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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 19, 2019

JULY SUNRISE/SUNSET:

19 6:47 • 8:23 20 6:47 • 8:22 21 6:48 • 8:22 22 6:48 • 8:21 23 6:49 • 8:21 24 6:49 • 8:21 25 6:50 • 8:20



Sanibel Fire Rescue District members, from left, Rob Wilkins, Brian Clement, Rob Doerr and Tim Barrett displaying some of the lifesaving equipment used for water-based rescues

photo by Jeff Lysiak

Dangers Of Rip Currents Can Be Avoided

by Jeff Lysiak

While the summer of 2019 hasn't been excessively hot nor particularly wet with rainfall, one common scenario that has made headlines throughout the season has been the dangerous rip currents. During the past several weeks, rip currents have been blamed for several water-based accidents off the coasts of Sanibel and Captiva, including one fatality last Tuesday evening.

On July 9, 46-year-old Thomas Zakrewski of Georgia fell victim to strong currents and rough water conditions off the coast of Upper Captiva. He was able to rescue his 8-year-old daughter before disappearing underneath the water. His body was recovered later that evening. The United States Coast Guard, Florida Fish and Wildlife Conservation Commission, Sanibel Fire Rescue District and Lee County Sheriff's Office assisted in the search.

Only one week earlier, a pair of 10-year-olds fell off the jet ski they were riding in San Carlos Bay. Once in the water, both were swept away by strong rip currents. The children were rescued by a Lee County Sheriff's officer and

several members of the Coast Guard who responded to the July 2 incident.

Tim Barrett, training officer with the Sanibel Fire Rescue District, knows all about rip currents and the dangers associated with them. He and his fellow crew members train every six months for water-based emergency response, using both the pool at the Sanibel Recreation Center and beaches along the Gulf of Mexico to conduct real-life rescue scenarios.

"We get at least of couple of calls per month," Barrett said of responding to swimmers in distress or people who have fallen overboard from a boat. "It seems like right now, there are more people on the beach or out on their boats. Kids are out of school and folks from out of town come here for our beaches. Trouble is maybe some of them aren't used to being in the water. They may be good pool swimmers but not in the ocean. It's not as easy as it seems."

According to the National Weather Service (NWS), rip currents are powerful channels of water flowing quickly away from shore which occur most often at low spots or breaks in the sandbar and in the vicinity of structures such as groins, jetties and piers.

"For maximum safety, swim near a lifeguard and pay attention to flags and signs," the NWS website suggests. "If you become caught in a rip current, yell for help. Remain calm... do not exhaust yourself and stay afloat while waiting for

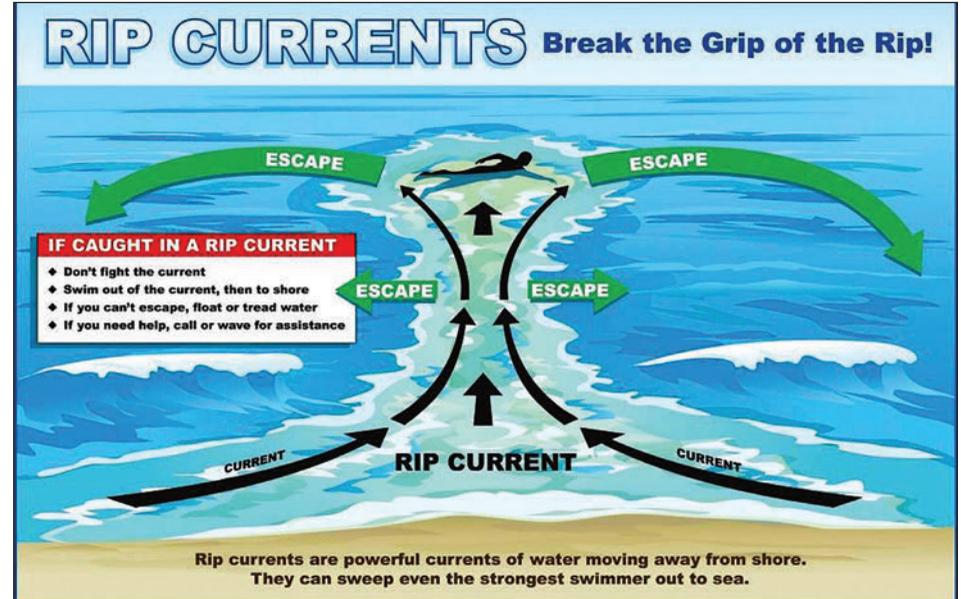


Illustration showing how a swimmer can escape a rip current

image courtesy NOAA

help. If you have to swim out of a rip current, swim parallel to shore and back toward the beach when possible. Do not attempt to swim directly against a rip current as you will tire quickly."

A few weeks ago, Tia Gambel-Irizarry found herself caught in a rip current off of Captiva's Turner Beach. On June 28, Gambel-Irizarry – a 37-year-old trained diver, swim instructor and former lifeguard – was unable to swim back to shore. Her husband, Daniel, attempted to save her but soon found himself exhausted swimming against the powerful rip current.

Soon, crews from the Sanibel Fire Rescue District and Lee County Sheriff's Office Marine Rescue Unit were dispatched to the scene, and thanks to their efforts, the Lehigh Acres couple was pulled to safety by Sanibel firefighters Rob Wilkins and Arian Moore about 400 yards offshore. While Daniel showed signs of extreme fatigue, Tia was discovered unresponsive, unable to breathe and without a pulse.

Once back on the beach, CPR was administered and an external defibrillator was used to shock Gambel-Irizarry back to life. She was transported to a local hospital where she received additional medical treatment for the next five days before being released.

"I'm only here because of your team," Gambel-Irizarry told Lee County Sheriff Carmine Marceno during a hospital visit with members of the Marine Emergency Response Team. "They performed chest compressions for 15 minutes... 15 minutes. My kids have their mother because of you guys!"

Look Before You Swim

According to Barrett, most people don't check the surf conditions before entering the water when they visit the beach.

"They underestimate the power of the currents," he said. "And when they do get caught in a rip current, it's kind of like swimming upstream in a river – you can't really go anywhere and you get exhausted quickly."

Barrett also stated that oftentimes, those who got caught in a current and pulled out away from the shoreline tell their rescuers the same thing.

"They'll say, 'All of a sudden I was 200 yards offshore, and then I panicked,'" said Barrett. "The truth is, water is the great equalizer. Once you get out in the water, it will humble you."

Following years of practicing for and responding to water rescues off the coasts of Sanibel and Captiva, Barrett has several suggestions on ways people can avoid becoming another rip current victim:

Check Water Conditions First – As with anything, look at the water and observe current conditions. Listen to beach advisories. Look for waves breaking on both sides with a current flowing between them. "If you walk up and down the beach, you'll find them pretty easily," said Barrett. "A lot of times when we visit the beach, we pick out a spot for the beach itself, not for the water conditions."

Never Swim Alone – Before entering the water, let someone know where you are going to swim.

Don't Panic – If you find yourself in

continued on page 24

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2019 Road Rally Winners



Best decorated car was Red, White and Coors Light, Janet and John Murray of Sanibel
photo provided

The Sanibel-Captiva Optimist Club has released the results of the 40th annual Road Rally, held on July 4. The winners and placers are:

- 1st Place: Martini Mommas
2nd Place: Wineaux
3rd Place: Driving Miss Crazy
Coveted Last Place: Jupiter Jewels
4th: 7E Beach Bums
5th: The Bookworms
6th: Sanibel Misfits
7th: Long shots
8th: Team Huge Manatee
9th: Bailey's
10th: Sanibel Spoonbill Running Club
11th (two-way tie):
She's (Always) Right?
Karas Krusers
12th: Best in Show
13th: Hide & Seekers
14th: Chucktown Cackalakies and One Sanibelle
15th (three-way tie):
Sanibel Slackers
Red White and Coors Light
Island Taxi
16th: Footloose
17th: Tahitian Treasure Hunters

- 18th: Centennial Crazies
19th: Sanibel Island Lulu's
20th: This is America!
21st: Eddie and the Cruisers
22nd: The Groovy Groupers t (three-way tie):
Liberty Lady's
Crash Cows White
Red, White and Zoom
24th (two-way tie):
Crash Cow Red
Pink Pineapple House
25th: Fantastic Four
26th: Rose All Day
27th: Red, White and Boozy
28th: For Love Of Bocce
29th: Fam Bam Jam
30th: Tennessee Turners
31st: Sanibel Lassies
32nd: Shella Bellas
33rd: White Wolf
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Historical Village Off-Season Closure Notice

The Sanibel Historical Village will close for the off-season beginning Wednesday, July 31 and reopen on Tuesday, October 15. Meanwhile, the village remains open during the BIG ARTS construction project. The project will continue through the remainder of the historical village's season and into next season, but parking and access for village guests and volunteers will be available throughout that time.

The traditional entrance to the village has been closed off for the construction and a temporary entrance has been made available down the road to the west at

what was the exit drive. That drive will now function as both an entrance and exit access. Signage has been added at both places.

For the month of July, the village will be open Tuesday through Saturday from 10 a.m. to 1 p.m. Full guided tours take place at 10:30 a.m. at no additional charge, depending on docent availability. Upon reopening in October, hours will be Tuesday through Saturday from 10 a.m. to 4 p.m. with guided tours at 10:30 a.m. and 1:30 p.m.

The village is located at 950 Dunlop Road (next to BIG ARTS) and there is handicap access to the buildings. Admission is \$10 for adults over 18; no charge for members and children. For more information or to make a donation, visit www.sanibelmuseum.org or call 472-4648 during business hours.*



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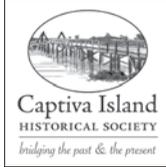
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Captiva Island Historical Society

Looking Back: Advertisement

This week's image is a newspaper advertisement used by South Seas Plantation (now South Seas Island Resort), dated February 1, 1950.



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

Visit the website at www.aptivaislandhistorical.com research to view many more images to bring you closer to Captiva.*



South Seas Plantation advertisement photo courtesy Captiva Island Historical Society Archives

Churches/Temples

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Reverend Father Dean Nastos, Orthos Service Sunday 9 a.m., Divine Liturgy Sunday 10 a.m., Fellowship Programs, Sunday School, Bible Study. www.annunciation.fl.goarch.org, 8210 Cypress Lake Drive, Fort Myers, 481-2099.

BAT YAM-TEMPLE OF THE ISLANDS

The Reform Jewish congregation has Friday Shabbat services at 7:30 p.m. (7 p.m. from May to Sept.) in Fellowship Hall of Sanibel Congregational UCC. Rabbi Stephen Fuchs, President Barry Fulmer. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

HISTORIC CAPTIVA CHAPEL BY THE SEA

The Rev. Dr. John N. Cedarleaf Services every Sunday 11 a.m. November 11, 2018 thru April 28, 2019. 11580 Chapin Lane, Captiva, 472-1646. **FIRST CHURCH OF CHRIST, SCIENTIST** Sunday 10:30 a.m., Sunday School 10:30 a.m., Wednesday afternoon meeting 4:30 p.m. Reading room open, Monday, Wednesday and Friday 10 a.m. to 12 p.m. (November through March), Friday 10 a.m. to 12 p.m. (summer hours). 2950 West Gulf Drive, 472-8684.

SANIBEL FELLOWSHIP, sbc

Join us for Bible study and Worship Sunday 10 a.m. at Island Cinema. Call Pastor Mark Hutchinson, 284-6709.

SANIBEL COMMUNITY CHURCH

Dr. Stephen LeBar, Interim Senior Pastor Sunday Worship: 8 a.m. Traditional in Historic Chapel; 9 a.m. Contemporary and Children's Church in Main Sanctuary; 11

a.m. Traditional in Main Sanctuary. Childcare available at all services. www.sanibelchurch.com, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

The Reverend Dr. John H. Danner, Sr. Pastor. The Reverend Deborah Kunkel, Associate Pastor. Sunday worship: chapel service at 10 a.m. blended or traditional service (alternate months). Sunday school and nursery care at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Pastor Reverend Christopher Senk, Saturday Vigil Mass 5 p.m., Sunday Mass 8:30 and 10:30 a.m., Sunday Mass through October 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday 8:30 a.m. Holy Days call. 3559 San-Cap Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Dr. Ellen Sloan, Rector. Saturday Eucharist 5 p.m. Sunday Eucharist 9:30 a.m. Sunday School (resumes in September). Tuesday Morning Prayer 9 a.m. Wednesday Healing Eucharist 9 a.m. (excluding July & August). Prayer and Potluck first Wednesdays 6 p.m., www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. on the second Sunday of each month from December through April at the Sanibel Congregational Church. A pot luck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.*

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The Community House



Kids Cooking Camp with Chef Jarred Harris begins July 29

photos provided

Children's Painting Classes

On Wednesdays in July, island artist Sissi Janku will offer painting classes for children ages 8 and older. Known for her popular adult classes, Janku is now designing classes for younger painters. With bright colors and fun techniques, Janku will show students how to complete a painting in two hours. The subjects will be local tropical wildlife, inspired by the works of famous artists such as Van Gogh. All materials (including aprons) will be provided. Cost is \$50 per class, which runs from 2 to 4 p.m. Sign up online at www.sanibelcommunityhouse.net.



Children's painting classes are held on Wednesdays in July

Community Socials

Monthly community socials will be held throughout the summer featuring different themes: Wednesday, August 14 is Greek Night from 6 to 8 p.m. Cost is \$15 per person, additional \$5 for sundae bar. Alcoholic beverages will be available for purchase.

Culinary Social Classes

Learn, socialize, eat and drink during Saturday Culinary Social Classes. Cost is \$25 per person. The schedule is:

- July 20, 4 to 6 p.m. – Curry 101
- July 27, 10 a.m. to noon – Simply Desserts
- August 3, 10 a.m. to noon – Quick Breads
- August 17, 4 to 6 p.m. – Simple Pasta
- August 24, 10 a.m. to noon – Soups & Stews

Kids Cooking Camp

The first session of Kids Cooking Camp runs Monday through Friday, July 29 to August 2 from 9 a.m. to noon. Resident Chef Jarred Harris will teach young chefs the fundamentals and help them develop their cooking skills. Students will learn kitchen safety and classic culinary techniques in team settings.

Day 1: Equipment orientation, kitchen safety, bread, soups and stews

- Day 2: Pizza and pasta
 - Day 3: Team Challenge: Italian lunch
 - Day 4: Just Desserts
 - Day 5: Team Challenge: Desserts
- The second session runs Monday through Friday, August 5 to 9 from 9 a.m. to noon. Students will learn professional kitchen etiquette and table settings, standard food safety practices, basic knife skills and proper use of weights and measures. They will also practice a variety of essential kitchen skills with other students who like to cook. Each day's menu is inspired by a different country:

- Day 1: Thailand – Fresh Ingredients and Flavors
 - Day 2: India – Spices and Herbs
 - Day 3: China – Rice and Noodles
 - Day 4: France – Cookies, Cakes and Pastry
 - Day 5: Africa – Cocoa and Spice
- Cost is \$50 per class or \$250 for the week. Sign up online. Sponsorships are available. If you would like to sponsor a child for a day or a week, call 472-2155.

Yoga Classes

On Tuesdays, Vinyasa yoga with

Susan Pataky begins at 10 a.m. Sanibel Yoga for all levels is held at 10 a.m. on Thursdays with Susan Pataky.

Sanibel Yoga Chi (gentle) is held at 11:15 a.m. on Tuesdays and Thursdays with Susan Pataky.

Shell Crafting

Shell craft lessons are held at 10 a.m. on Mondays. All ages are welcome but children must be accompanied by an adult. Shell Crafters are on site until 1 p.m. on Mondays for those who

would like to view or purchase their work.

Honey, Pickles and Jellies

Locally harvested honey is for sale, as well as chutneys, pickles and jellies made by Chef Jarred Harris.

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

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Sanibel Sea School Marine Science Educator Sam Nowinski carrying a bucket of water to collect and observe samples of marine life thriving in a rocky intertidal zone on Causeway Island B

photos by Jeff Lysiak

Sea School Offers Class On Intertidal Zone

by Jeff Lysiak

Last Thursday afternoon, 10 youngsters gathered at Sanibel Sea School to learn all about the difference between high and low tides,

what an intertidal zone is and what creatures can be found amongst the rocks within that zone.

On July 11, Marine Science Educator Sam Nowinski taught the environmental education class Rocky Intertidal Zone – Attached at the Edge of the Sea, where students learned both in the classroom and out in the field what creates tides, where tide pools can be found and why some critters – both marine species and land animals – choose to live in



Sam Nowinski shows her class a barnacle collected from the rocks

intertidal areas.

“The term ‘rocky intertidal’ literally means the rocks between the tides,” Nowinski told her students, later explaining the difference between high and low tides. “When the waves reach the shore, the highest point it will reach is called high tide. And when the waves are going out, the lowest point is called low tide.”

Among the most common creatures found living in local intertidal zones are sea stars, barnacles, limpets and sea

squirts, among others. “The animals who live in intertidal zones have to be able to live in both the water and on the land,” she added.

Rocks are important to the intertidal zones because the critters living within them require something solid to hold onto so they don’t get washed away. They also provide shelter for smaller animals living within tide pools.

After the lesson, Nowinski instructed all of her campers to create their own visual example of a rocky intertidal

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July 5th Question:

What is the name of the single-celled organism that causes red tide?

Answer: *Karenia brevis*

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Youngsters created their own rocky intertidal zone art project

zone. On a square piece of cardboard, divided into two sections – representing land and sea – students glued sand onto one side and painted the other side blue. Along the center section, they glued small rocks.

While waiting for their art project

to dry, Nowinski brought the class to a rocky intertidal zone on Sanibel Causeway Island B, where the group would search for examples of life living within the zone. Minutes after arriving on the beach, students found several barnacles as well as a seahorse living



From left, Lena Finke, Sam Nowinski, Cara Blythe and Nora Blythe show off their artwork

amongst the rocks lining the shallow waters.

Open to ages 6 to 13, the Rocky Intertidal Zone – Attached at the Edge of the Sea class will be offered at Sanibel Sea School's flagship campus, located at 455 Periwinkle Way, on

Friday, August 9 from 1:30 to 4:30 p.m. For more information or to sign up, call 472-8585 or email info@sanibelseaschool.org. For a complete list of upcoming classes, visit www.sanibelseaschool.org.

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Council Gets Update On Blind Pass Inlet Plan

by Jeff Lysiak

During Tuesday's Sanibel City Council meeting, the city's Department of Natural Resources Director James Evans presented an update on the Blind Pass Inlet Management Plan, previously approved by the Florida Department of Environmental Protection (FDEP) as a means of mitigating inlet erosion impacts to adjacent Sanibel and Captiva beaches.

"I've reviewed the plan, and it is very much consistent with the study," Evans told members of the council. The FDEP's Division of Water Resource Management adopted the plan last month. According to the final document, which will be considered for adoption at next month's Lee County Board of County Commissioners meeting, all future inlet management activities conducted by

the county shall be consistent with the following six strategies:

Strategy #1 – A comprehensive beach and inlet hydrographic monitoring program shall be conducted to evaluate the performance and impact of existing sand bypassing and nourishment projects and to periodically update the inlet sediment budget. Along with topographic and hydrographic surveys of the inlet system and adjoining beaches, hydraulic monitoring may be conducted to enhance future modeling input data for investigations of inlet management alternatives.

Strategy #2 – Sand bypassing shall be performed from the Blind Pass channel to the adjacent gulf-fronting beaches to the south of the inlet between FDEP Reference Monuments R110.5 and R116. The quantity of material to be bypassed shall be based on available channel deposition quantities documented through the monitoring protocol of Strategy #1 above.

Strategy #3 – On an average annual basis, the initial target inlet sand bypassing quantity shall be 21,000 cubic yards per year. This target quantity

may be modified or updated based on a minimum of four years or more of monitoring data indicating a change in the sediment budget. In the interim, should the volume of sand accumulating in the Blind Pass channel exceed these quantities, the additional sand may be dredged and placed on the adjacent beaches south of R110.5.

Strategy #4 – The source of sediment for meeting the target sand bypassing quantities in Strategy #3 shall be the Blind Pass channel authorized by Joint Coastal Permit No. 0265943-003-JM. However, the dredging template authorized by Joint Coastal Permit No. 0265943-003-JM shall be modified by truncating the seaward end to limit intrusion into the natural sand bypassing bar.

Strategy #5 – Because tidal connections to Pine Island Sound through a Wulfert Channel extension and a Sunset Bay connection have been shown to improve inlet stability and natural sand bypassing, engineering design and permitting shall be conducted to develop an environmentally acceptable project. Where necessary, seagrass and

mangrove impacts shall be mitigated with these channel improvements. Physical monitoring shall include hydraulic data acquisition to evaluate project performance.

Strategy #6 – Because preliminary modeling has shown the potential benefit of constructing a shore-parallel spur for the terminal groin at the south end of Captiva, a detailed feasibility and engineering investigation shall be conducted to further evaluate and design a structural alternative that will enhance natural sand bypassing to reduce erosion along northern Sanibel.

According to the document, nothing in the plan precludes the evaluation and potential adoption of other strategies for the effective management of Blind Pass and the adjacent beaches.

"There are a number of different alternatives with this plan that I'm comfortable with," added Evans.

Sanibel City Council will consider formally approving the Blind Pass Inlet Management Plan at its next meeting, scheduled for Tuesday, August 6 at MacKenzie Hall. That session will begin at 9 a.m.*

Decision On Motorized Scooters Delayed

by Jeff Lysiak

The draft ordinance that would prohibit the use of motorized scooters on Sanibel's shared use path system was introduced to members of the city council at the July 16 meeting, but action on the proposed legislation was postponed until next month's session.

During Tuesday's presentation of the draft ordinance, delivered by Vice Mayor Mick Denham, an amendment to the city code dealing with bicycles and mopeds driving on Sanibel's shared use path is being considered. The document reads, in part, that Florida statutes "provides a local government the authority to enact an ordinance to control or regulate the operation of vehicles, golf carts, mopeds, motorized scooters and electric personal assistive mobility devices on sidewalks or sidewalk areas."

According to Denham, the primary concern he has for allowing motorized scooters on the island's shared use paths is safety.

"I consider the safety of our citizens the responsibility of this city council," said Denham, who noted that an online poll conducted by the city revealed that people who frequently use Sanibel's shared use paths already think they are overcrowded. "(The shared use paths) are already very congested in season, and the paths are narrow."

As proposed, Section 66-165 of the document stipulates that "no operator shall drive a motor vehicle, micromobility device, motorized scooter or other vehicle other than by human power upon a bicycle path, sidewalk or shared use path... This prohibition does not apply to a public officer or employee in the performance of duty, or to a person operating a motorized wheelchair or other power-driven mobility device operated by a person disabled for mobility purposes."

The document further states that no micromobility device or motorized scooter shall be rented or offered to rent

upon any public street or road, sidewalk, bicycle path or shared use path.

Following Denham's presentation, he suggested that the ordinance be considered for approval. However, Mayor Kevin Ruane offered that it might be appropriate to continue discussions on the subject until next month's meeting, when Councilman Jason Maughan – absent and excused from Tuesday's session – would be in attendance.

"I'd support continuing this discussion," said Councilman Richard Johnson. "We need to have a thorough conversation about this."

"Four is never a good vote," Ruane added. "Five is always better."

Following a brief discussion, members of the council voted unanimously to postpone action on the proposed ordinance until their August meeting. Action regarding gas-powered leaf blowers, which had been discussed during the past few council meetings, was also pushed back until next month.

In other business, council voted 4 to 0 to adopt a resolution in support of reducing plastic litter. The single-page legislation calls for individuals

and businesses to voluntarily use "environmentally friendly" alternatives to disposable plastic bags, to include bags made from paper, cloth, canvas and other natural products.

According to the document, "City council desires to consider a local ordinance to prohibit or otherwise reduce the use of disposable plastic bags; however, Section 403.7033, Florida Statutes, provides that 'no local government... may enact any rule, regulation or ordinance regarding use, disposition, sale, prohibition, restriction or tax of... disposable plastic bags.'"

Johnson clearly stated his support for the resolution, noting that his business – Bailey's General Store – discontinued using single-use plastic bags last year. "As a businessman, I will tell you it's worth it... spend the money," he said.

Also, an interlocal agreement between the School Board of Lee County and the City of Sanibel to provide a School Resource Officer (SRO) in the amount of \$50,000 was approved. The agreement runs from August 1, 2019 through July 31, 2020.*

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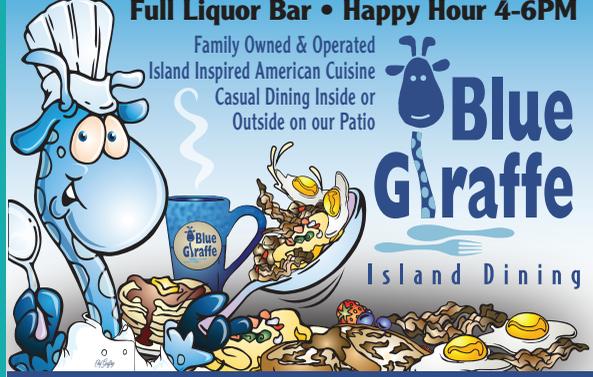
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Sanibel Sea School campers built a whale-themed float for the island's 4th of July parade photo provided

Gulping Giants Week At Sanibel Sea School

submitted by Leah Biery

Campers in Sanibel Sea School's Gulping Giants Week learned about baleen whales, a group of whale species that use special baleen plates to sieve plankton and other tiny organisms from the water. They also built a baleen whale-themed float for Sanibel's 4th of July parade.

Because we think it's fascinating when the ocean's largest creatures feed

on its smallest, we played lots of food web games. We also created our own filters and used seine nets to see what we could filter out of the gulf and bay. Just for Independence Day fun, we built a slip and slide on the beach – what a perfect summer surprise!

As usual, there was also plenty of surfboard paddling, macramé tying and time spent with camp friends.

Sanibel Sea School is a 501(c)3 nonprofit whose mission is to improve the ocean's future, one person at a time. Summer camps are scheduled for children ages 4 to 18 and scholarships are available. To learn more, visit www.sanibelseaschool.org.✱

Reducing Fertilizer Runoff

The University of Florida/Institute of Food and Agricultural Sciences Extension for Lee County is presenting a free program, titled Florida

Yards and Neighborhoods Introductory Class. Lee County Master Gardeners will teach nine principles during a session at Lakes Regional Library on Saturday, July 20 from 10 a.m. to noon.

Lakes Regional Library is located at 15290 Bass Road in Fort Myers.✱

Draft Budget Approved, No Millage Change

by Jeff Lysiak

With the Lee County Property Appraiser's office preliminarily assessing the City of Sanibel's taxable property value at \$5,279,612,650, a historical high and 1.60 percent higher than last year, members of the city council considered the draft budget for fiscal year 2020 (FY2020) during Tuesday's monthly session.

Presented by Steve Chaipel, director of the city's finance department, the draft budget document proposes a \$70,433,258 budget along with a 1.9139 operating millage rate, the same rate assessed to taxpayers since 2016.

"As property values have increased, the city council has continued to focus on maintaining an appropriate millage rate to deliver maximum efficiency in service to the citizens of Sanibel while reducing pressure on the tax burden to property owners," the document reads, in part. "While the focus of lowering the overall tax burden to its citizens continues to be a priority for the city, challenges such as increased public safety expenditures, disaster preparedness and stagnating or declining revenue streams, such as gas tax receipts, need to be addressed."

During his assessment of the proposed draft budget, Mayor Kevin Ruane targeted three major capital projects – the modernization and expansion of the Sanibel Police Department, maintenance of island culvert boxes and bridge repairs, along with planning for the renovation and/or replacement of the Sanibel Senior Center (Center 4 Life) – along with ways the city could pay for them. Vice Mayor Mick Denham also expressed an interest in finding funds to pay for improved parking lot lighting at the BIG ARTS facility on Dunlop Road.

In the Sewer Fund, \$1,000,000 in grants from the state of Florida to assist in funding the continued renovation of the Donax Wastewater Treatment Plant is included in the FY2020 budget; \$500,000 of this amount is a carry-over from the \$2 million the city received last

year. The remaining \$500,000 is new funding approved by the state for fiscal year 2020 but yet to be received. To date, the city has been awarded \$3.325 million from the state for the \$20.1 million plant remodel.

The fiscal year 2020 capital improvement plan is budgeted at \$17.7 million and allocated as follows:

General Fund – \$1.4 million (\$798,000 in new requested funding)

Special Revenue Funds – \$1.6 million (\$1.0 million in new requested funding)

Sewer Fund – \$13.1 million (\$12.7 million in new requested funding mainly for the sewer plant renovation)

Beach Parking Fund – \$1.6 million (\$576,000 in new funding requested); \$1.3 million of the capital budget will be reimbursed to the city from the Tourist Development Council (TDC).

Budget challenges noted in the 200-page document include environmental concerns, revenues and major capital projects.

"In the city's Beach Parking enterprise fund, stagnant or declining revenue which resulted from the 2018 water quality crisis will have a significant impact on the city's ability to maintain service at the current levels and could potentially harm future tourism related business," one section reads, in part. "Water quality at and around the city's beaches directly affects the revenue collected in beach parking as well as possible impacts on Tourism Development Council revenue. All of these issues have a trickle down affect to the local business economy, which is heavily invested in tourism."

The city's total operating budget for FY2020 was introduced at \$31,427,905, while the capital budget was introduced at \$17,682,867.

Following some additional discussions on the budget, councilors approved a resolution adopting a proposed millage rate for FY2020 of 1.9139 mills, a proposed aggregate millage rate of 2.2072 mills and a proposed aggregate taxes levied amount of \$10,104,651.

The first public hearing on Sanibel's tentative budget and tentative operating millage rate will be held on Monday, September 9 at 5:01 p.m. The second and final budget public hearing will take place on Monday, September 23 at 5:01 p.m. Both meetings will be held at MacKenzie Hall, located at 800 Dunlop Road.✱



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Plant Smart

Maypop

by Gerri Reaves

Maypop (*Passiflora incarnata*) is a hardy perennial vine of the passionflower family and native to most of the eastern half of the U.S.

This species is the showiest of native passionflowers, of which several are listed by the State of Florida as endangered.

Spanish explorers gave it the name passionflower because they saw symbols for the "Passion of Christ" in the cross shapes in the flower's structure.

"Maypop" refers to the popping sound the fruit makes when stepped on.

It has a host of common names, among them purple passionflower, wild passionflower and apricot vine, the latter probably because of the fruit's size.

Butterfly gardeners will want to include this species in the garden, for it is the larval host plant for butterflies such as the gulf fritillary, variegated fritillary, Julia heliconian and the zebra longwing, Florida's state butterfly.

This fast-grower uses twining tendrils to easily climb fences, trellises, or walls. Stems reach up to 25 feet long.

It thrives sprawling on the ground. It can be used as groundcover or even as a container plant.

The alternate three-lobed leaves are dark green with fine-toothed edges. They measure up to eight inches wide



Native maypop is a butterfly-friendly, low-maintenance vine that flowers most of the year photo by Gerri Reaves

and can vary in shape on the same plant.

Describing the three- to five-inch flowers as showy is an understatement.

Five purple or lavender sepals and five petals alternative beneath the striking frilly crimped filaments.

At the center is a conspicuous fleshy white stigma with five elevated stamens.

The vine's pulpy yellow or green

fruit called maypop resembles a tiny smooth melon. Edible and about the size of a hen's egg, it is used in making jellies and jams but isn't considered very palatable.

Give this vine fertile well-drained soil and full sun for at least part of the day. It is highly drought tolerant and moderately salt tolerant.

Propagate it with seeds or cuttings. It spreads by sending out shoots via rhizomes, horizontal stem-like root.

Native Americans used it medicinally for a variety of ailments.

Sources: *A Gardner's Guide to Florida's Native Plants* by Rufino Osorio; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Right Plants for Dry Places* by Suncoast Native Plant Society; *Wildflowers of Florida* by Jaret C. Daniels and Stan Tekiela; <http://www.eattheweeds.com>; www.flwildflowers.org

www.floridata.com; www.fnps.org; www.plants.usda.gov, and www.regionalconservation.org.

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

Spiny Lobster Season Opens Next Week

Spiny lobster season opens with the two-day recreational mini-season on Wednesday and Thursday, July 24 and 25, followed by the regular commercial and recreational lobster season, which starts Tuesday, August 6 and runs through March 31, 2020.

"Spiny lobster season is an exciting time of year to be on the water," said Florida Fish and Wildlife Conservation Commission (FWC) Chairman Robert Spottswood. "But it's also a time to remember safety on the water and to remember the importance of taking care around Florida's important coral reefs."

Planning on catching some of these tasty crustaceans? Learn more about bag limits, size limits, where to harvest and other regulations at www.myfwc.com/fishing by clicking on "Saltwater Fishing," "Recreational Regulations" and "Lobster," which is under the "Crabs, shrimp and shellfish" tab. Get your license and spiny lobster permit at www.gooutdoorsflorida.com.

If bully netting this season, keep lights directed toward the water and avoid shining them at houses or people along the shoreline, and keep sound levels low when near shoreline residences.

Use care around corals and other marine life, and care with yourself and other divers. Always use a divers-down warning device.

For more information on divers-down warning devices, visit www.myfwc.com/boating by clicking on "Boating Regulations."*

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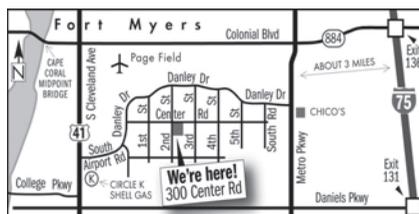


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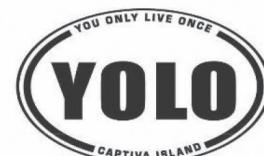
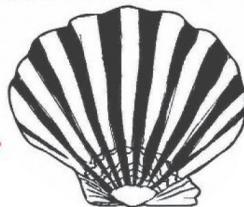
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Barry Fires Up The Bite



by Capt. Matt Mitchell

Slow-moving Tropical Storm Barry developed right on top of us over the past week and dropped rain at almost any time. Dodging or trying to avoid the rain

worked out for the most part, though I seemed to get soaked at least once a day. Rains and winds associated with this disturbed weather pattern kept the water stirred up and made fishing out along the beaches just too rough. Action in and around the passes was nonstop with the dirty, milky-looking water proving to be the perfect set up for catching snook, redfish and trout.

Cloudy cooler days were a much-needed break from our oppressive summer heat, making it much more bearable. The disturbed weather pattern also cut down on boat traffic as most days only a few boats could be found fishing the normally busy passes. On our trips this week, we spent our time fishing in and around all the passes with the best bite coming during the outgoing tide.

Snook fishing has kicked into high gear with 30-plus fish days becoming normal. Most of these fish are not big, measuring from 20 to 26 inches, though most trips we tied into a few larger

females. Along with snook in the passes, we also caught redfish and trout while doing the same thing. Small pinfish and grunts put down close to the bottom with either a split shot or sliding sinker was the best presentation. By both drifting or anchoring in the passes, we caught lots of fish. If you see everyone drifting and catching fish, don't anchor in the middle of the drift. Some days a strong southerly wind was opposite to the tide, making drift fishing impossible and requiring anchoring.

I located snook on the bayside of Cayo Costa in super clear water while fishing in the northern sound during a full day charter this week. The first group of 30 to 50 fish I spotted were smaller males that, once we got the boat set up, we caught on almost every cast. Moving a little further down the same shoreline was the reason the small males were in such good numbers, a group of much larger female snook. On our first few casts, we watched these big girls just cruise by the bait. We then cast the shiners almost to the beach so the bait would slowly drift through these laid-up snook. After several casts we did get to watch one of these bigger fish flash and flair its gills as it inhaled the bait in about a foot of water. Although we only managed to hook and land one of these 30-plus-inch fish, it was awesome to see the ariel show in the super shallow water as this fish almost beached itself.

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. ✨



Greg Treep from Minnesota with a 31-inch snook caught and released with Capt. Matt Mitchell this week photo provided

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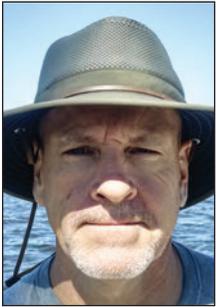
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CROW Case Of The Week:

Sea Turtle Hatchlings



by Bob Petcher

Loggerhead sea turtles (*Caretta caretta*) return to Southwest Florida beaches each year to nest in late April/early May. After the eggs incubate for roughly two months, the hatchlings emerge from those nests upon hatching, seek the moon glow as natural light in their pursuit to reach the gulf and swim for their lives using the Gulf Stream in hopes to reach the Sargasso Sea.

This is the time of year when we commonly start to see loggerhead sea turtle hatchlings on our beaches. In the last two weeks, CROW has admitted 13 hatchlings from the beaches of Sanibel and Captiva. CROW partners with the Sanibel-Captiva Conservation Foundation (SCCF) and others in helping the juvenile reptiles reach the waters.

“Conservation efforts often involve multiple organizations, and we are proud to work closely with our partners at SCCF to help the local sea turtle population,” said Dr. Robin Bast, CROW’s staff veterinarian. “SCCF monitors the nest sites, and if any hatchlings appear to be in need of medical attention – from

injuries, heat stress, or due to congenital abnormalities – they are brought to CROW. A hatchling that is strong and healthy, but was disoriented and ended up going the wrong direction will be released immediately by SCCF.”

Some hatchlings are born with congenital defects, while others that become disoriented end up exhausted while making their way to the ocean. In most cases, ones that are disoriented or exhausted just need a place safe from predators to rest before making their journey out to the sargassum where they spend the first years of their life. They are able to be released to the Gulf of Mexico the same evening they arrive under the cover of darkness.

The fate of the 13 hatchlings that were admitted to CROW recently remains guarded.

“About one third of the hatchlings that are admitted have some type of congenital defect such as shell deformity, flipper abnormalities or jaw abnormalities,” said Dr. Bast. “(Depending) on the defect, some require no medical intervention, others may require surgery, and the most severe defects prevent the hatchlings from being able to swim and survive in the wild, so those are humanely euthanized.”

Last year, CROW admitted 65 hatchlings during the course of sea turtle season. Beachgoers can help the many hatchlings emerging on local beachfronts by filling in any large holes in the sand, removing items from the beach at night such as chairs or anything that may impede a hatchling, and turning off any lights that are visible from the beach.

To be successful, the whole process



Two of the recently admitted 13 loggerhead sea turtle hatchlings at CROW

photo by Brian Bohlman

needs attention, protection and the assistance of island residents, businesses and visitors alike. Remember, sea turtles are actually the first seasonal residents of Southwest Florida, having established their footprints in the sand longer than any of our ancestors, in a ritual that dates back to the dinosaur era.

“Hatchlings can become injured or trapped when caught up in obstacles on the beach. To minimize the chance of this happening, please leave the beach as you found it – clean up all trash, fill in holes, level out sandcastles and remove all beach furniture,” pleaded Dr. Bast. “Hatchlings can also become disoriented by lights

along the coastline – make sure to use approved infrared light bulbs instead for your home’s floodlights and avoid using flashlights on the beach. These things make a big difference in helping hatchlings successfully find their way to the ocean.”

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



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Shell Of The Week

Elegant Glassy Bubble



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

Haminoea elegans (Gray, 1825) has been found locally

measuring up to 17 mm. The shell is very thin, almost elongate-ovate. Sculpture of very fine spiral grooves. There is an orifice on the apical region of shell, known as an apical depression. This is a very variable species; compare with *H. antillarum*, which is usually smaller, more rounded overall, with less well-defined spiral lines, and lacks the apical depression. Color may be translucent dirty-white, greenish, yellowish, or pink. Animal translucent with brown and black mottling and spots. Pink shell varietal in photos collected in June 2019 by Bruce Schulz, at Bunche Beach, Fort Myers, Florida. Read more about local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

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BMSM 129121
Haminoea elegans
Fort Myers, Florida, USA

The Elegant Glassy Bubble, *Haminoea elegans*

photo by James F. Kelly

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The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. Call 395-2233 or visit www.shellmuseum.org.

Blue Crab Trap Closure Ends

The Southwest Florida recreational and commercial blue crab trap closure previously scheduled for July 10 to 19 will end early because efforts to remove lost and abandoned traps in this region will have been completed. Starting July 15, blue crab traps may be

placed back in state waters from the Palm Beach-Broward county line to the Pasco-Hernando county line.

Coastal waters from Hernando through Wakulla counties, including all waters of the Ochlockonee River and Bay, are scheduled to close to blue crab traps from July 20 to 29.

For more information, visit www.myfwc.com/fishing (click on "Saltwater Fishing" then "Trap Retrieval/Debris Removal").

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Volunteers Sought For Scallop Search

Volunteers are needed to snorkel in select areas within Pine Island Sound to look for scallops on Saturday, August 17 from 8:30 a.m. to 2 p.m. Scallop searchers will meet at at Pineland Marina, 13921 Waterfront Drive in Bokeelia, to receive survey equipment and instructions for monitoring. This is not a harvest event. Lunch will be provided to participants once they return to shore and report on information.

This year's event is being organized by the Sanibel-Captiva Conservation Foundation (SCCF) and Florida Sea Grant - UF/IFAS Lee County Extension.

The purpose of the program is to monitor and document the health and status of the bay scallop population, and is designed to be a fun family event.

Along with 110 volunteer snorkelers, up to 40 boats are needed to search select sites in Pine Island Sound and San Carlos Bay for the elusive bay scallop. Large populations of bay scallops (*Argopecten irradians*) disappeared from Southwest Florida waters decades ago due in large part to degraded water quality, related declines in seagrass acreage, over harvesting and other causes. Water quality and



Bay scallops disappeared from Southwest Florida water decades ago but there have been some modest comeback attempts photo provided

seagrasses have improved in many areas to levels that may once again support these important bivalves.

Volunteers with shallow draft boats are needed. Let officials know how many additional people you can take on your boat so you can be paired up with other snorkelers. Snorkelers without boats are welcome, however, space is limited.

Canoes and kayaks are also welcome, but sites are limited so early

signup is recommended. Jet skis are not allowed in the search. Bring a dive flag if you have one. Volunteers need to bring a mask, snorkel and gloves and be able to snorkel/swim 50 meters (about 150 feet) along the bottom. Fins and weight belt are optional but suggested.

Reservations are required and survey sites and equipment are limited. Go online to register at www.eventbrite.com/e/2019-pine-island-sound-scallop-search-tickets-64169506722.

FISH Offers Free Transportation

The FISH of SanCap Transportation Program is a resource available year-round to on-island neighbors without vehicles or who are unable to drive. Residents can request rides to on or off-island, non-emergency medical and dental appointments in addition to transportation for on-island errands, such as grocery shopping and banking.

The complimentary program is operated by FISH volunteers who, in 2018, provided 183 rides for island neighbors. FISH volunteer drivers provide a door-to-door, personalized transportation service, taking individuals to and from appointments, and waiting with them until they are ready to return home.

FISH tries to fulfill every ride request, however, occasionally the demand for rides exceeds the supply of volunteer drivers. A 72-hour advance request is recommended for all rides. Drivers confirm all ride requests the day before the appointment. Persons requesting rides that cannot be arranged will be notified as soon as possible so that they may make other arrangements.

If you or anyone you know is in need of transportation services, contact the FISH 24-hour telephone service at 472-0404. If you are interested in learning how to become a volunteer driver, contact Maria Espinoza at 472-4775.

For more information, visit www.fishofsancap.org.

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CROW Calendar Of Events



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

For reservations, contact the Visitor Education Center at 472-3644 ext. 229 or reservations@crowclinic.org. Hours are 10 a.m. to 4 p.m. Monday through Friday. Daily presentations and Wildlife Walk hospital tours are offered Monday through Friday at 11 a.m. CROW is located at 3883 Sanibel-Captiva Road.

Friday, July 19, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Friday, July 19, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Owls of Southwest Florida (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five

species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Friday, July 19, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Birds of Prey (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.

Monday, July 22, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Monday, July 22, 11 a.m., adults:

\$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

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

Tuesday, July 23, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Tuesday, July 23, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

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

animal species. One of CROW's animal ambassadors will be present.

Wednesday, July 24, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Wednesday, July 24, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – CROW Case of the Week (daily presentation).

CROW's teaching hospital offers externship, fellowship and internship opportunities for natural science and veterinary medicine students. While on site, students learn the ins and outs of conservation medicine and wildlife rehabilitation, and share their favorite patient stories. One of CROW's animal ambassadors will be present.

Wednesday, July 24, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

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

Thursday, July 25, 11 a.m. to 12:30 p.m., \$25 per person, advance registration with payment required – Wildlife Walk with Rehabilitators and Staff hospital tour.

Wildlife Walks are approximately 1.5 hours: a 45-minute presentation with a 45-minute tour. Not recommended for children under the age of 13. Photography opportunity following the tour with an animal ambassador.

Thursday, July 25, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Birds of Prey (daily presentation).

Raptors are birds that prey on other animals in the wild to survive. Their specialized beaks and talons make them some of the most effective hunters. This presentation discusses the unique adaptations of the native and migratory raptors of Florida. One of CROW's animal ambassadors will be present.

Thursday, July 25, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profiles: Sea Turtles (daily presentation).

There are seven different species of sea (or marine) turtles, and human activities have tipped the scales against the survival of these reptiles. Most species of sea turtle are classified as endangered, and CROW is the only licensed sea turtle facility between Sarasota and Marathon, Florida. From boat strikes to washback hatchlings, one of CROW's team members explains why they are admitted and how the medical staff treats this species. One of CROW's animal ambassadors will be present.*

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Choosing Your Kayak

by Kealy McNeal



If you are interested in purchasing a kayak, it is important to choose the right vessel for your budget and paddling plans. The difference between recreational and touring kayaks can be perplexing. Some people think of recreational kayaks as cheap touring kayaks, and they are correct – to a certain extent. Touring kayaks are often more expensive since, in addition to being constructed from better materials, they have more features. But price is not the only difference. The two kayak categories are designed with separate purposes in mind.

Recreational kayaks are usually constructed of polyethylene, and are 10 to 12 feet long and 27 to 30 inches wide at the cockpit, giving them extra stability. They're used mainly by

beginners and anyone planning to fish or take photographs from their boat without rocking too much. However, the cheaper materials do come with a downside. Recreational boats are heavier than touring kayaks, which are often constructed from carbon fiber or similarly lightweight composites.

Touring kayaks are considered an upgrade. They are longer, thinner, and packed with features that appeal to serious kayakers who want to paddle faster and farther. One of the biggest differences between touring and recreational kayaks is the hull design. Touring kayaks are designed to track well in strong currents and increase lift in rough water so they don't get swamped by waves. They can be less stable and harder to maneuver than recreational models.

The choice between a recreational kayak and a touring kayak really comes down to the environment you intend to use it in. We are happy to advise, if you need help making a decision.

Ocean Tribe Paddlers is a branch of Sanibel Sea School that helps the local paddling community better explore, enjoy and understand the ocean. Visit www.oceantribepaddlers.org, or follow on Facebook or Instagram to learn more.

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, July 21.



Every third Thursday of the month is Open Mic Night from 6 to 9 p.m. All are welcome to join in.

The 9 Ball Pool Tournament begins at 5 p.m. on Monday nights.

On Tuesdays, tacos are served all day. Spaghetti and meatballs are served all day on Wednesday. On Fridays, a six-ounce ribeye steak sandwich is on the menu. There are daily specials as well as half-pound burgers. Food is served from 11 a.m. to 8 p.m.

If you have a flag that needs to be retired, you can drop it off at Post 123.

American Legion Post 123, located at Mile Marker 3 on Sanibel-Captiva Road, is open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. The public is welcome. For more information, call 472-9979.

Fish Caught



Mason Cornelius photo provided

Mason Cornelius caught a 13-pound, 25-inch tripletail off the beach recently. Mason's family has been coming to Sanibel for over 40 years. The men in the family are avid beach fisherman and this is the largest and only tripletail caught to date. The family vacations every year during the month of July at the Mermaid Cottage in Gulf Pines.

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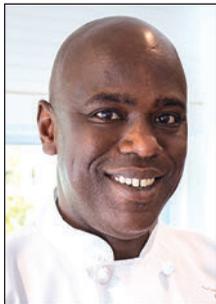
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The Community House

Raspberries



by Resident Chef Jarred Harris

Raspberries are the fruit of the raspberry plant and is something I look forward to every summer. The raspberry plant is a member of the "Rose" family and is indigenous to Turkey and North America where wild varieties of raspberries are still grown. Raspberries have been collected as a food source and the plant used as medicine since prehistoric times.

There are two types of raspberry, the "red" raspberry and the "black" raspberry. Among these types there are 200 different varieties. There is also a "purple" raspberry which is a cross between the red and black raspberries and a yellow raspberry which is a genetic mutation of red raspberries.

Raspberries have been cross bred with other berries for centuries to create new types of berries. The loganberry is a cross between the raspberry and the blackberry; the boysenberry is a cross

between red raspberries, blackberries and loganberries and the nespberry is a cross between a raspberry, dewberry and a blackberry.

Raspberries are an excellent source of Vitamin C, Vitamin A, B1, B2, B3, folate, Vitamin K, magnesium, manganese, potassium, copper, calcium and iron. Because raspberries are full of powerful antioxidants, they have been used to treat cholera, dysentery, certain types of cancer, high blood pressure and inflammation of the joints. Throughout history raspberries, their leaves and roots have been used for everything from bee stings, inflammation, fevers and intestinal problems.

This time of year, many different varieties of raspberries can be found fresh or frozen. Here is a simple recipe to try:

Raspberry Chicken and Pinenut Salad

- 1 sm. jar organic raspberry preserves
- 2 tbsp. olive oil
- 1 tbsp. white wine vinegar
- 1 tsp. dijon mustard
- Salt and ground black pepper
- 2 tbsp. scallions (minced)
- 1 cup raspberries (fresh)
- 4 cooked chicken breast (cut into 1-inch pieces)
- ½ cup pinenuts (toasted)
- Method
- Place the raspberry preserves, oil, vinegar, Dijon mustard and salt and pepper into a mixing bowl. Whisk until well blended.

Add the scallions, raspberries and

iced chicken to the vinaigrette. Gently toss until well coated.

Add the pinenuts to the salad and serve over a bed of lettuce.

*Resident Chef Jarred Harris heads the Culinary Education Center at The Community House on Sanibel. For volunteer opportunities or questions, contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.**

Free Parking And Swimming At Lee County Parks

In recognition of National Park & Recreation Month, Lee County Parks & Recreation will offer free pool admission and free parking on Saturday, July 27 and Sunday, July 28.

On June 18, Lee County Board of County Commissioners signed a resolution designating July as National Parks & Recreation Month in Lee County. The Lee County commissioners recognized Lee County Parks & Recreation as an agency that touches the lives of individuals, families, groups and the entire community and positively impacts the social, economic and environment quality of the county.

This year's national theme is Game On (#GameOnJuly). The City of Cape Coral also is participating by waiving fees at its five boat ramps, including the Yacht Club Boat Ramp, Horton Park,

Rosen Park, Burnt Store Marina and BMX Boat Ramp.

Lee County Parks & Recreation sites offering free swimming or free parking include:

Regional parks: Lakes Park, Manatee Park, Hickey Creek Mitigation Park, Caloosahatchee Regional Park, Six Mile Cypress Slough Preserve, Caloosahatchee Creeks Preserve;

Beach sites: Bonita Beach Accesses No. 1 and No. 10, Bonita Beach Park, Bowditch Point and Lynn Hall Memorial Park, Bunche Beach, Bowman's Beach and Turner Beach (north side only of Blind Pass);

Boat ramps: Punta Rassa, Matlacha, Alva, Davis, Pine Island Commercial Marina and Imperial River;

Pools: Lehigh Community Pool, North Fort Myers Community Pool, Pine Island Community Pool and San Carlos Community Pool.

Other recreational sites with Lee County that are owned or maintained by other government entities are not included in the free swim/free parking weekend. These include Barefoot Beach, beach access points managed by the Town of Fort Myers Beach and City of Sanibel sites, including the south side of Blind Pass.

For more information about Lee County Parks & Recreation locations, amenities and other special events, visit www.leeparks.org, call 533-7275 or email leeparks@leegov.com. Download the Come Discover Map online or pick one up at any Lee County site.*

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Additional Presentations Offered At CROW

The Clinic for the Rehabilitation of Wildlife (CROW) will be offering additional presentations at 2 p.m. on Wednesdays, Thursdays and Fridays through August 16.

Daily presentations, which are also offered Monday through Friday at 11 a.m. in CROW's AWC Visitor Education Center, allow visitors to engage with a staff member or student while learning more about the patients admitted to CROW's wildlife hospital. Presentations last approximately 45 minutes and topics cover a variety of native Southwest Florida wildlife such as gopher tortoises, owls and snakes.

"We want to ensure everyone who visits CROW has an opportunity to interact with our staff and meet our ambassadors," said Alison Charney Hussey, CROW executive director. "With the increase of summer visitors we have had this year, more presentations were needed."

The additional afternoon topics will include Virginia Opossums each Wednesday, Sea Turtles on Thursdays and Birds of Prey every Friday. Each presentation features one of CROW's animal ambassadors, non-releasable wildlife due to injury or other circumstances.

CROW's AWC Visitor Education



Talon, a red-tailed hawk and animal ambassador at CROW photos provided

Center is open Monday through Friday from 10 a.m. to 4 p.m. The daily presentations are included with general admission; \$12 for adults, \$7 for ages 4 to 12 and no charge for those 3 and



Wildlife Rehabilitator Morgan Hester delivers a presentation on Birds of Prey, offered every Friday at 2 p.m. through August 16

under. CROW's popular Wildlife Walk guided hospital tours are also offered Monday through Friday at 11 a.m. for an additional cost and advance registration.

For the full schedule of presentations, visit www.CROWClinic.org.

CROW is located at 3883 Sanibel-Captiva Road.✱

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Jerk Chicken with Mango Salsa

- 2 mangoes, diced small
- 3-4 chicken breasts
- 1 bell pepper, diced small
- 3 tablespoons cilantro, chopped
- 1 lime, juiced
- 1 jar jerk marinade (your favorite)
- Oil for cooking
- Sea salt and fresh ground pepper, to taste

Combine chicken and jerk marinade in storage container or sealable plastic bag and marinate 4 to 8 hours. In a mixing bowl combine diced mango, bell pepper, cilantro, and lime juice. Store in refrigerator until ready to use.

Preheat oven to 375 degrees. Remove chicken from refrigerator and preheat a large sauté pan to medium-high heat with 1 tablespoon oil. Wipe off excess marinade and place chicken in pan. Sear on both sides, transfer to oven safe dish



Jerk Chicken with Mango Salsa
and finish cooking until an internal meat thermometer reads 165 degrees. Remove from oven, cover, and allow to rest for at least 10 minutes. Top with the mango

photo courtesy Fresh From Florida
salsa or serve on the side.
Fresh tip: mangoes are high in vitamin C and fiber, making them a great part of a balanced diet.*

LIVE ON THE ISLANDS

Island Cow on Periwinkle Way has live entertainment on Friday with Dan Confrey. Peter Redpath plays on Saturday. On Sunday, it's Dan Confrey.

The Jac Sanibel Island Bar & Grille has live entertainment on Friday with David & Mitch. Sol Rydah performs on Saturday. Paul Rozmus plays on Tuesday and Wednesday. On Thursday, it's James Prather.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and guest. Dusk Duo performs on Saturday and Wednesday. On Thursday, it's Jazz Night with Woody Brubaker.

Restaurant owners/managers, please email or fax any changes to your entertainment schedule to press@islandssunnews.com or 395-2299.*

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Map showing location at Sanibel Marina, Periwinkle Way, Chamber Causeway Rd, N Yachtman Dr.

New Manatee And Sea Turtle Decals Available

The Florida Fish and Wildlife Conservation Commission (FWC) is unveiling its new 2019 manatee and sea turtle decals. The high-quality stickers, featuring original artwork, are a fun way for people to support the research, rescue and management efforts that conserve these species and spread the word about the challenges they face.

Every July, the FWC introduces new manatee and sea turtle decals that are available with a \$5 donation. The waterproof decals are designed to look good on a vehicle's bumper or the side of a boat, and they can also be found on laptops, water bottles and coolers throughout the state. Get yours when registering or re-registering a vehicle or boat at local tax collector's offices across the state.

"When someone purchases a manatee or sea turtle decal and displays it, they're not only contributing financially to conservation," said Carol Knox, who leads the FWC's Imperiled Species Management Section. "They're raising awareness about these species and specific issues they face. It's a simple way to make a difference for Florida wildlife."

More than 6,000 manatees swim in the state's coastal waters, rivers and freshwater springs, and about 20,000



This kayak has a "Warm Water Saves Manatees" sticker on its bow photo provided

sea turtles nest each year on Florida's Atlantic and gulf coast beaches. The decals help fund manatee and sea turtle conservation efforts. For example, when someone calls the FWC's Wildlife Alert Hotline at 888-404-3922 to report an injured, entangled or sick manatee or sea turtle, FWC staff works with partners to respond and rescue the animal.

The decals also spotlight important conservation issues:

but many of them spend most of their lives in Florida waters. Marine debris can have a big impact on Florida's sea turtles, so make a difference by keeping the beaches clean.

Learn more about how to help conserve manatees and sea turtles at www.myfwc.com/manatee and at www.myfwc.com/seaturtle, where you also can click on "Decals" to order new or past editions of decals. You can also support these species by purchasing a "Save the Manatee" or "Helping Sea Turtles Survive" license plate at your local tax collector's office. For additional information about how to get involved, you can also visit the Fish & Wildlife Foundation of Florida's website at www.wildlifeflorida.org.

Top 10 Books On The Island

1. *Little Fires Everywhere* by Celeste Ng
 2. *Weight of Ink* by Rachel Kadish
 3. *Sunset Beach* by Mary Kay Andrews
 4. *City of Girls* by Elizabeth Gilbert
 5. *Educated* by Tara Westover
 6. *Mostly Dead Things* by Kristen Arnett
 7. *Southernmost* by Silas House
 8. *Great Believers* by Rebecca Makkai
 9. *The President is Missing* by James Patterson and Bill Clinton
 10. *Reckoning* by John Grisham
- Courtesy MacIntosh Books and Paper.✱

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Award-Winning Author Coming To Refuge In 2020

With the coastline now under siege from red tides, algae and rising seas, Michael Grunwald's award-winning book – *The Swamp* – about the Florida Everglades' backstory has never been more relevant or urgent.

On March 20, 2020, the author will make a special appearance at The Community House on Sanibel, hosted by the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS) to benefit water-quality research and education at the JN "Ding" Darling National Wildlife Refuge.

The bestselling Florida author will be doing book signings at two separate events on Friday, March 20. An exclusive cocktail and nosh reception with an author meet-and-greet starts at 5:30 p.m. for a limited number of ticketholders. At \$125 each, reception tickets also include reserved VIP seating at his 7 p.m. lecture that will follow. Tickets for the lecture are \$30. All tickets will go on sale November 1.

The Swamp: The Everglades, Florida, and the Politics of Paradise, which informed the 2018 PBS documentary *The Swamp*, tells the story of the manmade destruction and attempted resurrection of the Florida Everglades, the riveting history of humanity's relentless war against nature in Florida, and its belated efforts to make peace.

Reviewers from *The Washington Post* declared *The Swamp* "brilliant." The

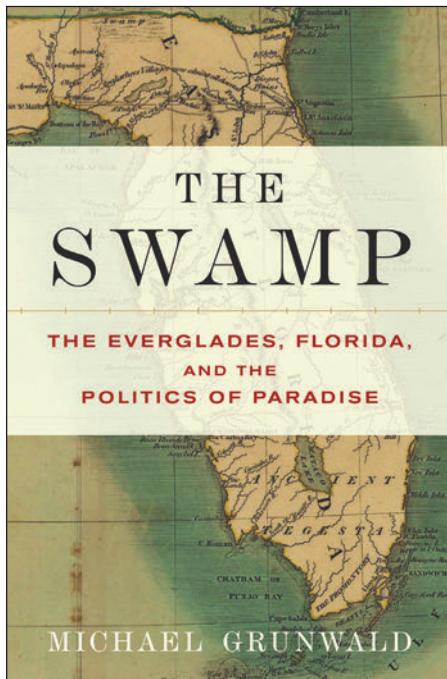


image provided

Boston Globe called Grunwald "a superbly lucid and masterful stylist, blending exhaustive research and superlative prose into a book as valuable as a week in Fort Lauderdale at one-hundredth the price."

Grunwald, a senior writer for *POLITICO Magazine*, has won the George Polk Award for national reporting, the Worth Bingham Prize for investigative reporting, and many other honors in his 25-year journalism career. *The Swamp* and a later book, *The New New Deal: The Hidden Story of Change in the Obama Era*, both won him the gold

medal for non-fiction at the Florida Book Awards. Grunwald is now working on a new book about food and climate change.

For more information, contact Dot Voorhees at 472-1100 ext. 239.*

Bill To Support Postsecondary Attainment Goal

On June 24, Florida Gov. Ron DeSantis signed House Bill 7071 into law, which among its many provisions, sets in statute a postsecondary attainment goal for the state of Florida.

The SAIL to 60 initiative sets the goal for at least 60 percent of working-age Florida adults to hold a high-value postsecondary degree, certificate or training experience by the year 2030.

Southwest Florida's FutureMakers Coalition was credited in part with helping to influence the state's adoption of this goal, according to Laurie Meggesin, executive director, Florida College Access Network.

"The FutureMakers' leadership, dating to the very early days of this effort, has been a major champion of ensuring all Floridians have the opportunity to attain a degree or certificate beyond high school, and helped the legislature understand the importance of this goal," said Meggesin. "Having a FutureMakers partner from Lee Health present to the postsecondary education committee alongside FCAN and giving FCAN the opportunity to tell FutureMakers' stories to illustrate the power of collective impact helped lawmakers see the value and possibilities for the good that can result when local leaders and stakeholders work together to solve complex social issues."

Established in 2015, FutureMakers' goal is to transform Southwest Florida's workforce through collective leadership along the cradle-to-career pathway. The pathway begins with early childhood learning and ends with postsecondary credential attainment and job placement. The coalition has grown to more than 300 FutureMakers partners representing business, education, government, nonprofits and philanthropy across Glades, Hendry, Collier, Lee and Charlotte counties.

"The work that we are doing with the FutureMakers Coalition is creating unprecedented opportunities to create more dynamic relationships between employers, education, government agencies and nonprofit organizations," said Michelle Zech, strategic HR business partner, Lee Health. "With an extremely low unemployment rate and the competition for qualified employees, it is crucial that we work collectively to stimulate interest in and facilitate development of a variety of post-secondary credentials, degrees and certificates to create a more skilled workforce. It was an honor to be able to share our success with the postsecondary education committee and to see them act on it for the betterment of our workforce and economy, statewide."

The new statute calls for the Florida Board of Education and Board of Governors to collaborate on several initiatives, including support for Florida

College Access Network (FCAN)-coordinated initiatives such as the FAFSA Challenge as well as FCAN-supported "public-private partnerships" of cross-sector leaders and organizations that work together to solve community-specific issues related to attainment.

Meggesin added that the Talent Development Council (formerly the Higher Education Coordinating Council) will be developing a strategic plan to achieve the goal.

"This is a real testament to the FutureMakers' partners' incredible work in our region and throughout the state," said Sarah Owen, president and CEO of the Southwest Florida Community Foundation, the backbone organization for FutureMakers Coalition. "State leaders are not only paying attention to the work being done in our five-county region, but they also recognize that local and regional collective action is essential to achieving the SAIL to 60 goal."

The FutureMakers Coalition was one of Lumina Foundation's 75 national Community Partners in Attainment. Residents are encouraged to join and support this community-changing initiative. For more information or to get involved, visit www.futuremakerscoalition.com, call 274-5900 or email Tessa LeSage at tlesage@floridacommunity.com.*

From page 1

Rip Currents

a current and being pulled out, remain calm. Try swimming parallel to the shore, not straight in. The further out you go, the strength of the current becomes less.

Take Your Time – Swim at a moderate pace, or try floating and treading water. "I like to swim using a sidestroke, where the head always stays out of the water."

Call For Help – If unable to swim back to shore, draw attention to yourself. Face the shoreline, wave your arms and yell for help.

Wear A Life Vest – When going out on a boat or jet ski, always wear a PFD (personal floatation device). Know where they are stored on a vessel and how to use them. Make sure there is a PFD for everyone aboard; make sure they are size appropriate.

Training – Consider attending a water safety program offered by the Sanibel Fire Rescue District, who has several PFDs available on a loaner basis (provided with assistance by the Sanibel-Captiva Power Squadron). Free training programs are available to local clubs, groups and organizations; call Tim Barrett at 472-5525 for more information.

"Try not to become a victim yourself," Barrett said of people who attempt to help someone in distress. "If you're not a good swimmer, don't try to rescue them yourself. Know your limitations. People who are good pool swimmers might take in a mouthful of salt water, and things change very quickly."

When going out to provide assistance to a swimmer in distress, grab a pool noodle or something that floats to hold onto. As always, if you see somebody who is caught in a rip current or in immediate danger, call 9-1-1.*

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Finn Hussey on the interactive floor at the Sanibel Public Library photos provided



Elzie Doelitch making galaxy slime (PG-13).

If you love dogs and books, you can read to Bessie, a bearded collie and trained reading education assistance dog. At 2 p.m. on Tuesday, July 23, children can sign up on-the-spot, weather permitting.

Family Storytime (for babies to age 5) will be held at 11 a.m. on Wednesday, July 24.

Sixth through 12th graders are invited to VIP After-Hours on Wednesday, July 24 from 6 to 7 p.m. VIP evenings feature snacks and games.

The World of Reptiles showcase with John Storms, scheduled for July 23, has been canceled.

No registration is required for weekly children's summer programs, which run through July 24.

Play in the library's Think Tank from 10 a.m. to 4 p.m. on Friday, August 2. The MagixBox projects interactive images from the ceiling to the floor. You can squish mosquitoes, crush eggs or make a trail of stars. Stay as long as you choose during this family-friendly self-directed program.

The full event schedule is on the calendar at the library's website, www.sanibel.org. During the summer, the library is open from 9 a.m. to 1 p.m. on Saturdays.

The Sanibel Public Library is located at 770 Dunlop Road. For more information, call 472-2483.✪

maintained its "B" grade for a sixth year in a row. However, the district increased in total points, moving it within three percentage points of an "A" grade.

Eighteen schools increased their school grades including Trafalgar Elementary which moved from a "C" to an "A."

Superintendent Dr. Greg Adkins summed the results up in one word: awesome. "The work that our teachers, administrators and district leaders did over the last year is a testament to their dedication and commitment to personalizing education for our students. I also want to thank our families for their

engagement, and our students for their hard work."

Fifty-five district schools maintained their letter grades, while seven dropped, a decrease of 50 percent from last year. In addition, the School District of Lee County is the only district of the top 10 largest in Florida that does not have a "D" or "F" school.

East Lee County High School increased its grade from a "D" to a "C" which means it comes out of Differentiated Accountability (DA) status at the state level. DA schools are identified for escalating interventions, support and monitoring. Since Dr. Adkins has served as superintendent, the district has gone from 12 DA schools to none.

"This is a huge accomplishment for a district of our size with the diverse student population we have," explained Dr. Adkins. "Our passion to educate every child, no matter his or her background, is clear and we will continue our mission of helping all students reach their highest personal potentials."✪✪

ISLAND SUN BUSINESS NEWSMAKERS

Realtor Earns Designations

Chip Wolfe of RE/MAX of the Islands has fulfilled the educational requirements and has earned the Graduate of the Realtor Institute (GRI) and Sanibel and Captiva Islands Specialist (SCIS) professional designations.✪



Chip Wolfe

Discover Brave New Worlds At Sanibel Library

There is still time for families to register children for Sanibel Public Library's summer reading program. The A Universe of Stories program commemorates the 50th anniversary of NASA's *Apollo 11* mission when astronauts first set foot on the moon on July 20, 1969.

As in years past, children read to earn books for their home library and for patients at Golisano Children's Hospital of Southwest Florida. Children who participate in the program can receive books they can keep for their own personal library. The Sanibel Public Library Foundation matches each book "earned" with a book for the children's hospital. Readers can log hours and activities through August 3, and pick up books through August 10. This summer, more than 250 children, from babies to teens, have logged 97,223 minutes of reading.

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the annual summer reading program. The fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory.

On Monday, July 22, stop by the library at 1 p.m. to watch a family-friendly movie (*Captain Marvel*, rated

State Releases School Grades For 2018-19

The Florida Department of Education just released the preliminary school grades for the 2018-19 school year.

According to the results, 60 percent of traditional Lee County public schools, not including charters, earned an "A" or "B," an increase of eight percent over last year. The School District of Lee County

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Book Review

Lost Roses

by Di Saggau



Lost Roses by Martha Hall Kelly is a prequel to her best selling *Lilac Girls*. This thoroughly enjoyable novel is set a generation earlier and is inspired by true events. In *Lilac*

Girls, we met the real-life heroine, Caroline Ferriday. In *Lost Roses*, we meet Caroline's mother, Eliza. The book follows three fascinating women from St. Petersburg to Paris under the shadow of World War I. It also involves the Romanovs and the Russian Revolution. Through chapters named after each major character, we watch the women meet and part over the years and see how they inspire one another.

It is 1914, and because the world has been threatened with war so often, many New Yorkers seem oblivious to any threat. Eliza Farriday, a young wife and mother, is delighted to host her friend Sofya Steshnayva, a cousin of the Romanovs, and looks forward to traveling to St. Petersburg. The two met years ago in Paris. While thrilled to meet the Romanov daughters, Eliza is upset over the unrest in Russia.

When Austria declares war on Serbia

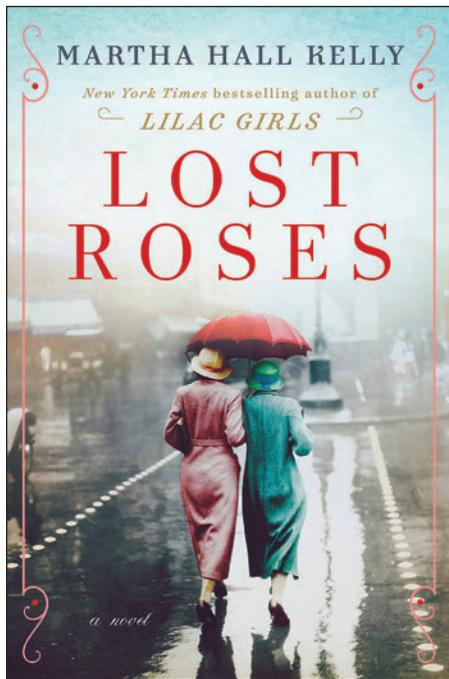


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and Russia's imperial dynasty begins to fall, Eliza goes back to America, while Sofya and her family flee to their country estate. She hires the local fortune teller's daughter, Varinka, to care for her young son. Varinka will do anything to protect him, but she ends up bringing intense danger to Sofya and her family. The three women are thrown into roles they never expected.

Eliza is fighting to help her friends and the White Russia families, as they escape the revolution. Sofya's world

has turned frightening and Varinka finds herself in a position of power concerning Sofya's son. When Sofya's letters to Eliza stop coming, she fears the worst for her best friend. *Lost Roses* delves into relationships between friends, sisters and especially between mothers and children.

Readers travel from the turbulent streets of St. Petersburg and aristocratic countryside estates to the avenues of

Paris where a society of fallen Russian émigrés live, to the mansions of Long Island. The lives of Eliza, Sofya and Varinka intersect in profound ways. Eliza was a real historical figure who helped Russian aristocrats in New York.

Lost Roses is a powerful tale, written in rich and vivid detail celebrating the unbreakable bonds of women's friendship during a very dark time in history.*

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley, My child has struggled all school year with focusing and now even during the summer, without the pressure of school, he is still struggling. How can I help him?

Cathy K., Fort Myers

Cathy,

Many kids struggle with focusing and need help learning strategies to help themselves. Here are some suggested strategies for you and your son.

Sometimes it helps to jump right into projects. Often the longer you wait to start a task, the harder it is to focus on it. This goes for projects at school and around the house. That doesn't mean your child has to do everything at once, though. To make it easier to get started, try breaking the task into chunks. The important thing is to not put off getting started with the first chunk, then complete it and move to the next. You may have to help him divide the project wisely.

Set a timer. When kids know there's a limit to how long they have to stay focused on a task, it can be easier to hang in there a little longer. When your child sits down to do homework or another not much fun task, set a timer for how long your child needs to work before taking a quick snack or a play break. You can increase the amount of time little by little as your child gets better at focusing.

Limit directions to one or two at a time. Don't overload your child with too many directions at once. When kids struggle with focus, it can be difficult for them to listen to, remember and follow through on directions. For example, at homework time, tell your child to check the assignment notebook and get out the right materials to do that day's work. When that's complete, then give two more directions and continue only giving a few directions at a time. You will gradually be able to increase the number of directions you give as your child sees success and his self-confidence increases.

Be open to what works. Some people need total quiet to focus and others do better with noise. That's why it's important to ask kids what works best for them. Maybe your child wants

to listen to music while doing homework or moving around a bit. Give it a try and see how it goes.

Direct focus back to the task. Even when using these focus techniques, kids might still get distracted and need strategies to get back on task once they've drifted. One thing you can do is devise a signal for when your child's mind starts to wander. It might be putting a hand on your child's shoulder or saying a specific word. That will be the reminder for your child to return to focus. You might want to tell your child's teacher that you're doing this at home and ask if the teacher can use the same strategy in class.

Struggling with focus or any other skill can take a toll on a child's self-esteem. Praise your child's hard work to improve focus. Point out even small improvements. And let your child know that focus skills can get better.

Remember to talk about your child's strengths as well, not just challenges. Make sure that you and your child have discussed these strengths and then you can ask them how they used their strengths on a particular assignment or activity. Talking about positives helps them stay motivated when things get tough.

Shelley Greggs is adjunct faculty at Florida SouthWestern State College, where she teaches psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. Questions for publication may be addressed to smgreggs@gmail.com. Not all questions submitted can be addressed through this publication.*

Narconon Offers Help For Drug Addiction

Narconon reminds families that the opiate problem is continuing to get worse and is now considered a "syndemic." More than ever before, communities need to come together and educate parents and their children about the dangers of drug use.

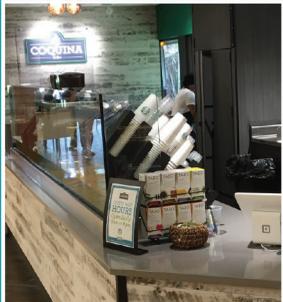
To learn more about the nation's drug crisis, visit <http://www.narconon-suncoast.org/blog/opioid-crisis-now-considered-a-syndemic.html>.

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



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FGCU Professor Speaks About Water Quality

Dr. Greg Tolley, the executive director and professor of the Department of Marine and Ecological Sciences at Florida Gulf Coast University (FGCU), spoke to business leaders at the Sanibel & Captiva Islands Chamber of Commerce July 9 luncheon at Sundial Beach Resort & Spa.

Tolley's current research interests focus on the influence of freshwater inflow on estuarine ecosystems and aquatic resources. However, he spoke to chamber business members about the differences and similarities of blue-green algae and red tide, as well as the goal of newly created FGCU Water School. While water is a broad term, the focus of the school is on water security or its impact on the health of humans and ecosystem, and economic and social development.

"I like to think about how they connect with one another," said Tolley. "If we get the water right, we have a healthy ecosystem and a healthy us. If we have a healthy ecosystem and a healthy us, we have healthy businesses and a healthy society."

Tolley explained that the water situation has been different this year. To date, the area has received only half of the rainfall this year in comparison to 2018, while the Army Corps of Engineers has been releasing water down the Caloosahatchee from Lake Okeechobee in pulses. "Water makes all the difference in the world here – in terms of what nutrients are being delivered to the system and how fresh water flows impact the system," said Tolley.

Some of the water issues we are dealing with today were created because people weren't thinking in a systems manner or how something done today might have an impact a decade later, he explained. "I want you to think about how all of these things are connected," Tolley said.



Dr. Greg Tolley photo provided

The FGCU professor has been an active member of the community, having served on the boards of the Bailey-Matthews National Shell Museum and the Sanibel-Captiva Conservation Foundation, as well as the Calusa Nature Center and Planetarium. He currently serves on the board of directors of Fish Florida, the Florida Foundation for Responsible Angling.

"We appreciate Dr. Tolley speaking to our members on the critical topic of water," said John Lai, chamber president. "It's important to understand the many impacts of poor water quality and how they are connected."

The luncheon was sponsored by Captains for Clean Water, a grassroots nonprofit organization that advocates for the elimination of harmful, large-scale Lake Okeechobee discharges into the Caloosahatchee and St. Lucie River estuaries by restoring the natural flow of Lake O water south into the Everglades and Florida Bay.

The next chamber luncheon will be held on Tuesday, August 13 at 11:30 a.m. at Captiva Island Yacht Club, located at 15903 Captiva Drive. Registration is required. To RSVP, visit www.sanibel-captiva.org or call 472-1966.✪

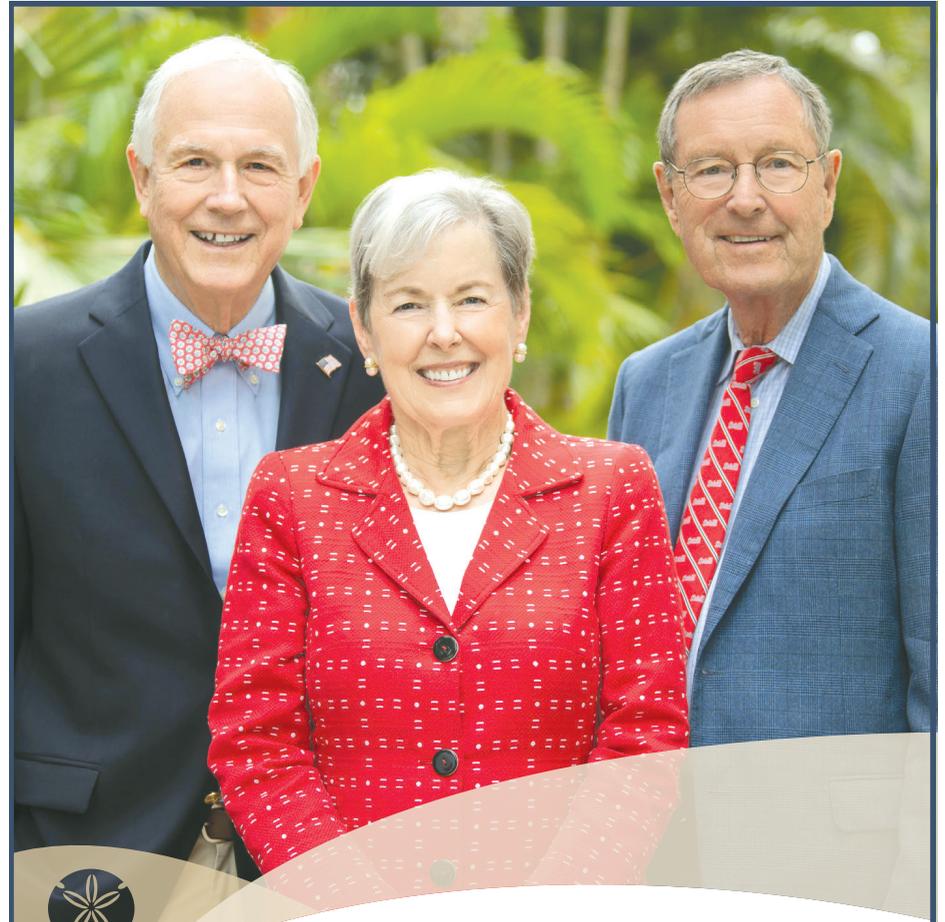
LCEC Appoints New Director Of Operations

Lee County Electric Cooperative (LCEC) recently welcomed Harold Taylor as its new director of electric operations. In this role, Taylor will be responsible for directing the planning, design, construction, operations and maintenance of LCEC infrastructure including transmission, substation and distribution facilities.

Taylor will play a key role in the development of corporate strategic and vision planning, and policy and procedure decision-making processes. He comes to LCEC from Georgia with nearly 30 years of experience in power supply, working primarily for utilities and also as a consultant.✪



Harold Taylor photo provided



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Rotary Happenings

submitted by Shirley Jewell

Hard to believe we're halfway through July already.

The Sanibel-Captiva 4th of July parade was outstanding this year; probably the best I have seen. Congratulations to this year's parade committee and to all the participants for their devotion in celebrating our nation's birthday by way of our unique island community spirit. Our Sanibel-Captiva parade float guru, Bill Rahe, is probably already mulling over plans for next year's float, but he doesn't do it alone. Much of this year's float design was conceived and produced by Rotarian Joleen Raho. Joleen and Bill collaborated on finding a design that represented both the community parade theme Seas the Day and Rotary's global commitment to clean water. Joleen painted for hours to create the outstanding and fun under-the-sea design that ran along the sides of the float, and Bill and his team assembled and constructed the final design. Certainly, our patriotic design was present on the float... bunting dressed, Uncle Sam standing tall and flags waving. God Bless America!

July 1 is the beginning of the new Rotary calendar year but because our



club didn't meet on July 1, our club year formally started on July 11. Our new club president for 2019-20, Eldon Bohrofen was sporting his new Rotary shirt with the Rotary International (RI) logo featuring RI President Mark Daniel Maloney's theme for 2019-20, Rotary Connects the World. Bohrofen asked Rotarians to strengthen the ways that Rotary connects the world, building the connections that allow talented, thoughtful and generous people to unite and take meaningful action through Rotary service. This year's logo is pictured alongside this column and it's wild.

President-elect 2018-19, Bohrofen had been preparing for his Sanibel-Captiva club presidency by attending District 6960 Rotary Florida PETS/President Elect Training Seminars. This involves learning about the partnership of Rotary districts, covering the entire state of Florida and Grand Bahama Island. This informative seminar exposes presidents-elect to the trends and techniques in the operation of a Rotary club. The PETS experience is also a wonderful opportunity for fellowship and networking with approximately 650 Rotarians. Bohrofen also had been involved with club planning for his year in office; more about this to come. There are lots of nuances to the workings of Rotary. And putting the cherry on top was Bohrofen's attendance at the Rotary International Conference this year in Hamburg, Germany with around 25,000 attendees representing 185 countries. Rotary clubs have a

presence in 225 countries with a total membership of 1.2 million.

Our Rotary District 6960 had 80 attendees at the conference. Augusta Bohrofen attended the conference as well and shared his pride and enjoyment in this amazing Rotary event. Augusta and Eldon arrived early for the conference and got the opportunity to participate in the three-kilometer Hamburg on the Move walk through the historic center of the city, raising awareness for Rotary's efforts to eradicate polio.

The Bohrofens also attended a first-nighter welcoming party in Hamburg's chamber of commerce building. This was a rather intimate affair with only 2,000 people in attendance. Sort of overwhelming but fun.

Before the grand general session, two massive House of Friendship areas were opened, which included a plethora of informational booths representing different clubs from around the world. Information was available for Rotary club initiatives and partnering organizations globally. Some pleasurable booths were included: BREW/Beers Rotarians Enjoy Worldwide and Whiskey DRAM/Whiskey Drinking Rotarians, samples included. Seeing people from all over the world milling around in their country's native dress, speaking many languages, exchanging ideas and believing in the same guiding principles that RI stands for is amazing – Rotary Connects the World.

After a day of mingling, our District 6960 gathered for dinner and shared

their experiences of the day.

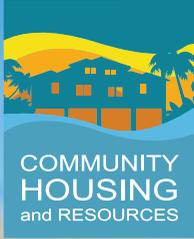
The next day, the opening session of the conference was held, actually the conference was so large there were two opening sessions, morning and afternoon. After welcoming introductions, a parade of flags marched into the room representing the clubs in attendance. Colorful, spectacular and truly impressive. The colorful flags, the native costumes, this ceremony is outstanding.

The amazing general assembly speakers gave testimony and told their stories about what Rotary does throughout the world and their personal commitment to Rotary and the future of Rotary. There were three days of morning gatherings and break-out sessions to learn what's ahead for Rotary and its members. This past year, Rotarians have given over 45 million hours of service to the world at an estimate value of \$850 billion.

There is plenty of time to mix, mingle and socialize with other Rotarians from around the world. One of the most enjoyable evenings for the Bohrofens was an intimate dinner hosted by a Hamburg Rotarian in her home. Eldon said, "We may have come from all parts of the world, but we speak the same Rotary language." Rotary is a diverse group of individuals with experiences to share about the world that the world can learn from. Rotary connects the world.

*The Sanibel-Captiva Rotary Club meets Friday mornings at 7 a.m. at The Dunes Golf & Tennis Club. Guests are welcome.**

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JUNE 19 THE OEC OVER EASY CAFE SANIBEL ISLAND	JULY 3 SANDOLLAR RESTAURANT	JULY 17 MALIA island fusion cuisine
JULY 31 The Sanibel Sprout	AUG 14 THE GREAT WHITE GRILL Sanibel Island Est. 2004	AUG 28 Cheeburger Cheeburger Real. Authentic. Flavor.

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Island realtors are looking for volunteers to help pack meals for local food banks

photo provided

Realtors Gearing Up For Meal Packing Event

On Friday, August 2, the Sanibel & Captiva Islands Association of Realtors (SCIAR) will partner with Meals of Hope and local volunteers to host a meal packing event to benefit local food banks. This is the third year

SCIAR has worked with Meals of Hope by hosting a packing event.

Local realtors and community members will work together to raise the money needed to pay for the meals, and volunteers will package them. Southwest Florida food banks will be the recipients of the meals.

In order for the event to happen, the SCIAR and its members must raise at least \$5,000 to cover the cost of the food and have a minimum of 50

volunteers. Last year's event brought in over \$7,400 and yielded over 20,300 meals.

There are several ways members of the community can help the association meet or surpass its goals. You can make a monetary donation in the form of a check payable to Meals of Hope and mail or drop it off at the SCIAR office, 2353 Periwinkle Way, Suite 201, Sanibel, FL 33957. You can also volunteer to help pack meals on

August 2 from 2 to 5 p.m. at Sanibel Community Church.

If you wish to donate or sign up as a volunteer, email Megan@SanibelRealtors.com or call 472-9353.

For more information about Meals of Hope, visit <https://mealsofhope.org>.

For more information about the Sanibel & Captiva Islands Association of Realtors, visit www.sanibelrealtors.com or search for @SanibelRealtors on Facebook.*

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Captiva, FL 33924

836 Donax Street



This 3 BR/2 BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with lush vegetation. Community pool; easy walking distance to beach access.

\$575,000

4156 West Gulf Drive



This 3BR/2BA has been updated with cathedral ceilings, an inviting kitchen and dining/living room combo. The master bedroom with ensuite has private access to the rear porch. The beautifully designed guest bath includes an etched glass enclosed walk-in shower. Relax on the large rear porch or play a game of tennis or pickleball on your private court.

\$1,329,000

Sandalfoot #3C1



Beautiful 2 BR/2 BA unit with walk-out to the pool and beach. Updated, the kitchen features custom cabinetry, granite counter tops and stainless steel appliances, both bathrooms have been remodeled and the unit has an open floor plan.

\$674,000

4014 West Gulf Drive



Brand new custom home across from beach access. 4 BR/3BA home, large acre+ lot. Impact glass, glassed elevator, gourmet kitchen, gas cook top and stainless appliances. All rooms access screen enclosed decks, native vegetation, oversized salt water pool. Gulf view, an exceptional home!

\$3,699,000

Sandpiper Beach #303



Beautifully updated 2BR/2BA corner unit with vaulted ceilings and gulf-front and pool views. Fully outfitted for rental with great rental income history.

\$759,900

678 Durion Court



Beautifully remodeled... 3BD/2BA lake home. Located in East Rocks. Living/kitchen area boast beautiful lake views. New stainless appliances, freshly painted, new baths, and more! Priced to sell.

\$699,900

Seashells of Sanibel #36



2-BD/2-BA second floor unit! Great rental income with 3-day minimum rentals! Conveniently located and just a short walk from some of the finest, unspoiled shelling beaches in the world, this complex is an ideal West Gulf Drive location.

\$375,000



BEACHFRONT

6477 SANIBEL-CAPTIVA RD., SANIBEL
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 John Stephens 239.980.6394



CAPTIVA VILLAGE

11544 WIGHTMAN LN., CAPTIVA
 • 1 Property from Beach, Partial Gulf Views
 • Spacious 2 Story, 4 BR, 4.5 BA Home
\$2,395,000 **MLS 219004141**
 Vicki Panico & Fred Newman 239.980.0088



BY THE SEA

2611 W. GULF DR. #C102, SANIBEL
 • Remodeled w/Designer Finishes
 • Direct Gulf, 3 BR, 2 BA, Granite Kitchen
\$1,595,000 **MLS 218078824**
 Jason Lomano, Lomano-Nicholson Team 239.470.8628



CLAM BAYOU

5659 SANIBEL-CAPTIVA RD., SANIBEL
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14380 RIVA DEL LAGO DR. #2002, FT. MYERS
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 • SW Exposure w/Gulf Vistas
\$699,000 **MLS 218011332**
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THE LANDINGS

4685 S. LANDINGS DR., FT. MYERS
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1226 ISABEL DR., SANIBEL
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 • Cleared w/Seawall
\$1,295,000 **MLS 218015347**
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3 ACRE LOT

4115 SANIBEL-CAPTIVA RD., SANIBEL
 • One of Largest Sanibel Parcels
 • Old Vineyard Property
\$799,000 **MLS 219023857**
 McMurray & Nette 239.281.4435



SANIBEL HIGHLANDS

430 OLD TRAIL RD., SANIBEL
 • Oversized Lot
 • Recently Renovated
\$639,000 **MLS 219030309**
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BEACHVIEW ESTATES

829 BIRDIE VIEW PT., SANIBEL
 • Furnished 4 BR, 3.5 BA, Golf Course Home
 • Elevated Pool w/Southern Exposure
\$1,150,000 **MLS 218028250**
 Cindy Sitton 239.810.4772



SAND POINTE

2737 WEST GULF DR. #132, SANIBEL
 • Remodeled Top Floor, 2 BR, 2 BA
 • Vaulted Ceilings, Large Open Kitchen
\$714,900 **MLS 219001994**
 Jason Lomano, Lomano-Nicholson Team 239.470.8628



SUNDIAL BEACH RESORT

1501 MIDDLE GULF DR. #D310, SANIBEL
 • Close to Beach, 1 BR, 1 BA
 • Easy Walk to Pool & Resort Amenities
\$395,000 **MLS 219013046**
 Fred Newman & Vicki Panico 239.826.2704



GULF FRONT

11555 WIGHTMAN LN., CAPTIVA
 • Heart of Captiva Village Beach Cottage
 • Gorgeous Sunsets, Walk to Shops & Dining
\$3,849,000 **MLS 218078635**
 McMurray & Nette 239.850.7888



GULF & BAYOU VIEWS

6053 SANIBEL-CAPTIVA RD., SANIBEL
 • 1.6 Acres on Clam Bayou
 • Western Exposure, Wonderful Sunsets
\$1,195,000 **MLS 219012231**
 McMurray & Nette 239.850.7888



THE DUNES

1243 SAND CASTLE RD., SANIBEL
 • Radiant 4 BR, 4 BA, Pool & Fireplaces
 • Indoor/Outdoor Living for Entertaining
\$1,050,000 **MLS 218084313**
 Maureen Ahmed 239.839.7250



EAST ROCKS

566 BOULDER DR., SANIBEL
 • Updated 3 BR, 2 BA, Near Beach
 • Spectacular Pool, Lake Views
\$699,900 **MLS 219002114**
 Sharon Kottraba, Lomano-Nicholson Team 804.240.3115



SUNDIAL BEACH RESORT

1501 MIDDLE GULF DR. #H210, SANIBEL
 • Open Studio Floor Plan
 • Desirable Sundial Resort & Spa
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GULF AND BAYOU VIEWS



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 - Luxury Gated Comm. Deep Water Direct Access
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Sanibel/Captiva Team: McMurrayandNette.com | info@McMurrayandNette.com

Mike: 239.850.7888 | Trevor: 239.281.4435

 FRIDAY Partly Cloudy High: 87 Low: 83	 SATURDAY Partly Cloudy High: 90 Low: 85	 SUNDAY Partly Cloudy High: 88 Low: 84	 MONDAY Sunny High: 87 Low: 83	 TUESDAY Sunny High: 89 Low: 81	 WEDNESDAY Sunny High: 88 Low: 84	 THURSDAY Partly Cloudy High: 90 Low: 82
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	4:41 am	7:56 am	2:39 pm	10:02 pm
Sat	5:01 am	8:48 am	3:21 pm	10:33 pm
Sun	5:23 am	9:45 am	4:07 pm	11:05 pm
Mon	5:51 am	10:47 am	4:58 pm	11:38 pm
Tue	6:22 am	11:57 am	5:59 pm	None
Wed	6:56 am	12:13 am	7:15 pm	1:13 pm
Thu	7:35 am	12:49 am	8:51 pm	2:31 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	3:46 am	7:58 am	1:44 pm	10:04 pm
Sat	4:06 am	8:50 am	2:26 pm	10:35 pm
Sun	4:28 am	9:47 am	3:12 pm	11:07 pm
Mon	4:56 am	10:49 am	4:03 pm	11:40 pm
Tue	5:27 am	11:59 am	5:04 pm	None
Wed	6:01 am	12:15 am	6:20 pm	1:15 pm
Thu	6:40 am	12:51 am	7:56 pm	2:33 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	4:38 am	9:40 am	3:19 pm	10:34 pm
Sat	5:05 am	10:18 am	4:10 pm	11:04 pm
Sun	5:33 am	10:54 am	4:54 pm	11:31 pm
Mon	6:00 am	11:30 am	5:36 pm	11:55 pm
Tue	6:26 am	12:12 pm	6:16 pm	None
Wed	6:48 am	12:15 am	7:00 pm	1:04 pm
Thu	7:04 am	12:35 am	7:48 pm	2:04 pm

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	6:51 am	12:47 am	4:49 pm	11:12 am
Sat	7:11 am	1:18 am	5:31 pm	12:04 pm
Sun	7:33 am	1:49 am	6:17 pm	1:01 pm
Mon	8:01 am	2:21 am	7:08 pm	2:03 pm
Tue	8:32 am	2:54 am	8:09 pm	3:13 pm
Wed	9:06 am	3:29 am	9:25 pm	4:29 pm
Thu	9:45 am	4:05 am	11:01 pm	5:47 pm

Island Seniors At Center 4 Life

Meet your friends and make some new ones at the Center 4 Life. Browse through the following activities, then stop by to sign up.

Donations Needed For Trash & Treasures Sale – The center is now accepting donations for the fall Trash & Treasures Sale. Whether you are refreshing your home before returning in the fall or doing some spring cleaning, donate your clean, gently used items. A tax deductible receipt will be provided. Bring your donations – excluding books, clothes, shoes, computers or TVs – to the center Monday through Friday between 8 a.m. and 3 p.m. If you have any questions, call 472-5743.

Kayaking on Tuesdays – July 23 and August 6 at 8:30 a.m., weather permitting. There is space for 16 people on eight two-person kayaks and limited space for those who own their own kayaks. Island Seniors, Inc. will provide kayaks, paddles and life jackets. Bring water, a small snack, sun screen, bug spray, sunglasses, towel, hat and change of clothing. Cost is \$5 for members and \$20 for non-members. Advance registration required.

The Bubble Room – Monday, July 22. Advance registration required. Separate checks will be provided. Carpool arrangements for transportation.

The Bubble Room is known for its American eats, fabulous desserts and kitschy décor. All offerings are made fresh daily. The Bubble Room was born in 1979 on its present site with just a few tables in the front room of the Farquarson family home. Today's famous multi-themed restaurant slowly

took shape with old toys, photographs, Christmas decorations and lights.

Halfway to the Holidays Sunset Social on the Causeway – Tuesday, July 23 at 6:30 p.m., weather permitting. Spend an evening relaxing and watching the sunset with friends, and celebrate the halfway point to the holidays. Bring your favorite Christmas hat and/or wear your favorite holiday attire. Food will be served at 7 p.m. Bring a side dish to share and your beach chair. Call 472-5743 for directions to the viewing area.

The Caladium Festival in Lake Placid, Florida – Saturday, July 27. Cost is \$49 for members and \$59 for non-members. Includes round trip transportation to Lake Placid, all day festival dedicated to caladiums and a souvenir caladium. The vintage and classic car show will also be going on. Bus departs from Fort Myers location at 9 a.m.

Games – Cost for all games is \$2.50 for members and \$5 for non-members. Prizes will be awarded.

Bridge – Monday and Wednesday. Registration begins at noon. Game begins at 1:30 p.m.

Mahjongg – Monday and Thursday at 12:30 p.m.

Hand & Foot – Thursday at noon.

Hearts – Friday at 12:30 p.m.

Fitness Classes – Island Seniors, Inc. members pay \$4 per class, visitors pay \$10 per class. Annual membership is \$20. Sanibel Recreation Center members must show their membership card to attend. Fitness class schedule is as follows:

Happy Hour Fitness – Monday, Wednesday and Friday at 8 a.m. Keep your brain fit and your heart, lungs and muscles strong. Hand weights, stretch cords and your body weight will be used.

The format is 40 minutes of cardio, 20 minutes of balance exercises, core strength, flexibility exercises and mat work. Athletic footwear is required. Connie DeCicco is the instructor.

Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m.

Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

Power Hour Fitness – Tuesday and Thursday at 8 a.m. Hand weights, stretch cords, stability balls and mats are

used. Improve core strength and balance. Athletic footwear required. Mahnaz Bassiri is the instructor.

Gentle Yoga – Tuesday and Thursday at 9:30 a.m. Stretch, tone and strengthen while improving flexibility, proper alignment and circulation. Bring a towel. Kim Kouril is the instructor.

Chair Yoga – Tuesday and Thursday at 11 a.m. Similar to gentle yoga but all poses are done in a chair. Kim Kouril is the instructor.

For more information, call 472-5743 or stop by the Center 4 Life, located at 2401 Library Way on Sanibel.*

Cypress Lake High Designated Arts Model School

Cypress Lake High School has been selected as a Florida Arts Model School for the next three school years by the Florida Department of Education. The program recognizes schools that offer exemplary programs in any of the four arts disciplines: dance, music, theater and visual arts.

"I am so happy about our students and teachers being selected for this honor," said Cypress Lake High School Principal Angela Roles. "We are so proud of the quality of our programs and so excited for the coming arts season. Special thanks to Dr. Santini for his support and encouragement."

The Center for the Arts at Cypress Lake High School was created in 1994 to offer an enriched arts education for high school students with a passion and talent in music, theater, dance, visual arts or media arts. The program is designed to develop both the artistic and academic

skills of talented students who may be interested in artistic careers or who may choose to develop their artistic talents for self-fulfillment.

To be selected as a Florida Arts Model School, the school must show success in leadership, highly qualified and effective arts teachers, curriculum, facilities, scheduling and support, community connection and school culture in their application. Based on those scores, the strongest schools are then personally evaluated by arts education professionals.

Schools receiving a Florida Arts Model School designation agree to be assigned a partner school for the duration of their three-year recognition period to model best practices and provide overall assistance in starting or enhancing arts programs at the school. In addition, these schools will welcome visits by faculty teams statewide who wish to enhance or affirm their arts education practices.

Two other Lee County Schools – North Fort Myers Academy for the Arts and Edison Park Creative and Expressive Arts School – are Florida Arts Model Schools (FAMS). Both are in the third and final year of their FAMS designation.*



WEEKLY RENTAL LICENSE

836 Donax Street Is Offered At \$575,000

This 3BD, 2BA family home overlooks the Sanibel River and allows for weekly rentals. Living room, dining and kitchen combo have French door access to the screened back porch with abundant natural light. Community pool and an easy walking distance to beach access.



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Overlooking lake to golf course to preserve land to sunsets. Dunes split-plan 3-bedroom with pool, elevator, family room with fireplace. Could be a profitable project. \$749,000



Stunning Shell Harbor 3-suite pool home on deep-water-access canal close to causeway, marina, bay & gulf. Dock is ~90'. Community beach access with parking too. \$2,295,000



Reno nearly done, in & out including pool & new landscaping at bayfront Sanibel Harbours home with 3-car garage, elevator, fireplaces. Includes dock on boat basin lot with lift. \$3,495,000



Income-producing 1/2-duplex 1 bedroom at Signal Inn. Small pet-friendly complex on Olde Middle Gulf Dr with 3-day rental minimum, pool, bbqs, & racquetball. \$499,900 furnished



This view from front lanai at Sanibel Arms West updated 2 bedroom enrolled in easy on-site rental program. With low fees, this condo offers an easy entre to Sanibel. \$849,000



Private roof-top deck, this view at Pointe Santo 3-bedroom penthouse. Mini-resort amenities & excellent weekly rental income. Complex building updates completing soon. \$995,000



Beach-facing Gulfside Place remodeled upscale 2nd floor 2 bedroom with den. Private stand-alone tier with no adjoining neighbors, covered parking & storeroom below. \$1,429,000



~80' x 200' lot for near-beach home at church end of Rabbit Rd. Gulf access path at end of street, bike path nearby. Handy to school, rec center, shopping & more. \$170,000

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Will Power

Congress is Coming For Your IRA



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

Congress is about to wallop the American people with a huge middle-class tax hike, which can change the way that you look at your IRA accounts.

And it's quite sneaky the way they're doing it.

To understand what I mean, you first need to understand the Required Minimum Distribution (RMD) rules. Most of us know that when we turn age 70½ we have a fixed amount that we must withdraw from our traditional IRA accounts. These amounts increase as we age.

But what happens to the remaining balances of our IRAs when we die? If we name a spouse as our primary beneficiary, then she can roll over the IRA into her own account. If she is over age 70½, then she also must make RMDs based on her own schedule.

But then what happens when our surviving spouse dies and leaves the IRA to a child, grandchild or other loved one? When we leave an IRA account to a non-spouse beneficiary, then it becomes an "Inherited IRA."

Under current rules, a non-spouse beneficiary can "stretch" the RMDs of an Inherited IRA over their lifetime. This allows the IRA to continue to grow tax deferred. If the beneficiary is wise with the investments and doesn't take more than his RMDs, then the IRA balance can grow for his or her retirement.

But that may all change. The "Setting Every Community Up for Retirement Act" (known as the "Secure Act") gives non-spouse beneficiaries only 10 years to pull out all the money from an IRA account.

The effect would be to make more of an Inherited IRA subject to higher taxes sooner, as distributions would be made in larger amounts. As much as one-third more of an Inherited IRA would be consumed by taxes than what the current law provides.

If Trump signs the Secure Act into law, it will set the stage for much higher taxes in the coming decade, especially when the Trump Tax Act signed in 2017 expires in 2025. Assume, for example, a \$1 million IRA left to a middle age daughter. She'd have to withdraw roughly \$100,000 annually, pushing her up into a higher tax bracket. If she lives in a state with a state income tax, more than half of the IRA distribution could be lost to taxes.

If she has college-age children, the additional income would likely affect their aid applications adversely. If instead the IRA were left to the grandchildren, this would also adversely affect their college aid applications, and because of the "kiddie tax" would result in the same tax consequence as if the account were left to the parents.

In exchange for this windfall under the Secure Act, Congress will push back the age at which retirees must take their first RMD from 70½ to 72.

The Secure Act would be an estate-planning catastrophe for people holding significant IRAs. It would take the sensible planning performed up to now and require an entire re-think of the plan.

Typically trusts are used for Inherited IRAs to young recipients. The "identifiable beneficiary rules" require that the trusts satisfy certain requirements for the young beneficiaries to "stretch out" the IRA RMDs. Under the Secure Act, significant trust income would be trapped inside, resulting in the highest marginal federal income tax bracket. And don't forget state taxes.

The Senate also seems poised to pass the Secure Act, which would land it on the President's desk. Personally, I'm finding it tiresome how Congress names legislation (Setting Every Community Up for Retirement Act) exactly opposite of that legislation's effect on our citizens.

This is a tax not only on the wealthy, but hurts the middle class, whose retirement savings are largely vested in IRA and 401(k) accounts. It's an estate tax on everyone. Should you so desire, it's not too late to write your senators to speak up against this legislation.

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ABWA Luncheon With Marketing Executive

The next American Business Women's Association (ABWA) Women in Leadership Series luncheon will be held on Tuesday, July 23 from 11:30 a.m. to 1 p.m. at Sundial Beach Resort and Spa. The speaker will be Ashley Burns, vice president brand experience at Noise Inc., a Sanibel-based marketing agency.

"Finding courage to surround yourself with great people, endure inevitable challenges and re-purpose that energy to keep going – that, to me, is career success in any capacity," said Burns.

The journey to find joy in her professional career took Burns on a multi-state, circuitous route. Private and promotional events, parks and recreation, teaching yoga on the beach at Tween Waters Inn, joining the United States Air Force, and earning a dual MBA/MS marketing degree at the University of Tampa finally led to the discovery of her dream job back in hometown Fort Myers.

Burns will address the humor and irony of getting what you wish for. "An example," said Burns, "is joining the United States Air Force for air traffic control to see the world, and ending up in Valdosta, Georgia."

"Ashley has an inspiring message that will touch all of us," said Gloria Garrett of



Ashley Burns photo provided

HMG, ABWA chapter president. "Anyone who has had snags and uncertainty plague their professional journey will identify with her story. And it has a happy ending."

The community is invited to attend the monthly luncheons. Networking starts at 11:30 a.m. with lunch and speaker from noon to 1 p.m. Cost is \$25. RSVP at info@ABWASanibelCaptive.org or register on Eventbrite at <https://ABWASanibelCaptive.Eventbrite.com>.

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ISLAND SUN BUSINESS NEWSMAKERS

Kingfisher Real Estate



Kate Stone



Valerie Tutor



John Hunt



Chris Kirchner

RE/MAX Of The Islands

The top producers for June at Kingfisher Real Estate were: Kate Stone, top listing agent; and Valerie Tutor, top selling agent.✧

The top producers at RE/MAX of the Islands for June were: John Hunt, most productive listing marketer; and Chris Kirchner, top producing sales associate.✧

Zontians Attend North American Conference



Zontian Karen Pati, a past club president, assisted with registration photos provided

submitted by Sue Denham

Five members of the Zonta Club of Sanibel-Captiva recently attended the Aonta NAIDM (North American Inter-District Meeting) in Dallas, Texas.

Reports from those members – Judy Langley (club president), and longtime members Linda Robison, Karen Pati, Nancy Dreher and Nola Theiss – will be



Members of Zonta San-Cap in Dallas: Nancy Dreher (back left), Judy Langley and Nola Theiss (third and fourth from back left) and Karen Pati (far right); Linda Robison (front center) with Dr. Susanne von Bassewitz, Zonta International president (front right)

helpful in guiding the continued operations of Zonta San-Cap, already recognized as one of the most successful clubs in the Zonta world, and one of the leading contributors to Zonta International for its global initiatives.

These conferences are held in the United States or Canada, on the year in which there is no Zonta International

convention, an opportunity to meet other Zontians, share ideas and gain new knowledge. One offering was workshops such as Leadership Development: Training Skills for Zontians and Ending Early Marriage – A Strategy Session for North America.

Pati participated in a breakout session, Sharing Best Practices of E-Clubs, a new

direction for Zonta. E-clubs use technology such as video conferencing (e.g. Zoom) in a situation where the members have difficulty meeting in person. Pati said, "If a presenter is sharing something on-screen, all Zoom participants can see it at the same time."

Theiss, who has led the club's successful

continued on page 36

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Frankly Speaking

by Howard Prager



One for the ages and one for the memory. That's how to describe what we witnessed at Wimbledon and Angels Stadium this past weekend. On a week where baseball took a break with

the end of the game, all the players took off their 45 jerseys and put them on and around the pitcher's mound. The game ball was placed in Skaggs locker. What an emotional tribute and game.

Baseball tidbits. The Angels, like in most of the divisions in baseball at the break, have a strong lead (six games) over the second place A's. In fact, the only division race that's truly close is my beloved NL Central, where the first place Chicago Cubs and last place Cincinnati Reds are separated by less than six games (at the time of this writing). It's truly anyone's division.

Now for Wimbledon. On the first year of a new tie-breaker rule, that in fact is what was needed in a classic men's finals match as Novak Djokovic edged out Roger Federer in five sets 7-6(5), 1-6, 7-6(4), 4-6, 13-12(3) to repeat as Wimbledon champion. The marathon match between the two, who have played head to head 48 times, set the record for longest final in Wimbledon history, nearly five hours (4 hours, 57 minutes). And just a couple days earlier, Federer played Rafael Nadal in a close and long game – over four hours too. After that match Federer said, "I'm exhausted. It was tough at the end. I'm just very relieved it's over. There were some tight ones and long rallies." Did that contribute to Federer's not being able to put Djokovic away when he had the chance? Twice Djokovic came back from match point.

This was the first Wimbledon Finals to go to a fifth-set tiebreaker after The All England Club created the new rule last October. Djokovic has now won 16 grand slam titles, just four short of Federer's record of 20 while being nearly six years younger. Both played their hearts out, both questioned some of the line calls, and both fought back from near elimination. As clearly as any other matches, including Federer-Nadal, the Djokovic-Federer matches will be the standard of excellence for Men's tennis.

Tennis tidbits. On the women's side the day before, Simona Halep defeated Serena Williams for her first Wimbledon championship and second grand slam title.

The match took less than an hour, and Williams has now lost her third grand slam final in a row.

Howard Prager is the son-in-law of longtime columnist Ed Frank. Prager is a sports enthusiast from the Chicago area who also writes and blogs about leadership. Email comments or questions to press@islandnews.com.

on one-of-a-kind auction items and experiences. Raffle and silent auction items are also being accepted.

For more information, call 226-4783 or email swingsforthesox@redsox.com.

From page 35

Conference

advocacy for ending human trafficking since 2004, will report on Reaching Gender Equality, an issue underlying the accepted fact that women's rights are the main indicator of the state of development in a society.

Langley focused on ways to celebrate and promote the Zonta International Centennial. Founded in 1919, Zonta will celebrate its 100th birthday officially on November 8 this year, followed by a year-long celebration with events worldwide. She said, "In addition to recognizing members of our communities who advance the status of women, we are encouraged to partner with other organizations to create meaningful events which will benefit these communities and also raise awareness of Zonta." She added that she brought home ideas that will help Zonta San-Cap to fulfill this goal later this year and into 2020.

The Zonta Club of Sanibel/Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and funds to empower women and girls on the islands, in Lee County and around the world through Zonta International. For more information, visit www.zontasancap.com.

the All Star game and I wondered what I'd be writing about today with not a lot of major sports action happening, this past weekend alone is forever etched into the record books.

First the Angels. There have been 13 combined no hitters in modern baseball history starting with Babe Ruth and Ernie Shore in 1917 for the Boston Red Sox, when Babe was ejected after arguing and punching an ump who called a leadoff walk against him (remember Babe started off as a pitcher). The most recent one occurred Friday, July 12 by Taylor Cole and rookie Felix Pena on the night they honored recently deceased Angel's pitcher Tyler Skaggs. Every Angels player wore Skaggs name and number 45 on their uniforms. And his presence must have been felt as they scored seven runs in the first inning and won 13-0 on what would have been the eve of his 28th birthday, July 13. Other coincidences include this being the 11th no-hitter for the Angels – Skaggs wore number 11 in high school. Spooky. Another coincidence – the last time a combined no hitter was thrown in California was when the Orioles beat the A's on the day Skaggs was born, July 13, 1991. Unbelievable. All season, pitcher Taylor Cole has been back and forth between Triple A and the Angels. He started this game because "starting pitcher" Felix Pena's stamina struggles caused the Angels to creatively open his games with a relief pitcher for two innings. Both pitchers excelled with, of course, some stellar fielding plays to support them. At

Swings For The Sox Golf Tournament

The Red Sox Foundation will hold its 8th annual Swings for the Sox golf tournament on Friday, October 4 at the Tiburón Golf Club, located at 2620 Tiburón Drive in Naples.

A scramble format with prizes will begin at 8:30 a.m. after registration at 7:15 a.m. A continental breakfast will be included as well as a buffet lunch.

All proceeds will benefit the Lee County Red Sox Scholarship program. Each year, the Red Sox Foundation awards a \$5,000 college scholarship to one deserving student from each of the 13 public high schools in Lee County.

Tournament sponsorships are available from \$150 to \$5,000. Foursome player packages begin at \$1,000.

Supporters of the Red Sox Foundation will be able to participate in an online silent auction where they can bid

SPORTS QUIZ

1. Name the last major-league pitcher to lose at least 20 games in a season.
2. In which league did Frank Robinson hit more of his 586 career home runs – AL or NL?
3. In which of these two decades – 1960s and 1970s – did more quarterbacks win the Heisman Trophy?
4. How many years were there between Kareem Abdul-Jabbar's first and second NBA Finals MVP award?
5. Which two NHL franchises have recorded at least 30 road victories in a season?
6. Name the last time before 2018 that Germany won the gold medal in all three bobsled events in the same Olympics.
7. Who were the only three golfers before Rory McIlroy in 2019 to win the Players Championship, U.S. Open, British Open and PGA Championship during their careers?

ANSWERS

1. Detroit's Mike Maroth was 9-21 in 2003. 2. Robinson hit 343 of his 586 home runs in the National League. 3. Five quarterbacks won the award in the 1960s; two won it in the 1970s. 4. Fourteen years (1971 and 1985). 5. Detroit had 31 road wins in 2005-06; Tampa Bay had 30 in 2018-19. 6. It was 2006. 7. Jack Nicklaus, Tiger Woods and Lee Trevino.

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Cape Coral Hospital

Hospitals Awarded For Emergency Care

Southwest Florida patients in need of emergency care can rest easy knowing that two Lee Health emergency departments (ED) have been recognized among the nation's elite in leadership, practice, education, advocacy and research.

The emergency departments at Cape Coral Hospital and Golisano Children's Hospital of Southwest Florida have each

photos provided

earned the prestigious Emergency Nurses Association (ENA) Lantern Award.

"We are beyond honored to be recognized by the Emergency Nurses Association for the high level of care we provide to our patients in our emergency departments," said Scott Kashman, chief officer, hospital operations at Lee Health. "Often, ED patients are among the most vulnerable in our community, and we strive to provide every patient with a safe and compassionate experience when they come through our doors. This award is a testament to our incredible doctors, nurses and staff who create a caring environment for our patients."

With the Lantern Award, the



Golisano Children's Hospital of Southwest Florida

ENA recognizes the best emergency departments in the United States across several core areas. Nationally, 28 emergency departments received the award this year, bringing the total to 69 Lantern-designated EDs in the United States. Cape Coral Hospital and Golisano Children's Hospital are the only recipients in Southwest Florida, and two of six to receive the designation in the state of Florida.

"The emergency department is a critical component of the health care delivery system and the care provided by the emergency team is often life-altering for patients and their loved ones. At Golisano Children's (Hospital), we take

this responsibility very seriously and our team of nurses, physicians and ancillary staff are absolutely committed to the patients and families we serve. This is why we're proud to be among the national leaders for excellence in emergency care," said Armando Llechu, chief administrative officer of Golisano Children's Services.

The ENA Lantern Award designation remains with the departments for a three-year period, after which they are eligible to apply again. For more information about the award, visit www.ena.org/about/awards-recognition/lantern/lantern-award-recipients.✧

Health Officer Joins Special Olympics Board

Dave Cato, chief administrative officer of outpatient services for Lee Health, will join the Special Olympics Florida Board of Directors. Cato not only brings his highly respected leadership skills and strategic business knowledge, but also his extensive background as a health care professional. He has shared this knowledge through extensive community involvement, including as a volunteer clinical director with Special Olympics Florida.

"I'm humbled and honored to be asked to join the board of an organization that encourages inclusion and supports equal opportunities and access to health care for people with intellectual disabilities," Cato said. "Through this new role, I hope to bring awareness to the community about Special Olympics Florida and the significant impact it has on so many lives throughout the state."

In 2018, Cato was awarded the Golisano Health Leadership Award, Special Olympics' highest honor for health partners and health care professionals. He was recognized for his extraordinary efforts and dedication to improving the health of people with intellectual disabilities and advancing Special Olympics' movement and vision towards inclusive health.

In his role with Lee Health, Cato oversees the strategic, operational and clinical direction for outpatient services and



Dave Cato

photo provided

other post-acute and rehabilitation areas. Additionally, he serves on the leadership team of the Golisano Children's Hospital of Southwest Florida.

Cato is a graduate of the University of Florida and a long-standing member of the American Physical Therapy Association and the Florida Physical Therapy Association. For the past six years, he has served as a clinical director for Special Olympics Florida, overseeing Fun Fitness which provides physical therapy examinations for persons with intellectual and developmental disabilities at local, regional and state Special Olympics Florida events.✧

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Superior Interiors

Choosing The Right Paint Color



by Barb Cacchione

One of the easiest ways to completely transform a room is repainting it a different color. The shade you use to dress up your space can impact your room's ambiance and the way people

feel when they're in it. In fact, color accounts for 60 percent of our response to a room, according to HGTV. Finding the perfect color palette for your room is essential to creating the type of environment you're hoping to establish.

Finding the perfect paint color is only one step in the design process. You'll need to coordinate your furniture with your new color palette, spruce up the space with accents that complement your theme and make everything cohesive for the area to present its full potential. Therefore, some homeowners decide to work with a design professional, who can guide them through the entire process, starting with selecting the room's color palette and ending with a space that brings their visions and ideas to life.

Since the color palette is the foundation of the room, it's advisable to avoid these common mistakes people make when choosing their hues:

Having no mood in mind – Before you begin the color selection process, you should have an idea of the vibe you want your room to give off. This will narrow down your color options. Remember that just because you love a

certain shade doesn't mean you'll like the way it looks on your walls. Consider the mood you envision your space evoking. Select hues that align with your abstract ideas to ensure your space does exactly what you want it to do. Being able to clearly communicate the mood you want to focus on will also help in selecting furniture pieces that work toward establishing your ideal ambiance.

Failing to consider lighting – If you simply make your color choice by looking at a paint chip at the store, you'll be surprised at how different it will look when you bring it home and put it against your wall. In order to get a firm grasp on what the hue is going to do for your space, you must see how lighting affects the color – observe the shade in the morning, afternoon and night hours. The natural lighting will show the color in its truest form, while fluorescent lighting tends to cast a sharper tone with a hint of blue. Incandescent lighting will pull the warmest tones and hints of yellow from your color. You may find that you want to alter the amount of lighting you have in your space. Consider light fixtures and window treatments to create the desired lighting effect.

Mixing too many colors – While it's true that there's no set limit for the number of colors you can use in a room, mixing several hues in one space can be tricky, especially if you approach the project without professional help. If your room features a wide range of colors and feels confining or overwhelming, this is a sure sign that you've mixed too many shades. Take a hard look and eliminate hues until the space feels balanced.

If your space's color palette has taken center stage, neutral furnishings and decor can often create an even balance for an effortless flow throughout the room. Sometimes all it takes is a solid area rug or stylish coffee table to pull

everything together.

Going too bold – Using bright and vibrant colors on an accent wall is an effective strategy to create a stimulating space. However, this approach often leaves rooms appearing too intense because the bold hue is too concentrated. Work with subtle hues for your surrounding furniture to tame your accent wall's bright colors. After looking at some furniture suggestions, you may find that you prefer a bold accent chair over a brightly painted focal wall.

Choosing only hues that match – You don't want to select a color palette that's going to end up making your

room feel chaotic. However, it's equally as important to avoid hues that don't contribute enough variety to the area. One mistake that often leads to a matchy room is decorating with just one or two bland colors. This creates a repetitive vibe that comes across as predictable and dull. If you're set on painting your walls a neutral shade, such as beige, work to spice things up with a couple of bright accents and accessories that add more flair to your space.

*Barb Cacchione is an interior designer on Sanibel/Captiva Islands. She can be reached at barb@coindeciden.com.**

Life Insurance

Estate As Beneficiary



J. Brendan Ryan, CLU, ChFC, MSFS

It happens hundreds, perhaps thousands of times per day across the country: People sign up for life insurance.

That is a good thing. And at each such event, they

have to choose a beneficiary, that is, the person to whom the death benefit will be payable when the insured dies. Ideally, they also name a secondary, or "contingent," beneficiary to receive the benefit if the first, or "primary," beneficiary has died by the time the insured dies.

In fact, if the primary beneficiary does die before the insured and if the contingent beneficiary thus receives the funds at the death of the insured, the fact that there had been a primary beneficiary before the insured died means nothing. It is not as though the funds flow through the deceased primary beneficiary's name or estate to the contingent beneficiary. Rather, the benefit goes by contract directly to the contingent beneficiary. For the purposes of the policy, it is as though the primary beneficiary never existed.

Who should be named as primary or contingent beneficiary? That depends on many circumstances; family structure, who can handle the money, who can be trusted to use the money for the benefit of others if that is what the insured intended and a variety of other considerations.

Should a person make the policy payable to his or her estate, that is, name the estate as primary beneficiary? Rarely is that a good idea.

If the policy is made payable to the estate, the money will be distributed through the county probate court to heirs as one's final will and testament dictates. While that may seem okay, there are several reasons why this is generally not a good move and usually no good reasons to do so.

For one thing, the probate process costs money for expenses such as court costs, legal fees, accounting costs, appraisals, etc. The rule of thumb that I have seen is usually a cost of five percent of probate assets. Depending on the

complexity of the estate and the time that it takes to probate the estate, it could cost a lot more. But if the life insurance is payable to a named beneficiary, there is no cost involved in the payment to that beneficiary.

And the probate process takes time, anywhere from a few months to several years, again depending on the complexity of the estate and the types of assets in the estate. Life insurance death benefit payable directly to a named beneficiary will be in that person's hands within days, sometimes weeks, but no longer.

Furthermore, there is no privacy to the probate process. Whatever property is part of the estate and to whom and how much assets are to be distributed, all this is open to the public to read. Unfortunately, that can give thieves and conmen the information that they look for in choosing their next victims and their recent receipt of inherited property. But the payment of a death benefit to a beneficiary is an entirely private transaction between the insurer and the beneficiary.

Moreover, wills can be challenged in court, sometimes successfully. I rarely hear of a payment to a beneficiary being challenged.

A few more observations:

If someone dies without a will, the state writes one for him or her and distributes property to relatives in shares dictated by state law. The named beneficiary of a life insurance policy avoids that problem.

When in doubt, call an experienced insurance agent or attorney for guidance in setting up a beneficiary designation.

One can almost always change the policy's designation down the road if changed circumstances dictate it.

This topic is not at all related to federal estate tax.

*J. Brendan Ryan is a Cincinnati insurance agent. He can be reached at jbryanclu@aol.com.**

Young Professionals Networking Event

The Young Professionals will hold their next networking and conversation gathering on Tuesday, July 30 from 5 to 7 p.m. at Mudbugs Cajun Kitchen, located at 1473 Periwinkle Way on Sanibel. Appetizers will be provided. There is no charge to attend and all young professionals are welcome.*

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Five Reasons Not To Supplement With Vitamin K



by Suzy Cohen, RPh

Dear Readers: Vitamin D makers sometimes add vitamin K to their vitamin D formulas, providing both of these nutrients at the same time. This new trend has not been the standard

of practice, for good reason. In fact, I personally refused to put vitamin K in my own brand of vitamin D because your safety is most important to me. It interacts with antacids, blood thinners, drugs for cancer, seizures, cholesterol and even aspirin. It's easy to get if you simply eat some coleslaw, a fruit, or a salad.

When you take a walk in the sunshine to get your vitamin D, do you have to simultaneously eat a salad? No, of course not. It's the same with supplements, you don't need both of those nutrients in one soft gel. If this topic fascinates you, I wrote a longer version and can email it to you if you sign up for my free newsletter at www.suzycohen.com.

Now here are other reasons you may just want a plain vitamin D (without the K in it):

1. Hypercalcemia is more likely – When you take a supplement with both vitamin D and K in it, these both work synergistically to retain more calcium in your body. Hypercalcemia has been linked to atherosclerosis, cardiac arrhythmias, muscle pain or cramps, insomnia as well as agitation. It is what binds with oxalates to form kidney stones.

2. Vitamin K causes blood to thicken – It is the opposite of a blood thinner. Who wants thicker blood? We're all trying to thin our blood with fish oils, turmeric, ginger, vitamin E, ginkgo and even prescription medications. You see, vitamin K negates the actions of

blood thinners (anticoagulants) that are intended to thin our blood which in turn protects us from stroke and heart attack.

3. You don't want a bone formula – Many of you are taking vitamin D for your bones, and the K helps transport the calcium into your bone. In this case you may want the combination formula, but MOST people do not ingest D supplements for bone health. It's usually taken to improve immunity, lower blood sugar, ease depression or seasonal affective disorder (SAD), or to restore lost D which occurs from the drug-mugging effect of statin cholesterol drugs.

4. You just need to raise vitamin D – Those deficient in vitamin D take high doses of the nutrient for a few months to restore levels, but combination supplements will jack up your K (and calcium levels) to a potentially harmful level and confuse the issue.

5. It's easy to eat vitamin K – Supplementing is unnecessary. The recommendations are as follows: Women older than age 19 should consume 90 micrograms (mcg) each day, and men should have 120 mcg. To put this in perspective, one cup of broccoli gives you 220 mcg, one cup of coleslaw provides 160 mcg, kiwifruit provides 63 mcg and sautéed spinach gives you 889 mcg. There are hundreds of foods that offer a substantial amount of vitamin K.

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.

Overeaters Anonymous

If food is a problem for you, Overeaters Anonymous can help. Meetings are held in Room 130 at Sanibel Community Church on Tuesdays from 5 to 6 p.m. and on Fridays at 4 p.m.

For more meeting information, visit www.southwestfloa.org.

Sanibel Community Church is located at 1740 Periwinkle Way.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: Can you get seasonal affective disorder (SAD) in the summer?

A: Ahhh... summer is supposed to be a time when vacations are around, and we take a breather from school, work and relax, read a novel, go to camp and enjoy the pool, ocean or mountains. To answer your question, SAD is prevalent in the summer, not just the winter. There are characteristics that are risk factors for SAD.

Many folks feel pleasure and joy in the summer while others feel triggers and experience behavioral health challenges. The sheer expectations of the summer can create a standard of enjoyment which, if unmet, can make some feel inadequate, left out, or simply not "normal."

If you happen to be feeling a bit down or sad, know that it is okay to feel the blues, or lonely and anxious. Not everyone has a million activities going on this summer and, if you don't, that is perfectly fine, just look for and achieve a sense of balance.

Some facts we know about SAD are

as follows:

Being female – SAD is diagnosed four times more often in women than men.

Living far from the equator – SAD is more frequent in people who live far north or south of the equator. We know that 1 percent of Floridians and 9 percent of New Englanders suffer from SAD.

Family history – People with a family history of other types of depression are more likely to develop SAD than people who do not have a family history of depression.

Having depression or bipolar disorder – The symptoms of depression may worsen with the seasons if you have one of these conditions (but SAD is diagnosed only if seasonal depressions are the most common).

Younger age – Younger adults have a higher risk of SAD than older adults. SAD has been reported even in children and teens.

If you know someone who is experiencing SAD and needs assistance with achieving balance in their lives, encourage them to seek help from a professional, and they will receive some coping tools to work through their SAD.

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

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Doctor and Dietician

Improve Your Brain Power



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

Let's be honest, we are not getting any younger! One of the things that scares us about aging is the thought of losing cognitive function. However, instead of fearing it, we are facing it. We encourage our patients, as well as our team at Caring Medical, to be intentional with their lives. This means that you can't just sit there and hope you don't get dementia. There are many ways to stimulate our brains toward optimal function.

Here we go: Disconnect! This means from TV, as well as mobile devices. The World Health Organization classifies cell phone radiation as a possible human carcinogen due to an increased risk of brain cancer from long-term and heavy cell phone use. Cell phone use has also been linked to an increased risk of ADD and ADHD in both young and older people alike. Researchers have found an imbalance in brain chemistry of young people who are addicted to smart phones and the Internet, according to a study presented at the Radiological Society of North America. Interestingly, 46 percent of Americans say that they could not live

without their phones. It goes to show that an increasing number of people are addicted to their phones. Studies also show that the anterior cingulate cortex (ACC) of our brain is being destroyed by excess use. While we're at it, turn off the TV. Stop watching sensationalized news and demeaning TV shows.

Okay, back to other things you can do for your brain... Get enough quality sleep, spend time outside being active, avoid excessive alcohol and caffeine, stay hydrated, avoid excessive sugar, practice mindfulness, meditate, maintain a healthy weight, interact with friends and build strong connections, read, keep learning and believe in yourself. Aging does not have to involve mental deterioration. Be intentional. Work at strengthening your brain power.

*This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser, MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.**

Free Diabetes Prevention Program

Have you been told that you have Prediabetes? Would you like to learn about a variety of tools that have been proven to prevent or delay the onset of Type 2 Diabetes?

Lee Health will hold a free program designed to help one make modest lifestyle changes and cut the risk of Type 2 Diabetes by more than half at Lee Memorial Behavioral Health Center on Mondays, beginning August 5, from 5:30

to 6:30 p.m.

This year-long program, featuring weekly meetings for the first six months, then once or twice a month for the second six months, is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

Information presented in the workshop can help you become empowered to prevent Type 2 Diabetes. Learn about the benefits of physical activity; manage symptoms of stress, make smarter decisions related to healthy eating, and tips to stay motivated. Participants will receive a participant guide to use as an ongoing reference tool once the classes are completed.

Lee Memorial Behavioral Health Center is located at 12550 New Brittany Boulevard, Suite 200, in Fort Myers. Seating is limited and registration is required. Call 424-3127 for more information.*

Red Cross Shares Safety Steps For Hurricane Season

The hurricane season officially started on June 1 and runs until November 30. The American Red Cross urges people to take steps now to get prepared in case of an emergency.

"We want the community to plan and prepare ahead of time before an emergency," said Jill Palmer, executive director for Florida's Southern Gulf Chapter. "There are simple steps every family can take to make sure they are ready and stay safe this hurricane season."

What You Should Do

Determine your risk. Hurricanes cause problems for people in coastal areas but can also cause damage hundreds of miles inland.

Talk with household members and create an evacuation plan. Practicing the plan minimizes confusion and fear during the event.

Build an emergency kit with a gallon of water per person, per day, non-perishable food, a flashlight, battery-powered radio, first aid kit, medications, supplies for an infant if applicable, a multi-purpose tool, personal hygiene items, copies of important papers, cell phone chargers, extra cash, blankets, maps of the area and emergency contact information.

If someone already has a disaster kit, now is the time make sure the food and water is still safe to consume and that copies of important documents are up to date. If they already have an emergency plan for their household, they should talk about it again with family members, so everyone knows what to do if an emergency occurs.

Be informed. Learn about the community's hurricane response plan. Plan routes to local shelters, register family members with special medical needs as required and make plans for pets.

Download the free Red Cross Emergency App to select up to 35 different severe weather and emergency alerts on their mobile device. The content includes expert guidance on what to do before, during and after different emergencies or disasters, from home fires

to hurricanes. All Red Cross apps can be found in smartphone app stores by searching for American Red Cross or by going to www.redcross.org/apps.

Keep insurance policies, documents and other valuables in a safe-deposit box. You may need quick, easy access to these documents. Keep them in a safe place less likely to be damaged if a hurricane causes flooding. Take pictures on a phone and keep copies of important documents and files on a flash drive that you can carry with you on your key chain.

Protect windows with permanent storm shutters or invest in one-half-inch marine plywood that is pre-cut to fit your doors and windows.

Identify a place to store lawn furniture, toys, gardening tools and trash cans (away from stairs and exits) to prevent them from being moved by high winds and possibly hurting someone.

Clear loose and clogged rain gutters and downspouts to prevent flooding and unnecessary pressure on the awnings.

This year, getting life-saving information about impending hurricanes is easier than ever. Just ask Alexa. You can activate the Hurricane Alert Skill for popular Amazon Alexa-enabled devices including the Echo, Echo Dot, Echo Show and Echo Spot. You will then be able to get hurricane watch and warning notices for locations where you or your loved ones live, and access Red Cross expertise on how to prepare for the approaching hurricane and keep your family as safe as possible.*

Free Autism Screening For Young Children

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, offers a free monthly autism spectrum disorder screening for toddlers 18 months to five years of age.

The next screening on the Ronald McDonald Care Mobile will be held at the IMAG History & Science Center on Friday, July 26 from 9:30 a.m. to 2 p.m.

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

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

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

A physician referral is not required. The IMAG History & Science Center is located at 2000 Cranford Avenue in Fort Myers. To schedule a screening, call 343-6838.*

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PETS OF THE WEEK photos provided

Lee County Domestic Animal Services

Willey And Buster

Hello, my name is Willey. I am a 6-year-old male domestic shorthair who is one of those pets that comes along once in a lifetime. You know how people say their cat hugs and you think... cats don't hug?! Well, I do hug! This big guy will climb in your lap and to your shoulders to wrap both paws around you for a big bear hug. You have got to see it to believe it. I want nothing more out of life than for someone to love and to love me in return. I am truly one of a kind.



Willey ID# A562115

My adoption fee is \$10.

Hi, I'm Buster. I am a 3-year-old male pit bull mix who is one of the sweetest dogs you will ever meet. I am well-trained, great on the leash and just loves to sit and spend time with you. I get along well with other dogs. In fact, this past Saturday, I went to the Miracles Bark in the Park game and was a

big hit with everyone. My adoption fee is \$10.

Celebrate this Independence Day month by allowing a new pet to enjoy the freedom of a forever home. Adoption fees will be reduced for the entire month of July. Adult dogs are just \$30 to adopt; cats are \$10; and kittens are \$20. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge. Animal Services is getting filled with big dogs so for the rest of July you can make a 'Pit Stop' and adopt any bully breed for just \$10 with an approved application!



Buster ID# A674106

The shelter is open to the public Monday through Saturday at 5600 Banner Drive in Fort Myers. Adoptions are available 10:30 a.m. to 3:30 p.m. Monday through Saturday. For information, visit Lee County Domestic Animal Services at www.leegov.com/animalservices or call 533-7387.✱

Haven on Earth Animal League

Chester And Dallas

Hi, I'm Chester and I'm a sweet, quiet guy. I'm very good with other cats and only about 3 years old. I'm looking for a home to call my own. Come see me at Petco in Gulf Coast Town Center. I'm up-to-date on vaccines, neutered and have a microchip. My adoption fee is \$100.



Chester



Dallas

Hello, I'm Dallas. I'm only 3 months old and I'm looking for someone to love me forever. I'm a cute little black-and-white boy and I look like I'm wearing a hat. I'm neutered and up-to-date on vaccinations. I'm currently staying at Petsmart on Six Mile Cypress. Come see me and take me home. My adoption fee is \$125.

We are being cared for by Haven on Earth Animal League. For more information,

call Diane at 860-833-4472 or email havenonearthanimalleague@yahoo.com.✱

PAWS Of Sanibel

Max And Murphy



Max



Murphy

PAWS is in desperate need of someone to foster two sweet kitties for an elderly Sanibel resident that is in the hospital. It appears she will be going into a rehabilitation clinic for about three weeks. It would be great if they could be taken in by someone for a few weeks. There may be a possibility of having them remain in the woman's home if someone could just go once a

day to give them food and water and clean their litter boxes. Contact Pam at PAWS at 472-4823 if you can help.✱

PAWS Of Sanibel

Sweetie Pie

PAWS has a beautiful young mother cat up for adoption. Her name is Sweetie Pie and she is approximately one year old. She has had all her shots, was combo-tested negative, wormed, treated for fleas and had spay surgery.

All of her kittens have been adopted and now she is wandering around wondering where everyone went. If you would like to meet Sweetie Pie, call Pam at PAWS, 472-4823.✱



Sweetie Pie

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Emergency	911
Sanibel Police	472-3111
Lee County Sheriff's Office	477-1200
On Call Captiva Deputy	477-1000
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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 of Sanibel	472-4135
Administrative Office	472-3700
Building Department	472-4555
Planning Department	472-4136
Library - Sanibel	472-2483
Library - Captiva	239-533-4890
Post Office - Sanibel	472-1573
Post Office - Sanibel (toll free)	800-275-8777
Post Office - Captiva	472-1674
Sanibel Community Association	472-2155
Center 4 Life - Senior Center	472-5743
ARTS	
Arcade Theater	332-4488
Art League Of Fort Myers	275-3970
BIG ARTS - Barrier Island Group for the Arts	395-0900
Broadway Palm Dinner Theatre	278-4422
Fort Myers Symphonic Mastersingers	288-2535
Gulf Coast Symphony	277-1700
Lee County Alliance for the Arts	939-2787
Naples Philharmonic	597-1111
The Herb Strauss Schoolhouse Theater	472-6862
Sanibel Music Festival	336-7999
Sanibel-Captiva Art League	sancapart.com
SW Florida Symphony	418-0996
Symphonic Chorale of SW Florida	560-5695
CLUBS & ORGANIZATIONS	
ABWA - American Business Women's Assoc	http://abwasanibelcaptiva.org
American Legion Post 123	472-9979
Angel Flight SE	1-877-4AN-ANGEL
Audubon Society	472-3744
CHR Community Housing & Resources	472-1189
Community Foundation of Sanibel-Captiva	274-5900
COTI Committee of the Islands	coti@coti.org
CROW - Clinic For The Rehabilitation of Wildlife	472-3644
Democratic Club of the Islands	Demclubislands@gmail.com
Disabled Am Vets #108 (San-Cap Rep Ted Tyson) Help 211	984-5920
FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH OF SANCAP 24-hr service	472-0404
Sanibel Island Fishing Club	472-8994
Horticultural Society of the Islands	472-6940
Horticulture and Tea Society of Sanibel and Captiva	472-8334
Kiwanis Club	677-7299
League of Women Voters	sanibelLWV@gmail.com
Lions Club, Jeff MacDonald	302-521-1158
Master Gardeners of the Islands	472-6940
MOAA - Military Officers Assoc. of America, Alex MacKenzie	395-9232
Newcomers	472-9332
Notre Dame Club of Southwest Florida	768-0417
Optimist Club	472-0836
PAWS	472-4823
Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
Sanibel-Captiva Orchid Society	472-6940
Sanibel-Captiva Power Squadron	www.sancapboating.club
Sanibel-Captiva Republican Caucus	395-0819
Sanibel-Captiva Shell Club	facebook.com/sancapshellclub 267-7291
Sanibel Youth Soccer	www.sanibelsoccer.org 395-2040
United Way of Lee County	433-2000
United Way 211 Helpline 24 hour	211 or 433-3900
Zonta Club	728-1971
ISLAND ATTRACTIONS	
Bailey-Matthews National Shell Museum	395-2233
JN "Ding" Darling National Wildlife Refuge	472-1100
Sanibel Historical Museum & Village	472-4648
SCCF Sanibel-Captiva Conservation Foundation	472-2329

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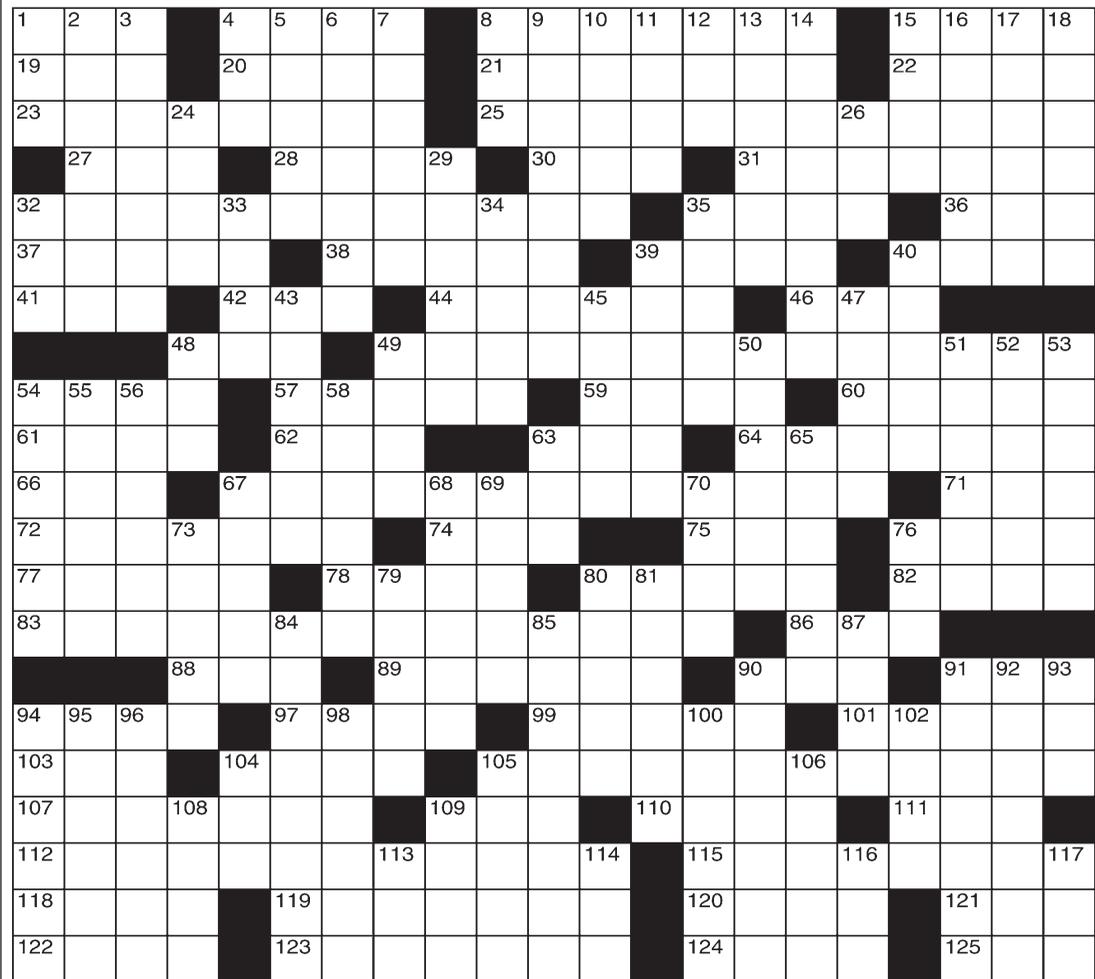
PUZZLES

Answers on page 47

Super Crossword

ILK-CONCEIVED

- ACROSS**
- 1 TV-regulating gp.
 - 4 Dems.' foes
 - 8 May birthstone
 - 15 Deform
 - 19 Head of corn
 - 20 Farm unit
 - 21 Award hopeful
 - 22 Suspicion
 - 23 *Bunch
 - 25 *Course taken at night
 - 27 "Wish Tree" artist Yoko
 - 28 Meal for an echidna
 - 30 Bic fluid
 - 31 Slogs
 - 32 *Comment to a very generous person
 - 35 Defeat
 - 36 Martinique, par exemple
 - 37 Cobwebby room, often
 - 38 Operating
 - 39 Pol Paul
 - 40 Shape
 - 41 Original texts: Abbr.
 - 42 Hightailed it
 - 44 Forest and desert, e.g.
 - 46 Siam or Sudan ender
 - 48 Cat coater
 - 49 *Credit card feature
 - 54 A portion of
 - 57 Pal, to Pablo
 - 59 Sister of Bart Simpson
 - 60 Verse writer Nash
 - 61 Spur
 - 62 47-Down or 96-Down fuel
 - 63 It precedes Tue.
 - 64 Got tangled
 - 66 Actress Sothern
 - 67 *Gravity, e.g.
 - 71 Eden figure
 - 72 Stool pigeon
 - 74 When doubled, a Gabor sister
 - 75 Horse kin
 - 76 La — Tar Pits
 - 77 Hawke of film
 - 78 Kazan of film
 - 80 R&B singer Marilyn
 - 82 Stalin's fed.
 - 83 *Z-to-A data-alphabetizing arrangement
 - 86 Start dozing
 - 88 Mao — -tung
 - 89 Not stray from, as a schedule
 - 90 Connector to the WWW
 - 91 Elhi support org.
 - 94 Split couple
 - 97 Misfortunes
 - 99 Take back, as the title
 - 101 Esau's father
 - 103 Family ride
 - 104 Possesses
 - 105 *Emphatic print
 - 107 Silky cats
 - 109 Actress Lucy of "Kill Bill"
 - 110 iPhone voice suffix
 - 111 Enzyme
 - 112 *Hollywood publication for 80 years
 - 115 Word with synonyms at the ends of the answers to the starred clues
 - 118 "Dame" Everage
 - 119 Stately street shader
 - 120 Elderly
 - 121 Counterpart of masc.
 - 122 Chop —
 - 123 Sows again
 - 124 Loch —
 - 125 Rx watchdog
 - 34 English architect Jones
 - 35 Grounds
 - 39 Eye layer
 - 40 Combine
 - 43 Region west of Catalonia
 - 45 Brunch fruit
 - 47 Kitchen appliance
 - 48 Narc, e.g.
 - 49 This and that: Abbr.
 - 50 Tenor played by Lanza
 - 51 Goof-offs
 - 52 Riles
 - 53 Make beloved
 - 54 Showed clemency to
 - 55 Florid
 - 56 Year's 12
 - 58 Prominent
 - 63 Advanced music or drama deg.
 - 65 Burning crimes
 - 67 Monetary penalties
 - 68 Web mags
 - 69 Broadway's "August: — County"
 - 70 Mediator's skill
 - 73 Almanac fill
 - 76 Future leaf
 - 79 Digs
 - 80 Econo Lodge, e.g.
 - 81 Throngs
 - 84 Member of Devo, say
 - 85 Germinated
 - 87 Taylor boy of old TV
 - 90 Fuming mad
 - 91 Is profitable
 - 92 Narrowed gradually
 - 93 Air hero
 - 94 Avoids, as capture
 - 95 Site of Kubla Khan's palace
 - 96 V-8, for one
 - 98 Lower-priced
 - 100 Promiser's proviso
 - 102 Doe partner
 - 104 Suffix with invent
 - 105 Bar brew, in France
 - 106 Quotes as an authority
 - 108 Big skin cream brand
 - 109 Low-cal
 - 113 Apt. parts
 - 114 "Sure thing!"
 - 116 Pub. house hirees
 - 117 Sumac of song



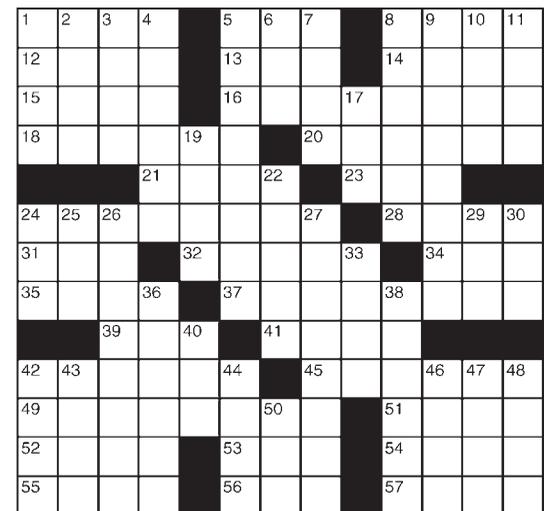
King Crossword

ACROSS

- 1 Collections
- 5 Toward the stern
- 8 Being, to Brutus
- 12 Enticement
- 13 Actress Myrna
- 14 "Once — a time ..."
- 15 Operatic solo
- 16 Harem's housing
- 18 Hex
- 20 "Long Day's Journey Into Night" writer
- 21 Fairy tale villain
- 23 Explosive letters
- 24 Three-striper
- 28 Dueling sword
- 31 Opposite of "post-"
- 32 Be philanthropic
- 34 Corn spike
- 35 St. Louis landmark
- 37 Dramatic musical work
- 39 Chance
- 41 Sandwich shop
- 42 Alexandrian peninsula
- 45 Maximally
- 49 Repaired
- 51 Hee-haw
- 52 Wise one
- 53 Past
- 54 Slender
- 55 Low card
- 56 Neither mate
- 57 Otherwise
- 8 First name of 20-Across
- 9 Green type of soup
- 10 Earth
- 11 Carbon compound
- 17 Pismire
- 19 Curved molding
- 22 Finished coin
- 24 Hot tub
- 25 Blunder
- 26 Tend a dead battery
- 27 Bullfight VIP
- 29 Chow down
- 30 Historical
- 33 Whip mark
- 36 Invisible rabbit of stage and screen
- 38 Spry, like Jack
- 40 Luau bowlful
- 42 "Hey, you!"
- 43 Listen to
- 44 Read bar codes
- 46 Verbal
- 47 Without (Fr.)
- 48 Youngster
- 50 Id counterpart

DOWN

- 1 Pole or Czech
- 2 Continental
- 3 Small combo
- 4 Sailing veteran
- 5 Losers
- 6 Enemy
- 7 Novice



INSERT A "T" TO MAGIC MAZE ● MAKE A NEW WORD

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Daring
- Hears
- Morally
- Round
- Deduced
- Hideous
- Neuron
- Sack
- Diplomas
- Laughter
- Paining
- Shooing
- Fleeing
- Mining
- Pans

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

SUDOKU answer on page 47
 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.



"Sometimes I wonder if I'll put up a fight against _____."

answer on page 47

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!

Reap

RANGER

Pile

OVERT

Lazy

TRIPOD

Quiet

TINSEL

TODAY'S WORD

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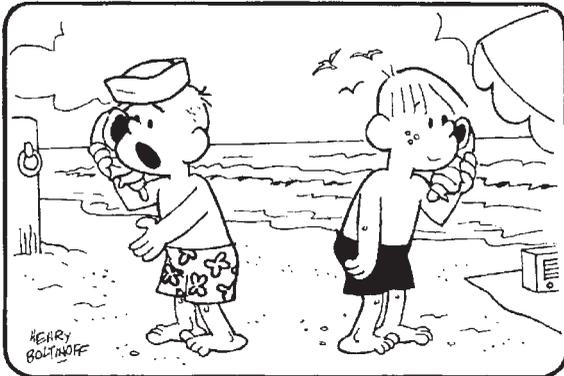
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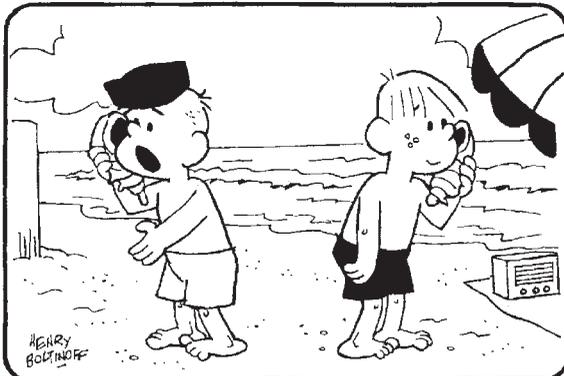
239-593-1998 | www.dbrowngc.com

HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Umbrella is different 2. Boy's hat is black 3. Ring on post is missing 4. Boy's swim trunks are different 5. Radio is moved 6. Birds are gone

My Stars ★★★★★

FOR WEEK OF JULY 22, 2019

Aries (March 21 to April 19) Is someone at work resisting that Aries charm? Hard to believe. But seriously, Lamb, you might want to back up your ideas with some solid data, and then watch the yeas pile on.

Taurus (April 20 to May 20) Your hard work could pay off in ways you didn't expect, but certainly deserve. Tend to that pesky health problem now so you'll be in top shape to tackle the new projects coming up.

Gemini (May 21 to June 20) Planning a family event can be stressful unless you make it clear from the start that you're in charge. You might accept suggestions, but it will be your decisions that count.

Cancer (June 21 to July 22) You still have a way to go to bring that professional matter to a satisfactory conclusion. Meanwhile, an important personal situation could require more of your attention by week's end.

Leo (July 23 to August 22) There's something about you Fine Felines that makes people want to tell you secrets. But once again, be wary of who is doing the telling. You might not want to be that person's confidante.

Virgo (August 23 to September 22) Creating a fuss about a family matter

might get everyone's attention. But it might be better to talk one-on-one with family members in order to spare a loved one unnecessary embarrassment.

Libra (September 23 to October 22) You're making progress on that career move, albeit not as quickly as you had hoped. But stay with it. Your personal life takes an unexpected (but very welcome) new turn.

Scorpio (October 23 to November 21) If you feel you've been unfairly treated in a workplace decision, correct the situation now while there's still time to do so. Arm yourself with facts and go to it. Good luck.

Sagittarius (November 22 to December 21) Devising your own system of doing things might be the best way to handle an increasingly complex situation. But do it tactfully in order to avoid ruffling too many of your colleagues' feathers.

Capricorn (December 22 to January 19) A family member's health problem might once again require you to shift some of your current priorities around. But this time, make certain other relatives will be there to help.

Aquarius (January 20 to February 18) Catching up on tasks you've left undone will take a while to accomplish. But the sooner you complete them, the sooner you'll be able to take on another time-sensitive project.

Pisces (February 19 to March 20) You might feel swamped by all that you're expected to do. But take a moment to come up for air, then handle things one at a time, and you'll soon get through them all.

Born This Week: Although you love being home with your family, you also enjoy traveling and making new friends.

STRANGE BUT TRUE

- It was Robert Wright, journalist, scholar and author of best-selling books about science, who made the following sage observation: "Like a lawyer, the human brain wants victory, not truth; and, like a lawyer, it is sometimes more admirable for skill than virtue."

- Famously flamboyant country singer and songwriter Dolly Parton once entered a Dolly Parton look-alike contest ... and lost.

- The small Asian country of Bhutan, nestled in the mountains between China and India, had no access to TV until 1999.

- You've doubtless heard of narcolepsy, a medical condition that causes sufferers to sleep excessively sometimes up to 18 hours a day. You're probably not familiar with philargyprnia, though. People with this condition - I won't call them "sufferers" - require only three or four hours of sleep a day. What

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ROOMMATE WANTED

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7/12 * 7/19

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7/19 * 8/2

PUBLIC NOTICE

FICTITIOUS NAME

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of WILD ON SANIBEL intends to register the said name with the Florida Department of State, Division of Corporations, Tallahassee, FL and/or Clerk of the Circuit Court of Lee county, FL. HNA Services, LLC 1753 Bunting Lane Sanibel, FL 33957
7/19 * 7/19

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scarnatolawn@aol.com
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4/20 * TFN

LOST AND FOUND

FOUND

A wrist exercise tracking device on the beach at West Gulf Dr. near beach access #1 on Sunday June 30. Call to identify and claim. 412-491-5958
7/12 * 7/19

HELP WANTED

JERRY'S FOODS SERVERS & BARISTAS

Part Time Evening And Weekend Front End Associates Needed. Looking for energetic, personable, and fun individuals, with open availability Monday through Sunday. If interested call and ask for John, Norm Sarah 472-9300. 1700 Periwinkle Way
5/6 * TFN

LOVE BOAT ICE CREAM

We are accepting applications for scoopers and supervisors. Supervisor applicants must have leadership experience and be at least 18 years of age. Part-time and full-time positions are available. Scooper applicants must be 16 years of age, part-time positions are available. Apply in Sanibel store 1700 Periwinkle Way, Unit 9
7/19 * 7/26

BOATS/CANOE/KAYAKS

KAYAK FOR SALE



17' Ocean Kayak Sprinter. \$100. Good condition. No accessories. Call Bob at 265-0840.
6/28 * TFN

would you do with all that extra time?

- Those who study such things say that the average woman changes her hairstyle 20 times between the ages of 18 and 24. Between the ages of 50 and 80, though, women change it only four times.

- Now that summer is here in full force, you might want to keep in mind the fact that there are 1,500 known species of fleas and 9,500 known species of ants. Then again, that might be a factoid you'd rather forget.

- The English word "velvet" comes from the Latin for "shaggy hair."

- If you're out in the American West, you may see the iconic saguaro cactus. It matures extremely slowly – it might grow only 6 inches in its first 10 years of life. It's persistent, though; the largest known specimen reached 60 feet in height.

HORTOONS



THE REALITY OF A FAMILY GETTING READY FOR DINNER IN A SINGLE BATHROOM VACATION RESORT

HORTOON

THOUGHT FOR THE DAY

"Politics is not the art of the possible. It consists in choosing between the disastrous and the unpalatable."

– John Kenneth Galbraith

SCRAMBLERS

1. Garner;
2. Trove;
3. Torpid;
4. Silent

Today's Word

RETIRING

PUZZLE ANSWERS

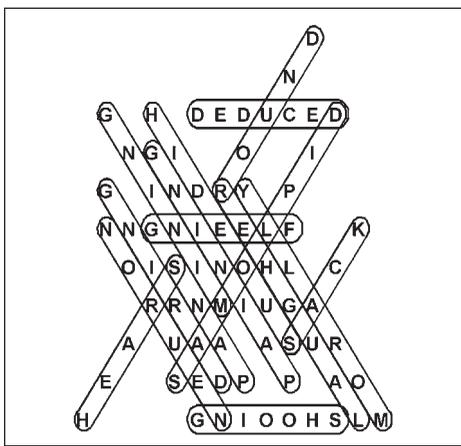
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Moonshadows	Sanibel	1978	2,852	\$1,495,000	\$1,350,000	353
Deep Lagoon Estates	Fort Myers	1982	1,306	\$1,350,000	\$1,100,000	285
Cape Coral	Cape Coral	2013	3,523	\$1,299,000	\$1,250,000	181
Gulf Ridge Sub	Sanibel	1981	1,927	\$1,295,000	\$1,177,000	182
Edgewater	Fort Myers	1995	3,468	\$1,249,900	\$1,110,000	420
Cape Coral	Cape Coral	2008	3,496	\$1,200,000	\$1,110,000	36
Sea Oats	Sanibel	1997	2,376	\$969,000	\$940,000	111
Cape Coral	Cape Coral	1980	2,208	\$895,000	\$825,000	274
Little Hickory Shores	Bonita Springs	1971	1,694	\$895,000	\$905,000	8
Corkscrew Shores	Estero	2014	2,912	\$839,000	\$800,000	10

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The New York Times Magazine



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