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VOL. 30, NO. 4

**SANIBEL & CAPTIVA ISLANDS, FLORIDA**

**JULY 22, 2022**

**JULY SUNRISE/SUNSET:** 22 6:48 • 8:21 23 6:49 • 8:21 24 6:49 • 8:20 25 6:50 • 8:20 26 6:50 • 8:20 27 6:51 • 8:19 28 6:51 • 8:18

## University Forming New Leaders For Tourism Industry

**D**r. Catherine Curtis, director and associate professor of the School of Resort & Hospitality Management (SRHM) at Florida Gulf Coast University (FGCU), spoke to members of the Sanibel & Captiva Islands Chamber of Commerce on July 13. She said the SRHM is flexing and strengthening to meet the needs of a community driven by tourism. Florida Restaurant & Lodging Association jointly hosted the luncheon, held at Thistle Lodge at Casa Ybel Resort on Sanibel.

"We look at our curriculum as something we make changes to every year," Curtis said. "We focus on staying innovative and meeting industry needs."

She enumerated some of the programs that the department introduced, or reintroduced since COVID, this past school year and explained what's ahead, including an MBA program that's currently undergoing approval.

The FGCU Career & Internship Fair



**Dr. Catherine Curtis walked chamber members through FGCU's resort and hospitality programming**

photo provided

has returned, with the next annual hiring event scheduled for Tuesday, September 27 at FGCU. This year, Curtis hopes

to add a speaker series to the agenda. Already, 21 employers have signed up, and she encouraged chamber members

to get involved.

"If you're looking for workers, you should definitely come," Curtis said. She also urged involvement in the school's Camp Pineapple, which is held in June to familiarize high school students with resort and hospitality experiences at local resorts. A new initiative, Career Closet, aims at helping students dress for success in their fields.

The SHRM emphasizes the business end of the industry, Curtis said, specifically targeted for management and leadership positions. Students have the opportunity to specialize in concentrations such as lodging, restaurant and club, food and beverage, and event management. About 75 percent of the school's graduates stay in the area to work, she estimated.

"Dr. Curtis delivered a nuts-and-bolts introduction to FGCU's resort and hospitality program, but at the same time offered hope for the future of the industry in Southwest Florida," said John Lai, chamber president and CEO. "Her strong background comes from researching and educating in Florida and beyond, and having served as the secretary for the

continued on page 36

## Reptile Programs At The Library

**T**here will be two presentations by Adam Pottruck of Adam's Animal Encounters on Tuesday, July 29 at Sanibel Public Library. The 2 p.m. session is for children in kindergarten through second grade. A program for third to sixth graders will start at 3:30 p.m. Adam's Animal Encounters is a local exotic animal rescue and sanctuary. Both programs will focus on reptiles, their characteristics and the roles they play in the ecosystem. Children will have opportunities to interact with live animal ambassadors such as snakes, lizards, turtles and alligators.

The 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 the visitor center at Clinic for the Rehabilitation of Wildlife.

Sign up for the children's summer reading program online with Beanstack at [www.sanlib.org/children](http://www.sanlib.org/children). Children earn books for their own collections and for



**Adam Pottruck**

photo provided

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.

Family storytime for children ages 5  
continued on page 12

## Fiber Art Exhibit At Community House

**A**nn Reardon is exhibiting her fiber art at The Community House through the end of July.

Reardon was born and raised in rural south-central Ohio and has been interested in art and nature her entire life. Early on, her primary interests were in painting, sewing and designing. She now focuses on textiles and fibers, primarily as wall art and wearable art. Some of her works were influenced by her time spent living in the Far East and East Africa.

Reardon likes to research her topics and then paint a picture in textile materials. Her work depicts her surrounding areas and cultures.

Reardon is a member of the Sanibel Captiva Art League. Her works have been shown nationally and internationally, with pieces in private and university collections. Select works have been featured in magazines and included in corporate traveling exhibits.

The Community House is located at 2173 Periwinkle Way on Sanibel. Viewing hours are Monday through Friday, 9 a.m. to 3 p.m.✱



**A seafife-themed wall art piece by Ann Reardon**

image provided



# 2022

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# Bailey's Holding Milk Drive For Food Pantry

Bailey's General Store is partnering with FISH of SanCap for a milk donation drive to support local families in need.

Now through August 30, shoppers at Bailey's can join the fight against hunger by making a donation in \$5 increments at the register checkout lane.

Ninety-five percent of food banks say they don't have enough milk available for families, according to a survey by Feeding America.

"We know that the economic impact of inflation and COVID has caused increasing numbers of families to turn to FISH's Food Pantry for support," said Bailey's owner Richard Johnson. "One hundred percent of funds raised through our milk drive will be used to purchase milk at cost. We are proud to support FISH's efforts to provide food to families throughout the year."

According to a Feeding America survey, one in six Americans experiences hunger, a number that increased to one in five during the pandemic. Hunger faces every community in the U.S. including Sanibel. The FISH Food Pantry provides hunger-relief services by distributing food and grocery items such as milk and other pantry staples. Access to milk can help close the nutrition gap, as it provides potassium, calcium and



Milk is in short supply at many food banks photo provided

vitamin D. "Milk is one of the top three requested perishable items at our food pantry," said FISH CEO Maggi Feiner. "We want to ensure families don't miss out on milk's high-quality protein and the essential nutrients it provides. We are pleased to partner with Bailey's and have the opportunity to provide more fresh dairy to our clients in need. One of FISH's main four pillars is to ensure everyone has access to nutritious foods." Bailey's General Store is located at the corner of Periwinkle Way and Tarpon Bay Road on Sanibel, open daily from 7 a.m. to 7 p.m.\*

# Time To Reminisce At Memory Café



From left: Interfaith Outreach members Annette Pacyga, Bat Yam Temple of the Islands; Norma Emerson, St. Michael and All Angels Episcopal; and Linda Convertine, Sanibel Congregational United Church of Christ photo provided

Interfaith Outreach of SanCap is hosting its next Memory Café on Tuesday, August 23 from 10 to 11:30 a.m. at The Community House. Memory Café is a comfortable, safe and supportive environment for individuals living with dementia, and their caregivers. There will be activities, music, refreshments and socialization with other members of the community. Memory Café was created for

individuals with memory impairment and their caregivers to interact with others. This month, it's National Family Fun Month, a time to reminisce about family traditions and legacies. Guests are encouraged to bring in old family recipes, heirlooms and photos. RSVP is required. Call Riley at 437-3007 or email [riley@dubincenter.com](mailto:riley@dubincenter.com). The Community House is located at 2173 Periwinkle Way on Sanibel.\*



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John Morris and Etta Shehee Morris in the front yard of their Sanibel farmhouse  
photo courtesy Sanibel Historical Museum and Village

Sanibel Historical Museum And Village

## Landmark: The Morris Farmhouse

John Morris and Etta Shehee Morris lived in a farmhouse on Sanibel. The couple was married in 1904 and just two years later, Etta died. John later married Flora Woodring and they moved to Fort



Myers. Locals will no doubt recognize the names John Morris and Flora Woodring. The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available, based on docent availability. There is handicap access to all but one of the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit [www.sanibelmuseum.org](http://www.sanibelmuseum.org) or call 472-4648.✪

## 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](mailto: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 13, 2021 through April 30, 2023. Sunday services posted on the chapel's website, [www.captivachapel.com](http://www.captivachapel.com) and [www.facebook.com/Captiva-Chapel-By-The-Sea](http://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](mailto: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](http://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](http://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](http://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](http://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](mailto:ruthiyengar42@gmail.com), 2050 Periwinkle Way, 847-309-3926. Email changes to [press@islandsunnews.com](mailto:press@islandsunnews.com) or call 395-1213.✪



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July 28	Chocolate Covered Cashew

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WEDDING ANNOUNCEMENT



From left, Daniel Hayes, Sarah and Grayson Hayes, Trevor and Lauren Brown, Jackie and Bryan Hayes, and Anna Hayes photo provided

It is with great pride that Bryan and Jaclynne A. Hayes of Sanibel, Florida, and Kevin and Terry Brown of Warsaw, New York announce the wedding of their children, Lauren Barnett Hayes and Trevor Michael Brown.

Trevor and Lauren became Mr. and Mrs. Brown on February 19, 2022 before friends and family at The Heitman House in historic downtown

Fort Myers, with Kimberly Alexander officiating. Following the ceremony, family and friends enjoyed dinner and dancing under the stars along the shores of the Caloosahatchee.

The families of the bride and groom shared the following:

“Congratulations on your love, commitment, wedding and marriage. May your future bring you joy and wonderment.”✧

people across the country. Every time a package would arrive for him, he knew it. He would grab the package and rip it open with pure joy and happiness.

He loved going on boat rides, car rides and road trips. He would get so excited, he would race to the car. Parks, restaurants, ice cream parlors and beaches were his favorite destinations. One of his favorite pastimes was digging in the sand and laying in the surf. When the day at the beach was over, he would race his owners to the shower. He had a strange addiction for showers. He was the cleanest dog on earth.

Buddy was so obsessed with the swimming pool that he helped fill it up with the garden hose, even though by the time he was done, the hose was never in one piece.

Buddy was a warrior. After suffering for three years with degenerative myelopathy, he was a puppy to the end. He lived to make his owners laugh and had a true love of life.

Buddy was an exceptional service dog, but more importantly, he was the DeVault’s best friend. Their lives will never be the same but he will forever be in their hearts.✧

OBITUARY

BUDDY

On July 5, 2022, Cheryl and Ken DeVault’s dearly beloved German shepherd, Buddy, unexpectedly passed away in their arms.

He was a huge part of their lives for 13 wonderful years. Buddy was a service dog and guardian angel. He filled their hearts with so much joy.

Buddy was an amazing travel companion. The DeVaults were lucky to be able to travel across the country with him on numerous occasions.

At 120 pounds, Buddy was a gentle giant that left a paw print in the hearts of everyone he met. His paw was bigger than any hand he shook. He was truly awesome.

He was treated like royalty and was showered with numerous gifts from



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# Community House Calendar

Elevated Wine and Spirits will host an educational wine tasting featuring Oui Oui 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.

A Dog Days Delight community social will be held on Tuesday, August 16. Chef John Wolff will prepare fresh summer dishes. Meal pickup will be available from 5 to 6 p.m. and dine in starts at 6 p.m. Cost is \$25 for members or \$30 for guests; \$5 additional for dessert. Email office@sanibelcommunityhouse.net for the menu and call 472-2155 to register.

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 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.



The Community House file photo

Locally grown fruit is needed for youth cooking classes and for making chutneys and salsas, which are sold to raise funds for the Culinary Education Center of Sanibel scholarships. If you have a fruit tree of any kind and are willing to share its bounty (even if you are not in town), call 472-2155 or email office@sanibelcommunityhouse.net. Help is also needed to collect the 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.\*

## Gag Grouper Season Modified

The Florida Fish and Wildlife Conservation Commission (FWC) approved a final rule, effective January 1, 2023, modifying the recreational season for gag grouper in state waters of the Gulf of Mexico. The recreational season for gag grouper in gulf state waters will be open September 1 through November 10.

This modification for gag grouper in gulf state waters is intended to prevent overfishing, improve stock abundance and help ensure future gag fishing opportunities. This change is consistent with pending regulations in adjacent federal waters in the Gulf of Mexico.

The FWC is committed to collecting critical recreational harvest fishing data to inform management of gag grouper, in addition to other reef fish. The state reef fish survey uses in-person interviews and a mail survey to collect information on recreational fishing for reef fish, such as gag grouper, from private boats. These methods provide the FWC with a clearer

picture of the health of reef fish stocks throughout the state and help ensure the long-term sustainability of recreational fishing in Florida. The state reef fish angler designation is required for recreational anglers and spearfishers who intend to fish for or harvest certain reef fish species from a private vessel in Florida. This designation makes recreational anglers eligible for selection to receive a mail survey component of the state reef fish survey. To learn more about the survey, visit www.myfwc.com/srfs. For current recreational gag grouper regulations, visit www.myfwc.com/marine and click on "Recreational Regulations," "Reef Fish" and then "Grouper." The page will be updated with regulation modifications.\*

## August Fun Days

Registration is open for August Fun Days at Sanibel Recreation Center. Fun Days will be offered on Monday and Tuesday, August 8 and 9. The program offers a variety of athletic games, craft projects and swim time for students in kindergarten through eighth grade. Each child needs to bring a bag lunch, water bottle, sunscreen, swimsuit and towel.

Register before July 25 for the early bird rate. Financial assistance is available to families based upon individual need. For more information, call 472-0345. The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.\*



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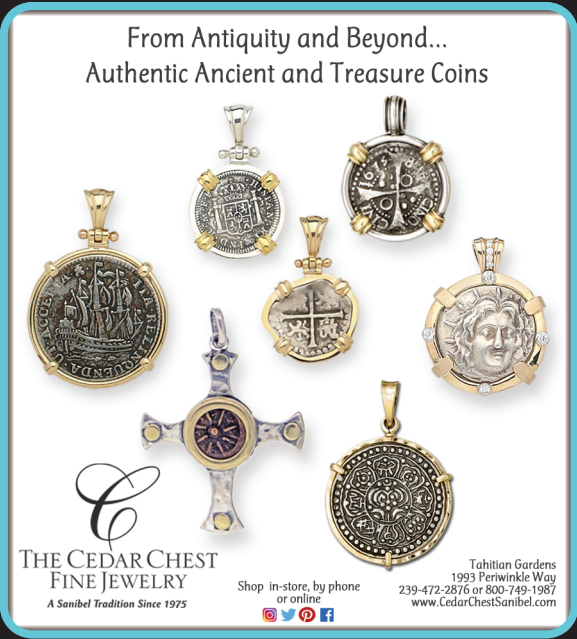
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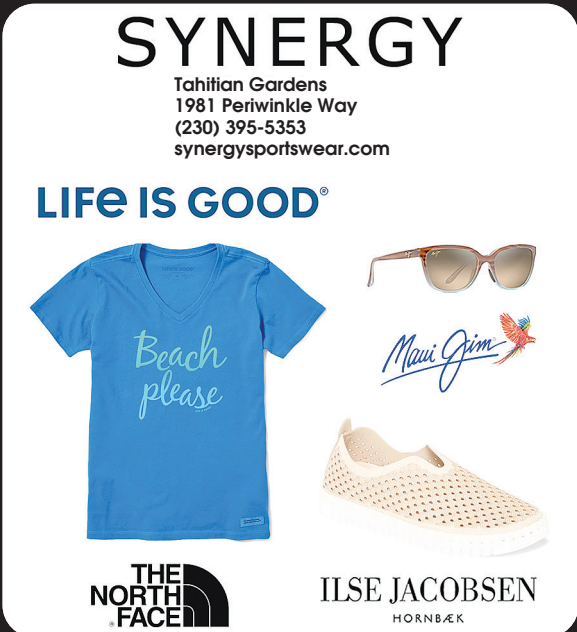
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# Road Rally Raffle Winner Gives Back



Randy Carson and Mayor Holly Smith flag off car number one at this year's Road Rally photo provided

The Friends of Randy of Sanibel group coordinated this year's July 4 Road Rally as a benefit for Community Housing and Resources (CHR), the nonprofit which provides affordable housing for those who work and serve the

community of Sanibel. Members of Friends of Randy thank all the sponsors as well as the winner of the 50/50 raffle, Jessica Hinkle. The raffle raised over \$700 and Hinkle donated her half back to support CHR.✱

## Schedule Set For Strategic Plan

by Wendy McMullen

While recognizing the need for flexibility, Sanibel City Council approved an ambitious timetable to achieve the strategic plan worked out over a series of retreats and town hall meetings over the past six months.

City council approved the vision and mission statements that evolved from the public meetings, and gave the go ahead to the strategic goals on the quality of life worked on by City Manager Dana Souza and city staff over the past two months.

Responding to questions from Mayor Holly Smith as to the feasibility of the program, Souza reassured the council that the funds to achieve the goals were consistent with the proposed budget and that city staff agreed with the timetable.

"I trust the city staff that guides us to achieve those goals," said Councilman John Henshaw. "We set the direction and staff sets out how to achieve it."

The only change suggested by

the council was to rename the below market rate housing program to Affordable Housing or some alternative. Commentator Claudia Burns suggested that below market rates could mean just one dollar below the market rate.

The strategic plan worked out by citizens and staff for the city's development over the next 50 years includes sections on environmental stewardship, infrastructure, fiscal health, customer service and quality of life. ✱

## Surveillance To Continue

by Wendy McMullen

The Lee County Sheriff's Office will continue to patrol the Sanibel Causeway with deputies and surveillance towers during the weekends.

Sanibel City Council asked for additional support from the sheriff's department after what the mayor described as "changing demographics" of people coming to the causeway park. Parking issues, loud music, substance abuse

and a fatal accident all culminated in a request to the Lee County Sheriff's Office for additional law enforcement on the causeway.

In response, the sheriff's department has added four deputies to patrol the causeway park and erected two 360 degree towers in strategic areas. The towers operate 24 hours and have the ability to warn anyone approaching it during the night when the park is closed.

The sheriff's department reported that they had made 384 area checks since the beginning of the year. On July 4, deputies issued seven open container warnings and four loud music warnings, and reported zero issues with compliance. Deputies are also authorized to limit loud music coming from cars.

Councilmembers applauded the county's efforts, noting that there is a big difference in compliance when a uniformed officer rather than a park ranger makes the request.

The causeway is owned by Lee County and not part of the City of Sanibel, and was previously patrolled by park rangers.✱

## Motorized Vehicle Ban

by Wendy McMullen

Prohibiting motorized vehicles on Sanibel beaches had been under discussion for several months as a result of increased electric bike traffic on both the shared use paths and the beaches of Sanibel. On Tuesday, Sanibel City Council heard an ordinance designed to ban engine-powered or battery-assisted vehicles, except for motorized wheelchairs, from the beach.

The ordinance, which had its first reading at the July meeting of the council, also prohibited beach equipment remaining on the beach overnight, disturbing any wildlife, planting any vegetation other than dune vegetation, dogs roaming at large, hauling sand from the beach, discharging firearms, putting up lighting that is directly visible from the beach, or any business activity including hawking, selling, dispensing or renting equipment.

It also prohibits consuming alcohol during high season in a public beach area between one hour after sunset and one

hour before sunrise. High season runs from December 15 to May 17.

The second hearing is scheduled for the August 16 city council meeting.✱

## City Earns Award Of Excellence

by Wendy McMullen

The Florida Native Plant Society (FNPS) presented the City of Sanibel with the 2022 Landscaping Award of Excellence at Tuesday's city council meeting.

Members of the city's vegetation committee have showcased city hall grounds for the preservation and maintenance of Sanibel's wildlife habitats and have been seeking recognition.

The mission of the FNPS is to promote preservation, conservation and restoration of Florida's native plants, and award high-quality native plant landscapes in residential, commercial, industrial, transportation and institutional areas. Sanibel City Hall was selected to receive the highest award level of excellence in the institutional category.

Vegetation subcommittee chair Claudia Hoffman and conservation officer Rachel Rainbolt were present to accept the award on behalf of the city at last month's FNPS meeting.✱

## Department Head Retires

by Wendy McMullen

City of Sanibel Building Director Harold Law urged city council to be proud of Sanibel's ethics of nature and to keep the island as it is on his retirement from the city after nearly 20 years.

"It's been a credit to be with you as you grow," Law told the city council at July's meeting.

Law, who has been with the city for 19 years and four months, was named Building Official of the Year several times by the Building Officials Association of Florida. He was also instrumental in ensuring that Sanibel obtained the highest possible discounts on flood insurance.✱

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USPS 18: Bulk Rate permit paid, Sanibel, FL, 33957  
Postmaster: Send change of address to Island Sun,  
1640 Periwinkle Way, Suite 2, Sanibel, FL 33957

Published every Friday for the people and visitors of Sanibel and Captiva Islands.  
Distribution: 8,000-10,000 per week (seasonal).  
Mailed free to Sanibel and Captiva residents every Friday. Subscription prices:  
Third Class U.S. \$60 one year, \$30 six months (allow 2-3 weeks for delivery).  
First Class U.S. \$150 one year, \$75 six months (allow 3-5 days for delivery).  
Prices include state sales tax. Subscription requests by mail, email or phone.

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Wild coffee leaves, flowers, and berries add ornamental appeal to wildlife friendliness  
photos by Gerri Reaves

Plant Smart  
To Clip Or  
Not To Clip

by Gerri Reaves

When choosing plants for hedges, it's important to pick one that will adjust to the height you have in mind. Otherwise, over-pruning or repeated leveling off into a box-like shape will be detrimental to both the hedge and to the aesthetics of the landscape. Pictured here are a couple of popular native plants that receive more than their



This over-pruned wild coffee's health is compromised

share of attention from a hedge-trimmer, wild coffee (*Psychotria nervosa*) and cocoplum (*Chrysobalanus icaco*). It's fortunate that many homeowners and community associations plant native, rather than nonnative shrubs, but it's unfortunate that many residents never have the pleasure of seeing the flowers or fruit due to over-trimming. Over-zealous pruning robs the landscape in at least two ways, especially if the species produces flowers and fruit at the branch ends. The ornamental features are destroyed, and the plant is prevented from providing food, cover and nectar for

local wildlife. It's a shame not to see wild coffee's brilliant red berries, shiny, "pleated" leaves and clusters of white tubular flowers. It attracts a host of birds and butterflies, including cardinals, mockingbirds, catbirds and the Atala, great southern white, zebra longwing, Julia and Schaus' swallowtail butterflies. This shrub is typically multi-trunked and can reach a height of eight feet or more, so bear that in mind when choosing a hedge species. It adapts to many conditions, has a moderate growth rate and is drought tolerant.

Cocoplum has dense foliage and will reach about 16 feet high if allowed to grow naturally, so it might make a better screen or background than hedge. It produces small white bell-shaped flowers and purple fruit intermittently throughout the year in South Florida. It too adapts to a variety of conditions and is drought-tolerant, as well as fast-growing and relatively pest-free. Another advantage of allowing cocoplum go to fruit is making jam or jelly.

Before you ramp up the hedge-trimmer, consider what the birds, bees, butterflies – and you – have to lose. Plant Smart explores the diverse flora of South Florida. *Plant Smart explores the diverse flora of South Florida.\**

Reduce the off-the-water transport limit from six to four fish per person; Reduce the vessel limit to be four fish in the Panhandle, Big Bend and Northeast management region, and two fish in the Tampa Bay, Sarasota Bay, Charlotte Harbor, Southwest and Southeast management region; Allow only catch-and-release fishing for redfish in the Indian River Lagoon region; and Set the bag limit to one fish in the Panhandle, Big Bend, Tampa Bay, Sarasota Bay, Charlotte Harbor, Southwest, Southeast and Northeast regions. This is a reduction to the bag limit in the Northeast region. "With this new forward-thinking management approach, we're trying to do what's best for this fishery. This agency is committed to working proactively to conserve the redfish fishery in Florida for future generations while balancing stakeholder interests," said FWC Commissioner Steven Hudson.

The changes to redfish management regions and regulations, as part of FWC's new management approach, will better capture regional differences and improve angler satisfaction. The new management approach includes annual reviews of the redfish fishery, and redfish regulations may be changed each year in response to the reviews. For more information, including the July 2022 FWC meeting presentation, visit [www.myfwc.com/commission](http://www.myfwc.com/commission) and click on "Commission Meetings." For current recreational redfish regulations, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations" and "Redfish." This page will be updated with new regulations when they take effect.\*

Regulations  
For Amberjack  
In Gulf Waters

At its July meeting, the Florida Fish and Wildlife Conservation Commission (FWC) issued an executive order to modify the 2022-23 recreational season for greater amberjack in state waters of the Gulf of Mexico. The 2022 recreational season for greater amberjack in gulf state waters will be open September 1 to October 31. The gulf greater amberjack stock is overfished and experiencing overfishing and the recreational season modification is consistent with an emergency rule recommended by the Gulf of Mexico Fishery Management Council in gulf federal waters. Consistent state and federal recreational seasons for greater amberjack would help prevent quota overages and mitigate risks of paybacks and seasonal closures. For more information, including the July 2022 commission meeting presentation, visit [www.myfwc.com/](http://www.myfwc.com/) commission and click on "Commission Meetings." For current recreational amberjack regulations, visit [www.myfwc.com/marine](http://www.myfwc.com/marine) and click on "Recreational Regulations" and "Amberjack." This page will be updated with the new season dates.\*

New Limits On  
Redfish Harvest

The Florida Fish and Wildlife Conservation Commission (FWC) has approved new management regions and regulation changes for redfish in state waters following the final rule hearing. These regulation changes, which go into effect September 1, will: Establish nine redfish management regions; Prohibit captain and crew from retaining a bag limit of redfish when on a for-hire trip;

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# Sea School Has New Mobile Lab



The mobile SEA Lab made its debut at Sanibel Public Library photo provided

Sanibel Sea School has a new SEA (Science Experiments & Activities) Lab – a mobile lab that teaches marine science on the go. The goal of this new program is to expose students to marine science and technology, independent of their location. The mobile lab is equipped with microscopes, a smart TV, touch tank and a variety of lab equipment for hands-on experiments. SEA Lab will help facilitate education

outdoors in the field and at schools, libraries and community centers. This summer, the mobile lab will visit eight libraries in Lee and Collier counties. The first of these library visits was in June at Sanibel Public Library, where 30 children participated in a squid dissection, plankton and “creature feature” labs. The SEA Lab’s first beachside outing will be later this month when it

journeys to Key Largo with campers participating in Sanibel Sea School’s two sessions of Coral Reef Week. The teen camp features 15 campers per session who will be conducting experiments in the mobile lab, utilizing all of the new equipment.\*\*

## Youth Fishing Program Expands

The Florida Fish and Wildlife Conservation Commission (FWC) unanimously approved changing the name of the High School Fishing Program to the School Fishing Club Program. The program has grown in popularity in recent years and continues to support and encourage youth anglers of all ages. The new name more accurately portrays the age range for student participation. In 2021, the program supported 24 new and 13 returning student angling clubs from Florida, offering funding for clubs committed to complete the provided FWC curriculum as well as pre- and post-tests, and at least one conservation project. Club sponsors worked to provide support and hands-on training in knot-tying and fishing gear assembly, and assisted with the clubs’ local events to increase confidence in the sport of fishing for student anglers. Information about the 2022-23 program will be announced later this summer. Visit [www.myfwc.com/sfc](http://www.myfwc.com/sfc)\*\*

## Shell Found



Reynolds Bowers photo provided

Reynolds Bowers, 6, from Atlanta, Georgia found a junonia on July 12 in front of Sundial Beach Resort & Spa. She was in knee-deep water and paddling out to boogie board. Reynolds had been researching shells in her Sanibel shell guide and immediately knew how rare of a treasure she found when she saw it. She exclaimed, “I can’t believe I actually found it!”\*\*

# Christmas in JULY

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## Offshore Fun



by Capt.  
Matt Mitchell

This is the time of year that business begins to slow down, and it's possible for me to go fishing. This week one of my clients invited me to go on an offshore

trip. Another captain, along with a mate, would be running the boat targeting red snapper and red grouper. Due to a great weather forecast and an early start, the plan was to head 60 miles out of Redfish Pass to some hard bottom they had been catching fish on. Getting to go fishing without having to run the boat and do all the prep involved is a pretty rare occurrence for me.

Once all loaded up, we made the roughly 2 1/2-hour run between coastal showers as we watched land disappear and the water become that amazing purple cobalt color. I don't get to go offshore very often and am still amazed how clear and pretty the gulf waters get once you get well offshore. Growing up here, I did lots of offshore fishing back in the days of either drifting or anchoring. This trip would be an introduction for me to offshore fishing with a spot-lock trolling motor. This has totally changed the game out in this deep water.

Once on our mark, we would look for a show of fish on the sonar then put



Enjoying a day offshore catching red grouper and red snapper

photo provided

the trolling motor down. This holds the boat in place and allows you to drop baits directly onto them. This precise method takes the whole anchoring and re-anchoring process to get properly setup on the mark in wind and tide out of the equation. Being able to quickly and effectively put and hold the boat on top of the marks allows you to fish more places much faster than with an anchor. Once setup, we would drop a variety of baits to the bottom and usually get several fish before moving on. A GPS spot-lock trolling motor is a game changer for

offshore fishing.

Working a few square miles of hard bottom in the 145- to 155-foot range almost every stop produced a few quality fish. Though no one stop was on fire, we ground out a limit of bigger fish including a few bonus mangrove snapper, yellowtail and even a massive porgy. Our big red snapper of the trip was a respectable 14-pounder, and our largest red grouper was 15 pounds. I really enjoyed my day offshore doing something different and getting out of my comfort zone.

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](mailto:captmattmitchell@aol.com). ✨

## Pine Island Boat Ramp Closure

Pine Island Commercial Marina at 6001 Maria Drive in Saint James City will close on Monday, July 25 through the remainder of the year for improvements to include dredging, seawall replacement and installation of ADA parking spaces. The marina is expected to reopen in January.

Pine Island-area boaters can use the county's nearby ramp at Matlacha Park, 4577 Pine Island Road NW, or Lavender's Landing, 7290 Barrancas Avenue NW in Bokeelia, seven days a week. Visit [www.leeparks.org/boats](http://www.leeparks.org/boats) for the latest updates on the project. ✨

From page 1

## Reptile Programs

and under is held on Wednesday mornings in July. The storytime portion is approximately 20 minutes long and is followed by play and craft centers.

The Summer Reading Party for teens and 'tweens (grades six to 12) will begin at 6:30 p.m. on Thursday, July 28. There will be prizes and snacks. Locals and visitors are welcome.

Family-friendly feature films will wrap up on Friday, July 29 with *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.

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

Library cards are available to residents of Sanibel and Lee County at no charge. You must present a valid driver's license (or government ID), showing current Lee County address. Visitor cards are available for a \$10 fee and are good for one year.

Sanibel Public Library is located at 770 Dunlop Road. For more information, call 472-2483 or visit [www.sanlib.org](http://www.sanlib.org). ✨

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Dave Doane with his co-worker Jesse



CROW Case Of The Week:

# Common Gallinule



by Bob Petcher  
The common gallinule (*Gallinula galeata*) is a ground-living rail bird that is medium-sized with long legs and toes. It is mostly charcoal gray colored with a white stripe down its side.

Adult gallinules will have a bright red “shield” on their foreheads with a red bill that has a yellow tip. Young birds lack the red shield and bill.

Gallinules tend to spend a lot of time in marsh waters and are known to swim like ducks. However, they can walk atop floating vegetation due to long and slender toes.

At CROW, a hatchling common gallinule was admitted after being found alone in Lakes Park in Fort Myers. Upon examination, the young bird appeared to be clinically healthy.

“This gallinule chick has no issues of concern. It was just found alone and was slightly thin but otherwise healthy,” confirmed Breanna Frankel, CROW rehabilitation manager. “There was an attempt to locate the family within 24 hours of admit to the clinic, but we were



Patient #22-3651 is being fed hourly for 12 hours a day while it grows into being self-sufficient  
photo by Haillie Mesics

unsuccessful. If we had found parents, we would have to be very cautious to return the chick to the right family or there is a chance it would be abandoned or even injured in the process.”

Due to the patient being a ground-dwelling bird, the hatchling was not considered to have fallen from a tree nest.

“Many common gallinules will nest on floating aquatic ‘mats’ of vegetation near shoreline. If that is the case, it would not have ‘fallen’ since they tend to nest at ground level,” said Frankel. “There are

cases where they nest in shrubs or bushes but a fall for this chick is unlikely.”

While the baby gallinule is deemed healthy, it will still need nutritional care during its stay at the clinic.

“This chick is tong-feeding blood worms every hour from 7 a.m. to 7 p.m. currently,” said Frankel. “At around a week old, it will begin to forage and start the process of self-feeding. We will add in various dietary options like shrimp, snails, vegetation, seeds and insects.”

The chick will be raised at the clinic or transferred to a clinic with other

gallinules if another reuniting attempt is not successful.

“Gallinule chicks can walk within a day of hatching since they are a precocial species. They are able to fully self-feed after only a few weeks and gain full flight around 6 weeks old. If the chick continues to stay at CROW, it will not be released until it is fully flighted, which would be around 6 weeks of age,” said Frankel. “We do not have any other gallinule chicks, so we will be seeking transfer to a center that has other chicks for this one to be raised with.”

Veterinarians suspect the hatchling was potentially abducted or orphaned.

“When someone finds a baby on the ground alone, it is best to call CROW before taking matters into your own hands. In many cases, we can talk the finder through locating the baby’s family and reuniting them successfully,” said Frankel. “Bringing a baby to CROW should be the very last option as their parents will raise them to be more successful than we will. Their parents often teach them crucial survival skills that we can’t mimic in captivity, so leaving them with their parents – when possible – is the best thing for them.”

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](http://www.crowclinic.org).

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ISLAND FAVORITES



## 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](mailto:reservations@crowclinic.org).

### Daily Presentation Schedule Friday, July 22, 11 a.m.

**Why Animals Come to CROW** – Whether animals are sick, injured or orphaned, CROW aims to lead in their recovery. From fishing line entanglement to abducted babies, this presentation will address the most likely reasons patients are admitted to the hospital.

### Friday, July 22, 2 p.m.

**Patient Profiles: Vultures** – Vultures are unique and play a beneficial part



in the ecosystem. In this talk, you will take an overall look at vultures and their contributions to the environment. Explore vultures from different countries, learn about their positive role in human and wildlife health, and what you can do to help their conservation efforts.

### Saturday, July 23, 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 25, 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 25, 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 26, 11 a.m.

**Adaptations of Reptiles** – Adam Pottruck, environmental educator, wildlife biologist and owner of Adam's Animal Encounters, will discuss the life history of reptile species and how they've become so well adapted to our changing world. One of Pottruck's animal ambassadors will be present.

### Tuesday, July 26, 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 27, 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 27, 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 28, 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.

### Thursday, July 28, 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.\*

## Grief Support Group Meetings

GriefShare Sessions will resume in the Family Life Center at Sanibel Community Church on Tuesdays starting August 9 from 5 to 7 p.m. The program runs through November and is open to anyone who is grieving. There is plenty of room for social distancing. Sessions feature a video, book and support.

Sanibel Community Church is located at 1740 Periwinkle Way. For more information, call Maryelle Pavelka at 850-4221 or Robert Adams at 408-569-5440.\*



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Jean Le Boeuf, News-Press



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City Of Sanibel Vegetation Committee

# Improving Water Quality Naturally

If you own property adjacent to one of Sanibel's many lakes, wetlands or waterways, you can help protect and/or improve water quality within your community. Homeowners associations are also in a unique position to facilitate changes that can enhance water quality by embracing Best Management Practices (BMPs) aimed at reducing stormwater runoff entering community lakes. One cost-effective practice that improves water quality and provides a number of other important ecological benefits is the planting and maintenance of the shoreline littoral zone.

The littoral zone is the shallow area along the edge of a waterbody where sunlight penetrates all the way to the sediment, allowing aquatic plants to grow.

Littoral zone vegetation can provide a number of important ecosystem services including buffering of stormwater runoff that contains nutrients such as nitrogen and phosphorus or other pollutants, shoreline protection and stabilization, food and habitat for wildlife, and a seed source for other areas. Littoral zone plantings can also provide important economic benefits such as improving neighborhood aesthetics and increasing property values.

Shoreline plantings provide an important buffer between upland landscapes and waterbodies by taking up excess phosphorus and nitrogen



Littoral plantings at The Sanctuary Golf Club on Sanibel

photo courtesy City of Sanibel

originating from fertilizers, pet waste and vegetative debris, as well as other pollutants carried by stormwater runoff. This reduces the amount of nutrients available to algae and other nuisance aquatic vegetation, resulting in a cleaner and clearer community lake.

Shoreline vegetation has a complex network of roots that helps stabilize sediments and hold lake banks together, preventing erosion. These plants also slow down the flow of stormwater runoff, attenuate wave action, and trap sediments that would otherwise flow directly into the waterbody. This helps prevent shoreline erosion and silting-in of lakes or other waterbodies.

Native plants planted in the appropriate

location and within suitable conditions (i.e., proper salinity range and water depth) provide foraging opportunities for waterfowl, marsh birds, wading birds, alligators, turtles and fish. These plantings also provide important structure and cover for invertebrates and fish that form the basis of the aquatic food web and nesting sites for secretive marsh birds and waterfowl. A vegetated tree-lined shoreline may provide shade that helps keep water temperatures lower, resulting in a better natural habitat for many native species.

Littoral plantings provide a seed source for a healthy expansion into other waterbodies and wetland areas.

Vegetated shorelines can be utilized to discourage alligators from basking

in neighborhood yards. Since alligators use the sun to help regulate their body temperature, a shady well-vegetated shoreline discourages alligators from basking. For more information about landscaping for alligators, contact Sanibel-Captiva Conservation Foundation at 472-2329.

A carefully planned and maintained littoral zone can enhance the beauty and value of your property. Shoreline vegetation can mask seasonal changes in lake water levels and unsightly water debris, such as algae that may appear periodically. Strategically placed vegetation along your shoreline can also help frame in a picturesque water view.

If you are considering transforming your lifeless shoreline into a vibrant living filter to improve the island's water quality, consider the following steps:

Determine who owns and manages the shoreline of the waterbody you are planning to enhance or restore. Identify any HOA restrictions or city codes that may apply. For help, contact your neighborhood HOA or the City of Sanibel Planning Department at 472-4136.

Develop a planting plan using native plants suitable for your specific location taking into consideration existing and future environmental conditions. Consider seasonal water levels and salinity fluctuations in your planting plan and how they may affect which plants you can use in your project. Evaluate existing native plants that can be incorporated into the planting plan and identify exotic plants

continued on page 18

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Bailey-Matthews National Shell Museum  
Shell Of The Week

## The Rostrate Rocellaria



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

**S**pengleria rostrata (Spengler, 1783) reaches about 30 mm in length. Its shell is relatively elongate, with a triangular-

raised area spanning from the beak to the posterior region. That triangular area is festooned with transversal ridges. The shell color is white, with a yellowish periostracum. Rocellarias bore into empty shells and corals, and their burrows are distinguished by typical figure-eight-shaped holes. Read more about mollusks and their shells at [www.shellmuseum.org/shell-guide](http://www.shellmuseum.org/shell-guide) and [www.shellmuseum.org/blog](http://www.shellmuseum.org/blog).

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the United States with a primary focus on shells and mollusks. It 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](http://www.sanibelmuseum.org).



The Rostrate Rocellaria, *Spengleria rostrata*, from off Cedar Key, Florida

photo by Chris Kovaz

## Water Treatment Process Ends

**O**n July 21, Lee County Utilities ended the free chlorine flush, which involved converting its disinfection process from a free chlorine residual back to chloramines as the primary disinfectant.

The free chlorine flush, which

began on July 1, is a routine measure common among water utilities that use chloramines as a primary disinfectant.

Although the conversion of disinfection began July 21, it will take about one week for the service area to be converted from a free chlorine residual to chloramines.

Customers can contact the Lee County Utilities office from 8 a.m. to 4:30 p.m. weekdays at 533-8845 with any questions.

## American Legion Post 123

**A**merican Legion Post 123 is hosting Sarah Wagner's birthday party and fundraiser for FISH this Sunday, July 24 from 5 to 8 p.m. All are welcome to join in the fun and games. Barbecued ribs and chicken will be served.



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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# The Value Of Good Co-Workers



by Allison  
Havill Todd

During a recent visit to the headquarters of Bailey's General Store, I learned of their practice of engaging both young and old staff members to help oversee the functions

of the business. The private enterprise has been family owned and operated for over 100 years with fourth-generation family members actively involved in day-to-day operations.

However, the office staff I am referring to bears no resemblance to the other members of the family. The senior of the two has been with the family for a dozen years and has established himself as a friendly, steady and calm influence with all of his co-workers. He has been coming to work with his dog mom, Mead Johnson, since the loss of his longtime buddy Okee (short for Okefenokee). Sailor is a 12-year-old red fox British Labrador retriever, with beautiful deep red fur. Beneath his ruby coat, Sailor portrays the same affectionate, intelligent and loyal characteristics for which Labs are known and has been raised on the island since puppyhood. Mead Johnson started bringing him to the



Sailor and Kee Kee hard at work

photo by Allison Havill Todd

upstairs office at Bailey's to help raise his spirits after Okee passed, and she shared that "he brings an element of calmness and boosts staff morale." Fourth-generation family member at Bailey's, Calli Johnson, smiled saying, "Sailor is also excellent in helping with the interview process. He has proven himself to be an exceptional judge of character."

Lately, Sailor has taken on an even larger role as big brother and handler for the latest addition to the team. The newest member is only six months old and a bundle of energy. Though she may seem a bit suspicious of strangers at first, Sailor

lets her know she is safe.

Kee Kee was adopted by Mead from a dog rescue group who took her in when, as the "runt" of the litter, a breeder deemed her unfit for use as breeding stock. She is a precocious Jack Russell terrier, demonstrating her youthful, silly antics while pouncing on a ball when it is tossed down the long hallway of the office. When she is not climbing on Sailor, she is slowly learning how to trust people again, and she has just the right mentor to show her the way.

Patrons at Bailey's will not see this pair of canine companions roaming the aisles or assisting customers with their selections in the store, however. The Johnsons emphasized that while they are a very pet friendly family and have a pet friendly office environment, Sanibel City Ordinance Sec. 10-66 strictly prohibits pets in food establishments with the exception of specially trained and licensed service dogs (not to be confused with companion, therapy or emotional support pets). They appreciate that some customers become upset when they cannot bring their dogs with them into the store but kindly ask that shoppers respect the city ordinance and the store owners' duty to adhere to it.

The Johnsons shared that staff members working the floor will often come upstairs to visit the pups in order to decompress and relieve stress. Sailor and Kee Kee also provide temporary companionship and love to some of the

employees who cannot have pets of their own. It seems like a win-win situation: Sailor and Kee Kee get to spend the day with their humans; Sailor provides training and guidance for Kee Kee; and they both help keep the mood fun and light for the entire staff and family.

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

From page 15

## Water Quality

that may need to be removed. For help choosing native plants or for a review of your plan, contact the City of Sanibel Natural Resources Department at 472-3700.

Keep the following in mind:

Fertilizer is prohibited within 25 feet of any waterbody or wetland.

Always keep safety in mind when planting and maintaining the littoral area. Alligators can be found in any waterbody on Sanibel.

All herbicides must be applied by a state licensed contractor. Follow product labels carefully. The label is the law.

Dispose of pet waste responsibly, this waste not only carries viruses and bacteria, but also contributes nutrients to the waterbody.

Any lawn cuttings or leaves should be directed away from the water body.

If you are not planning to do the work yourself, be sure your vegetation contractor has a valid Vegetation Competency Card and is licensed through the City of Sanibel. For more information on approved vegetation contractors and local nurseries, contact the City of Sanibel's Natural Resource Department at 472-3700.

The Natural Resources Department section of the city's website, [www.mysanibel.com](http://www.mysanibel.com), offers information on native plants, a listing of licensed contractors, Sanibel's vegetation standards and codes, and the Environmental Reference Handbook prepared by the city's vegetation committee. The committee also offers free native plant tours.✧

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# Shell Point Artists Exhibiting Works

The galleries of Tribby Arts Center at Shell Point Retirement Community are featuring the following exhibits in celebration of summer: Fireworks and Fishin'; Scenes of Summer; and Gone Fishin': Woodworks by Roger Ruth and Tom Young. All three exhibits are on view through August 27.

"Summer seemed the perfect opportunity for such light-hearted exhibitions and their whimsical installations," said Marge Lee, curator of Tribby Arts Center. "The Shell Point artistic community, which includes many retired professional artists and art educators, enjoyed the challenge and responded with imaginative works."

In the Shell Point Gallery on the first floor, where Fireworks and Fishin' is on display, visitors will find an array of paintings as well as objects made of glass, pottery, textiles, mixed media and wood, with many available for purchase to benefit the artists and the arts center.

Photography is represented with printed entries as well as digital entries, which rotate on three video screens to a soundtrack, entitled *Summer's Here*, performed by Sanibel musician Danny Morgan.

On the second floor in the Legacy and Overlook galleries, the *Gone Fishin'* exhibit presents a display of woodworks by a pair of master craftsmen, Roger



Let Freedom Ring, fiber art by Helen Kettelman photos provided

Ruth and Tom Young.

Ruth's *Food Chain* display of wooden fish, spread over a 30-foot gallery wall, begins with a six-foot tiger shark and includes a 48-inch marlin, 43-inch mahi-mahi, 40-inch tarpon, 27-inch snook, 21-inch redfish, two 14-inch mangrove snappers, and a school of bait fish, each six inches long.

Among the works by Young are three wood and resin tables, a form for which he is known on the 700-acre Shell Point campus, as well as sculptural works. An avid fly fisherman, he also outfitted a mannequin with fly fishing attire and gear.

"The vibrant artistic community of Shell Point is helping redefine the paradigm regarding creativity and the older artist," said Lee, who is a Shell



Roger Ruth working on one of his wooden fish sculptures

Point resident. "I enjoy watching visitors walk through the gallery doors and stop in amazement at what they see."

Tribby Arts Center is home to displays of resident artists as well as non-resident artists. Most recently, the center partnered with JN "Ding" Darling Wildlife Society to present the

exhibition, *Castoffs to Couture*.

Tribby Arts Center is open to the public free of charge from 10 a.m. to 3 p.m. Tuesday through Saturday, located within Shell Point Retirement Community at 17281 On Par Boulevard in Fort Myers. For more information, visit [www.tribbyartscenter.com](http://www.tribbyartscenter.com).✧

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Capt. Ben Biery assisting a camper with a fish

photo by Shane Antallick

# Campers Spend A Week Fishing

submitted by Shannon Stainken, Youth Education Director

From June 13 to 17, Sanibel Sea School hosted nine teens for Let's Go Fishing Week at the Bailey Homestead Preserve on Sanibel. Fishing is more than catching and conquering – it involves the practice of understanding fish behavior, habitat and learning how to read the water.

Fishing is an art form and yet another

way we connect with nature. During this week-long camp, teens learned about fish biology, fishing gear, techniques and what's needed to be successful in the art.

Campers had a guest instructor, Capt. Ben Biery, from Sanibel-based Cast About Charters. Biery gave a tutorial on rod and reel fishing and then led campers through an afternoon of casting along the Sanibel Causeway. Campers tested out a spot located near the east end of Causeway Island B. Species caught included gag grouper, pinfish, mackerel, gulf toadfish and pufferfish. All were safely released.

After mastering rod and reel, campers took on fly fishing with the help of local



Members of the Sanibel Fly Fishers club shared casting techniques

photo by Jodi La Sage

experts from the Sanibel FlyFishers club. Campers spent the morning learning about different flies and how they mimic nature. The fly they tied this year was the "Squgly," which can be used to catch snook, jacks, redfish, tarpon and trout.

Next, they practiced casting on dry land to hone their skills before hitting the water in the afternoon. After lunch, campers ventured to the Sanibel River for some inland freshwater flyfishing using their very own flies. The Squgly proved to be successful and campers were able to land bluegills, tilapia and cichlids.

As a Mind Your Line partner, Marine Science Educator Joey Garofano also shared the importance of removing fishing gear and monofilament from the environment to protect local wildlife. He also assigned campers nightly research topics to report back on when they returned to camp each day: favorite species, cultural fishing methods, fishing techniques that align with each campers' heritage.

"Campers got really into their roles as both fisher people and historians," reported Garofano. "Throughout the



This camper caught a toadfish off the causeway

photo by Shane Antallick

week, there was also a friendly competition to see who could catch the most fish – campers would yell 'fish on' with every bite they had." Cumulatively, they caught over 120 fish. It was a week full of laughter and many great fishing stories.✱

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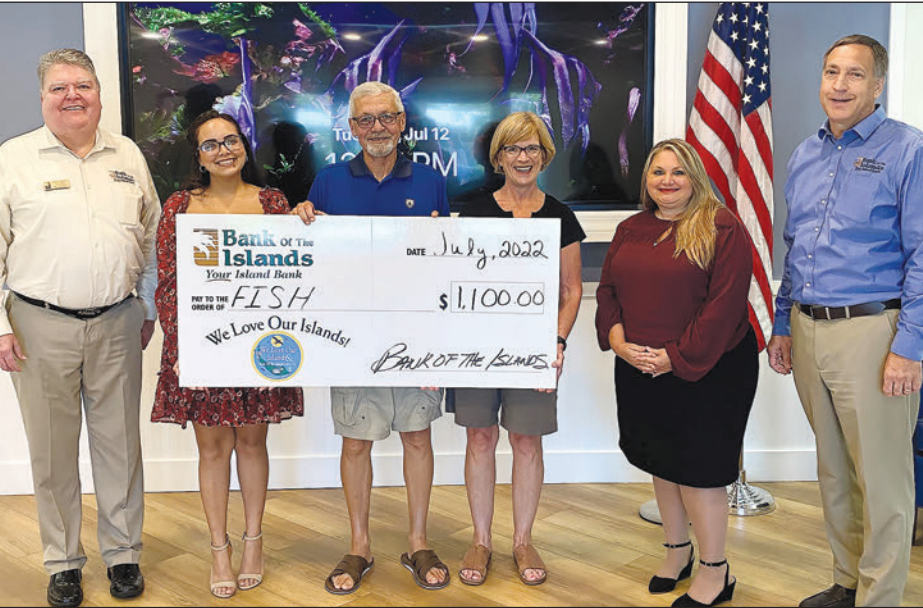
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From left: Richard Shera, bank vice president; Maria Espinoza, FISH executive director; Paul Smith and Lisa Wood; Heather Harrison, bank lead teller; and David Lowden, bank vice president photo provided

## Bank Program Benefits FISH

Bank of the Islands made another nonprofit donation through its We Love Our Islands program recently. Lisa Wood and Paul Smith were spotted with a We Love Our Islands decal on their vehicle, which earned them the right to select which local nonprofit organization would receive a charitable contribution from

the bank. They chose to give their \$1,100 in winnings to FISH of SanCap, the islands' longstanding social services organization. That donation marks \$97,900 given away to date through the program. "We're so pleased Lisa and Paul chose to give our donation to FISH," said Heather Harrison, lead teller. "Whether it's their food pantry or other valuable services, FISH is such an important community resource, especially for our neighbors in need."

We are happy to make this gift today, and to be a food pantry collection site every day. Supporting FISH, including its upcoming 10K race, is such a great way to show how much we appreciate being your island bank." Stop by the bank's Sanibel or

Captiva office to learn more about the We Love Our Islands program and how you and your favorite charity can become the next winners. Bank of the Islands is located at 1699 Periwinkle Way on Sanibel and 14812 Captiva Drive on Captiva.✧

## Shell Crafting Star Flower



by Anne Joffe  
The gorgeous color of mussel shells makes them a popular choice for making shell flowers. These shells look especially great if they are sprayed with glaze.



Star Flower photo by Anne Joffe

- Materials:  
5 matching size and color mussel shells  
Centers – use a variety of things such as mustard seed, tiny shells, barnacles, even straw flowers look great.  
Directions:  
Place a quarter-size dab of glue into center of worksheet.  
Place one shell into glue with the round side in glue, point out.  
Then add the remaining four into the glue so that the points all touch in the

glue.  
Add your centers while adding more glue, if necessary.  
Let dry overnight and trim glue off.  
The most popular flower is the iris. They work beautifully into a bouquet. 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.✧



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## Poetry Corner



by Jim Weyant  
**No Right To Complain**

As I get older, I've found a myriad of new woes. Things that in the past never a problem posed.

Suddenly, a flight of stairs gives me reason to pause. Opening a jar a challenge, tying my shoe an albatross.

It's mostly those everyday little things here and there, like my attempting to get up from my favorite easy chair.

I know others are worse off with serious hardships to bear, and I should stop my griping. Did I mention, I'm losing my hair!

Jim Weyant first came to Sanibel in 1978. He and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. His book, Poems From Paradise and Beyond, is available on Amazon and at local bookstores.✧



The Community House

# Plantain Or Banana, What's The Difference?



by Chef John Wolff

Plantains can be thought of as large cooking bananas. They are starch-rich so should not be consumed raw. They need to be boiled, baked or fried first. They are much bigger than bananas, with a thicker peel that needs to be scored with a knife in order to be

removed. As the plantain ripens from green to a yellow hue, the taste becomes sweeter and the flesh softer, much like a banana.

Like bananas, plantains are originally from Southeast Asia. However, they are now grown and used all over the world, including India, Egypt, Indonesia and tropical regions of the Americas. They are used in stews, fried, baked, prepared as a porridge, boiled or pureed into mash. In many Caribbean households, plantains are woven into a variety of dishes and often served alongside rice and beans as a major staple.

Due to the rising popularity of plantains, many people in the U.S. who aren't from the Caribbean or Latin America are now consuming plantains. They are more widely available and more people than ever are experimenting with an array of cuisines featuring diverse ingredients.

Baked plantain seems to be the talk of the health community these days and there is good reason to notice this wonderful "cooking banana." Prepared plantains have a similar nutrient profile to potatoes, such as vitamins A, C, B-6,

fiber, and the minerals potassium and magnesium.

A delicious Caribbean snack or appetizer consists of disc-shaped plantain slices that are baked in the oven – a more healthful alternative to frying

**Easy Baked Plantains**

Ingredients

3 ripe plantains (dark yellow with black spots)

3 tbsp. olive oil or coconut oil, melted

1 tsp. salt

Instructions

Preheat the oven to 425 degrees F. Line a large baking sheet with parchment paper.

Cut the ends off each plantain and score the peels from end to end, making sure not to cut through the plantains. Pull the peels off and discard.

Slice the plantains on an angle to make longer pieces, 1/4- to 1/3-inch thick.

Pile the plantain slices on the baking sheet and drizzle with oil. Toss to coat

– using very little oil. The results are sweet and perfectly cooked.

Here is a super easy three-ingredient recipe for baked plantains. All you need are some yellow plantains, oil of your choice and salt:

all the plantain strips on both sides. Lay them out in a single layer. Then sprinkle generously with salt.

Bake the plantains for 10 minutes. Then flip and bake another 10 minutes. Serve warm or at room temperature.

Want to spice things up? Try adding cinnamon and nutmeg to the plantains. Or make a spicy-hot version with a sprinkling of cumin, cayenne pepper and garlic powder.

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](mailto:kitchen@sanibelcommunityhouse.net) or call 472-2155.\*

# Senior Fall Risks Topic For Friendly Faces Luncheon

The next FISH of SanCap Friendly Faces Luncheon will be held on Tuesday, August 9 beginning at noon via Zoom. Lunch, prepared by George & Wendy's Seafood Grille, consists of a cold entree, side, bottle of water and dessert. There is no charge for the luncheon and FISH volunteers will deliver meals to islanders beginning at 11:30 a.m.

Shakil Mohammed, MD, PhD, will discuss fall risks and prevention for the senior community. A Sanibel resident, Dr. Mohammed is a former faculty member of the University of Cincinnati

College of Medicine departments of psychiatry, internal medicine and pharmacology, and a former medical director of the Center for Anxiety and Depression at The Jewish Hospital in Ohio.

According to *American Family Physician* journal, "Falls are the top cause of accidents in people over the age of 65. Falls are also the main cause of serious injuries and accidental deaths in older people, and even older people who appear to be strong and well can fall."

"We are excited to learn from Mr.




Shakil Mohammed

Mohammed on this very important topic," said Erika Broyles, senior services director for FISH. "Falling is a real threat to our senior population due to many conditions related to aging, such as poor eyesight or illnesses or other physical conditions. Additional risk factors, that can easily be remedied, may include poor lighting or throw rugs that can make one

more likely to trip or slip."

Reservations and meal choices are required by Friday, August 5 by calling FISH at 472-4775. Once registered, FISH will provide an emailed link and meeting ID number for access.

For more information on programs and services offered by FISH, visit [www.fishofsanap.org](http://www.fishofsanap.org).\*



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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

Lectures made possible by a gift from Mark and Kathy Helge

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Nov. 8: **Mound House Field Trip (Fort Myers Beach)**

Nov. 16-17: **A Day in the Life of an Aquarist**

Nov. 29: **Shell Ambassador Certification Course**


Dec. 13: **Lighthouse Beach (Sanibel) Marine Biology and Field Lab**

**Registration for all programs is required at [ShellMuseum.org](http://ShellMuseum.org)**




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**Grouper Sandwich with New Potato Salad**  
 Grouper Sandwich  
 8 (3-ounce) grouper fillets, sliced thin  
 2 tomatoes, sliced  
 1 teaspoon Cajun seasoning  
 8 small rolls  
 1 small head romaine lettuce, shredded  
 1 red onion, sliced thin  
 1 tablespoon oil for cooking  
 1/3 cup mayonnaise  
 1/2 lemon, juiced  
 1 teaspoon paprika  
 Cayenne pepper to taste  
 Sea salt and fresh ground pepper, to taste

Preheat a large sauté pan over medium-high heat. Lightly season the grouper fillets with Cajun seasoning, salt and pepper. Put the cooking oil in the preheated pan and carefully add the seasoned fish fillets to the pan. Cook fillets for about 2 minutes on each side depending on thickness until golden brown and cooked throughout. Place fillets on cut, open rolls. In a small bowl,

**Grouper Sandwich with New Potato Salad**  
 combine mayonnaise, lemon juice, paprika and cayenne. Taste and adjust seasoning with salt and pepper. Assemble sliders using lemon mayo, lettuce, tomato and red onion. Use a bamboo skewer if needed to keep sliders standing. Serve with potato salad.  
 New Potato Salad

6 cups new potatoes, quartered, cooked and cooled  
 2 tablespoons rice vinegar  
 1 tablespoon olive oil  
 2 tablespoons mayonnaise  
 1/2 cup assorted color bell peppers, diced  
 1/2 cup red onion, diced

photo courtesy Fresh From Florida  
 2 tablespoons fresh parsley, chopped  
 Sea salt and fresh ground pepper, to taste  
 Combine all ingredients into a medium-sized mixing bowl. Stir ingredients to completely combine. Taste potato salad and adjust seasoning with salt and pepper. Serve cold.✱



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# Vacant Seat Sought By Former Commissioner

John Albion, a Republican who represented District 5 on the Lee County Board of County Commissioners from 1992 to 2006, is vying to regain that seat after the June passing of Commissioner Frank Mann. Albion has pledged to put his leadership to work to advocate for low taxes, water quality, infrastructure improvements and balanced growth.



John Albion

“The unfortunate passing of my friend, Commissioner Mann, has left a void both personally and within the community,” said Albion. “I would honor the opportunity to fill his seat and advocate for our District 5 communities and all of Lee County. The attraction to Southwest Florida is not just the lifestyle, it is the breadth of opportunities. I believe in a balance of environmental conservation and systems along with economic growth to preserve our paradise. We must do so with low taxes. You deserve to be heard, and I have the passion and experience necessary to help ensure the quality of life in Lee County for generations to come.”

With the primary approaching on

August 23, Albion believes his leadership and experience make him the best person to fill the District 5 vacancy for the remaining two years of the term.

“Improving our quality of life is best achieved by building tremendous partnerships with our communities and local businesses,” said Albion. “Strong collaboration with local governments on every level was instrumental in building effective partnerships during my time as commissioner.”

Albion played a role in the development of the Horizon Council and Community Redevelopment Agency (CRA), worked through the Southwest Florida Regional Planning Council (which he also chaired), and the Metropolitan Planning Organization, which provided state funding for roads. Albion has also served as: chairman of the county commission three times; member of the Lee County Port Authority for 14 years; chairman and treasurer of the Regional Planning Council; Smart Growth Task Force member; commissioner liaison for economic development; chairman of the Tourist Development Council; and chairman of the CRA.

After 14 years as District 5 commissioner, Albion went on to serve as executive director for the Fort Myers Beach Area Chamber of Commerce. He then joined Cushman & Wakefield Commercial Property Southwest Florida as a director in 2013 where he continues to serve clients today.

A special election to fill the District 5 seat will coincide with the regular election cycle, with a party primary on August 23 and general election on November 8.\*

# Museum Staff Leads Cleanup



Museum staff collected roughly 200 pounds of trash along the causeway photo provided

Every year on July 5, staff from Bailey-Matthews National Shell Museum participates in the Keep Lee County Beautiful beach cleanup initiative. Volunteers across Lee County meet to dispose of the fireworks and other litter left behind before it has a chance to pollute the waterways.

Two of the museum’s marine biologists, Kelsey Hausmann and Jorden Falker, were the site leaders for the Sanibel Causeway islands. Their group

of 13 volunteers collected around 200 pounds (18 full bags) of debris from 1.25 miles of shoreline. The most common items collected included plastic bottles, bottle caps, cigarette butts and socks. The most interesting item found was the front fender of a jet ski.

“The museum is glad to support Keep Lee County Beautiful’s efforts to help preserve our environment and protect our local marinelife,” said Sam Ankerson, executive director of the museum.\*

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Book Review

The Diamond Eye



by Di Saggau

The Diamond Eye by Kate Quinn is a little known story about history’s deadliest female sniper. It’s based on a true story that begins in 1937 in the city of Kiev (now known as

Kyiv), where a bookish history student, Lyudmila Pavlichenko, plans her life around her job at the library and her young son. Hitler’s invasion of Ukraine and Russia changes her plans. “Mila” is given a rifle and sent to join the fight. She becomes a deadly sniper and lethal hunter of Nazis, earning her the name Lady Death. This is a haunting novel of heroism about a mother who became a soldier and found her place in a world dominated by men, and changed the course of history forever.

When Mila is given credit for her three hundredth kill, she becomes a national heroine and is sent to America on a goodwill tour. The world of Washington, DC leaves Mila feeling isolated and lonely until she forms a friendship with First Lady Eleanor Roosevelt. Another unexpected connection with a silent fellow sniper offers the possibility of happiness but

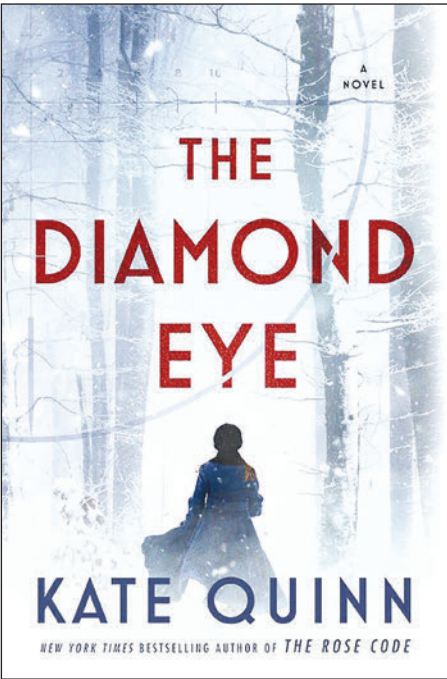


image provided

an old enemy from the past is lurking in the shadows.

I found the book an exciting read, especially considering what is going on today in the world. This tale tells about a time when Russia and the United States fought together.

Historical fiction is one of my favorite genres and Quinn is one of those authors who puts it all together so beautifully. Author Natasha Lester said it best: “A sparkling gem of a story about

a fabulous and fascinating woman. Lyudmila Pavlichenko’s journey from history student and mother to sniper and national hero is beautifully rendered by Kate Quinn in this utterly absorbing novel.”✧

School Smart



by Shelley M. Greggs, NCSP

Dear Shelley, Now that summer is here and the kids are out of school, I want to make sure that they read every day, but I don’t want reading time to be

boring. What suggestions do you have that might make reading more of an adventure? Fortunately, my kids like to read but I still have to remind them as they can get absorbed in their screens and other things very easily.

Cassie K, Fort Myers

Cassie,

It’s great to hear that you want to ensure that your kids are reading this summer. Reading every day is critical for maintaining reading skills and increasing vocabulary and comprehension. Below you will find some suggestions from Darby Evans, an associate program director at Notre Dame’s Center for Literacy Education. These suggestions are grouped by age.

For young children, she recommends creating a special space for reading by creating a reading nook with a beanbag chair or fluffy oversized pillows. Some kids might really enjoy a reading tent as well, which can be purchased online. A comfy, cozy place to read can create wonderfully positive associations with literacy for any age child.

Preschool – Build a blanket fort or a reading tent exclusively for reading. Tell your child no screens are allowed inside and dedicate an evening at least once a week to a reading adventure trip. Bring picture books, snacks and have fun reading together in this cozy space.

Grades K–2 – Give your child the wildly fun *Bookworm Journal*, which allows kids to tear off a perforated corner of each page to see the bookworm “eat” his way through the journal. This is how it works: every time you and your child finish a story, fill out a journal entry with the title, author and rating of the book. Then, tear off the perforated corner of each page to see the bookworm “eat” his way through the journal. Not only does the *Bookworm Journal* promote lifelong reading habits, but it helps parents and children maintain a reading routine whether it’s before bed, playtime, naptime or whenever the bookworm works up an appetite. Children will crave reading time once they get a “taste” of this clever book log.

Grades 3–5 – Give your child a bookstore gift card and a tote bag and allow them to fill the bag with books of their own choosing. You will enjoy

seeing their choices.

Grades 6–8 – Schedule a family movie night to watch a movie based on a book that your child reads first. *The Harry Potters Series*, *The Hunger Games*, *The Giver*, *A Wrinkle in Time* and *The Chronicles of Narnia* are all great books to read and then watch as a family. It will be interesting to find out if your kids preferred the book or movie. You should have some great discussions with this activity.

Grades 9–12 – This one is about paying it forward. Throughout the summer, ask your high school student to pick out their favorite picture book from their childhood and arrange to take them to a local literacy center to read the book to a child in need or just to kids in the family or neighborhood. Ask the older kids to assess the younger kids’ reactions to the book. You’ll appreciate their observations.

Many years ago, the National Council on Reading put out a poster that said Reading Is Fun! I think the message still holds true.

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.✧

Service Award Named After Commissioner

The board and staff of Calusa Waterkeeper are honoring the late Lee County Commissioner Frank Mann for his work while serving as county commissioner and in other public offices. With his family’s blessing, one of the nonprofit’s annual awards has been named the Frank Mann Exemplary Public Service Award.

In a letter to Mann’s family, Jim Watkins, president of the Calusa Waterkeeper board, wrote, “Commissioner Mann’s service to the community embodied the highest ideals of public office. His integrity, honor and compassion and his commitment to protecting the environment and preservation and expansion of public lands will be sorely missed.

“The Frank Mann Exemplary Public Service Award shall only be given to those individuals who display the same dedication and ideals that Frank did. While it is possible there may not be a recipient some years, we hope that there will be an opportunity to recognize someone who carries on his tradition of selfless public service and commitment to our quality of life in Southwest Florida.”

In a return letter dated July 11, Mann’s wife, Mary Lee, wrote, “There could be no more fitting tribute to Frank and his years of public service.”

Mann passed away at the age of 80 on June 21.✧

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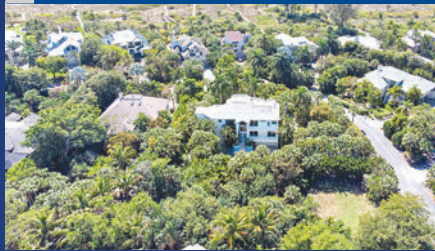
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# Center 4 Life Activities At The Rec Center

Island Seniors, Inc. hosts its Center 4 Life activities at the Sanibel Recreation Center. Visit [www.center4life.org](http://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](mailto: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](mailto: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.

**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](http://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.✱

## Donate Blood

Lee Health is seeking blood donations to help replenish supply levels. For more information, visit [www.leehealth.org/our-services/blood-centers](http://www.leehealth.org/our-services/blood-centers).✱

## ISLAND SUN BUSINESS NEWSMAKERS

### RE/MAX Of The Islands



Chuck Bergstrom



Les Pendleton



Deb Stone



Pegge Ford

Chuck Bergstrom has joined the real estate team at RE/MAX of the Islands. The top producers for June were: Les Pendleton, top selling associate; and Deb Stone and Pegge Ford, top listing associates.✱



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• **\$4,350,000 EURO 4,015,156**

**2. 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.

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

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**5. REMODELED HOME IN SHELL HARBOR - SANIBEL**

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**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
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**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

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**9. TWO DWELLING RESIDENCE IN HISTORIC DISTRICT - FORT MYERS**

- Main residence consists of 3 BR/ 2BA and is undergoing an extensive remodel which is nearly completed.
- Second additional dwelling is new construction with it's own access, 2 BR/ 1BA, full kitchen and living area.

• **\$1,199,000 EURO 1,195,962**

**10. OVER HALF AN ACRE IN SEASPRAY - SANIBEL**

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6



7



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8



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Superior Interiors

# Maximizing Space In A Small Kitchen



by Linda Coin

For those who love cooking family dinners and baking sweet desserts, a tiny kitchen might seem like a big disadvantage. Don't be discouraged by your small kitchen, there are many

simple design hacks that can help you maximize the space without taking focus away from the style. After all, a kitchen that's equally trendy and functional will inspire the most delicious dishes.

Make the most of your walls. Filling your walls with artwork and décor isn't the only way to give your kitchen personality. You can also use hooks and shelves to showcase your mugs, glasses and dinnerware when you run out of cabinet space. A magnetic mounted knife rack also works wonders when your counter space is minimal. Making your walls functional gives them purpose with an added flare.

Choose a versatile seating arrangement. Just because your kitchen is small doesn't mean you can't sit down and enjoy your meals. Turn your

island into a fully functional table with a versatile seating arrangement. Choose a tall platform that allows enough room for stools to stay hidden when not in use. Once it's time to eat, clear your surface, slide out the chairs and enjoy your meal.

Utilize the space above your cabinets. Don't let all the space above your cabinets go to waste. Start storing the pots, pans and extra kitchen accessories that you don't use often in this area. But don't just stack the pieces up there, invest in sleek wire baskets and line them up to give the storage space a chic touch. Your guests will adore the extra mile you took to spruce things up.

Invest in smaller appliances. Your small counter space relies on you to keep it clutter-free, and that's not going to happen if your appliances are oversized. Invest in a small food processor, coffee pot and microwave to make the most of your countertops.

Use a rolling cart. A kitchen with limited counter space is a cook's worst enemy. Where are you supposed to prepare all of your gourmet dishes? Don't worry, you have another option. Just invest in a rolling cart! Just wheel it into your cooking area when you need it and slide it into a storage closet when you're finished. You can even place delicate flowers on the cart and leave it in the hallway when it's not in use. That way, you can maximize the décor piece without taking away kitchen space.

Look for unused nooks and crannies. A slim open shelf installed in the dead space between the counter and upper cabinets can provide extra storage. This area could

hold canisters, spices, or even glassware. Maximizing your space means paying attention to details as well. Choosing the perfect drapery to hang from the windows and an area rug to place at the foot of your island will give your kitchen character and make it feel finished and stylish.

Are you ready to make these design

moves in your kitchen? Contact a design professional. He or she will assess your home and come up with a strategy for making the most of the space.

Linda Coin is an interior designer on Sanibel and Captiva islands. She can be reached by email at [linda@coindeciden.com](mailto:linda@coindeciden.com).✽

## Meet The Artist

submitted by Marti Koehler

A strong leader can set the tone for a family, an organization or an empire. Successful scenarios are led by people who are respected in their communities and who dedicate their time and energy to the big picture. Artist JoAnne Bedient is one of those people. Bedient joined Tower Gallery on Tarpon Bay Road on Sanibel in March of 1992.



JoAnne Bedient

Trained as a ceramicist and a painter, Bedient's thoughtful and well-crafted pieces have been a valued part of Tower Gallery's rich and creative artist's cooperative. Her hand-built art includes raku sculptures of swimmers, whimsical shoes, vessels, and birds on branches. She also creates ceramic fortune cookies and mini bud vases as gift-sized tokens for art lovers. Bedient's mixed media abstract

paintings are colorful compliments to her fanciful sculptures.

Bedient has been a leader for the Tower Gallery community while raising a family of her own. Originally from southwest Virginia, Bedient and her husband, Perry, moved to Fort Myers in 1980 from Hays, Kansas where they attended Fort Hays State University. Child rearing took priority for Bedient during the next decade and her clay creations inspired her imagination while her daughter was growing up. A creative shift from the potter's wheel to raku firing followed her mothering days and served to reinvigorate her style of art. In 1992, Bedient joined Tower Gallery and became a driving force in the success of the gallery as it is now.

Over the years, Bedient has been a champion for the cooperative. She has helped Tower Gallery grow, even saving it a few times from being closed. This year, in March, Bedient celebrated 30 years with Tower Gallery. The gallery members are grateful for her kind and sage leadership, friendship and amazing art for all these years. To learn more about the artists and to view her artwork, visit [www.towergallery.net](http://www.towergallery.net).✽

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# Rotary Happenings

submitted by  
Cindy Carter



Around the world, it is often the children who suffer from choices made by adults. Last week, we heard from Chris Hamilton, a member of the Damariscotta Newcastle Rotary in Maine, speaking about the inspiring story of a charity in Tanzania that is caring for children who have been forced to live on the streets.

Since 2001, Amani Children's Home has been a haven of peace and safety for Tanzania's most vulnerable children who, because of poverty, neglect, family breakdown, losing one or both parents to HIV/AIDS, and verbal, physical and sexual abuse, have been left homeless. The Amani Children's Home is committed to reducing the number of children living on the streets in Tanzania by providing a nurturing place for homeless children to heal, grow and learn.

Once children are identified as being in need, they are given the option to live at the Amani Children's Home. They are given medical care, three healthy meals a day and education, including life skills to help them restore hope in their lives.

Amani is committed to providing educational opportunities for each child to develop responsible and self-reliant



The Amani Children's Home in Tanzania is bringing hope and smiles back to the faces of homeless street children photo provided

young adults. Many children did not complete primary school because of the expense of schooling and the family's need for the children to tend farms and livestock. Amani supports children in the local primary and secondary schools. It also supports older children in vocational training programs so that they may study carpentry, electrical repair and mechanics.

A main goal of Amani is to reunite the children with extended family members who can take them in. However, that can be a difficult task when many families live on unnamed, rough-terrain roads with no

access to telephones or electricity. Often, a child's relative, once located, is able to provide a safe and loving home for the child, but they cannot afford to feed and educate them. In this case, Amani will assist the family with the child's food and education expenses, allowing the child to live with the family.

To date, Amani has brought more than 1,000 formerly homeless children into the

care of loving families. The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email [william.harkey@gmail.com](mailto:william.harkey@gmail.com) by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit [www.sanibelrotary.org](http://www.sanibelrotary.org).

## No Gas-Powered Leaf Blowers As Of January 1

Beginning January 1, 2023, the use of gas-powered leaf blowers will be prohibited in the City of Sanibel. In response to numerous complaints from residents, city council amended the City of Sanibel Code of Ordinances, Chapter 30-67 on December 3, 2019 to prohibit the use of gas-powered leaf blowers.

To achieve compliance with this ordinance by: Make the switch to non-gas-powered leaf blowers in advance of January 1, 2023.

Share this information with your contractors and Sanibel neighbors. To read the ordinance, visit [https://library.municode.com/fl/sanibel/ordinances/code\\_of\\_ordinances?nodeId=994065](https://library.municode.com/fl/sanibel/ordinances/code_of_ordinances?nodeId=994065) (19-012). To read the Sanibel Code of

Ordinances, visit [https://library.municode.com/fl/sanibel/ordinances/code\\_of\\_ordinances?nodeId=994065](https://library.municode.com/fl/sanibel/ordinances/code_of_ordinances?nodeId=994065).

## Vegetation Trimming Notice

The City of Sanibel will be conducting vegetation trimming from Thursday, July 21 through Wednesday, August 3 along both sides of the road on Periwinkle Way from the Lighthouse Beach Park entrance to Tarpon Bay Road, including the shared use path. Work will be conducted from 8 a.m. to 5 p.m., weather permitting.

Due to the nature of the work, one lane of Periwinkle Way may be intermittently closed to traffic for short periods of time. Be prepared for delays. Drivers and pedestrians should proceed slowly and cautiously through the area when workers are present.

If you have any questions, contact the public works department at 472-6397.

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# Refuge Hires Former Interns As Staff Members

Two former interns at JN “Ding” Darling National Wildlife Refuge recently accepted four-year staff terms with visitor services for the entire refuge complex, which also includes Florida Panther and Ten Thousand Island national wildlife refuges in south Florida. Jessica Barry and Tucker Phillips officially take their positions on July 31.

“Once I received the go-ahead from the federal government to hire two fulltime employees, I immediately offered the positions to Jess and Tucker, who have proven their dedication, strong work ethic, and impressive ability to design and implement education programs,” said Supervisory Refuge Ranger Toni Westland, who oversees visitor services at the refuge.

Barry began working at the refuge in 2020 as a visitor services intern, then moved to an education internship for the refuge WoW (Wildlife on Wheels) mobile outreach classroom team. In 2021, she accepted a staff position with the refuge’s nonprofit fundraising arm, “Ding” Darling Wildlife Society-Friends of Refuge (DDWS), as a development and outreach assistant.

“During her progression with the ‘Ding’ team, Jess has effectively learned multiple facets of operations here at



Jessica Barry



Tucker Phillips

the refuge – both the government and nonprofit sides,” said Westland. “I give her credit for bringing to us the concept of mindfulness in nature and applying that to special guided walks and ultimately our new self-guided Mindfulness Trail at Bailey Tract.”

The refuge was able to bring Phillips aboard in 2021 as the Jim & Liz Birmingham 2022 Visitor Services Intern, thanks to a philanthropic donation to DDWS.

“The Birminghams, like so many other donors and especially ‘Ding’ staff, understand the invaluable role interns play in keeping the refuge afloat during spells where staffing numbers drop, as they had in the past few years,” said DDWS Executive Director Birgie Miller. “The addition of these two employees, although short-term, makes a huge difference in the struggles ranger Toni experienced with budget cuts and pandemic staff attrition recently.”

“Oh, my gosh, Tucker just jumped in and took care of everything we’ve

asked of him,” said Westland. “From getting covered with dirt and mulch for our area-wide Pocket Refuge school gardens program to wearing the heavy and hot Blue Goose mascot costume and implementing a new ambassadors program.”

Both Phillips and Barry will handle social media and websites for all three major refuges in the complex; staff

the visitor and education center, which opens free to the public daily; and continue their work strengthening the free education programming at the refuge and to the community at large.

To support DDWS and the refuge with a tax-deductible gift, visit [www.dingdarlingsociety.org](http://www.dingdarlingsociety.org) or contact Birgie Miller at 472-1100 ext. 4 or [director@dingdarlingsociety.org](mailto:director@dingdarlingsociety.org).

## ISLAND SUN BUSINESS NEWSMAKERS

### Royal Shell Real Estate



McMurray & Members

The top producers for June at the Royal Shell Real Estate Sanibel-Captiva office were: McMurray & Members, top listing and top sales



Sally Davies



Cindy Sitton

producers team; Sally Davies, top listing producer individual/partners; and Cindy Sitton, top sales producers individual/partners.

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Will Power

# Goal Oriented Planning



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

The Greek philosopher Aristotle formulated the four causes, which he used to explain how the world works. The fourth of those causes, the final cause, described human behavior, which he defined as “the end, that for the sake of which a thing is done.” Aristotle depicted final cause to explain the difference between humans and other life forms. Animals are reactive and instinctual in their actions, the direct byproduct of their environments and impulses. Humans, in contrast, are intelligent for the very reason that we can consciously choose our behaviors and actions based on desired ends and outcomes.

Which leads me to my favorite topic, estate planning. I often begin client conversations with a simple question – “What’s your estate planning goal?”

Clever clients often respond with, “I want to spend my last dollar on my last day of life!” Others will say, “I don’t know, I just want to divide my assets equally amongst my children.” While many assert, “I want to minimize taxes.”

None are true goals when discussing the very human elements involved with the loss of a family matriarch or patriarch and your hopes that what you worked hard to earn over a lifetime is used and consumed by successive generations. Discussing one’s demise isn’t anyone’s favorite topic, so I’ll step in with more detailed queries that will lead to goal making:

“I assume you want to provide for each other (meaning the surviving spouse) and if there’s anything left for the children and grandchildren, so be it?”

“Are you concerned that your survivor will remarry and direct inheritance away from your children and grandchildren?”

“Is family harmony important to you?”

“Would you like to protect the inheritance you’re leaving your children from a divorcing spouse, creditors or predators?”

“Are you concerned that the inheritance you leave behind will inhibit your loved one’s drive and ambitions?”

“Do you want the inheritance to be used primarily as a safety net for medical and educational expenses during their lives, or would you want your children and grandchildren to enjoy a better lifestyle than you were able to afford for yourself?”

“Are there religious, medical, scientific, educational, natural preservation or other

charitable causes that are important to you that you hope to fund?”

And on and on.

It’s these conversations that lead to a goal-oriented estate plan. With all goals, they’ll change over time as you mature, and as your family ages. My children are in their 20s, just beginning their adult lives. My goals for them now will likely change as they have families and careers of their own and approach middle age.

Hopefully my wife and I will be around to witness their maturation, and that’s why a good estate plan isn’t static. An estate plan should be reviewed often to determine whether it reflects your loved one’s current situation.

Note that I haven’t said word one about taxes yet. Keep in mind that I’m a board certified wills, trusts and estates attorney and also hold my license as a CPA. Taxes are vitally important. But an estate plan shouldn’t let the tax tail wag the dog. The problem with most estate planning practitioners is that they’re technicians. Their first thoughts center on technical aspects such as taxes and strategies.

I believe that’s why many clients first focus on the technical. That’s how their attorneys have guided them. My philosophy is to first determine the client’s goals, review the types of assets that they own, and then suggest strategies that may minimize taxes.

When gifting large sums of money, goals are also important. Many clients don’t realize that when making large gifts, they should include their estate planning attorney in the conversation. As an example, assume Sally wants to gift her daughter Rachel a large sum to purchase her first home. A few goal oriented questions that drive how this is accomplished may include:

“Do you want to protect the equity that you’re gifting from a divorce?”

“Are you concerned that Rachel will, after purchasing the home, mortgage it to draw equity out for other uses?”

“Does Rachel have the income necessary to cover the home’s carrying costs? If not, are you prepared to help with those expenses into the foreseeable future?”

“Is this gift considered an advance on her inheritance? In other words, would you want to equalize this gift to your other children in your estate plan?”

“How will this gift affect your estate tax exemption? Should we review your estate plan to decide if there are any adjustments that we need to make?”

You get the picture. The answers to these questions will drive how the gift is made.

Greek theater in Aristotle’s time considered the inevitability of fate as a crucial element. The free will of the characters, whether exercised or not, is overpowered by omnipresent, preordained fate. Hence, tragedy occurs despite a character’s brave efforts and noble intentions. To ensure that tragedy doesn’t occur for your loved ones, make sure you consider your goals when drafting your estate plan and lifetime gifts.

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## How’s The Market? Ask Ann

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Mid-July real estate activity. On Sanibel... on a daily basis, my husband John and I get into our car to see new Sanibel listings, giving us the benefit to view the surrounding neighborhoods and the general outside condition of the properties. Recently, we saw four new properties, allowing us to be familiar with the current market of 44 homes.

Prior to the recent market (over the past 18 months), our home and condo inventory on Sanibel was 350-400 Units. There were only 25 Units for sale (only 10 homes) in late March of this year. Currently, we are up to 44 homes and 26 condos on the market. In my opinion, this can be contributed to the slower “summer” season and our market “slowing down.” I’m also noting an increase in price reductions (15 last week).

It is also my observation that a thoughtfully priced listing will sell in a short period of time. The big question is... what is a thoughtfully priced listing? If you are looking for an experienced local Realtor to render this opinion, my husband John and I have 39 years of owning and selling property on Sanibel. We have built three homes here and sold a wide variety of Sanibel properties, including gulf front, bay front, canal, near beach and starter homes, condos and lots. There is no obligation on your part. Thinking of selling or want a price opinion? Give me a call.

**Ann Gee**  
Broker/Owner

**Three Closed Sales Going Back One Week: 2 Homes & 1 Condo**

5681 Baltusrol Ct. 1B Heron at The Sanctuary **\$875,000**

9076 Mockingbird Dr. **\$900,000**

2010 Wild Lime Dr. **\$1,100,000**

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

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# Current Outlook And Portfolio Strategy



Andrew Vanderhorst, CFA, CAIA, CFP Chief Investment Officer

To say that investors experienced a roller-coaster ride in the markets during the second quarter is an understatement. We witnessed the S&P 500 close 20 percent down from the benchmark's January highs to officially enter bear market territory in June. Meanwhile, yields on 10-year U.S. Treasury bonds more than doubled from the beginning of the year, recently reaching 3.36 percent. To what can investors attribute this volatility? The biggest culprits are concerns and uncertainty over inflation, both in the U.S. and globally.

The June Consumer Price Index (CPI) report posted a headline inflation reading of 8.6 percent, which marked an increase over the prior months' report and exceeded economists' consensus estimates. While everyone may not purchase the exact basket of goods measured by the CPI survey, most of us have likely experienced the uptick in the price of gasoline and groceries. Even if we remove those volatile elements of gasoline (energy) and groceries (food) from the report, inflation still measured a six percent year-over-year increase. This level is well above the Federal Reserve Board's inflation target of two percent and increases investors' concerns that the Fed will have to take more aggressive measures that potentially result in a recession.

Pinpointing the exact origins and causes of current U.S. inflation generates significant debate and disagreement among economists. However, it is reasonable to consider some key drivers that likely explain most of the situation. First, the unprecedented shutdown of the global economy led to significant fiscal and monetary stimulus as governments

and central banks worked to avoid a protracted global recession. Central banks have started to withdraw that monetary stimulus by raising short-term rates and reducing their balance sheets (quantitative tightening). Following higher than anticipated inflation readings, our Fed raised interest rates by 0.75 percent on June 15 and remarked that "ongoing increases... will be appropriate" to wrest inflation back to the Fed's two percent target.

Second, the four-month long Ukraine war has cut global supplies of both wheat and oil. Europe recently implemented sanctions against some purchases of Russian oil, which will lead to less overall supply of oil available to the market and, hence, keep oil prices elevated. Although the U.S. does not import Russian oil, we are not immune to the marketplace dynamics. While a definitive conclusion to the war is not in sight, a relatively amicable solution will provide energy and food markets a much-needed reprieve and dampen inflation.

Finally, China's President Xi continues to implement a zero-COVID policy forcing massive shutdowns of entire cities, especially those that are key to global supply chains. Such a policy can worsen inflation as fewer goods are produced and delivered relative to surging consumer demand. During the pandemic, many companies acknowledged the hard lessons learned in concentrating supply chains around China, yet moving manufacturing facilities and establishing new vendors in the supply chain take time. Unfortunately, China's zero-COVID policy is unlikely to be rescinded and will continue to negatively impact supply chains and inflation.

We will likely continue to face uncertainty and volatility in the markets as these variables shift over time. Naturally, this will lead investors to react positively or negatively to monthly data points as they try to glean a glimpse into the future. As in times past, we expect the roller coaster to bottom and begin its inevitable climb up. Long-term investors who allocate to high-quality companies will be rewarded during the recovery, but only if they stick with their long-term asset allocation. For clients who wish to reduce their risks, having modest allocations in short-term bonds or cash

for upcoming lifestyle expenses may be prudent.

*This information is not intended to be and should not be treated as legal advice, investment advice or tax advice. Readers, including professionals, should under no circumstances rely upon this information as a substitute for their own research or for obtaining specific legal or tax advice from their own counsel.\**

## Algae Task Force Virtual Meeting

The Blue-Green Algae Task Force will hold a meeting virtually and in-person in Fort Pierce on Thursday, August 4 at 9:30 a.m.

Public comment will be accepted at the end of the meeting and can be submitted via email to

[bluegreenalgataskforce@florida.gov](mailto:bluegreenalgataskforce@florida.gov). This meeting will be broadcast by the Florida Channel.

To register for the virtual session, visit <https://register.gotowebinar.com/register/8696309467480541198>.\*


## Teller Returns

Colleen Seeger has rejoined Sanibel

Captiva Community Bank as a teller at the main office at 2406 Periwinkle Way on Sanibel. She is responsible for assisting customers with personal and business transactions. Seeger worked as a teller from 2016 to 2021.\*



Colleen Seeger



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Frankly Speaking



by Howard Prager  
Here's some history from this week and semi-Olympic news. The MLB All-Star Game was first played in 1933 at Comiskey Park, a byproduct of the great depression.

Chicago was hosting the Century of Progress World's Fair and trying to figure out how to attract enough visitors so the fair would be successful. Mayor Edward Kelly reached out to *Chicago Tribune* publisher Col. Robert R McCormick, and he turned it over to Arch Ward who was both a sportswriter and creator of many sporting events. Prior to the MLB All-Star Game, there were always "arguments" about this player in one league being better than that player in another league, the types of discussions we still have today comparing players from different eras. Ward thought by selecting the best players in both leagues to play each other, we'd have an answer of sorts. He also knew that there would be both pre- and post-game coverage, extending the "reach" of the MLB All-Star Game beyond just the game itself. But how to keep attention even longer? Fan voting was chosen as the way to do this. As reported by Ron Grossman of today's *Chicago Tribune*, "The *Tribune* asked

readers to vote for their favorite players, and 47 newspapers did the same. That transformed the contest from a single ballgame into a daily face-off between fans." The AL had both Lou Gehrig and Jimmie Foxx competing for first base with Gehrig winning overwhelmingly, so Foxx was moved to third base, which he had played before. And fans started voting for Foxx as the third baseman. I know what you're thinking, a Chicago election right? Except these were live voters.  
Since I am writing this before the actual game, I hope it is fun and competitive, and I'm so glad they took out the rule of the winning league hosting the World Series. What's new this year is they've added a home run derby if the game goes past nine innings... baseball's equivalent of a shootout. Three players from each league would take three swings apiece to decide the final result. Atlanta's Brian Snitker, the NL manager, picked New York Mets' Pete Alonso, Atlanta Braves' Ronald Acuna Jr. and Philadelphia Phillies' Kyle Schwarber, while Houston's Dusty Baker, the AL manager, selected Seattle's Julio Rodriguez and Ty France along with Houston's Kyle Tucker.  
As far as the teams at the top at the All Star break, the main surprise is that the Yankees are running away with it all with the best overall record, and the Mets are not far behind. At their current pace, the Yankees would have 115 wins. A subway World Series? We have half a season and a few rounds of playoffs to find out. The other runaways are the Dodgers and the Astros. That leaves the Central Divisions in

both leagues, with the Twins and Brewers having precariously slight leads.  
Have you heard of The World Games? It is held the year after the Summer Olympics with the first multi-sport event played in Santa Clara, California in 1981 and offering medals to the top 3 winners. The games feature non-Olympic sports and sports that will be debuting in the next Olympics. The 2022 World Games just concluded in Birmingham, Alabama, and was the first edition to include parasports, with the inclusion of wheelchair rugby and disabled athletes (one per gender) at archery. The International World Game Association (IWGA) who is the officiating body for the games, is also aiming to secure a partnership with the International Paralympic Committee and include a quota for para-athletes in sports or events that are not on the Paralympic Games program.  
So what are these sports? Six primary categories include Artistic and Dance, Ball Sports, Martial Arts, Precision Sports, Strength Sports and Trend Sports. For example, there are four categories of dance with one, breakdancing, previewing this year before it debuts in Paris 2024. Ball sports include Canoe Polo, Flag Football, Racquetball, Squash, Softball, Lacrosse and Wheelchair Rugby. Martial Arts includes sports like Karate, Sumo and Ju Jitsu, along with the less known Muaythai. "Muaythai is a combat sport that utilizes stand-up striking along with various clinching techniques. It is known as the 'Art of Eight Limbs' because it is characterized by the combined use of fists, elbows, knees and shins," according to the website. Precision sports include billiards and bowling. Strength sports includes a tug of war. Finally, Trend Sports includes Flying Disc (frisbee), Drone Racing, Waterskiing, Rock Climbing and Lifesaving.  
In the medal count, Germany won with the most Gold (24) and Italy had the most total medals (49). Ukraine came in third with 45 total medals, one ahead of Team USA with 44 total and 16 Gold. The World Games in 2025 will take place in Chengdu, China.  
Our good news story of the week comes from the Good News Network, and it's not really about sports but about exercise. "Physical exercise benefits our overall well-being. But for some – such as

neurological patients, people suffering from cardiovascular disease and hospitalized patients – physical exercise is not feasible, or even too dangerous. However, similar effects may be brought about using Immersive Virtual Reality (IVR). Despite initially designed for entertainment, IVR has attracted interest from the academic community because of its potential use for clinical purposes, since it allows the user to experience a virtual world through a virtual body. Before and after the virtual training, the researchers induced and assessed the psychosocial stress response. Similarly, they distributed a subjective questionnaire for anxiety. The results showed a decreased psychosocial stress response and lower levels of anxiety after the virtual training, comparable to what happens after real exercise. "While a moderate amount of exposure to stress might be beneficial, repeated and increased exposure can be detrimental to our health. This kind of virtual training represents a new frontier, especially in countries like Japan, where high performance demands and an aging population exist," said Professor Dalila Burin, who developed the study.  
Billiards and Tug of War in Olympic-type games and virtual exercise for those who can't physically exercise, providing some of the same benefits. Incredible.  
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@islandsunnews.com](mailto:press@islandsunnews.com).✴

From page 1  
**Tourism Industry**  
International Council of Hotel and Restaurant and Institutional Education. She brings a renewed energy to the local industry."  
The next business luncheon is scheduled for Wednesday, August 10 at Captiva Island Yacht Club. It will feature an update on Sanibel Causeway renovations by Jesse Lavender, director of Lee County Parks & Recreation, starting at 11:30 a.m. Members will receive emails about registration. For more information on sponsoring or attending the business luncheon, contact Landen Collins at 472-8255 or [landen@sanibel-captiva.org](mailto:landen@sanibel-captiva.org).✴



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## SPORTS QUIZ

1. A popular darts game, a bat-and-ball sport and a kind of insect have what name in common?
2. In 1999, what New York Mets manager was ejected from a game but later returned to the dugout disguised with sunglasses and a fake mustache?
3. What Italian Serie A football club has Vecchia Signora ("The Old Lady") and Le Zebre ("The Zebras") among its nicknames?
4. *Lion Fanfare* and *Downfield* and *Fight On, State* are songs played at what university's athletic events?
5. Name the Scottish driver who won both the Formula One World Drivers' Championship and the Indianapolis 500 in 1965.
6. What brand of swimwear and swim gear was founded in 1914 by Alexander MacRae in Sydney, Australia?
7. What sportscaster and "Inside the NBA" studio host penned the 2017 autobiography *Unscripted: The Unpredictable Moments That Make Life Extraordinary*?

## ANSWERS

1. Cricket. 2. Bobby Valentine. 3. Juventus FC. 4. Penn State University. 5. Jim Clark. 6. Speedo. 7. Ernie Johnson Jr.



# Vacation Rental Firm Under New Ownership

Island Vacations of Sanibel & Captiva, Inc. has been sold. Gulf Coast Vacation Rentals, a division of Gulf Coast Property Management, acquired the long-standing company in early June to add to its portfolio of vacation rental, property management, association management, home watch and real estate investment services.

Fran Peters, founder of Island Vacations, is retiring after nearly 25 years as the head of the company. She looks forward to spending time with her family and traveling the world.

"Island Vacations has been the most rewarding effort I have made in my professional career," said Peters. "I am incredibly proud to leave this legacy in the hands of the new owner, Andy Moore of Gulf Coast Property Management, and I look forward to seeing how he and his team bring the company into the next level of vacation rental and property management on Sanibel and in the surrounding areas."

During her time on the islands, Peters was involved in starting the Sanibel Captiva Vacation Rental Managers Association. She served as chairman of the board for the Sanibel & Captiva Islands Chamber of Commerce and has held a board position with Bailey-Matthews National Shell Museum for the



Back, from left, Samori Paulin, Zach Adair and Ian Yates.; middle, from left, Aimee Skolmutch, Paige Lowman and Fran Peters; front, from left, Beth Rizzo, Andy Moore and Susan Schriver

past six years. She hopes to continue to be active on the islands with other philanthropic commitments. Island Vacations will continue to operate under the same name and with the same level of service, with added practices to enhance experiences for guests and owners. "Gulf Coast Property Management and Island Vacations of Sanibel and Captiva share a common goal of delivering best in class service to their clients and guests. Fran has built an amazing company with a focus on customer service at its core. We are very proud to be in a position to continue the journey Fran started 25 years ago," said Moore.\*

# Register For After School Program

Registration is open for the Sanibel Recreation Center After School Program fall trimester. The program runs Monday through Friday from 2:10 to 5 p.m. throughout the school year. It is available for children in kindergarten through eighth grades. Every child registered in the program will receive a one-year complimentary membership to the recreation center.

Financial assistance is available to families based upon individual need. For more information, call 472-0345. Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available.\*

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Health First

# Six Powerful Ways To Remove Samskaras



by Julie Rosenberg, MD

For the past 20 years, I've studied yoga. One of the key principles of yoga is to create and cultivate sattva – a state of peace and harmony within oneself. This is not

an easy task. The cultivation of inner peace and harmony can be a lifelong effort.

Our sense of inner peace is challenged when we activate unconscious mental and emotional patterns, known as a samskaras. The word samskara comes from the Sanskrit sam (complete or joined together) and kara (action, cause or doing).

A samskara is an impression or energetic imprint in the unconscious mind left behind by past actions, thoughts and emotions.

Samskaras can be positive or negative. Positive samskaras are typically created through good deeds, such as showing others love, respect and compassion. Negative samskaras are self-defeating or

self-deprecating; they hinder our positive evolution.

The first step towards removing your samskaras is to acknowledge their existence. You can then decide whether you want to keep them or not.

I made a list of my samskaras during a recent yoga retreat so that I could identify the ones that I wanted to remove and begin the process of removing them.

My top two positive samskaras were: self-discipline; and healthy lifestyle.

My top two negative samskaras were: poor listener; and being too much of a perfectionist.

Through the practice of yoga, I've worked to remove these and other negative samskaras. This work has supported me in cultivating deeper self-awareness and inner peace. In this article, I review six yogic practices that will help you to remove samskaras.

Meditation – Meditation refers to a variety of practices that focus on mind and body integration. Through a regular meditation practice, you can learn to recognize your thoughts and emotions before acting on them. Meditation increases self-awareness. This heightened awareness can be used to help identify and reduce negative samskaras.

Deep breathing – Samskaras are subconscious and instinctive. They often lead to automatic, “knee-jerk” reactions. Slow, deep, diaphragmatic breathing aids you in disengaging from distracting thoughts and sensations. Deep breathing activates the parasympathetic nervous system and incites a state of calm. As you

slow down, you create more space, which can lead to opportunities to consider your actions (rather than to habitually react).

Self-reflection – Self-reflection and personal inquiry help you to better understand the sources of your habit patterns. Ask yourself: “Why am I doing this?” “Where does this impulse come from?” “What is my intention?” “How does this choice affect me?” This type of questioning will help you to review past experiences, decisions and actions, and begin to understand how present thinking and behaviors may be connected.

Develop a mantra – One of the best ways to drown out negative thoughts and open space for new thinking patterns is to develop a mantra. Mantras are repeated sounds or phrases that help you to enhance concentration and focus. Examples include, “I am light,” “I am loved,” “I am well” and “Om.” (Om is the sound or vibration of the universe).

Journal – Journaling is a good way to review and reflect on the events of the day. How have they affected you? Did a certain event trigger a strong emotion? What happened? What were you thinking? How did you react? What were the consequences? Journaling allows for personal inquiry and supports enhanced self-awareness. You can use your journal to outline a plan for avoiding triggers and acting on new, desired behaviors.

Practice gratitude – Gratitude is a key to happiness and an antidote to negativity. A mindset of gratitude allows you to view the big picture less constrained by immediate concerns.

Practicing gratitude moves you into a positive frame of mind (at least during the time that you are practicing). What are you grateful for today?

Samskaras are universal. They are part of the human condition. The key to becoming free from negative samskaras is first to recognize them, and then to break the chain of cause and effect. Embracing yogic principles and practices leads to the cultivation of greater self-awareness and supports meaningful habit change.

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](http://www.drjulierosenberg.com). For consulting and speaking requests, email inquiries to [info@drjulierosenberg.com](mailto:info@drjulierosenberg.com).✱

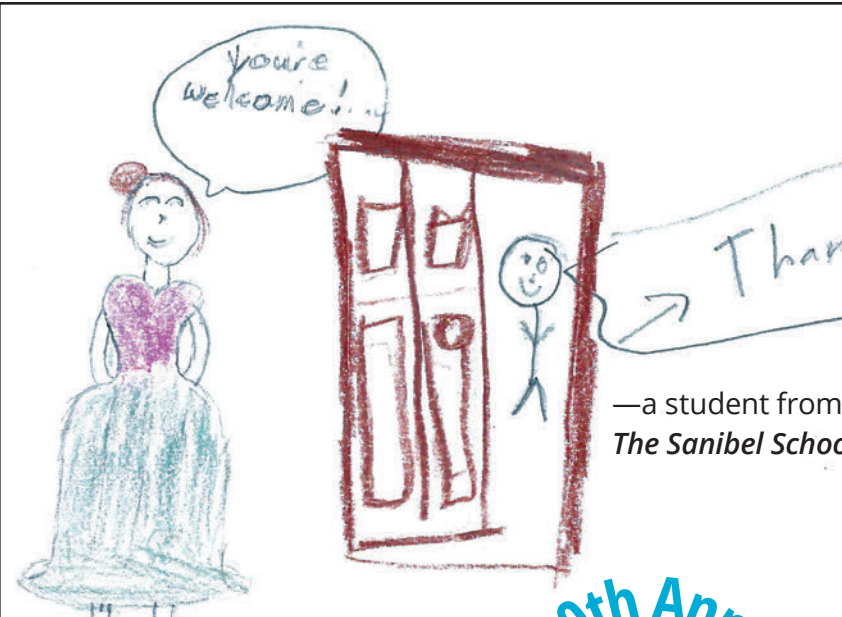
## Chronic Disease Program

Lee Health is offering a research-based chronic disease self-management program for the community during two days of the week.

It's All About You, a self-management Resource Center program, will be held virtually on Fridays beginning August 12 from 9:30 to 11:30 a.m. and in person at Healthy Life Center-Coconut Point on Tuesdays beginning August 16 from 9:30 a.m. to noon.


The free program, which is two to 2.5 hours once a week for six weeks, is

continued on page 40



—a student from  
The Sanibel School

# I helped my neighbor by giving him his mail.



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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.

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dearRPharmacist

## Alternatives To That Gross Kitchen Sponge



by Suzy Cohen, RPh

**Dear Readers:**

You won't like hearing this but your kitchen sponge has more bacteria than a laboratory petri dish. It's a better incubator for germs

than the lab's traditional agar plate.

So, if you're worried about catching food poisoning from undercooked meat, the odds are far higher if you clean your dishes with a dirty sponge. I say that because about five percent

of raw chicken sold in supermarkets may be contaminated with Salmonella, according to the latest data. Compare that with a microbial paradise like a sponge that could house 54 billion bacteria in every cubic centimeter. That's the size of a sugar cube.

A dirty kitchen sponge can lead to a variety of symptoms that are hard to diagnose. That's because the clinical presentation of diarrhea, fever and fatigue is going to look like a lot of things. Certainly, sponge-related illness is never going to come up. It's almost 100 percent of the time chalked up to "food poisoning." Here are some of the germs living on your sponge:

**Campylobacter** – This could cause diarrhea. People typically get an infection of this from undercooked (or raw) chicken, unpasteurized milk or contaminated lettuce or vegetables. Those who become ill from this can expect loose stools, abdominal pain, fever and feeling queasy.

**Enterobacter cloacae** – Germophobes

beware, this guy lives in your gut as part of your normal intestinal flora. It's not considered dangerous unless you become immunocompromised. It's also a common nosocomial infection... the kind you get while you're in the hospital. Then it will rise up with all its glory and attack your skin, respiratory tract, internal organs and blood. It can cause endocarditis and pneumonia.

**E. coli** – People who become infected with E. coli have the usual stomach complaints that look like food poisoning. To be clear, E. coli can be transmitted from raw or undercooked ground beef, raw milk, some cheese, or contaminated vegetables. Most cases include a mild fever, painful stomach cramping, diarrhea (often tinged with blood) and nausea/vomiting. It may cause life-threatening symptoms, so always visit a doctor if you become short of breath, weak, or develop a nosebleed or decreased urination.

Other organisms that a sponge can harbor include Klebsiella,

Staphylococcus and Moraxella osloensis. That last one is the same bug responsible for the malodor of wet laundry.

Here are three reasonable alternatives to a sponge:

1. Use a scrub brush with bristles. You can put those in a dishwasher. The advantage is that they do not have nooks and crannies like a sponge, so they harbor fewer organisms.

2. Use a dishwasher, but be aware that the soaps all have a bunch of chemicals.

3. Microwave a wet sponge every week.

If you'd like to read a more comprehensive, detailed version of my article, visit [www.suzycohen.com](http://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](http://www.SuzyCohen.com).*✱

## Got A Problem? Dr. Connie Is In



by Constance Clancy

**Q:** I just turned 30 and graduated with a master's degree. I am uncertain about continuing my relationship with my boyfriend. We have lived together three years. I

love him but don't see any growth or motivation on his behalf. He is a good person and I don't see him going forward in his career or life. I feel guilty even thinking about leaving him. Is this normal?

**A:** Turning 30 is a big shift in your life. You have just entered a new decade of growth and maturity. Congratulations on your earning a master's degree, which is such an accomplishment. It sounds as though you are doing much to move forward in your life and your partner is staying in the same place.

Perhaps this is making you feel as though you are outgrowing him? It may be that you two were balanced at one time and now with the changes going on in your life, you are feeling a bit unbalanced in relationship to him. You are in a developmental stage in your life called generatively versus stagnation.

You want to grow in your career and your life, yet you are not seeing this in your partner, and this is unsettling.

Have you talked with him about your feelings? It would be helpful for you both to have a discussion on your goals, his goals and goals as a couple. This may give you both some insight on future decisions you make regarding staying together or moving in different directions. Uncoupling is never easy and you don't want hurt and pain. When you think about growing together, you have to be honest with yourselves and each other if staying together is the best option. Can you see yourself in the future without him? If you do decide to part ways, know you will get through this difficult time and you will grow and continue to move on. Relationships are about learning and know that he has served a purpose in your life.

It may also be helpful to take some

time apart and see how you feel without his presence. Get clear on how it feels to be alone. If you feel lonely, know it may be partly to not being used to it.

It takes time to heal when a break up occurs and it's natural to feel hurt. Yet, if you honestly don't feel you are growing together, now is a good time to reevaluate what you are getting from the relationship and perhaps it is best to move on. Whatever decision you make,

practice self-love, self-compassion, self-care and make sure you have plenty of support.

*Constance Clancy, EdD, LMHC, LPC, NCC is a licensed mental health therapist, hypnotherapist, author and holistic stress management instructor. If you have a question, email [Constance at drconstanceclancy@gmail.com](mailto:Constance@drconstanceclancy.com) or visit [www.drconstanceclancy.com](http://www.drconstanceclancy.com).*✱

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Doctor and Dietician

# Are You Getting Restorative Sleep



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

The CDC as far back as 2014 reported that sleep deprivation has become a “public health epidemic.” The CDC reports that lack of sleep can be associated with serious health issues, including obesity, hypertension, adult-onset diabetes, depression and even cardiovascular disease and stroke. Sleep deprivation may also increase the incidence of car crashes, work-related accidents and occupational hazards because lack of sleep shortens your attention span and alertness. As many as one-third of the population report sleeping less than six hours per night. This is simply not enough to restore the body. During sleep, our bodies eliminate metabolic

waste products of the mental processes in the brain and replenish the energy inside brain cells. Simply put, when we do not get enough sleep, we injure brain cells. The problem of not getting good restorative sleep is nothing new. Many people, particularly those in pain, do not sleep because they cannot find a comfortable position, or they just cannot get to sleep or wake up in the middle of the night. Waking up in the middle of the night may be related to pain, thus traditionally, patients are prescribed sleep medication to help get them into a deeper sleep. Sometimes the mind is just racing with thoughts from the day. Other issues may relate to watching television or computer/phone screens immediately before bed, keeping the brain active. And other patients experience hormone changes that may result in a 2 a.m. wake-up call, bathroom trips, or a sweat fest. Some basic tips for good sleep include sticking to a regular sleep schedule, going to sleep and waking up at the same time every day; paying attention to what you eat and drink prior to bed, avoiding heavy meals, caffeine, excess liquids and alcohol immediately prior to bedtime; creating a restful calming environment that is dark, cool, quiet and peaceful; limiting napping during the day; including exercise daily, especially when done outside, to promote better sleep; finding ways to manage stress by meditation, prayer and time management techniques; reducing screen time immediately prior to

bed; and avoiding going to bed angry. Sometimes doing these things still does not resolve the sleep issue, thus we want to alert you to a cause for sleep deprivation that you may have never considered: a structural cause, namely, cervical instability. Why? Cervical instability may cause sleep disorders, not only resulting in pain, but also neurologic-like and psychiatric-like symptoms. Cervical instability can cause neck pain that makes it difficult to sleep, and it can also cause more issues. Even as your neck pain resolves through various means, the problems of sleep and a sense of “racing metabolism” may remain. We want to explain the neurology resulting in problems with the nervous system and how cervical instability may lead to sleep disturbances, not just from pain, but by altering your stress and anxiety levels on the neurologic level. The superior cervical ganglia are a nerve bundle that sits at the C2 and C3 levels in the cervical spine and are involved in the autonomic nervous system. Therefore, compression on this nerve bundle by the cervical spine can cause autonomic nervous system dysfunction. The sympathetic ganglia basically control the blood supply to the brain including a gland called the pineal gland that controls our circadian rhythm or sleep/wake cycle and secrete melatonin in the body. When we sleep, our brains are supposed to drain and flush out the metabolic waste accumulated from the day and bring in nutrients to restore it. Cervical instability can cause a cervical venous obstruction which can lead to cerebral spine fluid flow blockage that can lead to increased intracranial pressure which can injure the pineal gland and cause Circadian dysrhythmia

and sleep disturbances. So, what can you do? Some simple structural things to try include sleeping without a pillow at all; sleeping with a roll under your neck; or sleeping turned to a side that makes you feel better. At our Caring Medical office, we use high-intensity ultrasonography to assess blood flow in various sleeping positions so you can know for sure what is happening during sleep. Sleep is vital to good health and longevity. If you are not sleeping as well as you should, we encourage you to do something about it. Try some of the suggestions mentioned in this article. If those do not help, seek out the care of a natural medicine or structural medicine provider who can help assess the status of your cervical spine. Your health is worth it.

*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.\**

From page 38  
**Chronic Disease**  
designed for people age 18 or older with chronic health conditions to help them learn ways to better manage their chronic conditions and the symptoms that often accompany chronic health conditions. Participants will receive a complimentary copy of the book *Living a Healthier Life with Chronic Conditions*.

Healthy Life Center-Coconut Point is located at 23450 Via Coconut Point in Estero. For more information or to register, call 424-3121.\*

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Fire Department, Captiva .....	472-9494
Florida Marine Patrol.....	332-6966
Florida Highway Patrol .....	278-7100
Poison Control.....	1-800-282-3171
Chamber of Commerce.....	472-1080
City Council .....	472-4135
City Building Department.....	472-4555
City Manager .....	472-3700
City Planning & Code Enforcement Department .....	472-4136
City Public Works .....	472-6397
Library, Sanibel .....	472-2483
Library, Captiva .....	239-533-4890
Lee County Mosquito Control .....	239-694-2174
Post Office, Sanibel .....	472-1573
Post Office, Sanibel (toll free) .....	800-275-8777
Post Office, Captiva.....	472-1674
Sanibel Community House.....	472-2155
Center 4 Life, Senior Center.....	472-5743
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BIG ARTS.....	395-0900
Broadway Palm Dinner Theatre .....	278-4422
Fort Myers Symphonic Mastersingers .....	288-2535
Gulf Coast Symphony.....	277-1700
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Lee County Alliance for the Arts .....	939-2787
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Sanibel-Captiva Art League .....	sancapart.org
Southwest Florida Symphony .....	418-0996
Symphonic Chorale of Southwest Florida .....	560-5695
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ABWA.....	<a href="http://abwasanibelcaptiva.org">http://abwasanibelcaptiva.org</a>
American Legion Post 123 .....	472-9979
Angel Flight SE .....	1-877-4AN-ANGEL
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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 .....	<a href="mailto:coti@coti.org">coti@coti.org</a>
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
Kiwanis Club .....	677-7299
League of Women Voters .....	<a href="mailto:sanibelLWV@gmail.com">sanibelLWV@gmail.com</a>
Master Gardeners of the Islands .....	472-6940
Military Officers Assc. of America, Alex MacKenzie ..	395-9232
Newcomers .....	472-9332
Notre Dame Club of Southwest Florida .....	768-0417
Optimist Club.....	472-0836
PAWS, Protection of Animal Welfare Society .....	239-699-6310
Progressive Club of the Islands .....	<a href="mailto:pcisancap@gmail.com">pcisancap@gmail.com</a>
Rotary Club .....	472-7257 or 472-0141
Sanibel Bike Club .....	<a href="http://sanibelbicycleclub.org">sanibelbicycleclub.org</a>
Sanibel Beautification Inc.....	470-2866
Sanibel-Captiva Lions Club, Steve Schulz .....	239-233-6261
Sanibel-Captiva Orchid Society.....	472-6940
Sanibel-Captiva Power Squadron .....	<a href="http://www.sancapboating.club">www.sancapboating.club</a>
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Sanibel-Captiva Shell Club.....	267-7291
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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



"We haven't exactly discussed marriage —  
it's more like a \_\_\_\_\_."

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!

Under

Shall

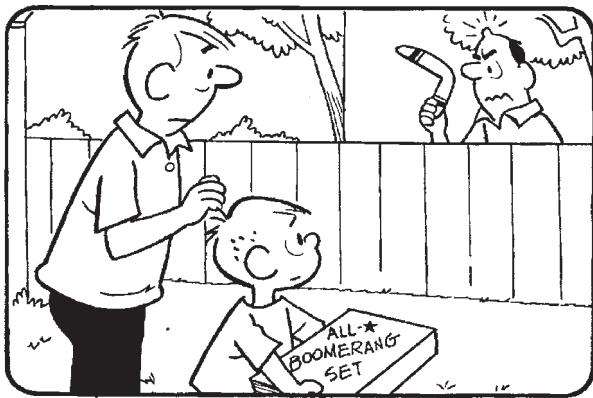
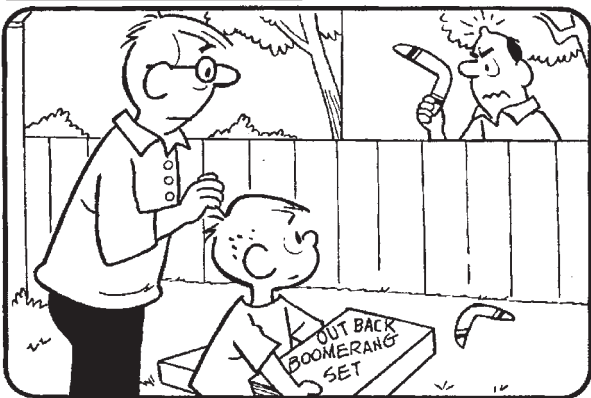
Fixed

Regular

TODAY'S WORD

HOCUS-FOCUS

BY  
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Glasses are missing. 2. Buttons are missing. 3. Sleeve is shorter. 4. Box is missing. 5. Name is different. 6. Boomerang is missing.

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

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 TB LISTINGS

- ACROSS

1 Affliction

7 Really shout

13 Wine vessels

20 One of the Nixon daughters

21 — Vision (eye care chain)

22 Weird sort

23 Serious crime

24 Carol about holiday cheese?

26 Strip of weapons

27 "... or — thought"

28 Look as if

29 Trickle out

30 Guy who can do any interweaving style?

35 Ribeye, e.g.

36 Particular mag. edition

37 Writer Anaïs

38 With 60-Down, BB gun

39 Sorority "T"

41 "This tastes way better than coffee, tea or ale"?

50 Toon pics

53 Suffix with southwest

54 Spring month

55 Comfortable

56 Czar who was not inordinately cruel?

62 "Look!", in Latin

63 Person being examined

64 "What kind of fool —?"

65 Set sail

68 122-Down officer: Abbr.

69 Doughnut filling that's an exchanged commodity?

74 Wane

77 Easily available

79 Petri dish site

80 Got totally used up

82 Tennis great Nastase

84 Politician Gary propping himself up against something?

89 Actress Helena — Carter

92 Verdi's "— tu"

93 Prefix with chic or resort

94 2010 Apple debut

95 Enigmatic clohopper casting spells?

101 Bride's vow

102 Wye follower

103 List-curtailling abbr.

104 Anna of fashion

107 Light lunch, maybe

111 People purchasing decorative rolling car parts?

117 Israeli carrier

118 Touch on

119 Talking- — (lectures)

120 Canine cord

121 Tall fence surrounding a pugnacious dog?

126 Improvise

127 Forms a liking for

128 Brezhnev of Russia

129 Kazakhstan's capital, until 2019

130 "It finally makes sense"

131 "The Munsters" actress De Carlo

132 Less fresh

DOWN

1 Peak near Tokyo: Abbr.

2 Concert sites

3 Purple flowers

4 "Put — in it!"

5 Dandie — (dog breed)

6 "Hurray!"

7 Tape holder

8 Filmdom's — B. DeMille

9 "Hurray!"

10 Be off-base

11 Boxer Laila

12 Soccer star Lionel

13 Shows up for

14 Actor Sandler

15 Aves.

16 Main monk

17 Denmark's — Islands

18 Fictional Doolittle

19 Streamlined

25 Poet Hughes

27 South Carolina river

31 Hi- — (stereos)

32 Tote or duffel

33 "— Bravo"

34 Nice scent

35 Hard fat

40 Atty.'s org.

41 Has no life

42 Eye, to poets

43 An hour past midnight

44 Pat lightly

45 President after Harrison

46 Ale relative

47 Incurred a lot of, as debt

48 Key on a PC

49 Tiny

50 Quote

51 In a dead heat

52 Roping in

57 High- —

58 Ares' mother

59 Livy's "I love"

60 See 38-Across

61 Pro at CPR

66 Polar hazard

67 Bedouin, e.g.

70 Doc who may scrape wax

71 "Abou Ben —" (Leigh Hunt poem)

72 Sheep cry

73 "Li'l" guy

75 La — Tar Pits

76 Longtime senator Robert

78 Soda brand

81 Depilatory brand

82 "Big Blue"

83 Mauna —

85 Suffix with cook or trick

86 "Totentanz" composer Franz

87 Acutely cold

88 Coveted annual prizes

90 Part of DNA

91 Irrate

96 Illegal punch

97 One of 18 on a course

98 "So icky!"

99 Gambling site, for short

100 Optometrist, old-style

104 Action hero Steven

105 Like grizzlies and kodiaks

106 Hoffman/Beatty film

107 Three more than quadri-

108 Fake name

109 Hanukkah potato treat

110 Pulitzer winner Edward

112 Central point

113 Milan's land

114 Had a meal at home

115 One-named singer of "Royals"

116 Gossipy type

118 Choir female

122 Adm.'s milieu

123 Charge (up)

124 Aussie leaper

125 Resting place

126 Had life
- |     |     |     |     |    |   |    |     |    |    |    |    |    |    |     |     |     |    |    |     |     |    |  |
|-----|-----|-----|-----|----|---|----|-----|----|----|----|----|----|----|-----|-----|-----|----|----|-----|-----|----|--|
| 1   | 2   | 3   | 4   | 5  | 6 |    | 7   | 8  | 9  | 10 | 11 | 12 |    | 13  | 14  | 15  | 16 | 17 | 18  | 19  |    |  |
| 20  |     |     |     |    |   |    | 21  |    |    |    |    |    |    | 22  |     |     |    |    |     |     |    |  |
| 23  |     |     |     |    |   |    | 24  |    |    |    |    |    |    | 25  |     |     |    |    |     |     |    |  |
| 26  |     |     |     |    |   |    | 27  |    |    |    |    |    |    | 28  |     |     |    | 29 |     |     |    |  |
| 30  |     |     |     |    |   |    | 31  |    |    |    | 32 | 33 | 34 |     |     |     | 35 |    |     |     |    |  |
| 36  |     |     |     |    |   |    | 37  |    |    |    | 38 |    |    |     | 39  | 40  |    |    |     |     |    |  |
|     |     |     |     | 41 |   |    |     |    | 42 | 43 |    |    |    | 44  | 45  |     |    | 46 | 47  | 48  | 49 |  |
| 50  | 51  | 52  |     |    |   |    | 53  |    |    |    |    | 54 |    |     |     | 55  |    |    |     |     |    |  |
| 56  |     |     |     |    |   | 57 | 58  |    |    |    | 59 | 60 |    |     | 61  |     |    | 62 |     |     |    |  |
| 63  |     |     |     |    |   |    |     |    | 64 |    |    |    |    | 65  | 66  | 67  |    |    |     |     |    |  |
| 68  |     |     |     |    |   | 69 |     | 70 | 71 |    |    |    |    | 72  | 73  |     |    |    | 74  | 75  | 76 |  |
|     |     |     |     |    |   |    | 77  | 78 |    |    |    |    |    | 79  |     |     |    | 80 | 81  |     |    |  |
| 82  | 83  |     |     |    |   |    |     |    | 84 |    | 85 | 86 |    |     | 87  | 88  |    |    |     |     |    |  |
| 89  |     |     |     |    |   | 90 | 91  |    | 92 |    |    |    |    | 93  |     |     |    |    | 94  |     |    |  |
| 95  |     |     |     |    |   |    |     |    | 96 |    |    |    |    | 97  | 98  |     |    | 99 | 100 |     |    |  |
|     |     |     |     |    |   |    | 101 |    |    |    |    |    |    | 102 |     |     |    |    |     | 103 |    |  |
| 107 | 108 | 109 | 110 |    |   |    |     |    |    |    |    |    |    | 104 | 105 | 106 |    |    |     |     |    |  |
| 117 |     |     |     |    |   |    |     |    |    |    |    |    |    |     |     |     |    |    |     |     |    |  |
| 121 |     |     |     |    |   |    |     |    |    |    |    |    |    |     |     |     |    |    |     |     |    |  |
| 127 |     |     |     |    |   |    |     |    |    |    |    |    |    |     |     |     |    |    |     |     |    |  |
| 130 |     |     |     |    |   |    |     |    |    |    |    |    |    |     |     |     |    |    |     |     |    |  |
- King Crossword
- ACROSS

1 Hotel amenity

4 Beach bucket

8 "— it going?"

12 Sandwich meat

13 Roughly

14 "Garfield" dog

15 Class that includes newts and frogs

17 Style

18 Corn serving

19 Took the helm

21 Clara of the Red Cross

24 Guffaw syllable

25 Lawyers' org.

26 Label

28 Potato, for one

32 Toy block name

34 "Uh-huh"

36 The Big Easy acronym

37 Put in office

39 Sea, to Henri

41 Kimono closer

42 Nanny's charge

44 Beach robe

46 Boris' cartoon partner

50 Twitch

51 Hgt.

52 Highway turn-

56 Aachen article

57 Snitch

58 — -jongg

59 June honor-ees

60 Sheltered

61 Group of seals

62 Nanny's charge

63 Nonstick spray

64 Electrical strength

65 Christie sleuth

66 Wall St.

67 Egyptian deity

68 Reluctant

69 Four-bagger

70 Air freshener target

71 Broad

72 Feeder filler

73 Fez, e.g.

74 "Dig in!"

75 Hay bundle

76 First victim

77 Opposing vote

78 Wrigley product

79 Training site

80 Exile isle

81 Picnic spoiler

82 Scale ranges

83 Chest muscle

84 Lean- — (sheds)

85 Baby's toy

86 Letter before iota

87 Fragrant tree

88 Must have

89 Inter —

90 See to

91 Skater's leap

92 — -de-France

93 Chinese chairman

94 Prof's degree

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
			18				19		20			
21	22				23		24					
25				26		27		28		29	30	31
32			33		34		35		36			
37				38		39		40		41		
			42		43		44		45			
46	47	48				49		50				
51					52		53				54	55
56					57					58		
59					60					61		

MAGIC MAZE ● ANIMALS OF NEW ZEALAND

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

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

Bats

Chamois

Cormorant

Cuckoo

Dolphins

Ferret

Flycatcher

Frigatebird

Gannet

Kea

Kiore

Rollers

Sea lion

Seals

Sheep



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FRIDAY  
Mostly Cloudy  
High: 88 Low: 79



SATURDAY  
Mostly Cloudy  
High: 92 Low: 85



SUNDAY  
Partly Cloudy  
High: 93 Low: 84



MONDAY  
Cloudy  
High: 90 Low: 83



TUESDAY  
Partly Cloudy  
High: 89 Low: 81



WEDNESDAY  
Partly Cloudy  
High: 90 Low: 83



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	8:32 am	1:30 am	None	4:20 pm	Fri	7:37 am	1:32 am	11:07 pm	4:22 pm	Fri	8:13 am	2:08 am	9:16 pm	3:27 pm	Fri	12:14 am	4:46 am	10:42 am	7:36 pm
Sat	12:02 am	2:02 am	9:16 am	5:19 pm	Sat	8:21 am	2:04 am	None	5:21 pm	Sat	8:40 am	2:41 am	10:17 pm	4:19 pm	Sat	2:12 am	5:18 am	11:26 am	8:35 pm
Sun	10:03 am	6:10 pm	None	None	Sun	9:08 am	6:12 pm	None	None	Sun	9:03 am	2:47 am	None	5:20 pm	Sun	12:13 pm	9:26 pm	None	None
Mon	10:51 am	6:55 pm	None	None	Mon	9:56 am	6:57 pm	None	None	Mon	9:34 am	6:25 pm	None	None	Mon	1:01 pm	10:11 pm	None	None
Tue	11:37 am	7:35 pm	None	None	Tue	10:42 am	7:37 pm	None	None	Tue	11:42 am	7:26 pm	None	None	Tue	1:47 pm	10:51 pm	None	None
Wed	12:20 pm	8:10 pm	None	None	Wed	11:25 am	8:12 pm	None	None	Wed	12:41 pm	8:19 pm	None	None	Wed	2:30 pm	11:26 pm	None	None
Thu	4:01 am	5:56 am	1:01 pm	8:42 pm	Thu	3:06 am	5:58 am	12:06 pm	8:44 pm	Thu	1:25 pm	9:04 pm	None	None	Thu	6:11 am	9:12 am	3:11 pm	11:58 pm

My Stars ★★★★★  
FOR WEEK OF JULY 18, 2022

**Aries** (March 21 to April 19) You're not Sheepish when it comes to asserting your opinions on what you think is right or wrong. Be assured that you're being heard, and something positive will follow.

**Taurus** (April 20 to May 20) Your sense of justice makes it difficult not to speak up about a recurring matter involving a co-worker. But, once again,

you need facts to back you up before you can act.

**Gemini** (May 21 to June 20) Romance is still dominant, and if Cupid misfired before, don't worry. He'll take better aim at someone new this time around. Expect favorable news about a financial matter.

**Cancer** (June 21 to July 22) The zodiac's Moon Children can expect things to work out pretty much as planned. One negative note involves a minor relationship problem that suddenly turns serious.

**Leo** (July 23 to August 22) You're suddenly being asked to make choices between two practically equal offers. Which one to choose? Easy. The one most likely to gladden your Lion's heart.

**Virgo** (August 23 to September 22) Once again, you're confronted by a workplace problem you thought you'd already resolved. This time, you might need to go higher up to find a just resolution.

**Libra** (September 23 to October 22) Good for you: You're determined to stick with your goals and ignore those

naysayers who might try to discourage you. You're on the right track. The challenge now is to stay on it.

**Scorpio** (October 23 to November 21) You'll soon get news that is supposed to help you with a troublesome situation. Use your sharp Scorpion instincts to determine if the information is reliable.

**Sagittarius** (November 22 to December 21) If you learn someone has betrayed your trust, don't just accept it and walk away. You need to know why that person decided to do what he or

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CLEAR YOUR GEAR

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she did.

**Capricorn** (December 22 to January 19) A painful family relationship problem could finally begin to heal. Be prepared to show more flexibility than you might like. It could be worth it.

**Aquarius** (January 20 to February 18) It's a good idea to enhance your career skills so you'll be prepared to accept a more responsible position when it's offered. A friend returns a favor just when you need it.

**Pisces** (February 19 to March 20) Show that strong, steely backbone that you usually hide and demand to be included in any family decision-making that could affect the well-being of a loved one.

**Born This Week:** You can be happy being alone at home. But you also love exploring the world outside and meeting new people.

#### MOMENTS IN TIME

- On July 31, 1715, a hurricane strikes the East Coast of Florida, sinking 10 Spanish treasure ships carrying tons of gold and silver coins and killing nearly 1,000 people. About 80 percent

of the treasures had been recovered by April 1716, but the rest remained lost until the 1960s.

- On July 25, 1832, the first recorded railroad accident in U.S. history occurs when four people are thrown off a vacant car near Quincy, Massachusetts. The victims had been invited to view the process of transporting loads of stone when a cable on a vacant car snapped, throwing them off the train and over a 34-foot cliff.

- On July 28, 1868, following its ratification by the necessary three-quarters of U.S. states, the 14th Amendment, guaranteeing African Americans citizenship and all its privileges, is officially adopted into the U.S. Constitution.

- On July 29, 1921, Adolf Hitler becomes the leader of the National Socialist German Workers' (Nazi) Party. Under Hitler, the Nazi Party grew into a mass movement and ruled Germany as a totalitarian state from 1933 to 1945. The Nazis controlled every aspect of German life, and all other political parties were banned.

- On July 26, 1931, a swarm

of grasshoppers descends on crops throughout Iowa, Nebraska and South Dakota, devastating millions of acres. The swarm was said to be so thick that it blocked out the sun and one could shovel the grasshoppers with a scoop. Cornstalks were eaten to the ground and fields left completely bare.

- On July 30, 1976, American Bruce Jenner wins gold in the decathlon at the Montreal Olympics and sets a world record in the event. After his win, Jenner was voted the 1976 AP Male Athlete of the Year. The 1976 Olympics was his last decathlon. In 2015, he became Caitlyn Jenner and is an American media personality.

- On July 27, 1981, Adam John Walsh, age six, is abducted from a mall in Hollywood, Florida, and later found murdered. Adam's father, John Walsh, became a leading victims rights activist and host of the long-running television show *America's Most Wanted*.

#### NOW HERE'S A TIP

- Got lots of fresh herbs from your summer garden? Hang bunches upside down in a cool place for a week or

so. Crumble the leaves into small jars. You've made your own dried herbs.

- "Want super-crunchy fries at home? Soak potato pieces in very cold water for an hour (fridge is best, or add ice often); dry and fry. Drain fries well, dust LIGHTLY with flour and quick-fry one more time for only a minute or so."

- TC in Idaho

- If you want to cool your canned drinks quickly, add water to the cooler with a lot of ice, submerge all drinks under the ice line, and wait about 20 minutes. Without the water, it takes much longer. The water extends the surface contact of the ice.

- To keep your ladder from sinking into soft sand or dirt, put each leg into a can or bucket. It creates a much larger surface area, thereby stabilizing the legs.

- If you run out of bleach, add four tablespoons of hydrogen peroxide to a small load of white laundry.

- Be certain to use only distilled water in your iron. The water from the tap can leave mineral stains on clothing, and will kill your iron if you do it all the time.

- RE in Louisiana

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PETS OF THE WEEK

Lee County Domestic Animal Services

Coral And Meatball

Hello, my name is Coral. I am a white 2-year-old female pit bull mix. I am a shy, sweet gal that takes a little to come out of my shell, but once I do, I blossom into one of the friendliest and most playful pups around. My gentle nature will draw you to me. The staff and volunteers have fallen so in love with me, that if you come and spend some time with me, you will be hooked. My adoption fee is \$25.

Hi, I'm Meatball. I am a brown tabby 4-year-old male domestic shorthair. I bet you can take one look at me and guess where I got my name. I am lovingly named Meatball because I certainly have not



Coral ID# A926845 photos provided

missed a meal. In fact, I am on a diet here at the shelter because my previous owner gave me one too many. I am a very friendly cat whose favorite thing to do is curl up and have you scratch behind my ears. My adoption fee is waived.



Meatball ID#A927997

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

- The cornea of the eye is the only body part without its own blood supply. Instead, it receives oxygen directly from the air.
- A duel between three people is called a truel.
- Ever chastised yourself for accidentally recording over your favorite cassette tape? Even NASA's been guilty of that one. The tapes containing the original footage of the Apollo 11 moonwalk were likely erased and reused to record satellite data.
- Prior to the invention of the eraser, you could use a rolled up piece of white bread (sans crusts) to remove pencil marks.
- Japanese sumo wrestlers are bound by strict rules even when out of the ring, governing when they sleep and eat, and how they dress and speak in public. They are not allowed to drive cars and, if they're in the lower ranks of the sport, cannot have a phone or a girlfriend.
- Anatidaephobia is the fear that somewhere in the world, a duck or goose is watching you.
- Who hasn't wished on occasion for more hours in their day? Well, if you can wait a mere 140 million years, the average Earth day could be 25 hours long, as the planet is slowly – very

- slowly – decelerating.
- In 2008, a 13-year-old boy was arrested for farting too much in school. The sheriff's office claimed he "continually disrupted his classroom environment" with intentional flatulence.
  - Beauty masks in ancient Rome had one heck of an ingredients list, including placenta, excrement, sulfur, sheep's wool sweat, animal urine, ground oyster shells and bile.
  - Mushrooms emit electrical signals to each other containing patterns similar to human speech.

THOUGHT FOR THE DAY

"Friendship is unnecessary, like philosophy, like art. It has no survival value; rather, it is one of those things which give value to survival." – CS Lewis

TRIVIA TEST

1. **Geography:** Which country has the most islands?
2. **Ad Slogans:** Which product is advertised with the slogan "The snack that smiles back"?
3. **Movies:** Which animated movie features more than 10,000 balloons?
4. **Television:** Who did Jim Halpert marry in the long-running sitcom *The Office*?
5. **History:** Which country sold Alaska

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