from 2018 to 2020. He earned a bachelor of science in engineering in 2000 and a master of science in engineering from University of Michigan and served as a nuclear submarine U.S. Naval officer from 2000 to 2008, receiving a Bronze Star. Hattersley completed his Naval service as an electrical engineering instructor at the U.S. Naval Academy.

Moving to Riverview, Florida, Hattersley became an executive at a Fortune 500 company, training and managing a technical staff worldwide for nearly 10 years. He and his wife now own a small business selling print and

promotional products. The meeting will be interactive with time provided for questions. To attend, email pcisancap@gmail.com to receive the link or watch online at www.facebook.com/pcisancap. Annual dues for the Progressive Club are \$35 per individual or \$70 per couple. To renew a membership or join, mail a check payable to PCI to: PCI, P.O. Box 898, Sanibel, FL 33957. For more information, visit www.pcislands.org or call 994-3175.✴

Bank Collecting School Supplies

Sanibel Captiva Community Bank is accepting school supply donations at all eight of its Lee County branches in partnership with the Foundation for Lee County Public Schools and Children's Advocacy Center.

Through August 1, school supplies and backpacks will be collected to support Lee County educators and local children facing hardships as they prepare to go back to school.

Items may be donated at the following bank branches:

- Sanibel – 2406 Periwinkle Way; and 1037 Periwinkle Way;
- Fort Myers – 15975 McGregor Boulevard; 7040 Winkler Road; 7500 College Parkway; 9311 College Parkway; 1533 Hendry Street; and 1691 Gateway Boulevard.✴

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Health First

How To Avoid Lightning Injuries



by Julie Rosenberg, MD

In the United States, there are approximately 400 lightning injuries and 40 deaths annually. Lightning occurs with every thunderstorm.

Approximately 40 million lightning strikes hit the ground in the United States each year.

While Florida is known as the Sunshine State, it is also notorious for thunderstorms, lightning strikes and fatalities. On average, Florida has around 70 to 100 days per year with at least one thunderstorm reported. Given the frequent occurrence of lightning, Florida often leads the nation in lightning-related deaths and is considered the “lightning capital” of the country. There have been more than 2,000 lightning injuries over the past 50 years in Florida.

Lightning is a transient, high-current, electric discharge. The path length of lightning is generally measured in kilometers. A typical lightning flash carries with it a tremendous amount of energy, about 300 million volts and

about 30,000 amps (household current is 120 volts and 15 amps).

The odds of being struck by lightning in any given year are less than one in a million. While lightning injury can be severe, about 90 percent of lightning strike victims survive.

A victim’s exposure to lightning is generally from 1/1000 to 1/10 of a second. Lightning injuries are classified as a direct strike, side splash, contact injury or ground current.

Direct strikes occur when an individual is directly hit by lightning. These injuries are rare (< 5 percent of lightning injuries).

Side splash accounts for one-third of injuries and occurs when the current jumps or “splashes” from a nearby object to an individual.

Contact injuries occur by touching an object that is struck by lightning.

Ground current is the most common mechanism of injury, accounting for one-half of injuries. Ground current occurs when lightning strikes an object/ground nearby an individual and then travels through the ground to the individual.

Lightning can harm a person in several ways due to the damaging effect of electric current on/through body tissues. Well described lightning injuries include:

Burns due to conversion of electrical to thermal energy, which range from superficial to full thickness burns, although superficial burns are more common;

Mechanical trauma including being thrown or being hit by flying debris, both due to either a transmitted shockwave or direct strike from a bolt;

Damage to the central nervous system including stroke, hypoxic injury and intracranial hematoma (a collection of blood within the skull);

Eye injuries from electrical current, blunt or blast trauma; the most common permanent eye injury from lightning is cataract;

Ear damage including rupture of the ear drum from blunt or blast trauma and hearing loss from damage to the auditory nerve.

Sudden death due to cardiac arrest can occur following a lightning strike, albeit rare. Most lightning deaths occur during summer, especially during July.

Prevention is always better than cure. The best way to prevent being injured by lightning is to take proper precautions during thunderstorms:

If the weather forecast calls for thunderstorms, postpone your outdoor activity;

If you are caught in an open area during a thunderstorm, quickly find adequate shelter.

If you are outdoors with no safe shelter nearby:

Do not lie flat on the ground; instead, crouch down in a ball-like position with your head tucked and hands over your ears;

Do not shelter under an isolated tree;

Do not use a cliff or rocky overhang for shelter;

Do not stand near barbed wire fences, power lines or other objects that conduct electricity;

Do not sit in an open vehicle such as a convertible or golf cart.

Stay away from open spaces such as golf courses, parks, playgrounds, swimming pools and beaches during thunderstorms.

Lightning is a natural hazard. Lightning most often strikes people who work outside or engage in outdoor recreational activities. Take thunderstorms seriously. Postpone activities as necessary when the weather is threatening. If you are caught in an open area during a thunderstorm, seek shelter immediately.

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.

Local Named To Dean’s List

Hannah Alston Fay of Sanibel was named to the spring 2022 dean’s list at Wofford College. To be named to the dean’s list, a student must be enrolled for at least 12 semester hours of graded courses and attain a semester grade point average of 3.6 or higher.

When my brother hurt his foot I helped him by putting a Band-Aid on it.

—Pierce from *The Sanibel School*



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In honor of FISH’s 40th Anniversary, students at The Sanibel School created works of art showing the importance of helping neighbors and family.

We are inspired by their wonderful art and their clear understanding of how small acts of kindness can make a big difference. The future of FISH—and our young neighbors—is promising indeed.



dearRPharmacist

Surprising Reasons Gastrin Should Be Measured



by Suzy Cohen, RPh

Dear Readers: People talk of stomach problems and tummy aches, belching and pain. But some people have fatigue, or psychiatric issues.

Often the blood testing workup for these conditions does not include one important hormone called "gastrin," which I think should be measured.

Gastrin is a hormone produced in your stomach and duodenum and helps to digest food. When gastrin is elevated, it means that stomach acid production has declined. If your stomach acid is low, then gastrin levels naturally rise. Gastrin comes to the rescue and says, "stomach cells, you need to make us more stomach acid." Gastrin is important because it helps you to produce HCL, as in hydrochloric acid, which is how you digest your meals.

Consumers have been taught to dislike stomach acid, but you shouldn't. You need proper levels of stomach acid. And

gastrin is a hormone that responds to the amount of stomach acid present in your stomach on any given day. If there's not enough acid, gastrin will rise to stimulate acid production. By the way, the term hypochlorhydria is used for people with low stomach acid levels.

Measuring gastrin levels with a blood test is something that lends tremendous insight. High gastrin is often associated with hypochlorhydria (low stomach acid) and may cause any of the following: belching; flatulence immediately after eating; bad breath; heartburn; fatigue; or frequent infections.

The reason these symptoms occur is because a condition of hypochlorhydria means that you are no longer able to extract and absorb essential nutrients like iron, magnesium, copper, zinc, B12, folate and protein. Regardless of the body's weight, the cells are starving for nutrition due to the lack of these nutrients... which I'm saying could be due to the lack of acid. Supplements of betaine are often used. Work with a practitioner if you'd like to correct your acid levels with betaine. Don't just take betaine because it will hurt you if you have normal or high stomach acid.

And now, for the three surprising reasons gastrin levels should be evaluated with a blood test:

1. You have chronic gastrointestinal (GI) complaints such as flatulence right after eating, diarrhea, heartburn, reflux and early satiety, which means you feel full quickly.
2. You have chronic fatigue, which

could mean you have anemia, or hypothyroidism.

3. You have anxiety or psychiatric concerns. A negative mood has been associated with higher gastrin levels. It may be tied to increased adrenergic activity, but regardless of the cause, mood is definitely impacted by shifts in gastrin and this comes as a surprise to most practitioners.

Gastrin is a good hormone. It supports stomach health and assists with small intestine and pancreatic function. It helps

Beautifulife:

Resurface



by Kay Casperson

Summer is an excellent time to address the word Resurface. There are a few meanings for this word. One is to change something's surface, whether it be a countertop, a floor or a piece of

furniture. The other is to bring something back up that has been pushed down, suppressed or confined.

This word is essential because I believe it is another step in having your most balanced and beautiful life. Resurface is the name of our detoxifying mask that can change the look and feel of the surface of your skin.

The affirmation on this mask's jar helps you identify what needs to be addressed in your life. The product's actual meaning and the message is to bring back up to the surface the things that need to be addressed so that you can begin to remove them or deal with them appropriately.

We relate this to our everyday lives, where we tend to push things aside, suppress them or avoid dealing with them because they take up much of our energy and focus. Instead, they never go away and become more significant issues if left unattended.

Suppose we follow the steps to living our beautiful life, including dealing with things head-on instead of avoiding them. In that case, we will be able to move

you metabolize all the food on your plate and extract critical life-sustaining minerals. But like any good thing, you want normal levels of gastrin. If you like this article, and would like to read the longer, more comprehensive version, visit 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.✱

more easily forward instead of being stuck in the past or where we don't need to be.

Take a close look at what you are pushing away or avoiding. I have included the five aspects of living your best life that I think are very important.

Emotionally – Are you following through with your good thoughts and making them a reality?

Spiritually – Are you making it a point to find your joy and pray, learn and grow spiritually?

Physically – Are you finding the best solutions for your wellbeing with the ultimate results?

Environmentally – Are you focusing on your surroundings to love where you live?

Socially – Are you mending the past with those you care about so all can move on?

None of this is easy, but all of it is necessary to resurface your life now and then.

My affirmation for you this week is: "I will resurface my life and deal with things head-on to move forward to a better place."

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

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Doctor and Dietician

Create A Healthy Workstation



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

Let us be real, Americans have posture problems. Just look around you. Whether sitting at your desk all day, slouching on the couch after a long day of work, or looking down at a smartphone, poor posture is affecting people of all ages. We often count the number of people we see staring down at cellphones while walking the beach, eating at a restaurant, or even while driving. We know, sad – it is a facedown world. But this does not have to be you. Poor posture not only affects us physically, but also affects our mental wellbeing. Studies show slouchers are more likely to exhibit less confidence, lower self-esteem and suffer from depression. Slouching and facedown posture may

also lead to brain fog and a lack of clarity due to the disruption of blood flow to your brain. We document this in our Caring Medical office with ultrasound measurements of blood flow in and out of the brain while putting patients in different positions. Four ways to create healthier ergonomic workstations: Adjust your computer monitor height – Because desk jobs require so much time in a sitting position staring at a screen, where you place your monitor in relation to your eyes and neck has a significant impact on your health. When positioning your monitor, you want to make sure that there is at least 12 inches of distance between your eyes and your screen, and the top line of your screen is above your eye level. You need to be looking slightly UP. This is not the usual ergonomic recommendation made by traditional medicine, but from what we have seen in our office, we know that most people need to look up to counter the looking down. Keep your shoulders down too – do not scrunch. Look for keyboard comfort – Your keyboard position is another essential aspect of alleviating strain on your neck due to your arm’s position throughout your workday. You want to resist the temptation of hunching over and putting pressure on your arms and shoulders, which eventually results in neck pain. These problems can be avoided by arranging your keyboard and/or mouse in positions that keep your wrists extended while your upper arms are relaxed. Some people appreciate using wrist pads to help keep the wrists upright

as if you were in proper piano form. Healthy Sitting – Many people are now working from home, however, that does not mean you cannot create a healthy workstation setting. Let us be honest, is your workstation on a coffee table or on the couch? We know it sounds silly, but you are spending eight hours every day in a sitting position, thus you should make sure you are sitting correctly. Wherever you are sitting, your position should support your arms, legs, back and buttocks to avoid putting any unnecessary stress on your body resulting in neck or back pain. Your feet should touch the floor, abdominals should be tucked and shoulders back. Some like to use a McKenzie roll on the back of their chairs to help keep in the proper sitting position. Sit-Stand Solution – You have heard us say before, “sitting is the new smoking.” Studies show that prolonged sitting day in and day out is very unhealthy. It leads to pain, weakness, poor posture, weak abdominal muscles, and the list goes on. We recommend you take regular breaks to walk or stretch your body. At Caring Medical, most of us utilize height-adjustable standing desks giving us the option to sit or stand throughout the day. We cannot

emphasize the importance of this enough. If you are no longer working, but find yourself sitting at home, we recommend setting a timer to remind yourself to get up and walk around every hour. Work on doing squats over a chair to ensure you have the quad strength to push yourself up out of a chair without using your hands on the arms of your chair. This will improve longevity overall. Do not discount the importance of this. We encourage you to take this content seriously. If we keep doing the same thing and expect different results, that is the definition of insanity. Healthy posture, movement and head position are key to maintaining good health. Unfortunately, what we see in the office are the effects of the reverse – and it is not just pain, but some profoundly serious ortho-neurologic problems. You can do it. Change is good. 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.✪

Got A Problem? Dr. Connie Is In



by Constance Clancy
Q: I am 34 years old and I am aware I need some healing from early trauma. Can you recommend some techniques?
A: You have conquered a huge step in healing trauma by being aware that you have it. The body holds onto trauma until it is released. With trauma comes sensitivities, insecurities, or emotional reactions to situations that are triggers or old tapes. Trauma is more common than you may realize, and the vulnerabilities and anxieties can be difficult to overcome without professional help. Trauma can be overcome and, while it’s one of the bravest things you can do, it can be so healing. Here are a few therapies that can be most helpful in healing from trauma:
1. Cognitive Behavioral Therapy (CBT) – This can help you process your thoughts surrounding the trauma and understand how your mind deconstructs them. Rather

than ignoring or avoiding trauma, you can learn to accept the difficult memories and face them so healing can occur.
2. Eye Movement Desensitization and Reprocessing – A highly effective tool used by a trained and certified therapist to desensitize trauma through rapid eye movement and relink the negative cognition with a positive one.
3. Hypnotherapy – Through relaxed focused concentration, a trained and certified therapist in hypnotherapy can help access the subconscious mind to release trauma and heal. The therapist is the facilitator and the client is in control. Hypnotherapy is a safe and effective healing method.
4. Support Group – Joining a support group is so helpful in realizing you are not alone. At some form or another, most of us have experienced trauma in life. No one needs to suffer alone. There is support. Whatever therapist and method you decide to heal your trauma, just make sure you get support of some kind. It’s there for you, and you will feel so much freer once your trauma is healed.
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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| BIG ARTS..... | 395-0900 |
| Broadway Palm Dinner Theatre | 278-4422 |
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| Gulf Coast Symphony..... | 277-1700 |
| Herb Strauss Schoolhouse Theater..... | 472-6862 |
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| 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 |
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| 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 |
| FISH OF SANCAP Neighbors Helping Neighbors | 472-4775 |
| FISH OF SANCAP 24-hr service..... | 472-0404 |
| JN "Ding" Darling National Wildlife Refuge | 472-1100 |
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| Lions Club, Jeff MacDonald | 302-521-1158 |
| Master Gardeners of the Islands | 472-6940 |
| Military Officers Assc. of America, Alex MacKenzie .. | 395-9232 |
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| Optimist Club..... | 472-0836 |
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| 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



"I'll drop the price ten dollars if you buy
him before _____."

SCRAMBLERS

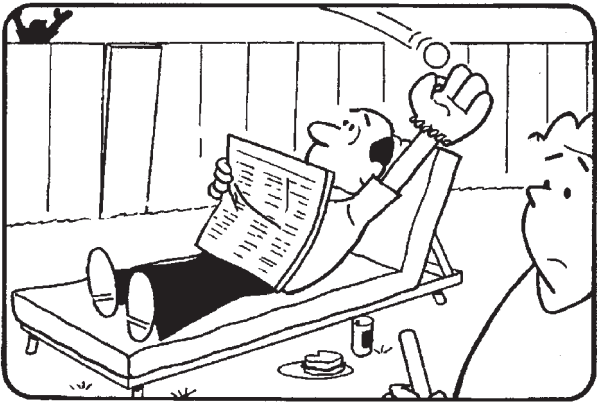
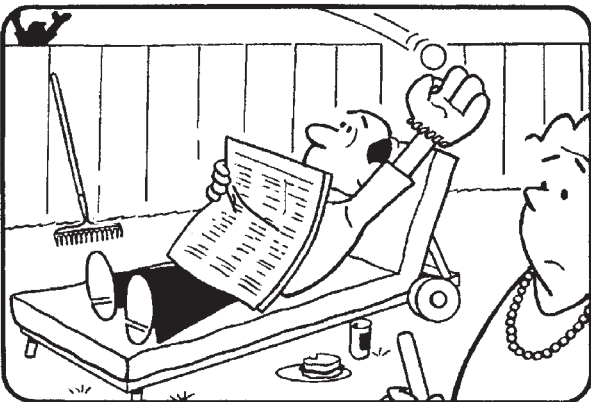
Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Edge
FINGER
Chide
CLODS
gall
RANGE
hear
TINSEL

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Rake is missing. 2. Board is missing. 3. Newspaper is smaller. 4. Sleeve is shorter. 5. Wheel is missing. 6. Beads are missing.

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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

SIX-T EIGHT

- ACROSS
- 1 Big name in small planes
- 7 Passage leading to an aural drum
- 15 Sign into law
- 20 Despicable
- 21 Cessation
- 22 Six-Day War leader Dayan
- 23 Starting something over, figuratively
- 26 Bottom line
- 27 "You — My Sunshine"
- 28 U.S. intel org.
- 29 See 106-Across
- 30 Question the Devil asks in a Kipling poem
- 39 Patrick of "A Clockwork Orange"
- 41 Leave high and dry
- 42 — pot (sinus-cleaning device)
- 43 Wolfs down
- 46 — wheel (fair ride)
- 48 Final resting places
- 52 Cause heads to turn
- 56 Yule tune
- 57 Wheel center
- 58 Turn rancid
- 60 Norma — (film heroine)
- 61 Nickname for Connecticut
- 71 River to the Rhone
- 72 Senseless
- 73 Drop by
- 74 Recent times
- 81 Wheaton of "Stand by Me"
- 82 Singer
- 83 G.P. or vet
- 84 War god
- 86 Giving a rigorous tryout
- 97 Play a ukulele, e.g.
- 99 Boastful talk
- 100 Cigar-holding container
- 101 Huge, informally
- 104 Chucked
- 106 With 29-Across, neo-soul singer with four Grammys
- 107 What's accurate about a situation
- 113 City NNE of Lake Tahoe
- 114 — -Z
- 115 Courtroom promise
- 116 On top of, to poets
- 119 It closed all 130+ of its U.S. campuses in 2016
- 128 Wall work
- 129 1973-99 Lima-based carrier
- 130 "The Wizard of Menlo Park"
- 131 Conjuring aid
- 132 Encroach on another's land
- 133 Novelist du Maurier
- 12 "Stillmatic" rapper
- 13 Narc, e.g.
- 14 Gives access
- 15 Outback bird
- 16 Symbol for written music
- 17 "Ad — per aspera" (Kansas' motto)
- 18 Mass singers
- 19 Principle
- 24 Mutt's sound
- 25 Despicable
- 31 Bit of crying
- 32 Ward of TV
- 33 Wilson's predecessor
- 34 Weight allowance, once
- 35 Yesteryear
- 36 Brought into the world
- 37 Troop group
- 38 "The Addams Family" cousin
- 39 Actress
- 40 Home pest
- 44 Cavern effect
- 45 Daze
- 47 Spanish ayes
- 49 Swamp
- 50 "Get lost!"
- 51 Precip-ice?
- 53 "Six-pack"
- 54 Texter's hugs
- 55 Cloister sister
- 59 "Please reply," in brief
- 61 Jeans go-with, often
- 62 Dog following its owner closely
- 63 Suffix with south
- 64 Co. VIPs
- 65 Uncle, in Argentina
- 66 Pol. middle-of-the-roader
- 67 — chi
- 68 Little — (kids)
- 69 Vietnamese New Year
- 70 Actress
- 71 "— a Very Good Year"
- 75 Spy's device
- 76 Capote, to his friends
- 77 Courtroom promise
- 78 Big whoop
- 79 Chris of "Sex and the City"
- 80 "Ac-Cent-— Ate the Positive"
- 85 Bottom line
- 87 Dog with Dorothy
- 88 "What business is — yours?"
- 89 Magazine mogul Condé
- 90 Lillian of film
- 91 Grove growth
- 92 Give forth
- 93 Pitchfork part
- 94 Cincinnati Reds player in the Baseball Hall of Fame
- 95 "... or — gather"
- 96 Song syllable
- 98 Sea, to Yves
- 102 Avocado dip, informally
- 103 To boot
- 105 Barely passing grade
- 107 Prunes
- 108 In a snit
- 109 — nous
- 110 Sharpener of skills
- 111 Many mag pages
- 112 Schlepped
- 117 School on the Thames
- 118 Thinker
- 120 Kay-em link
- 121 Wrath
- 122 Bus. firms
- 123 Extra for an iDevice
- 124 Grassy area
- 125 Taxing org.
- 126 Ore- —
- 127 Advice tidbit

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King Crossword

- ACROSS
- 1 River blocker
- 4 Locate
- 8 Cherry type
- 12 Hearty quaff
- 13 Notion
- 14 Manual reader
- 15 Asian holiday
- 16 Brando role
- 18 Glorify
- 20 Make lace
- 21 Formerly, once
- 24 Ballpark winner
- 28 Child star's parent, maybe
- 32 Zilch
- 33 Hosp. sec-tions
- 34 Continental cash
- 36 Caustic solu-tion
- 37 Bulb measure
- 39 Pop's pop
- 41 Covert agents
- 43 Summers in Paris
- 44 Vichy water
- 46 Patriot Allen
- 50 Cub Scout leader
- 55 Rock's Brian
- 56 Curved mold-ing
- 57 Roof over-hang
- 58 Scratch the surface
- 59 Suitable
- 60 Roe provider
- 11 Dog's warn-ing
- 17 Foot rub response
- 19 Race seg-ment
- 22 Overconfident
- 23 Baseball's Joe
- 25 Aspice form
- 26 "May It Be" singer
- 27 Oboe insert
- 28 Gives a darn?
- 29 Snare
- 30 Wine region
- 31 Castle defense
- 35 Showed scorn
- 38 Overflowed
- 40 "Spring ahead" hrs.
- 42 — Paulo, Brazil
- 45 Western tribe
- 47 Rope fiber
- 48 Scrambled wd.
- 49 Asta's mis-tress
- 50 Pooch
- 51 Swelled head
- 52 Opposite of paleo-
- 53 Taunting laugh
- 54 Actress
- 55 Mendes
- DOWN
- 1 Social appointment
- 2 "Roots" author Haley
- 3 Transcending (Pref.)
- 4 Greek orchard planting
- 5 Wedding words
- 6 Homer's neighbor
- 7 Loony
- 8 Frosty's nose
- 9 Somewhat (Suff.)
- 10 Born abroad?
- 11 Many mag pages
- 112 Schlepped
- 117 School on the Thames
- 118 Thinker
- 120 Kay-em link
- 121 Wrath
- 122 Bus. firms
- 123 Extra for an iDevice
- 124 Grassy area
- 125 Taxing org.
- 126 Ore- —
- 127 Advice tidbit

CHANGES THE MAGIC MAZE ● TEMPERATURE OF WATER

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **Water Heaters that use the Sun**

- Boiler
Cauldron
Chiller
Freezer
Hot tub
Ice bath
Ice maker
Kettle
Percolator
Radiator
Range top
Steam iron
Stove
Water cooler
Water heater

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FRIDAY
Mostly Cloudy
High: 89 Low: 81



SATURDAY
Partly Cloudy
High: 90 Low: 82



SUNDAY
Mostly Sunny
High: 88 Low: 79



MONDAY
Mostly Sunny
High: 89 Low: 81



TUESDAY
Partly Cloudy
High: 88 Low: 79



WEDNESDAY
Mostly Cloudy
High: 87 Low: 80



THURSDAY
Mostly Cloudy
High: 88 Low: 79

| 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 | 2:20 pm | 10:09 pm | None | None | Fri | 1:25 pm | 10:11 pm | None | None | Fri | 4:36 am | 8:59 am | 2:57 pm | 10:21 pm | Fri | 4:30 pm | 12:41 am | None | None |
| Sat | 5:40 am | 8:08 am | 3:17 pm | 10:49 pm | Sat | 4:45 am | 8:10 am | 2:22 pm | 10:51 pm | Sat | 5:05 am | 10:00 am | 4:11 pm | 11:00 pm | Sat | 7:50 am | 1:25 am | 5:27 pm | 11:24 am |
| Sun | 5:58 am | 9:29 am | 4:15 pm | 11:25 pm | Sun | 5:03 am | 9:31 am | 3:20 pm | 11:27 pm | Sun | 5:35 am | 10:53 am | 5:09 pm | 11:37 pm | Sun | 8:08 am | 2:05 am | 6:25 pm | 12:45 pm |
| Mon | 6:20 am | 10:53 am | 5:19 pm | 11:59 pm | Mon | 5:25 am | 10:55 am | 4:24 pm | None | Mon | 6:06 am | 11:45 am | 6:00 pm | None | Mon | 8:30 am | 2:41 am | 7:29 pm | 2:09 pm |
| Tue | 6:47 am | 12:20 pm | 6:34 pm | None | Tue | 5:52 am | 12:01 am | 5:39 pm | 12:22 pm | Tue | 6:38 am | 12:13 am | 6:49 pm | 12:41 pm | Tue | 8:57 am | 3:15 am | 8:44 pm | 3:36 pm |
| Wed | 7:17 am | 12:30 am | 8:09 pm | 1:47 pm | Wed | 6:22 am | 12:32 am | 7:14 pm | 1:49 pm | Wed | 7:11 am | 12:50 am | 7:38 pm | 1:41 pm | Wed | 9:27 am | 3:46 am | 10:19 pm | 5:03 pm |
| Thu | 7:52 am | 1:00 am | 10:04 pm | 3:09 pm | Thu | 6:57 am | 1:02 am | 9:09 pm | 3:11 pm | Thu | 7:43 am | 1:30 am | 8:26 pm | 2:36 pm | Thu | 10:02 am | 4:16 am | None | 6:25 pm |

My Stars ★★★★★
FOR WEEK OF JULY 11, 2022
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

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PETS OF THE WEEK

Lee County Domestic Animal Services

Mandy And Blondie

Hello, my name is Mandy. I am a 5-year-old female domestic shorthair. I am a sweet senior cat that watches everyone come into the shelter and 'ooh and ahh' over the cute kittens while I wait for someone to notice me and hopefully fall in love. I am very well-mannered and would love to snuggle up next to you. I will play with toys and reach playfully through my door to get a bit of attention. My adoption fee is \$25.

Hi, I'm Blondie. I am a 3-year-old female pit bull. At my age and only about 27 pounds at intake, I'm an "itty bitty pocket pittie." I need to gain some weight. My physical state shows



Mandy ID# A924020 photos provided



Blondie ID# A928983

that I wasn't previously well cared for, but I will curl my whole body around your leg or neck and cuddle close for comfort. I just need someone to love me and treat me with the kindness and care I deserve. Come meet me this week at Animal Services. My adoption fee is \$25.

The \$600-valued package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee.

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.

STRANGE BUT TRUE

- In 1992, the president of Sri Lanka changed the spelling of the first English syllable of his country's name from iSrii to iShrii in the belief that it would improve the nation's fortunes. Unfortunately, he failed to reap any possible benefit, as he was assassinated the following year (and the spelling was reverted).
- Possums don't actually play dead. They merely pass out from fear of their predators.
- The name icoconuti comes from 16th-century Portuguese sailors. It is believed that the three holes on the fruit resembled a face, so it was honored with the word icoco, meaning igrini or igrinning face. The inuti part was added later.
- Ketchup leaves the bottle at a rate of 25 miles per year.
- When a UK autoshop mechanic saw the Google Street View car heading in his direction, he thought it would be fun to stage a murder scene. Police paid his shop a visit a year later after the image finally appeared on Street View.
- The Argentine Football Association published a cultural manual ahead of the 2018 World Cup that included a section on how to seduce Russian women.
- As a child, Mark Twain nearly drowned nine times before he learned to swim.
- Looking to speed up your

decision-making capacity? Try an action video game. Players tend to develop a heightened sensitivity to their surroundings, which in turn aids them with multitasking and activities such as driving, navigating around town and even keeping track of friends in a crowd.

- In Tokyo, you can buy a toupee for your dog.
- Charmin once hosted a contest for toilet paper wedding dresses. The winner received a cash prize of \$2,000.

THOUGHT FOR THE DAY

"Tell me and I forget. Teach me and I remember. Involve me and I learn."

– Benjamin Franklin

TRIVIA TEST

1. **Animal Kingdom:** What is a female fox called?
2. **General Knowledge:** How many stars were in the first American flag?
3. **History:** About how many slaves in the United States were free by the end of the Civil War?
4. **Television:** What was the name of the planet that Mork called home on *Mork & Mindy*?
5. **U.S. Presidents:** Which president was born on July 4?
6. **U.S. States:** How many major islands make up the state of Hawaii?
7. **Movies:** Which is the first

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non-English movie to win Best Picture at the Oscars?

8. **Geography:** Which is the largest continent in size?
9. **Literature:** Which 19th-century novel's subtitle is *The Modern Prometheus*?
10. **Food & Drink:** What is nori?

TRIVIA ANSWERS

1. Vixen 2. 13, one for each colony
3. 4 million 4. Ork 5. Calvin Coolidge
6. Eight major islands and many small islets 7. *Parasite*, 2020 8. Asia
9. *Frankenstein* 10. Dried, edible seaweed

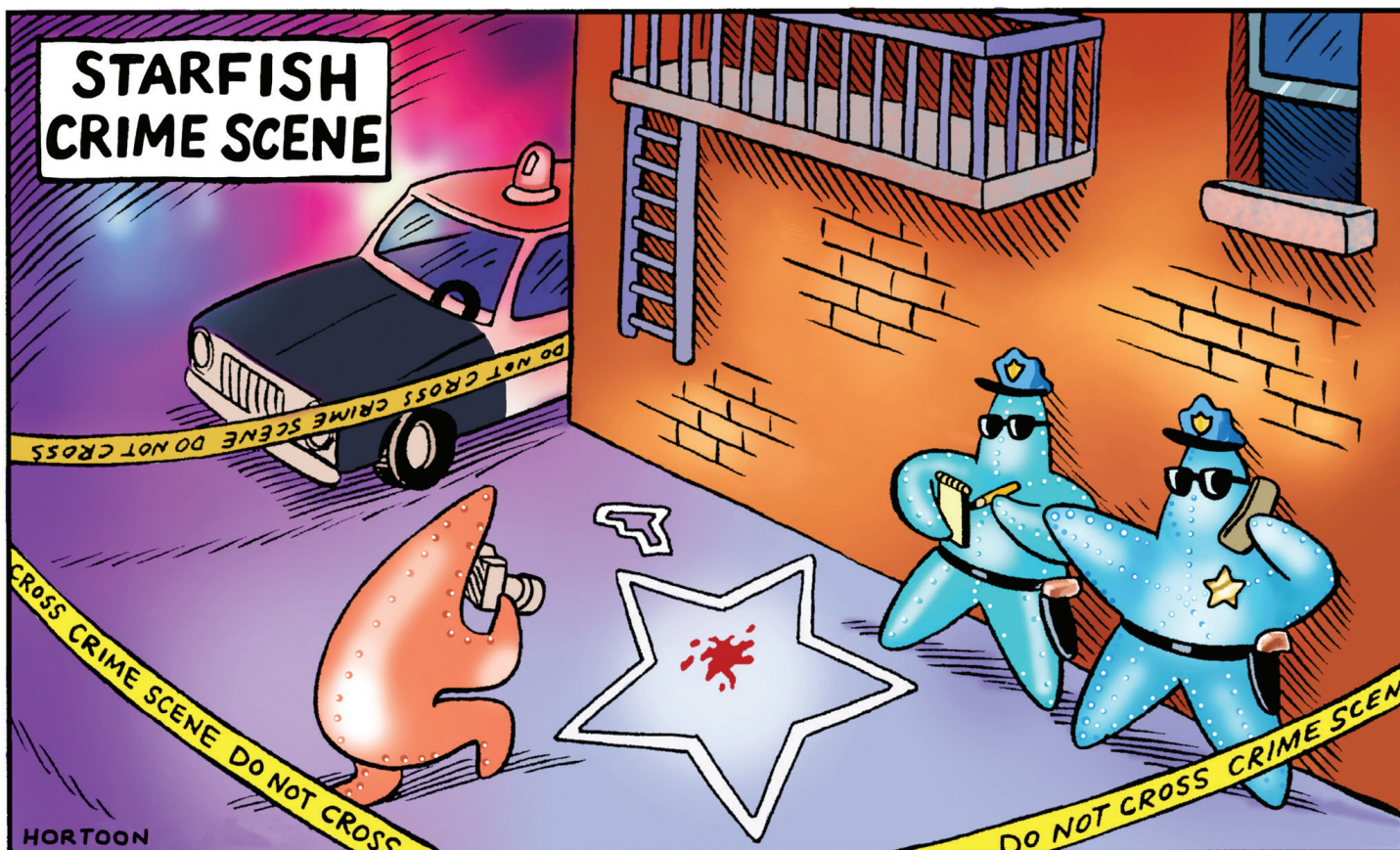
SCRAMBLERS ANSWER

1. Fringe 2. Scold
3. Anger; 4. Listen

Today's Word
DINNER

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| A | T | T | R | A | C | T | A | T | T | E | N | T | I | O | N | | N | O | E | |
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| | | T | H | E | C | O | N | S | T | I | T | U | T | I | O | N | | S | T | |
| I | S | E | R | E | | | | | I | N | A | N | E | | | | V | I | S | |
| T | H | E | N | O | T | T | O | | O | D | I | S | T | A | N | T | | P | A | |
| W | I | L | | S | A | R | A | | | | | | | D | O | C | | | | |
| A | R | E | S | | P | U | T | | T | I | N | G | T | O | H | | | E | S | |
| S | T | R | U | M | | | H | O | T | A | I | R | | | H | U | M | I | D | |
| | | | M | E | G | A | | | | T | O | S | S | E | D | | I | N | D | |
| T | H | E | T | R | U | T | H | | O | F | T | H | E | M | | A | T | T | E | |
| R | E | N | O | | A | T | O | | | | | | I | D | O | | | O | E | |
| I | T | T | T | E | C | H | | | N | I | C | A | L | I | N | | I | S | T | |
| M | U | R | A | L | | | A | E | R | O | P | E | R | U | | | E | D | I | |
| S | P | E | L | L | | | T | R | E | S | P | A | S | | | | D | A | P | |

KING CROSSWORD

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | A | M | | F | I | N | D | | B | I | N | G |
| A | L | E | | I | D | E | A | | U | S | E | R |
| T | E | T | | G | O | D | F | A | T | H | E | R |
| E | X | A | L | T | | | T | A | T | | | |
| | | | | E | R | S | T | | H | O | M | E |
| S | T | A | G | E | M | O | M | | N | O | N | E |
| E | R | S | | E | U | R | O | S | | L | Y | E |
| W | A | T | T | | G | R | A | N | D | D | A | D |
| S | P | I | E | S | | E | T | E | S | | | |
| | | | | E | A | U | | | E | T | H | A |
| D | E | N | M | O | T | H | E | R | | E | N | O |
| O | G | E | E | | E | A | V | E | | M | A | R |
| G | O | O | D | | S | H | A | D | | P | G | A |

MAGIC MAZE

A crossword puzzle grid with 15 numbered squares. The grid is filled with letters, and the words are: RELIHC, RE, EE, T, NO, BL, KZ, KBA, P, UO, AE, OIR, TO, TM, ET, ID, TC, PERCOLATOR, VL, G, CF, UER, HE, E, N, I, ATR, T, HTABECI, CS, A, RETAEHRETAW.

SUDOKU

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

Top 10 Real Estate Sales

| Subdivision | City | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|------------------------------|------------------|------------|----------------|---------------|---------------|----------------|
| South Seas Plantation Resort | Captiva | 2014 | 3,775 | \$3,600,000 | \$3,500,000 | 20 |
| Sanibel Isles | Sanibel | 1984 | 2,198 | \$2,195,000 | \$2,195,000 | 5 |
| Oak Knoll | Fort Myers | 2018 | 2,742 | \$1,995,000 | \$1,885,000 | 31 |
| Oak Bend | Fort Myers | 2007 | 4,485 | \$1,591,000 | \$1,591,000 | 40 |
| Corkscrew Shores | Estero | 2018 | 2,488 | \$1,375,000 | \$1,300,000 | 25 |
| Wildblue | Fort Myers | 2021 | 2,852 | \$1,400,000 | \$1,300,000 | 10 |
| Grand Ole Man | Fort Myers Beach | 1977 | 1,900 | \$1,550,000 | \$1,300,000 | 49 |
| Esplanade Lake Club | Fort Myers | 2021 | 3,126 | \$1,484,999 | \$1,235,000 | 105 |
| Cape Coral | Cape Coral | 2004 | 2,421 | \$1,275,000 | \$1,220,000 | 14 |
| Cape Coral | Cape Coral | 1988 | 2,437 | \$1,150,000 | \$1,125,000 | 76 |

Courtesy of Royal Shell Real Estate



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SUN-DESIROUS ALIKE,
A VACATION ON A PLATE."**

The New York Times
Magazine



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