



Island Sun

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VOL. 27, NO. 4

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JULY 26, 2019

JULY/AUGUST SUNRISE/SUNSET: 26 6:50 • 8:20 27 6:51 • 8:19 28 6:51 • 8:19 29 6:52 • 8:18 30 6:52 • 8:17 31 6:53 • 8:17 1 6:53 • 8:16

Warning Issued After Coyote Encounter

by Jeff Lysiak

Last Friday, a Sanibel resident reported an aggressive coyote encounter to the Sanibel Police Department after a pair of coyotes encircled her and her dog during their morning walk on the island's east end. According to the police incident report, Debbie Hurwitz was walking with her 50-pound dog, Rosie, on Anchor Drive on July 19 at approximately 6:30 a.m.

"All of a sudden, a coyote came out of someone's yard running towards me," recalled Hurwitz. "At first, I thought it was a dog, but then I recognized it was a coyote. I was walking along the side of Anchor Drive, but then I moved to the middle of the road. That's when the coyote started circling around me."

As if the situation wasn't scary enough, things soon got worse.

"Three seconds later, another coyote came out of nowhere," Hurwitz said. "It



Back in 2017, amateur photographer Robert Steagall captured several images of a young coyote walking along the shared use path on Sanibel-Captiva Road

Robert Steagall

photo by Robert Steagall

was terrifying."

When efforts to scare or cause the coyotes to flee were unsuccessful, the resident and her dog were able to safely seek refuge at a nearby residence until the

coyotes left the area.

"These two coyotes had zero fear of me and my dog," Hurwitz added. "I was waving a baseball cap and bag at them and yelled at them, but they weren't

scared. So Rosie and I ran up onto a neighbor's screened porch. After about five minutes, we walked back outside and saw that the coyotes were waiting for us three houses down the street. One of the coyotes barked at me. So we went back up onto the porch and waited another five to seven minutes. After that, they were gone."

According to Hurwitz, several coyotes have been seen by residents of South Yachtsman Drive and near the intersection of Anchor Drive and Windless Way.

Prior to 2011, there had never been a confirmed coyote sighting on Sanibel. But according to a study conducted by an expert research team from the University of Georgia, there are between 27 and 67 coyotes currently roaming the island. In a report prepared by the University of Georgia's Wardell School of Forestry and Natural Resources, the origin of coyotes on Sanibel is unknown.

"Coyotes are strong swimmers and may have made their way to the island during times of low tide (likely from nearby islands to the north). Alternatively, or perhaps additionally, it is possible that some individuals crossed the causeway

continued on page 38

Sanibel Shells To The Rescue For Autistic Boy

by Jeff Lysiak

Like most youngsters who visit Sanibel, 12-year-old Colin Abbott spent much of his recent vacation searching for shells. But not just on the beach because, as the Bettendorf, Iowa resident and his family soon discovered, pretty shells can be found everywhere on the island.

According to Colin's mother, Amber Keckler, the family had stopped at a gas station during their stay when she noticed something unusual – a shell painted with a glittery green cartoon fish within a light blue background. She picked it up and handed it to Colin, who happens to be blind and autistic. Her son began feeling the surface of the shell, stroking his fingers across his new prized possession.

"Colin was so excited, he clapped his hands and laughed and jumped up and down," his mother recalled.

One of the reasons Colin was thrilled to have this special shell, in addition to being able to show it off to his classmates back home, was because it was part of



Seventh grader Colin Abbott painting a shell to be donated to the Sanibel Shells Facebook group

photos provided

the popular Sanibel Shells activity, started by two retired elementary school teachers – Ursula Purvis and Nina Brown – who created a Facebook page where people who find specially painted and ornately decorated shells can share their unique discoveries.

When Amber turned Colin's shell over,



Two of Colin's classmates, Chris and Christian, painting shells to be sent back to Sanibel

she discovered the message inside: "Post a pic on Facebook – Sanibel Shells – Keep or Rehide – Jayne." That same day, she posted three pictures of her son with his Sanibel Shell.

After returning home from vacation, Colin was excited to share his Florida find with his special education class and

teacher.

"He proudly pulled it from deep within his pocket and handed it to every individual for them to 'see' it as he does, exclaiming its beauty and special qualities," Keckler said. "The glitter and smooth paint gave texture to the image he could

continued on page 27



Shoppers purchase bags for \$4 before entering Noah's Ark for Bag Day shopping photo provided

Bag Day Sale At Noah's Ark Coming Soon

The Noah's Ark annual Bag Day event is coming up on Friday, August 9 from 9:30 to 11:30 a.m. Customers may buy marked bags in the parking lot for \$4 each, fill them with store goods and walk away with

as many items as the bags will carry. Customers are free to purchase as many \$4 bags as they wish for the sale. Any items not fitting in the bag are 80 percent off the regular price. Deep price reductions are also available in the last days of August leading up to the sale. Bag Day marks the end of summer season for the Ark, which, after August 9, is closed for cleaning and repair. Operated by the Women of St. Michael & All Angels Episcopal Church for more than 50 years, Noah's Ark

offers for sale, at bargain prices, merchandise of all kinds, including women's and men's clothing, children's clothes, bedding, kitchen electronics and housewares, furniture and home furnishings, and a varied selection of books – including good beach reading – in its own book station, Barnes & Noah. Proceeds from Noah's Ark sales, coupled with monies from the parish's annual budget, go to more than 25 local, regional and global charities and agencies.

On October 1, Noah's Ark reopens for business on Tuesdays and Fridays from 9:30 a.m. to 12:30 p.m. for the duration of October. In November, the

winter season's full schedule resumes on weekdays and the first Saturday of each month from 9:30 a.m. to 12:30 p.m.

Noah's Ark does not take donations between August 9 and September 1. September 1 and thereafter, donations are accepted and appreciated. The Ark staff and St. Michael & All Angels Episcopal Church extend heartfelt thanks to all donors who help to make the Ark's charitable mission a continuing success.

For more information on the Noah's Ark charitable mission, contact St. Michael & All Angels Episcopal Church at 472-3356 or visit www.saintmichaels-sanibel.org.

Lee County Tied For Florida's Top Recycling Spot

Lee County residents and businesses led recycling efforts statewide in 2018, tied with only with Charlotte County with a 77 percent annual recycling rate.

The amount of material Lee County residents recycled in 2018 would be enough to fill 107 football fields with material 70 feet high – as high as the tallest point of the Sanibel Causeway bridge.

Lee County received credit for recycling 1.5 million tons of the total 1.96 million tons of waste generated locally in 2018, according to numbers recently released by the

Florida Department of Environmental Protection.

"Florida has a recycling goal of 75 percent by 2020," said Pam Keyes, public utilities director. "We are happy to report that strong participation by both residents and businesses has enabled Lee County to meet and exceed this goal."

This is the fourth time Lee County has led the state in recycling since Florida began tracking in 2000.

Recycling credits include curbside recycling by residents as well as business recycling of materials such as cardboard, yard waste, scrap metal and construction and demolition debris, among other items. Lee County also receives recycling credit for energy produced from garbage processed at the waste-to-energy plant in Buckingham.*



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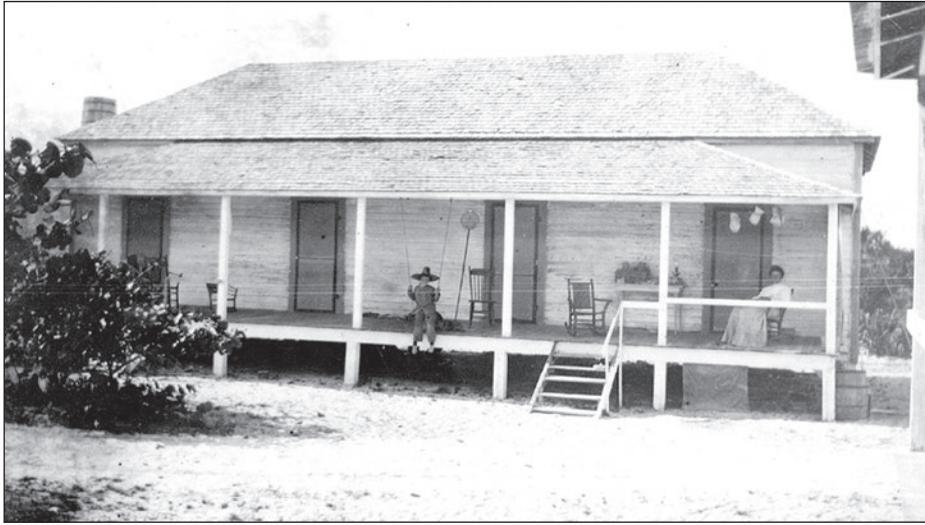

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Hal Tayntor swinging on the porch photo courtesy Sanibel Historical Museum and Village

Looking Back: Swinging On The Porch

This week's image shows Hal Tayntor swinging on the porch of his family's winter quarters on Sanibel at the Sisters Hotel.

Learn more about the history of Sanibel at the Sanibel Historical Museum and Village, 950 Dunlop Road, next to BIG ARTS. The village



will close for the off-season beginning Wednesday, July 31 and reopen on Tuesday, October 15. 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.

There is handicap access to the buildings. Admission is \$10 for adults over 18, no charge for members and children. For more information, visit www.sanibelmuseum.org or call 472-4648.✱

Churches/Temples

ANNUNCIATION GREEK ORTHODOX CHURCH

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.✱

SANIBEL COMMUNITY CHURCH PRESENTS

FREE MOVIE NIGHT "UNPLANNED"

Sunday, July 28 at 6 p.m.
Walking Tacos & Sodas served at 5:30 p.m.



A true story about one of the youngest Planned Parenthood clinic directors in the nation. Abby Johnson was involved in upward of 22,000 abortions and counseled countless women on their reproductive choices. Her passion surrounding a woman's right to choose led her to become a spokesperson for Planned Parenthood, fighting to enact legislation for the cause she so deeply believed in.

Until the day she saw something that changed everything.

A love offering is received for Verity Pregnancy & Medical Resource Center, Fort Myers.

This movie is rated R due to its graphic and disturbing subject.

SANIBEL COMMUNITY CHURCH

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The Community House



The first session of Kids Cooking Camp with Chef Jarred Harris begins Monday

photos provided

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.

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



Sissi Janku instructs young artists on Wednesdays

(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.

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 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

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.*

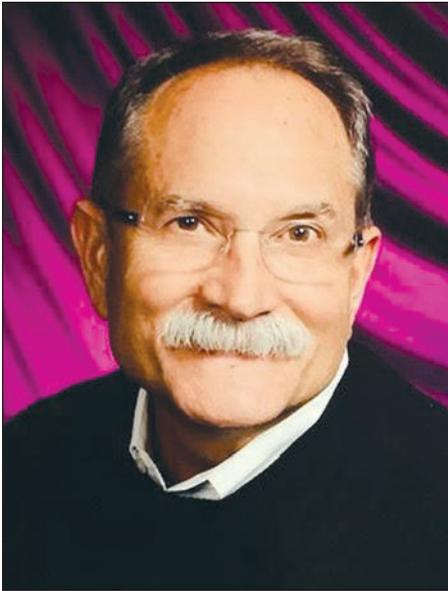
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OBITUARY



MICHAEL LORY SKAGGS

Michael Lory Skaggs, 65, of Indian Trail, North Carolina and formerly of Sanibel, Florida passed away on July 15, 2019 surrounded by his family that he loved with all of his heart. He was born on December 18, 1953 to Robert Lory and Hildur Basse (Figenshaw) Skaggs in St. Louis, Missouri.

Shortly after receiving his BS in accounting and finance from Wheeling Jesuit University, Michael moved to California where he started his career

as a nursing home administrator in 1983. When his facility was purchased by Integrated Health Services, his path crossed with Ruth Ann Dykstra. They fell madly in love while whale watching and married on cold snowy day in Chicago on January 21, 1995. You could often hear them calling, "Babeeeee" to each other across a room. They moved to Sanibel and, on February 1, 1997, their heart's leapt with joy as they welcomed their son, Jonathan Lory, into this world. Michael's most favorite job in his entire career was being Mr. Mom for two years after Jonathan was born.

Michael loved Jesus, he loved his family, he loved working with students, he loved missions and he loved being a Nursing Home Administrator. He was an active member of Sanibel Community Church where he was a youth leader and served on the Missions Team. He had the gift of joy and of hospitality, and he and Ruth Ann opened their home and hearts to their family, friends, the teens and the missionaries he loved to serve. His campfires were legendary. His love for missions brought him to Ecuador, Cuba, China and Italy on mission trips with both his family and the youth of Sanibel. When they moved to North Carolina last year, they immediately joined Mercy Church Charlotte; God knew they would need a loving church to support them during Michael's short but difficult journey with cancer. In the last hours of his life, he lifted up his weak voice to praise his Savior.

It was his heart and love for people that made him an extraordinary nursing home administrator; he brought joy to the lives of his staff and his residents. He loved serving on the Alvin A. Dubin Alzheimer Resource Center's advisory board and the Florida Health Care Association, where he served as district president.

Michael is survived by his dad and mom, his sister Barbara (Skaggs) Saunders, his brother-in-law Jim Dykstra (Marla), sister-in-law Carol Van Ostenburg (Don), his aunt Shirley Lewis (Howard) and uncle Bill Skaggs (Darlene) and many loved nieces, nephews and cousins.

The family will host friends for a Celebration of Life on Monday, August 5 at 5 p.m. at Mercy Church-Charlotte, located at 7200 Providence Road in Charlotte, North Carolina, with Pastor Spence Shelton officiating. A second Celebration of Life is scheduled for Thursday, August 8 at 5 p.m. at Sanibel Community Church, located at 1740 Periwinkle Way on Sanibel, with Pastor Tom Walsh officiating. Michael's ashes will be laid to rest at the columbarium there.

There will be a time to love on the family and enjoy a meal after each service at the respective churches.

In lieu of flowers and because of Michael's love for missions, his wish was that you would honor his memory by donating to the missions where he served:

Leadership Resources – Online donations can be made via www.LeadershipResources.org.

Pastoral Support Service (PPS) – Mail checks to Pastoral Support Service, P.O. Box 7631, Lakeland, FL 34807.

Launch Global – <https://launchglobalinc.churchcenter.com/giving/to/nuova-vita-justin-and-abbey-valiquette>. If you prefer to give by check, make checks payable to Launch Global Inc. with "The Valiquette's" written in the memo line, mailed to Launch Global, Inc., P.O. Box 1269, Estero FL 33928.*

Our email address is press@islandsunnews.com

OBITUARY



DR. BERNARD KATCHEN

Dr. Bernard Katchen, age 91, passed away while residing at Thrive at Beachwalk in Fort Myers, Florida on July 6, 2019. He was born in Brooklyn, New York in 1928 to Morris and Esther Katchen.

His wife Lola passed away in 2004. They celebrated 53 years of marriage. Bernard is survived by his daughter Beth Bogen and her husband Russell Bogen, son Roger Katchen and grandson William Bogen. His sister, Mary Katchen, passed away in 1990.

Bernard received a BS in chemistry from City College of New York in 1949. In 1951, he received a MSc in biochemistry from Ohio State University and in 1956 he earned a doctorate (PhD) in biochemistry from New York University. Bernard had a 30-year career at Schering & Plough Corp. in New Jersey as a research biochemist.

In 1993, Bern retired to Sanibel with his loving wife Lola. Bern enjoyed life on Sanibel and was involved with BIG ARTS, coordinating programs of opera and jazz.

Donations in memory of Bernard Katchen may be made to FISH of SanCap, 2430-B Periwinkle Way, Sanibel, FL 33957.

Dr. Katchen's daughter will host a memorial service.*

Are you looking for a Preschool for your 2, 3, or 4 year old child?

Check us out at our Preschool Open House August 7 from 9:00a.m. -2:00p.m. at 2050 Periwinkle Way.

You and your child can - meet and talk with our teachers, tour the facilities, meet other families and students, and more!

Preschool's hours are M-F 8:00a.m. - 2:15p.m. VPK only from 8:00-11:30a.m.

Early Drop-off from 7:00-8:00a.m. and Aftercare until 6:00p.m. also available.

We offer outstanding teachers, Bilingual (Spanish) Director and training, small class sizes.

Approved VPK and School Readiness Provider. Financial assistance also available.

For more information call Director Ana Abella 239-472-0497 or check out www.sanibelucc.org/preschool



Sanibel Christian Preschool is located at 2050 Periwinkle Way, Sanibel and is a community outreach by the Sanibel Congregational United Church of Christ. DCF# C20LE0116

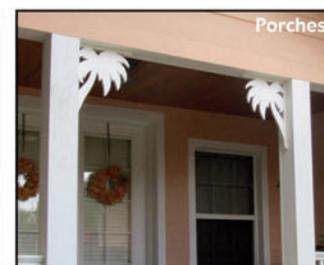
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OBITUARY



CECILIA KAYE CALDWELL

Cecilia Kaye Caldwell, 72, of Sanibel, passed away on Wednesday, July 16, 2019. She was born February 24, 1947 in Watseka, Illinois to Cecil M. and Evadean (Pentecost) Bentley. She was a member of the Elks Lodge and was very actively volunteered for FISH of Sanibel and Captiva Islands. She also volunteered for Community Housing and Resources (CHR) of Sanibel.

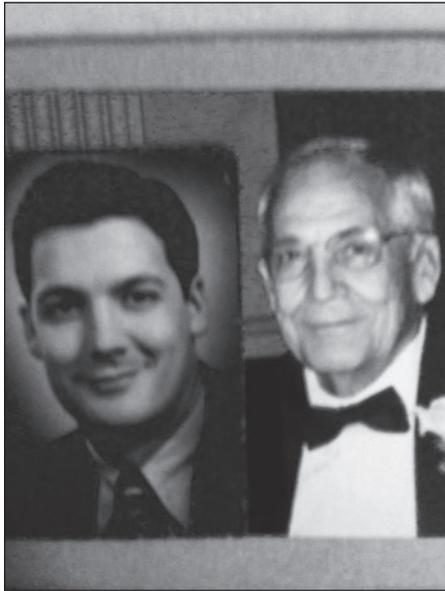
Mrs. Caldwell is survived by her two sons, Ronald H. Bosten (Vicky) of Dahlonega, Georgia and Richard Bosten (Kim) of Lehigh Acres; her grandchildren: Steven, Richard, Christopher, Ada, Nikki and Cayden; her great grandchildren: Emma, Kristen and Zion.

Memorial services will be conducted at 2 p.m. on Saturday, July 27 in the chapel of Fort Myers Memorial Gardens Funeral Home, located at 1589 Colonial Boulevard in Fort Myers.

In lieu of flowers, memorial contributions may be made to www.fishofsansap.org or <https://sanibelchr.org>.

To share a memory, story or to express condolences, visit Cecilia's memorial web page at www.fortmyersmemorial.com.

OBITUARY



DR. JOSEPH MORRIS BABCOCK JR.

Dr. Joseph Morris Babcock Jr. of Sanibel Island, Florida passed into the care of the Lord on Saturday, July 20, 2019, surrounded by his loving family. He was 95 years young.

Dr. Joseph Babcock Jr. was born on November 19, 1923 in Portsmouth, Ohio. Joe selected a football scholarship to attend the University of Cincinnati after graduating from Portsmouth High School in 1941. Joe was a member of the Delta Tau Delta fraternity and a star punter and quarterback for the Cincinnati Bearcat Football team.

Joe's university studies and football career were abruptly interrupted in the middle of 1943 by World War II. He left Cincinnati and headed to the Mediterranean where he was selected along with a small group of individuals who pioneered the U.S. secret use of radar to detect German fighter planes and submarines. It was here he valiantly served his country entering the 15th U.S. Army Air Corps as a radar specialist with the 461st and 484th bomb squads.

Joe later returned to the University of Cincinnati where he graduated and

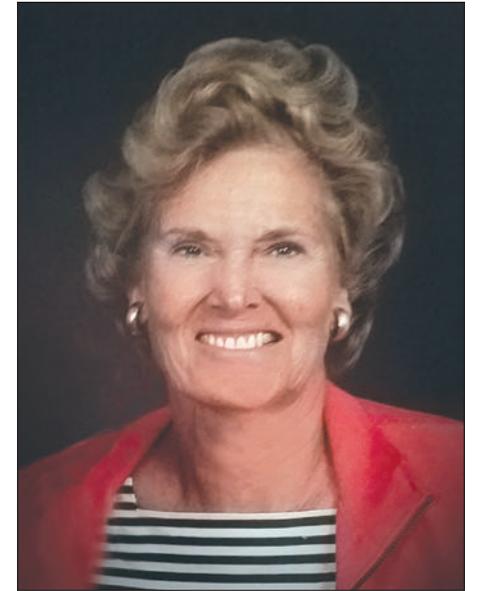
married the love of his life for the last 75 years, Barbara Louisa Leimberger of Cincinnati, Ohio. Foregoing the opportunity to play professional football, Joe opted instead to follow in the footsteps of his father and attend the Ohio State University School of Optometry. After graduating from optometry school, Joe and Barbara together decided to move back to Portsmouth, Ohio where they raised five wonderful children. Joe joined his father's family practice and skillfully served the community there for 45 years as a doctor of optometry. The practice Joe's father started in 1916 continues today through his son Dr. Joseph William Babcock and his grandson Dr. Taylor Douglas Babcock, the third and fourth generations of Babcock men.

Joe enjoyed traveling, playing golf, and bridge at the Sanibel senior center, while spending time with many friends and family. Joe and Barbara built a family vacation home on Sanibel Island in the early '80s and became permanent residents of the Sanibel community in 1992. Joe and Barbara enjoyed a great love affair for 75 years.

He was preceded in death by his father, Joseph Morris Babcock Sr., his mother, Susan Louise Gibbs Babcock, and sisters, Betty Babcock Covert, Mary Ann Babcock Scurlock and Joanne Babcock Eynon.

He is survived by his wife Barbara, five children, 11 grandchildren and 17 great-grandchildren.✧

OBITUARY



ELIZABETH ANN SIMMS

Elizabeth "Ann" Simms passed away peacefully after a brief illness on Monday, July 15, 2019, two weeks shy of her 85th birthday. A memorial celebration of Ann's life will be held on Saturday, August 3, 2019, at St. Paul's Episcopal Church in Oakwood, Ohio at 11 a.m. A reception will follow at the Dayton Country Club, 555 Kramer Road in Dayton, Ohio.

For complete remembrances and to share your condolences with the family, visit www.routson.com.

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Summer campers taking part in the weekly archery lesson with Dave DeFonzo, right, leading the class

photos by Jeff Lysiak

Archery Hits Bullseye With Rec Center Campers

by Jeff Lysiak

First introduced to fifth and sixth grade summer day camp participants at the Sanibel Recreation Center back in 2014, the weekly archery program teaches youngsters the basics of the ancient sport,

aiming to improve their bow-and-arrow targeting techniques. Offered every Friday from 10 a.m. to noon (weather permitting), campers are equipped with standard Genesis compound bows and Easton 18-20 aluminum arrows. They shoot at targets placed 10 yards away.

Last week, campers were lectured intensively on the “safety first” nature of the sport.

“We’re just going through the basics today,” said Dave DeFonzo, the youth

activities coordinator at the Sanibel Recreation Center who started the archery program five years ago. Back then, youngsters had to travel off island to find an archery range. Currently, a former tennis court located behind The Sanibel School has been converted into a self-contained range.

According to DeFonzo, there are 11 verbal and whistle commands most frequently used in archery: Stance, Nock, Hook & Grip, Posture/Alignment, Raise Bow, Draw, Anchor, Transfer to Hold,

Aim, Release/Follow-Through and Feedback. The young archers must learn a series of whistle commands, which include two blasts for approaching the range master line, one blast for shooting and three blasts for retrieving their arrows from the target. A series of five (or more) blasts signals an emergency, and all activity on the range must stop.

On July 19, DeFonzo went through the commands with five campers.

“Hot range!” he barked out, prompting continued on page 18



Nicholas Schrijver taking aim at the target



Lily Brennan learning how to properly hold an archery bow with Dave DeFonzo

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Stefanie Plein, marine biologist with New Wave Eco Charters, showing off a *Cassiopea* jellyfish to photographer Ben Harris photos provided

UK Magazine To Feature Captiva Eco Business

by Jeff Lysiak

Seeking to change the perception that some people living in the United Kingdom have about the state of Florida, often associating the Sunshine State with bustling theme parks and crowded tourist attractions, TV host and biologist Patrick Aryee decided to produce a story for *Wanderlust Travel Magazine* focused on the wildlife of Southwest Florida.

According to Stefanie Plein, marine biologist for the Captiva-based New Wave Eco Charters, Aryee contacted the guided tour business after viewing content on its Instagram page, which highlights many of the creatures that call our waters and beaches home.

“(Aryee) wanted to collaborate on his upcoming piece for *Wanderlust Magazine*,” said Plein. “While researching the area, Patrick felt that we were a perfect fit for the type

of original content that *Wanderlust Magazine* would be interested in. They were seeking a true, genuine Sunshine State experience that would bring to life the sights, sounds and the sense of wonder that the wild side of Florida has to offer.”

Along with wildlife cameraman Ben Harris, Aryee arrived in Southwest Florida in mid-July, joining the crew of New Wave Eco Charters – led by Capt. Steve Plein – for an all-day tour of Sanibel, Captiva and some surrounding barrier islands.

“We ushered the small film crew through many of the beautiful areas of the barrier islands, spending most of our time highlighting the natural flora and fauna of the area,” recalled Stefanie Plein. “With anything from sea turtles to sand dollars, we aimed to share with their readers and viewers some of the individual animals that we visit on a daily basis. We visited natural beaches, sandbars, seagrass beds and long-forgotten areas where the mighty Calusa once ruled.”

Among the stops was Cabbage Key, which offered a brief respite from the July sun. The journalists were treated



From left, Capt. Steve Plein, Patrick Aryee, Ben Harris and Stefanie Plein



Magazine staff taking closeup photographs of living marine animals

to plates of gulf shrimp, smoked salmon with dill sauce, and “the impossible to resist” no-bake key lime pie.

“When presented with an opportunity to share our experiences and thoughts on marine conservation in the area, we always gladly accept,” noted Steve Plein. “While sharing with our visitors – on daily charters as well as with media from around the globe

– we strive to share the importance of the ongoing protection of not only larger marine mammals such as the West Indian manatee or our local pods of resident Atlantic bottlenose dolphin, we always aim to shed light on the challenges of conservation of delicate marine habitats such as mangrove coasts and seagrass beds which provide juvenile species of many shapes and sizes a suitable nursery for growth and development.”

The husband and wife team who operate New Wave Eco Charters enjoyed serving as representatives of the marine conservation mission so prevalent among local eco-tourism businesses. In fact, they used the opportunity to share with *Wanderlust Magazine* a special project that they have been working on.

“After spending months in the warm water with mask and snorkel this spring and summer, we have seen firsthand the plethora of small life which relies on the use of hard calcium carbonate structure provided by the substrate of, say, an empty horse conch shell or perhaps a beautiful empty true tulip,” said Stefanie Plein. “About a month

continued on page 12

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Fish Caught



Smalltooth sawfish being caught and released on Sanibel photo provided

Steve Rigby, visiting from Plant City, Florida, caught and released a smalltooth sawfish while staying at Sandy Bend on July 16.*

New Rule Protects Native Songbirds

The Florida Fish and Wildlife Conservation Commission (FWC) recently approved a rule to help protect Florida's native songbirds from illegal capture. The new rule within Chapter 68A-16, FAC (Rules Relating to Birds) includes regulations regarding the use, placement and possession of bird traps, and will go into effect later this year.

The illegal trapping of native birds has long been a concern in the state, particularly in south Florida where trapping is believed to be widespread. Birds are lost from the wild population and, in many cases, may be mistreated and are sometimes killed or injured when illegally trapped. The new rule will provide an additional tool for law enforcement officers



Male painted bunting photo provided

to help stop the poaching of these birds, while still allowing for lawful uses of bird traps.

Report any instances of illegal trapping to the FWC's Wildlife Alert Hotline at 888-404-FWCC 888-404-3922 or by email or text to tip@myfwc.com.*

Amberjack Harvest Reopens

The recreational harvest of greater amberjack will reopen in gulf state and federal waters on Thursday, August 1. This season is scheduled to remain open through October 31 in state and federal waters.

The recreational regulations include a minimum size limit of 34 inches fork length and a daily bag limit of one per person.

If you plan to fish for greater amberjack

in gulf state or federal waters from a private recreational vessel, you must sign up as a Gulf Reef Fish Angler prior to your fishing trip (annual renewal is required for most anglers, including those over 65 years of age). To learn more, visit MyFWC.com/Marine and click on "Recreational Regulations" and "Gulf Reef Fish Survey" under "Reef Fish." Sign up today at GoOutdoorsFlorida.com.

To learn more about regulations for greater amberjack, visit MyFWC.com/Marine and click on "Recreational Regulations" and "Greater Amberjack," which is under the "Reef Fish" tab.*

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Plant Smart

Soldier's Orchid

by Gerri Reaves

When we think of orchids, we typically think of epiphytes, or air plants, clinging to trees in tropical and subtropical conditions.

Epiphyte orchids must have air around their roots or they perish – a lesson learned by anyone who has ever killed one by putting its roots in soil or letting them sit in water too long.

But not all orchids are air plants. Lithophyte orchids live on rocks or stones, and terrestrial orchids, like the soldier's orchid (*Zeuxine strateumatica*) pictured here, live in the ground.

Terrestrial orchids' underground tubers enable them to retreat and endure cold. They survive in colder climes by adapting their cycle of growth, blooming and dormancy.

Soldier's orchid is also called lawn orchid because it is known for popping up in a lawn.

The word strateumatica is Greek for "band," "company," or "army" and refers to clusters of the plants resembling a group of soldiers – thus the common name.

It is native to India, Japan, Malaysia and Indonesia and is thought to have been introduced to the U.S. in 1927 in a centipede-grass shipment from China.

The seeds were distributed in several southeastern states, and the plant is now naturalized in Florida and found throughout the state, not only in lawns but in pinelands, prairies, disturbed areas and



Soldier's orchid, native to tropical and sub-tropical Asia, is naturalized in Florida and is known for sprouting in lawns
photo by Gerri Reaves

along roadsides.

It has a creeping rhizome, underground stem-like roots that help it spread.

This short-lived perennial grows to only one-half to six inches tall.

Alternate linear leaves spiral around

and sheath the stem. The leaves are smooth and tinted bronze or purple.

The terminal flower spike produces an abundance of small white flowers – as many as 50. Flowers have three-lobed fleshy yellow lips and six unequal petals

that form a hood-like corolla.

They are less than a quarter inch wide and bloom in the cooler months in South Florida.

It is theorized that the plant self-pollinates.

If you don't want this interloper in your yard, be patient. There's no guarantee that it will reappear next season.

Sources: *Everglades Wildflowers* by Roger L. Hammer; *The Guide to Florida Wildflowers* by Walter Kingsley Taylor; *National Audubon Society Field Guide to Florida* by Peter Alden et al.; *Orchid Grower's Companion* by David P. Banks; *The Wild Orchids of North America, North of Mexico* by Paul Martin Brown; www.aos.org; and <http://goorchids.northamericanorchidcenter.org>.

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

In The Garden Closed In August

In The Garden, Sanibel's Retail Garden Center & Outdoor Showroom, will be closed for the month of August and will reopen on Tuesday, September 3.

"Summer is the time we refresh the garden center," said Lisa Walsh, owner of RS Walsh Landscaping and In The Garden. "We will redo the gardens and plant display areas, update the interior of the garden shop and come up with fresh ideas for season. If you are planning to buy plants to update your summer landscape, stop in before August 1."

The garden center will have limited hours during September, open Tuesday through Friday from 10 a.m. to 4 p.m. and Saturday from 9 a.m. to 1 p.m. Regular hours that include Mondays from 10 a.m. to 4 p.m. will resume on October 1.

RS Walsh In The Garden – Retail Garden Center & Outdoor Showroom is located at 3889 Sanibel-Captiva Road, across from The Sanibel School. Customers that need assistance during the renovation can call 768-5655 or visit www.rswalsh.com.*

From page 10

Eco Business

ago, we began culling through our own personal shell collection at home in an effort to return to these fragile habitats three separate, one gallon pales of what most would consider keeper shells. We visited one of our favorite shallow seagrass beds to spread the shells for the intended use by any new inhabitants or egg-layers. Having the opportunity to spread the message on film and to share that instance of giving back with others far and wide was certainly a special moment for us."

Wanderlust Magazine will soon post separate videos highlighting the area and the different experiences that they enjoyed during their weeklong stay on Captiva.

For more information about New Wave Eco Charters, call 671-7447 or visit www.captivaecotours.com.*

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Dr. Robin Bast, CROW's staff veterinarian, releases a great horned owl that was a patient at the rehabilitation clinic photo provided

One-Eyed Owl Released In Bokeelia

A one-eyed great horned owl was released from the Clinic for the Rehabilitation of Wildlife (CROW) in Bokeelia after it suffered an injury to its right eye and had it surgically removed.

The owl was admitted to the wildlife hospital on Sanibel on July 5 after it was found sitting under a tree and not moving for several hours near Bokeelia on Pine Island. Veterinarians examined the bird to find that it had suffered a severe

injury to its right eye, but were unable to determine what caused the injury. Unfortunately, the eye was too badly damaged to be saved, and veterinarians had to surgically remove it. The owl did not have any other wounds or broken bones.

Thanks to asymmetrical ears, great horned owls have excellent hearing that they rely on to find prey. They can perceive depth through hearing to hunt effectively, even with only one good eye. After the surgery site had healed, the bird was returned to the wild on July 16 near where it was found. Dr. Robin Bast, CROW's staff veterinarian, released the owl.*

Club To Host Paddle At Bowditch Point

by Kealy McNeal

On Tuesday, July 30, the Ocean Tribe Paddling Club will host an afternoon excursion at Bowditch Point Regional Park, which encompasses the entire tip of Estero Island. This quiet park offers



the best of Estero Bay and the gulf. A bayside dock offers easy access to the calm waters of the Great Calusa Blueway Paddling Trail. Also, don't forget to bring your binoculars, as Bowditch Point is a designated Great Florida Birding Trail site.

Those interested in joining the group should meet at Bowditch Point bayside dock kayak launch at 2:45 p.m. The paddle will begin at 3 p.m. and will last approximately one and a half hours. Participants are invited to bring their own vessel, or a limited number of loaner vessels can be reserved in advance by contacting oceantribepaddlers@sanibelseaschool.org. Any weather related updates or schedule changes will be posted on the Ocean Tribe Outfitters Facebook page at least one hour prior to the event.

Our paddling community is open to everyone, and your first event is always

free. After that, we request that you purchase a club membership via our website.

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.*

Changes To Shark Regulations

The Florida Fish and Wildlife Conservation Commission (FWC) recently approved changes to shortfin mako are managed in state waters.

Effective January 1, 2020, the minimum size limit for recreational harvest will increase from 54 to 83 inches fork length. This size increase is required by the Atlantic States Marine Fisheries Commission to provide consistency with recent federal changes.

Shortfin mako is overfished and undergoing overfishing, and these measures are a part of ongoing international efforts to help rebuild the resource for a sustainable fishery in the future. Commercial harvest is prohibited in state waters due to recent changes to federal rules.

To learn more about shark regulations, visit www.myfwc.com/marine and click on "Recreational Regulations" and "Sharks."*

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Summer Family Fun Trips



by Capt. Matt Mitchell

Over the past month, the majority of our charters have been families with children enjoying some quality time on the water together during summer vacation. On these charters, it's always important to gear the trip towards the kids and this very much depends on the age of the children. Generally, the younger the kids, the shorter their attention span. Often these trips are all about finding fast-paced action and keeping the kids interested rather than chasing a trophy fish.

When the bite slows, it's important to keep the younger kids focused. Take time to show them dolphins, manatees or birds. Breaking up the trip by going for a swim at a beach or even pulling up on a sandbar to explore what lives there is also a good idea. Have lots of water and snacks to help keep them happy. Lots of sunscreen is also a must, along with having the right sized life vest for the age/weight of the child.

When getting children out fishing for what can often be their first time, it's a good idea to take some live shrimp and smaller baits to guarantee catching fish. Bobbers are a good idea too to give that visual aspect. Getting bite after bite is much more important than the size of the fish caught. The highlight for some much younger clients I had out this week was catching and getting to hold several blow fish we caught. These cute fish gave them more of a thrill than the 34-inch snook they caught as a family group effort.

With shark week on TV what seems like all month, we get lots of calls from families wanting to go shark fishing. Seems like kids love sharks almost as much as they love puppies. These shark fishing trips make for a great family adventure and are a good choice for even the novice angler.

As a kid growing up on Sanibel, I was lucky enough to spend lots of my free time both out on the water fishing and just exploring the surroundings. Now I get to share this amazing watery backyard with the next generation. There is something very satisfying about seeing it again for the first time through young eyes.

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.✪



Making memories: This big snook was caught as a family group effort while fishing with Capt. Matt Mitchell this week photo provided

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CROW Case Of The Week:

Partnerships And Friendships

by Bob Petcher



A partnership between wildlife centers is an important and vital relationship when it comes to the caring of injured animals. Critters and birds – like humans – can

become depressed or anxious when they are alone during the course of medical care. A support system can make quite the difference, especially for a juvenile animal.

At CROW, medical officials reach out to neighboring clinics when a “client” needs a friend.

“Having a friend can completely change the outcome of an infant’s care,” said Breanna Frankel, CROW’s rehabilitation manager. “Sometimes, they can become depressed in care without a buddy, which is the reason we will bring transfers in from other clinics to help. We also use stuffed animals with beating hearts when a transfer is not available. Animals that are alone, depressed, or anxious do not eat or thrive as well as those with friends.”

Frankel stated that this partnership happens “at least once a month,

sometimes as much as two to three times a month.” The alliance is a two-way street.

“We work with other clinics in the area to take in or send out animals for continued care. We have a very good working relationship with nearby clinics and are able to use that to our patients’ benefit,” she said.

Frankel listed other examples that CROW would use when reaching out to wildlife centers... and vice versa.

“Sometimes, other centers are completely swamped with patients and don’t have enough manpower, so they transfer some patients to CROW and likewise if we ever get overwhelmed. Some species require very delicate care and certain centers might have a volunteer or staff member that has more experience with that specific species,” she said. “Another example is when we have babies that have been raised by people and are habituated – the best thing we can do is unite them with a foster mom/dad of the same species to teach them that they are not humans and how to be successful animals.”

On June 28, CROW admitted a nestling black-crowned night heron (*Nycticorax nycticorax*) from Matlacha after the bird was reported to have fallen from its nest. After the initial exam yielded no medical complications, veterinarians later discovered the bird was favoring its right leg. A closer examination showed that the heron had a small laceration and a luxated (dislocated) stifle joint, comparable to



The nestling black-crowned night heron, left, is befriended by a yellow-crowned night heron. Both juveniles are supporting each other while they grow older and work towards being released into the wild.

photo by Brian Bohlman

the knee.

Dr. Lela Larned, CROW veterinary intern, explained the medical care the patient received:

“The first step was to visualize and diagnose the dislocation using radiographs. While still under anesthesia, the veterinary team was able to replace the joint using enough force to manipulate the joint into a functional position without creating more damage, similar to replacing a

dislocated hip or shoulder in a human,” she said. “In another anesthesia session, we performed a surgery to address the deep laceration the heron had near the same area. The heron was also treated with antibiotics and vitamin injections for infection and anemia, respectively, which were likely a result of the laceration.”

Once the injury had healed, veterinarians cleared it to have a friend.

continued on page 32



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Shell Of The Week

Interrupted Vitrinella



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

Parviturboidea interruptus (C.B. Adams, 1850) is a member of the microgastropod

family Tornidae with ample distribution in the Caribbean and Gulf of Mexico. It is found also along the coast of Southwest Florida. Larger shells of the species reach only about 1.5 mm (about 0.06 inch) in diameter. The shell has a raised spire, and is covered by strong, raised spiral cords, that may number as many as 15 in the last whorl. The umbilicus is present, but small. The shell color is translucent-white. The shell illustrated, a young specimen, was collected in December 2015 by Phyllis Sharp at the East End of Sanibel Island. Read more about local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.

Shell Museum Events

See truly giant shells. Watch a live



BMSM 118994
Parviturboidea interruptus
Sanibel, Florida, USA

The Interrupted Vitrinella, *Parviturboidea interruptus*

photo by James F. Kelly

Tank Talk. Take a daily beach walk. Check out our family programs. We are the only natural history museum in North America devoted entirely to shells. Drop by and let us inform and inspire you. Visit www.shellmuseum.org or call 395-2233.

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

Pop-Up Sushi Bar Coming To Sundial Resort

Sundial Beach Resort & Spa will host a pop-up specialty sushi bar event on Friday and Saturday, August 2 and 3 from 5 to 10 p.m. in the resort's gulf front Waterview Room.

The resort is home to Shima Japanese Steakhouse & Sushi Bar and the Shima Grab n Go sushi market.

Shima sushi chef Sai Chaleunsouk will be crafting a selection of specialty sushi, nigiri and sashimi at the unique, interactive event. The pop-up sushi bar will highlight both local seafood as well as fish from Japanese waters in an intimate setting complete with a sake bar.

Featuring both classic and innovative offerings not available on Sundial's regular menus, Chef Sai's Asian and Hispanic heritage will be evident in certain fusion creations such as his ceviche sampler nested on tostones. Growing up locally, fishing daily and learning the craft from his restaurateur father at a young age, Chef Sai's joy is in expressing his creativity while interacting with guests and learning their preferences in order to provide a personalized dining experience.

The pop-up event is an opportunity for both sushi aficionados and novices to enjoy a distinctive menu in a personal, attentive setting. The two-night event is open to the public on a walk-in basis with limited seating available.

Shima is located at Sundial Beach Resort & Spa, 1451 Middle Gulf Drive on Sanibel. For more information, call 989-1160.*

Email editorial copy to: press@islandsunnews.com

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CROW Calendar Of Events



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

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 26, 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 26, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Why Animals Come to CROW (daily presentation).

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

Friday, July 26, 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 29, 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 29, 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.

Tuesday, July 30, 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 30, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Gopher Tortoises (daily presentation).

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

Wednesday, July 31, 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 31, 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.

Wednesday, July 31, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

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Thursday, August 1, 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, August 1, 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.

Thursday, August 1, 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.✪

From page 8

Archery

each camper to respond in kind. The verbal cue tells everyone in the vicinity of the range that archery is active and in progress.

"Load... arms out... draw back gently," said DeFonzo, who reminded each youngster to take note of their body posture. "Elbows up... take aim... release!"

Nicholas Schrijver, one of the campers who has participated in the archery program for the past two years, recalled his first lesson on the range.

"I knew this was something that was gonna be fun to learn," said Schrijver, 12. "And it wasn't too difficult to learn. At first, it was hard for me to aim because the slightest movement can throw you off target. I'm much better at it now, being able to shoot straight."

Another camper, Gia Lackenby, has progressed very well in the time she has taken up the sport.

"The first time I tried it, I was super confused. It was hard to understand because I had no idea how to hold the bow," said Lackenby, 10. "But after Dave (DeFonzo) began to show me how to hold a bow and arrow, I got it."



From left, Dave DeFonzo, Amelie Knoglinger, Gia Lackenby, Addison Sprecher, Lily Brennan and Nicholas Schrijver photo by Jeff Lysiak

On her fourth try on the archery range, Lackenby shot a bullseye. And during the camp's first ranking assessment, she achieved an Archery

Level 1 rank.

At last week's archery lesson, DeFonzo announced that this fall, the Sanibel Recreation Center will be fielding an

archery team. He also noted that the facility will offer archery as part of its after school program. For more information, call 472-0345.✪

Shell Found



Toryn and Jenny Scholl photo by A. Ziehl

Toryn Scholl and her grandmother, Jenny Scholl, visiting from West Virginia, found a junonia on the beach near Sundial Beach Resort & Spa on July 19. Jenny said, "We both saw this shell at the same time and started to run for it... Toryn was faster!" ✨

Shells Found



Grace, Owen and Jason Booza photo provided

The Booza family visited Sanibel during the week of July 7 and collected a trove of treasures including a large Scotch bonnet, lace murex, Cabrit murex, baby lion's paw and several zig zag scallops. They spent time hanging out at Blind Pass each night and, although they were told by some locals that the shelling was not so good, they found that it could not have been better. ✨

Shell Found



From left, Michael, Kenneth and Sarah Hamburg photo provided

Kenneth Hamburg, visiting from Longwood, Florida, found a horse conch at Lighthouse Beach on July 12. ✨

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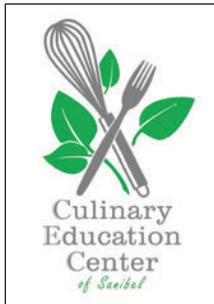
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The Community House

Olive Oil



by Resident Chef Jarred Harris

Olive oil is an ingredient that is found in most commercial restaurants and many American households. It has many uses other than cooking and is used as an ingredient in scented candles, many beauty products and massage oils. Olive oil is the product of raw olives and is produced by pressing olives to release their oil.

Olives trees are native to Asia Minor or Turkey and have been in the Mediterranean region for over 6,000 years. Ancient Romans prized olive oil and used it for medicinal and culinary purposes. Hippocrates used olive oil-based ointments to treat wounds, sore throats, cuts and bruises. The ancient Greeks believed olive oil possessed natural healing powers, and it was highly prized as a fuel source for lanterns and torches in religious venues.

There are different types olive oils, extra virgin olive oil, virgin olive oil and pomace or refined olive oil. Extra virgin olive oil comes from the first pressing of

fresh olives, within 24 hours of harvesting. It is the highest grade and the best tasting. Virgin olive oil also comes from the first pressing of olives, however, the olives used are of inferior quality, making the taste milder than extra virgin olive oil. Pomace oil is the lowest grade of olive oil. It is made from the byproducts of extra virgin olive oil production, and has been refined by using acids and heat.

Extra virgin olive oil has antibacterial properties, anti-inflammatory properties and contains powerful antioxidants that can help prevent stroke, heart disease and protect against Alzheimer's disease.

Here is a simple recipe to try:

Olive Oil Polenta and Cherry Cake

Ingredients

- 3 free-range eggs
- 1 cup sugar
- 1 tsp. vanilla extract
- ½ cup extra virgin olive oil
- 2 ozs. milk
- Zest of 1 lemon
- 1 cup all purpose flour
- ½ cup polenta (fine corn meal is a good substitute)
- 1 ½ tsp. baking powder
- ½ tsp. salt
- 1 cup dried cherries

Method

Preheat the oven to 350F. Grease and flour 8-inch cake pan. Cream together vanilla, eggs and sugar until pale and fluffy. Add the olive oil, a little at a time, and blend until smooth. Combine the zest and milk to the olive oil mixture.

In a separate bowl, sift together all the dry ingredients. Gradually add the cherries and dry

ingredients to the wet ingredients and mix until well combined.

Pour the mixture into the cake pan bake for 30-35 minutes.

Cool the cake before slicing. Serve with spiced yogurt.

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.*

American Legion Post 123

American Legion Post 123 is serving Oriental chicken and beef stir fry from noon to 8 p.m. this Sunday, July 28. All are welcome.



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.*

Shell Found



Chriss Evans photo by Justin Wilder

Chriss Evans found a junonia while shelling on Blind Pass beach on July 19. "I love finding great shells on Sanibel Island," she said.*

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August Programs At Captiva Memorial Library

The Captiva Memorial Library is offering the following free programs for children and teens in August:

Children's Programs

Sun and Moon Agamograph – August 1 to 3 during normal library operating hours. A fun coloring and folding project that changes depending on the viewing angle. All supplies provided while they last.

Starry Night Hanging Decor – August 6 to 10 during normal library operating hours. This simple project using paper and ribbon is sure to shine bright in your favorite room. All supplies provided while they last.

Sea Turtles – August 20 to 31 during normal library operating hours. Sea turtles are still nesting and hatching on Captiva Island. Come to the library and learn about these super cool reptiles. There is a book display on sea turtles with fun activity sheets to complete. Make a sea turtle craft to take home.

Teen Programs

Early Bird or Night Owl – August 1 to 3 during normal library operating hours. Are you a morning person or do you prefer the nights? Share why you enjoy the rising sun or moon through this simple activity.

Starry Night Hanging Decor – August 6 to 10 during normal library operating

hours. This simple project using paper and ribbon is sure to shine bright in your favorite room. All supplies provided while they last.

Sea Turtles – August 20 to 31 during normal library operating hours. Sea turtles are still nesting and hatching on Captiva Island. Come to the library and learn about these super cool reptiles. There is a book display on sea turtles with fun activity sheets to complete. Make a sea turtle craft to take home.

The Captiva Memorial Library is located at 11560 Chapin Lane on Captiva. Normal library operating hours are: Tuesday and Thursday, 10 a.m. to 6 p.m.; Wednesday, noon to 8 p.m.; Friday and Saturday, 9 a.m. to 5 p.m.

For more information about a program or to register, call 533-4500. Check the Lee County Library System's website at www.leelibrary.net to find out about programs at other locations. Call the host library or Telephone Reference at 479-INFO (4636) for more information about a specific program.

In accordance with the Americans with Disabilities Act, Lee County will not discriminate against qualified individuals with disabilities in its services, programs or activities. To request an auxiliary aid or service for effective communication or a reasonable modification to participate, contact Joan LaGuardia at 533-2314, Florida Relay Service 711 or jlguardia@leegov.com. Accommodation will be provided at no cost to the requestor. Requests should be made at least five business days in advance.✱



Addy Rundqwist snorkeled at Big Pine Key

photo provided

Campers Explore Coral Reefs At Big Pine Key

submitted by Leah Biery

Sanibel Sea School campers recently visited Big Pine Key for a week of camping and coral reef exploration. After pitching their tents by the water, they prepared for activities such as snorkeling, marine science labs and friendly tent competitions.

Snorkelers spotted nurse sharks and goliath groupers at Looe Key Reef, and found nudibranchs and an octopus

in the seagrass beds near camp. They participated in labs about sponges, sea urchin embryology and coralline algae. There was also a "trashion show," during which aspiring young designers used trash items collected from the beach to create unique outfits. The Yellow Beluga Bananas tent group was named the proud winners of the weekly tent competition.

There were also camp-style meals, nightly campfires, journaling sessions, and arts and crafts to be enjoyed.

Sanibel Sea School, a 501(c)3 nonprofit, offers weekly day camps and overnight expeditions for children ages 4 to 18. To learn more, visit www.sanibelseaschool.org.✱



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Grilled Steak and Avocado Salad

Preheat grill to high. Season steak, avocado, and corn with salt and pepper. Sear steak for 3-4 minutes on both sides (for medium rare), sear each avocado half for 2-3 minutes, sear corn for 3-4 minutes or until desired char is reached. Allow ingredients to cool then slice steak,

photo courtesy Fresh From Florida
cut corn off cob, and thinly slice avocado. In a large bowl toss greens, tomatoes, and onions in just enough vinaigrette to lightly coat. Arrange steak, avocado, and corn over greens. Add crumbled blue cheese and serve family style or individual servings.*

- Grilled Steak and Avocado Salad**
 1 steak (your favorite cut), grilled and sliced
 1 avocado, grilled and sliced
 1 ear sweet corn, grilled and cut off cobb
 2 tomatoes, cut into wedges
 1 red onion, sliced thin
 1 (5-ounce) package arugula
 6 ounces crumbled blue cheese
 4 tablespoons balsamic vinegar
 ½ cup olive oil
 1 tablespoon Dijon mustard
 Sea salt and fresh ground pepper, to taste

In a small bowl combine vinegar, mustard, ¼ teaspoon salt, and ¼ teaspoon black pepper. Slowly drizzle in olive oil, while whisking. Store in refrigerator until ready to assemble salad.

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 and Saturday with the Renata Band. Paul Rozmus plays on Tuesday. On Wednesday, it's N2L Trio.

Traditions on the Beach at Island Inn has live entertainment on Friday with Woody Brubaker and Marvilla Marzan. 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@islandnews.com or 395-2299.**

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Sissi Janku demonstrates how to paint a sea turtle

photos provided

Painting Class At Community House

Last week at The Community House, eight children visiting the island gathered to learn from local artist Sissi Janku, who has been painting on Sanibel for 25 years. Janku paints everything from beach scenes, island animals and abstract figures in her work, and hopes that her art gives viewers “a warm and gentle feeling.” Her work is colorful and creative, and she helps her students create lively, colorful paintings of island life.

During last week’s session, participants worked on painting a sea turtle. Janku

began by showing them how to create a background that mimicked the light coming through the waves. She then explained how to create the fins of the turtle in an impressionist manner, using many colors and small dots. Finally, she showed how to fill in the shell, allowing each child to use whatever colors and details they would like.

Sissi Janku’s classes are held every Wednesday in July from 2 to 4 p.m. The classes are \$50 each, with all materials provided. All children ages 8 and up are welcome. The Community House is located at 2173 Periwinkle Way on Sanibel.

For more information about the artist, visit www.sissijanku.com.*



Blake Shields working on the shell of his turtle

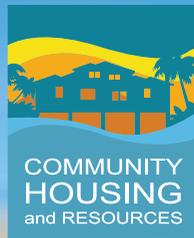


Claire Whybrew working on her background



Allie Shields starting her painting

Community Housing & Resources is excited to continue our fundraising series GIVE BACK WEDNESDAYS #GBW



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So, make plans to eat out, shop and play at these generous local businesses on Wednesdays and support CHR.



MAY 8



MAY 22



JUNE 5



JUNE 19



JULY 3



JULY 17



JULY 31



AUG 14



AUG 28



MAY 1, JUNE 5, JULY 3 AND AUG 7

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On the first Wednesday of each month,

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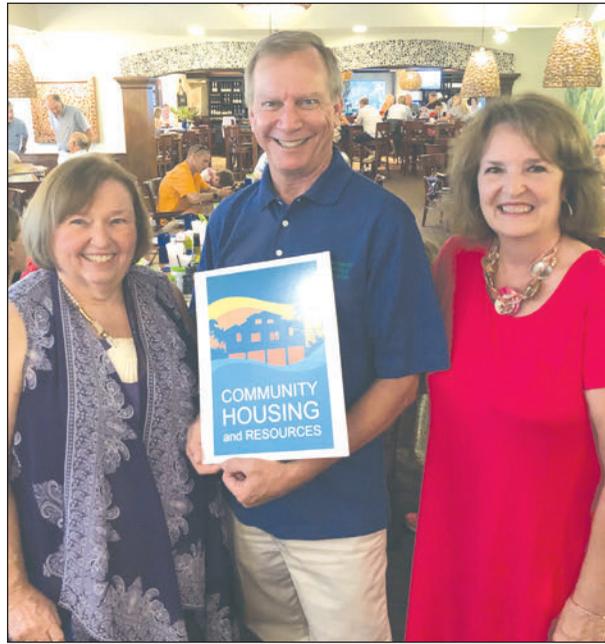


Highlights From CHR Give Back Wednesday At Malia Island Fusion

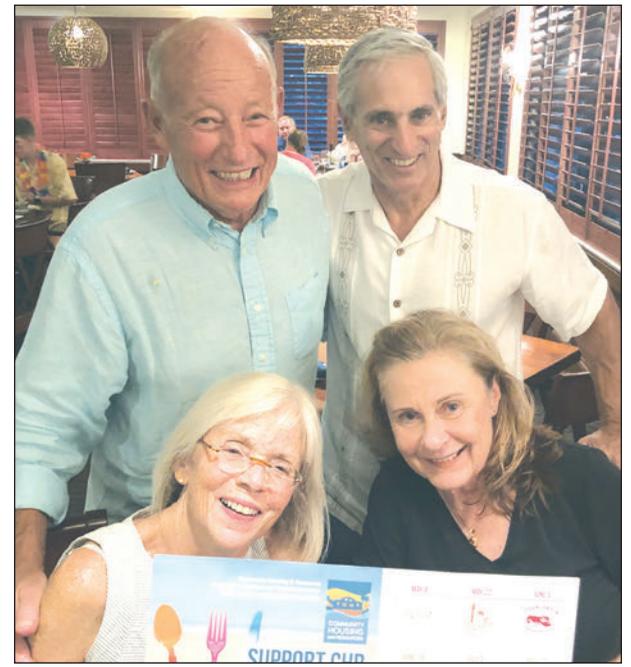


Malia and Jeff Samson

photos provided



From left, Nancy Black, Richard Johnson and Kathy Samson



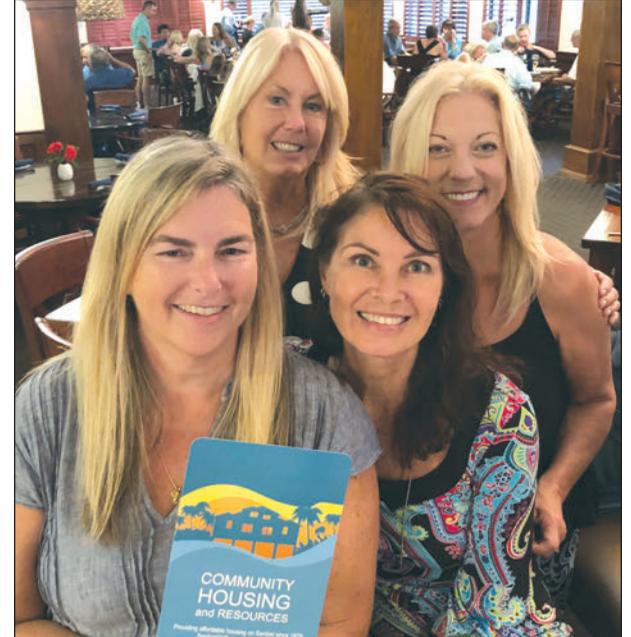
Susan and Chet Sadler with Mike and Cathy Raab



From left, Pam Long, Gene Taylor and Buddy Long



From left, Julie and Bill Hayles with Edie Gleason and Marco DuMont



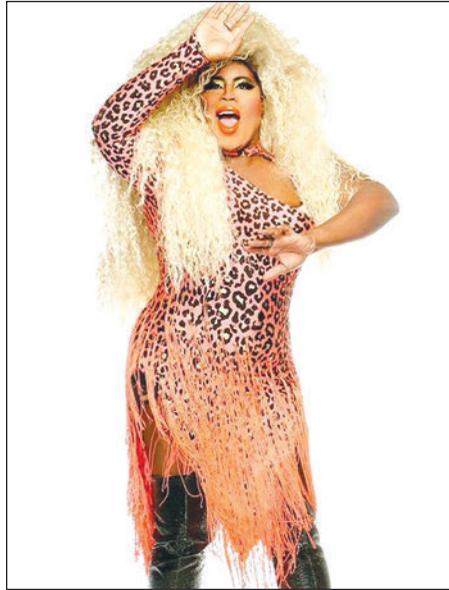
From left, Lynn Hoops, Jill McArthur, Jan Kath DeGue and Andrea Flynn



From left, Kay Morse, Jerry Edleman, Jennifer Morse, John Morse and Maryanne Daly



Back from left, Melissa Rice, Evan Dupont, Dane Johnson, Bailie Johnson and Courtney Conley; front from left, Mead Johnson, Calli Johnson, Richard Johnson and Eric Dampier



Ben Folds photos provided

Drag artist Nedra Belle

The Voice finalist Chris Weaver

Conductor Steve Hackman

Symphony Series Fuses Classical, Contemporary

The Southwest Florida Symphony opens its 59th season with *Brave New Music* – a new concert series that crosses musical genres, incorporates audio-visual and performance art components that, in some cases, have never been seen before on the symphonic stage, and employs music as was often intended by so many composers, as a platform for social justice, equality and tolerance.

As Florida’s demographic evolves, becoming younger and more diverse, the Southwest Florida Symphony has made great strides to acclimate to the state’s ever-changing cultural landscape. In an effort to evolve with its community, a new concert series called *Brave New Music* was born. This series – while not exactly Pops but features popular music, and not exactly classical but typically features classical repertoire – is designed to encourage classical music enthusiasts to examine familiar works through a new lens and to remove classical music’s historic intimidation factor for audiences that are not ordinary classical music consumers. Ultimately, this is a way to demonstrate the relevance of orchestral music to new patrons of the arts and to lead classical audiophiles on a musical journey that begins in familiar territory for them.

Brave New Music is the product of a sociological litmus test – an experiment that succeeded. In 2016, the symphony presented an indie rock-classical crossover concert with Glen Phillips, the lead singer and songwriter of ‘90s band Toad the Wet Sprocket. The concert was met with mild curiosity. Though attendance was light, 85 percent of its patrons never attended an orchestral performance before and 15 percent of them traveled more than 50 miles to experience the world premiere concert. In 2018, the symphony tried again, inviting singer/composer/conductor/arranger Steve Hackman to lead the orchestra in his groundbreaking classical-grunge fusion of

Brahms’ *Symphony No. 1* and ‘90s rock band Radiohead’s album *OK Computer*. This was met with significant sponsor interest and greater attendance, once again attracting audiences from outside of Lee County. Ending the symphony’s 58th season, Hackman returned with his fusion of Beethoven’s *Symphony No. 3* and the music of millennial pop band Coldplay. This performance received even greater press coverage, sponsor interest and, ultimately, an impressive audience that expressed a desire for more programs like this one.

Launching its 59th season with *Brave New Music*, the symphony combines the art of film with live orchestral performance with its screening of the classic horror movie *Psycho* shown in tandem with the orchestra playing Bernard Hermann’s infamously chilling score. This performance takes place in two cities: Punta Gorda at the Charlotte Performing Arts Center on Friday, October 25; and Fort Myers at the Barbara B. Mann Hall at FSW on Saturday, October 26.

As add-on options to the *Brave New Music* Series, patrons can include tickets to another Steve Hackman production on Saturday, February 29 at Barbara B. Mann Hall called *Mashupalooza*, a program that fuses movements from great symphonic works by Beethoven, Mahler, Stravinsky, Bach and other revered composers, with the music of Adele, Lady Gaga, Kanye West, Jon Mayer and other current pop, rock, soul and urban music artists. Also offered as an add-on, weaving next season’s *Brave New Music* and *Masterworks* programming together, the symphony will present classically trained pianist/composer and indie-rock superstar Ben Folds to perform his *Concerto for Piano and Orchestra* on Saturday, May 2.

The symphony’s final concert and season finale will be *SymPHABULOUS!: A Symphonic Drag Show*, featuring drag artist and *The Voice* finalist Chris Weaver and his drag alter-ego, Nedra Belle, on Saturday, May 16 at Barbara B. Mann Hall.

Tickets to all Southwest Florida Symphony performances cost between \$25 and \$114 per person and are available by calling the Southwest Florida

Symphony box office at 418-1500, by visiting the Southwest Florida Symphony box office, located at 8290 College Parkway, Suite 103 in Fort Myers, by calling the Barbara B. Mann Performing Arts Hall box office at 481-4849 or online at www.swfso.org. Tickets are also available at the door one hour before the performance.

The *Masterworks Classical Concert Series* features familiar and well-loved works like Holst’s *The Planets*, Bruckner’s *Symphony No. 4*, breathtaking arias from a variety of popular operas and, in celebration of Beethoven’s 250th birthday, there will be no shortage of the composer’s repertoire. The symphony’s

continued on page 28

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Book Review

Woman 99

by Di Saggau



I had a chance to hear author Greer Macallister talk about her book *Girl in Disguise*, a tale of the first female Pinkerton detective. She mentioned that her newest book *Woman 99* would be coming out

soon so I watched for it. Macallister said she was intrigued by Nellie Bly's story in 1887 about entering an insane asylum for 10 days to reveal what really went on in them. Bly later wrote a book detailing her experiences called *Ten Days in a Madhouse*. Macallister decided to have her heroine, 20-year-old Charlotte Smith, enter an asylum to free her sister Phoebe. She was placed there by her parents as a convenience, and Charlotte bears some of the blame. It's 1888 and Phoebe suffers from what would probably today be called bipolar disorder.

The asylum is for the "curable insane," but once inside, Charlotte discovers that many of the committed women aren't ill but simply inconvenient to others. She also finds that while it was easy to get in the place, it's much harder to get out. Some very powerful people harbor secrets that they don't want known. As she runs out of time, Charlotte forms an alliance with her new friends Celia and

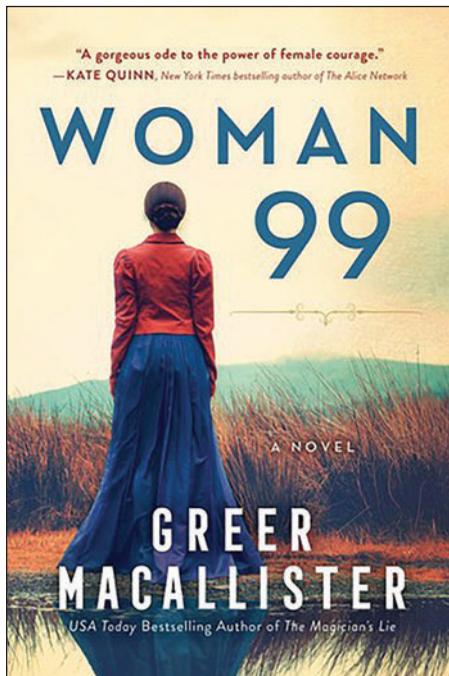


image provided

Martha, who also want to escape. The narration comes from Charlotte, but all the women have their own voices. The grim realities of being institutionalized in those days is well laid out.

The novel has flashbacks that reveal back stories in Charlotte's life. She has a crush on Henry Sidwell, the son of her father's chief investor and creditor, but is engaged to someone else. To reveal who that is would spoil a surprise for the reader. The asylum Goldengrove is also controlled by the Sidwell family. Charlotte

has to endure daily indignities including frigid communal showers, but she finds small kindnesses among many of her fellow patients. *Woman 99* is a historical thriller that is rich in detail and portraying mental illness in an era when it was

still misunderstood. The book honors the fierce women of the past, born into a world that denied them power but underestimated their strength. It's a riveting tale of loyalty, love and sacrifice with an ending you might not expect.✧

School Smart



by Shelley M. Greggs, NCSF

Dear Readers, Divorce has been identified as a major source of stress for children. There are ways to mitigate this stress, and one is through

a book for parents to help them and their children cope with one aspect of a divorce.

The children's book, by author and former Sanibel resident E.M. Holzman, is entitled *Turnaround Kids – A Primer For Parents: A Book to Help Parents Navigate Divorce and Separation in a Mutually Satisfying Way*. Holzman has graciously written some background and information about this book for this column this week. Here is Holzman's perspective.

Years ago, I was living in New York and working as an editor for a children's book author. She and her ex-husband were divorced with a young son. She lived in Greenwich Village, and her ex-husband lived in Soho. I can't tell you how many times her son would walk in the door of the home of her and her second husband and say I forgot my glasses, my favorite shirt, my homework, etc. She would look at him and say walk back and get it.

I remember thinking then, there is a story here! It felt like he was constantly turning around to go from one parent's home to the other parent.

A handful of years later, after watching many more friends' kids go through the same thing, I discovered the story. The title was easy because divorced kids are constantly turning around to go from home to home.

I decided to call them the turnaround kids. The parents get to stay in their homes, but it is the kids, who didn't want the divorce in the first place (most of the time), that are constantly packing up and moving back and forth. It is hard on them. I wanted to write a story for those kids to know they aren't alone, know there is light at the end of the tunnel, but also to empower them. Plus, offer a better solution.

The story was a hit! Kids loved it and social workers loved it and recommended a version for parents. Hence, *Turnaround Kids – A Primer For Parents*.

I have had a handful of teenagers read the book and think it is spot on what happens when parents separate and divorce. I have had adults read it and tell me every parent in this situation should read this book.

The suggestion is that the kids stay

in the home and the parents' go back and forth. They are the ones that wanted the divorce and also hopefully want the least amount of disruption for their kids.

There are many other suggestions as the kids in the book create a rule list that is for parents and kids alike to follow. I think it is an admirable and wise list and would serve separated and divorced parents well. At the end of the day, parents want what is best for their kids.

This book is a good strategy to help parents achieve it. Divorce is hard enough without adding other complications to the mix.

Turnaround Kids – A Primer For Parents is basically the same book as the *Turnaround Kids*, but as suggested by one of the lead social workers at Cincinnati Public Schools in Cincinnati, Ohio, there is a section at the back of the book for jotting down notes and a dedication in the beginning specifically geared to the parents.

I just want kids and parents to read these books and learn that there is a better way to handle the situation with love, compassion and respect.

The situation of separation and divorce may be inevitable, but the way it is handled can be done in a way that everyone walks away knowing it was negotiated in the best way possible for all parties involved. At the end of the day, this is about protecting your kids and making the process as easy as possible for them.

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.✧

Top 10 Books On The Island

1. *Shell of a Problem* by Jennifer Schiff
 2. *Queen Bee* by Dorothea Benton Frank
 3. *Southernmost* by Silas House
 4. *Clock Dance* by Anne Tyler
 5. *Bookshop on the Shore* by Jenny Colgan
 6. *Mirror, Mirror* by Jen Calonita
 7. *Nickel Boys* by Colson Whitehead
 8. *High Tide Club* by Mary Kay Andrews
 9. *Flight Girls* by Noelle Salazar
 10. *Ask Again, Yes* by Mary Beth Keane
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Colin Abbott with painted shells sent by Addison and Isabelle Quillen

photos provided



Colin with the shell he found on June 10



A member of the Sanibel Shells group sent Colin the "twin" of his broken shell

to participate in. "We will be painting some and sending them back to the generous souls who have contributed. We are painting this week some river rocks from the Mississippi and intend to hide both shells and rocks for others to enjoy."

Among the folks from Sanibel who responded to Keckler's plea was Ralph Quillen, whose daughters – Addison, 7, and Isabelle, 4 – wanted to pass along some of their much-beloved painted shells. Both girls said they enjoy finding and re-hiding decorated shells on the island.

"When dad read (Colin's) story, we were sad," said Isabelle, who noted that Sanibel Shells are "fun to find."

Asked why she decided to send a boy she never met some new shells, Addison explained, "Because he broke his and they were special to him."

In the month since Keckler's request was first posted on Facebook, more than 225 people have replied.

"Colin is honestly thrilled and amazed so many kind people have reached out to him," said Taylor. "He is getting much more confident on the keyboard and hopes to soon place his first independent posting on the Facebook page to thank everyone."**

From page 1

Sanibel Shells

freely interpret. Colin was born blind, his translation of beauty brings real meaning to 'beauty is in the eye of the beholder.' He was confident this was the most wondrous, beautiful shell ever found."

However, in his excitement to show off his Sanibel Shell, Colin accidentally dropped it on the tile floor of his classroom.

"It broke, and he was quite devastated," said Keckler. "He went home without his beloved shell. The teacher (Deena Taylor) tried to glue it back together, he was so very grateful, but it took on a different texture from the cracks and glue."

"I told (Keckler) of Colin's infectious enthusiasm and how it took over the curriculum for the day," said Taylor. "One student said the shell reminded them of the children's story, *The Rainbow Fish*. Everyone agreed, so of course we listened to it and postponed the planned reading. Then, the group discussed the kindness shown in the story was so much like the kindness of the Sanibel Shell people who paint the treasures for others to find."

On June 19, Keckler posted a plea on the Sanibel Shells Facebook page, stating what had happened to Colin's beloved shell, and asked if any of the members would be willing to share some new shells with her son. Within a few hours, dozens of willing shell painters requested an address where they could send Colin some artistically adorned shells.

One of the first few respondents – Sharon Welker – posted a picture of the "twin" to Colin's original shell, adding the message, "Look what I just happen to have!" And the artist who created that shell, Jayne Witkie, also posted, "That is my green fish. PM me your address and a replacement will be on its way!"

Within days, boxes of painted shells began to arrive on Colin's doorstep.

"The total is almost impossible to count! There are 11 boxes. Many have both painted and not," said Taylor, who decided to turn her student's personal story into an activity for his entire class

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Rotary Happenings

submitted by Shirley Jewell

We had a great Rotary meeting this week.

Everyone seemed to be in a jovial mood and our traditional Happy Bucks ritual, at the begin of our meetings, just got a little more happy than usual. A spontaneous sharing of medical ailments went into a one-upmanship laughing fest. It was like a really good comedy show. Wish we had filmed it. They say laughter is the best medicine, and we certainly got a great big spoonfull of sugar, along with a dose of medicine.



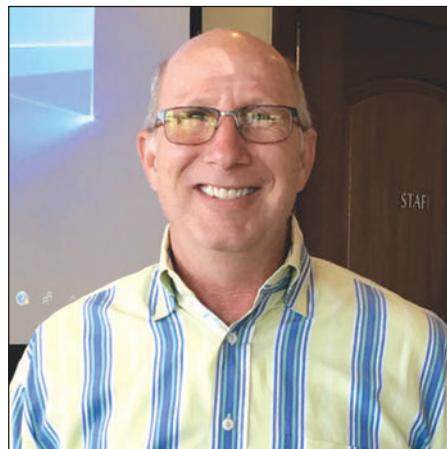
Lee Almas photos provided

the rest of the globe has been noted for the last 10 years. The need for our stateside Rotary clubs to strengthen membership numbers comes with a challenge of communicating the work we do throughout the world and how it benefits all mankind. Personal benefits are important too; meeting new friends, sharing ideas on how to solve problems facing the world, engaging in meaningful activities, and the satisfaction of leaving a positive impact on the future of your family and planet. How good is that?

Bohrofen wanted to reintroduce a few of our longtime members to newer members by having them present classification talks regarding their professional lives and how they chose that eventual business path. Classification talks were given by three Sanibel-Captiva Rotarians: Lee Almas, 14-year member; Scot Congress, 33-year member; and Don Russell, 29-year member.

Here is a synopsis:

Lee Almas/Property Management – Almas' work history started part time after high school in the family business, Almas Lumber Company in Cleveland, Ohio. He learned the business from the ground up. He graduated college and joined the company full time. He helped the company expand from selling wholesale lumber to large companies to running a construction company, a property company, and cabinet and panel company. He was promoted to the treasurer of the



Scot Congress

corporation but that wasn't the right place for him. He resigned and struck out on his own, held several jobs across the nation in powerful companies, but in 1977, he came to join his father down here and help run a small motel.

But he needed more and opened his own company with a partner in Cape Coral, supplying building trusses all around Florida. He sold that and joined his eldest son in a construction company on Sanibel, building many houses. When his son decided to move to Texas to follow the building boom, Almas downsized the

company to handle renovations. Property management followed, and the rest is history.

Scot Congress/Retail Jeweler – In 1981, the Congress family moved from Peoria, Illinois to Southwest Florida. Although the Congresses were well established in the jewelry industry up north, they took a different path on Sanibel. They bought a bike and boat rental business located at Casa Ybel Resort on Sanibel. Scot and his brother helped run the shop, working the beach. Somehow word got out that his dad, Larry, who knew a lot about jewelry. It didn't take long before the jewelry business was the way for the family to go again. They sold the beach gear rental business to Billy Kirkland and opened Congress Jewelers in Periwinkle Place. Scot went off to college at University of Florida, came back to Sanibel and became involved at the store, helping expand the business to a five-store jewelry enterprise. Congress Jewelers was sold in 2006 to a big corporation but they weren't successful at running it, so Scot bought the Sanibel store back, and the rest is history.

Whoops! Already over word budget. Check next week's column for more.

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

From page 25

Symphony Series

music director, Maestro Nir Kabaretti has masterfully woven contemporary compositions throughout our Masterworks Series to complement familiar works. Included in Masterworks repertoire are film score icon John Williams' Star Wars Suite, African-American female composer Florence Price's Symphony No. 1 in E minor and 90s rock & roll superstar-turned classical composer, Ben Folds will perform his own Concerto for Piano and Orchestra to conclude the series. Masterworks Series concerts happen on November 9, 2019, January 11, 2020, February 8, 2020, March 21, 2020 and May 2, 2020.

The Pops Series also expands musical horizons with three unique programs; The Music of Queen on January 31, 2020 at Charlotte Performing Arts Center and February 1 at Barbara B. Mann Hall, Mashupalooza: A Stereo Hideout Production hailing the highly anticipated return of rising star classical-pop fusion artist, Steve Hackman on Saturday, February 29, 2020 at Barbara B. Mann

and a festive evening of music and revelry with Prohibition, the music of the Roaring 20s, on Saturday, April 18, 2020. The Symphony will also perform its annual beloved Holiday Pops program, Christmas in Paradise, featuring the return of postmodern crooner from last season's Sinatra and Beyond program, Tony Desare.

Holiday Pops programs happen on December 13, 2019 at the Village Church at Shell Point, December 14 at Barbara B. Mann Performing Arts Hall and December 15 at First Presbyterian Church in Bonita Springs.

The Symphony continues its Small Stage Symphonies Series as well, bringing smaller ensembles to venues throughout our community. Small Stage Symphonies happen in January, March and April in Cape Coral, Ft. Myers, Sanibel Island and Shell Point Village.

Further details on the Symphony's 59th season are available by calling (239) 418-1500 or online at WWW.SWFLSO.ORG. Season subscriptions and single tickets to some individual concerts are currently on sale.*

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Finn and Henry Kauffold pick out books for summer reading

photos provided

Library Summer Reading Program Out Of This World

Sanibel Public Library's annual summer reading program continues to rocket forward. A Universe of Stories commemorates the 50th anniversary of the first lunar landing when astronauts first set foot on the moon in 1969.

As in previous summers, children have been reading to earn books for their home library and for patients

at Golisano Children's Hospital of Southwest Florida. The Sanibel Public Library Foundation matches each book earned with a book for the Children's Hospital. Children participating in the Summer Reading program can log hours through August 3 and claim earned books until August 10. So far, 293 kids, from ages baby-to-teen, have logged 106,843 minutes of reading. Since its inception in 2012, young readers have helped to contribute more than 8,000 books to the hospital.

The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, has underwritten



Linda Estep and Joey Kennedy watch NASA's rebroadcast of the Apollo 11 launch

the annual summer reading program. The Children's Fund was established in 2008 to honor longtime library volunteer and supporter Joan Hunt Cory.

Youth Services Librarian Deanna Evans said, "We have a variety of new nonfiction middle grades books about the universe and space robotics from World Books." Children have been learning about space this summer through a variety of professionally-presented programs as well as matinee movies and virtual reality.

Come play in the library's Think Tank from 10 a.m. until 4 p.m. on August 2. The MagixBox projects interactive

images from the ceiling to the floor. You can squish mosquitoes, herd chickens, or swipe a trail of stars. Stay as long as you choose at this self-directed family-friendly program.

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

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

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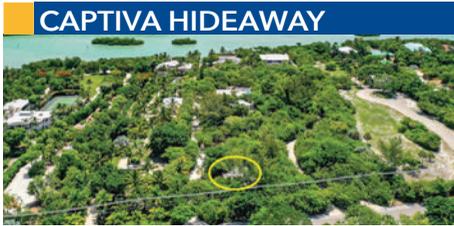
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 <p>FRIDAY Partly Cloudy High: 87 Low: 83</p>	 <p>SATURDAY Sunny High: 90 Low: 86</p>	 <p>SUNDAY Partly Cloudy High: 92 Low: 84</p>	 <p>MONDAY Mostly Sunny High: 95 Low: 88</p>	 <p>TUESDAY Partly Cloudy High: 92 Low: 86</p>	 <p>WEDNESDAY Sunny High: 95 Low: 88</p>	 <p>THURSDAY Mostly Sunny High: 89 Low: 85</p>
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Redfish Pass Tides				
Day	High	Low	High	Low
Fri	8:18 am	1:28 am	10:41 pm	3:45 pm
Sat	9:05 am	2:10 am	None	4:50 pm
Sun	12:19 am	2:56 am	9:55 am	5:48 pm
Mon	1:32 am	3:46 am	10:47 am	6:40 pm
Tue	2:25 am	4:39 am	11:40 am	7:28 pm
Wed	3:04 am	5:32 am	12:33 pm	8:13 pm
Thu	3:35 am	6:27 am	1:25 pm	8:57 pm

Point Ybel Tides				
Day	High	Low	High	Low
Fri	7:23 am	1:30 am	9:46 pm	3:47 pm
Sat	8:10 am	2:12 am	11:24 pm	4:52 pm
Sun	9:00 am	2:58 am	None	5:50 pm
Mon	12:37 am	3:48 am	9:52 am	6:42 pm
Tue	1:30 am	4:41 am	10:45 am	7:30 pm
Wed	2:09 am	5:34 am	11:38 am	8:15 pm
Thu	2:40 am	6:29 am	12:30 pm	8:59 pm

Punta Rassa Tides				
Day	High	Low	High	Low
Fri	7:23 am	1:00 am	8:41 pm	3:01 pm
Sat	7:53 am	1:33 am	9:48 pm	3:59 pm
Sun	8:33 am	2:10 am	11:29 pm	5:09 pm
Mon	9:25 am	2:48 am	None	6:23 pm
Tue	12:50 am	3:29 am	11:02 am	7:28 pm
Wed	1:51 am	6:11 am	12:46 pm	8:26 pm
Thu	2:51 am	7:49 am	1:50 pm	9:17 pm

Cape Coral Bridge Tides				
Day	High	Low	High	Low
Fri	10:28 am	4:44 am	None	7:01 pm
Sat	12:51 am	5:26 am	11:15 am	8:06 pm
Sun	2:29 am	6:12 am	12:05 pm	9:04 pm
Mon	3:42 am	7:02 am	12:57 pm	9:56 pm
Tue	4:35 am	7:55 am	1:50 pm	10:44 pm
Wed	5:14 am	8:48 am	2:43 pm	11:29 pm
Thu	5:45 am	9:43 am	3:35 pm	None

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 – 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.

Page Turners with Louise Fitzgerald & Ann Hartman – If you are not on the Page Turners list and wish to be, email oceann@comcast.net or contact the center.

The featured book for Wednesday, August 14 is *The Wife* by Meg Wolitzer. Bring your lunch and view the movie at 12:30 p.m. A book discussion will take place at 2:30 p.m.

The Wife is the story of the long and

stormy marriage between a world-famous novelist, Joe Castleman, and his wife Joan, and the secret they've kept for decades. The novel opens just as Joe is about to receive a prestigious international award, The Helsinki Prize, to honor his career as one of America's preeminent novelists. Joan, who has spent 40 years subjugating her own literary talents to fan the flames of his career, finally decides to stop.

– womansbookstore.com

Day Trip to IKEA – Monday, September 9. Cost is \$5 for members and \$15 for non-members. Includes round trip transportation.

Travel with friends for an all-day shopping spree at IKEA in Plantation, one of the world's largest furniture stores specializing in ready-to-assemble furniture. Lunch is on your own at the IKEA Café. Advance registration is required.

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.✳

Meet With Young Professionals

The Young Professionals group will hold a 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.✳

From page 15

CROW Case

Officials at Peace River Wildlife Center were able to transfer a yellow-crowned night heron chick that was a similar age and weight to the CROW patient.

"Without these partnerships, we would not be as successful with certain cases," said Frankel. "There are many different reasons we transfer patients in or out and, if we did not have such good working relationships with fellow clinics, our patients would not get the best care that they deserve. We strive to offer everything a patient could ever need, but sometimes that is not possible without the help of other wildlife rehabilitation centers."

The young night herons will be raised together until they are old enough to be released.

"Both heron babies will stay at CROW until they have proved they can survive in the wild. They both must be able to hunt live fish, find enough food to survive and show appropriate flight abilities. They will go through live prey testing and flight testing over the course of the next month to develop these skills," said Frankel. "Once they are ready for release, they will be released together in a suitable habitat that commonly sees both yellow-crowned and black-crowned night herons."

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.✳

GO TO THE BEACH FROM YOUR WEST GOLF PROPERTY

3BR, 2BA updated family home with cathedral ceilings, inviting kitchen and dining/living room combo. Master bedroom with private access to the large rear porch overlooking the oversized pool and deck. This home is complete with a private tennis or pickleball court.

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BAYFRONT REMODEL ALMOST DONE
1238 Isabel Dr in Sanibel Harbours

Exterior/interior updates have transformed this home. Reconfigured with master suites on both 1st & 2nd level, plus 2 guest rooms & huge office (or 5th bedroom). Both living room & great room. Over 3-car garage is large area with mini-kitchen & bath - perfect for media room, playroom, family room. Butler's pantry, fireplaces, elevator, & more. Also dock with lift on boat basin. \$3,495,000



EAST-END GROUND-LEVEL LIVING
842 Limpet Dr in Shell Harbor

Expanded spacious split-plan white bright 3-suite pool home centered around great room with high ceilings, den area, & open upper loft. 90' dock plus boat lift, on deep-water-access canal. Handy to causeway, marina, bay & gulf. Community beach access with parking at end of Lindgren Blvd on East Gulf Dr. New coastal-style decorator furnishings also could convey. \$2,295,000



2ND FLOOR BEACHFACING CONDO
Gulfside Place #222, 1605 Middle Gulf Dr

In unique stand-alone tier with no adjoining neighbors. Residential community. Assigned parking & storeroom below. Remodeled in upscale modern neutral décor with new kitchen, baths, appliances, floors, & fixtures. Resort-like amenities with 2 pools, saunas, tennis, bbqs, shuffleboard, & on-site office with party room. An easy year-'round or 2nd home, or vacation retreat. \$1,429,000



GULF-FRONT 1ST FLOOR CONDO
Sanibel Arms West #E2, 827 East Gulf Dr

Enrolled for years in easy on-site rental program with low fees. 2 bedroom with both baths recently remodeled. New bath access directly from guest room too. Kitchen already opened/updated. Beach-side lanai has this view. 2nd lanai off master suite provides great cross ventilation during winter months. Depending on owner use, capable of grossing \$75K+. \$849,000 turnkey



LAKE TO SUNSET VIEWS

1558 Sand Castle Rd in The Dunes
 Split-plan 3-bedroom piling home with high ceilings, elevator, 2-car garage below. Kitchen opens to family room with fireplace. Expansive glassed porch & open deck overlook backyard to lake to golf course to preserved land, & sunsets. Spacious living spaces, 2 HVAC systems, newer roof. Community beach access path. Clubhouse with golf, tennis, & restaurant. \$749,000



WRAP-AROUND WATER VIEWS

9448 Begonia Ct in Gumbo Limbo
 Nestled on large tropical lot at end of cul-de-sac. Semi-raised 1-level home with expansive private lake views. Sliders in living room, family room, & master suite open onto 600 sq. ft. screened deck. 3 bedrooms 2.5 baths, separate utility room, side-entry 2-car garage, & enormous under-home storage area with concrete floor. New roof & new HVAC system. \$649,000



LOWEST-PRICED NEAR-BEACH LOT

898 Rabbit Rd in Windrow
 ~80' x 200' parcel where back & north neighbor are church. Home next door illustrates size of one that might be built here. Access path to gulf beach at end of street. Bike path behind shopping center. Convenient easterly to shopping in Sanibel's town center commercial district. West, up San-Cap Rd, is Sanibel School, Recreation Center, & wildlife refuge. \$170,000



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11245 Bienvenida Ct, #102 in Coronado
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Will Power

The Living Will



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

An often-misunderstood estate planning document is the living will. It's often confused with a "living trust" which is a trust document providing the direction how to invest and distribute your assets during your lifetime and upon your death.

The living will, in contrast, is what many refer to as the "right to die" document. In Florida, our living will statute can be found in Chapter 765, Part III. Florida law allows you to direct the withdrawal or withholding of life-prolonging procedures provided that you are in a terminal condition, have an end-stage condition, or are in a persistent vegetative state.

Typically, the living will states that when two physicians determine that there is no reasonable medical probability of your recovery from the condition, in such case the life-prolonging procedures be withheld and withdrawn when the procedures would serve only to prolong artificially the process of dying. When this occurs, you're permitted to die naturally with only the administration of medication or the performance of a medical procedure deemed necessary to provide you with comfort, care and to alleviate pain.

The most famous Florida case involving these issues was over Terri Schiavo, who ironically never signed a living will. In 1990, at age 26, Schiavo suffered cardiac arrest at her home in St. Petersburg. While successfully resuscitated, she suffered massive brain damage and was left comatose. She was diagnosed 75 days later as being in a persistent vegetative state.

In 1998 her husband petitioned a Florida Court to remove her feeding tube, indicating this is what his wife would have wanted. Schiavo's parents opposed the move. Litigation wound its way through the Florida and federal court system, ultimately resulting in the feeding tube being removed. Schiavo died in 2005, a full 15 years following her heart attack.

The Schiavo case involved 14 appeals and numerous motions, petitions, and hearings in the Florida courts; five suits in federal district court, extensive political intervention at the levels of the Florida state legislature, Governor Jeb Bush, the U.S. Congress and President George W. Bush; and four denials of certiorari from the United States Supreme Court. The case also spurred highly visible activism from the pro-life movement, the right-to-die movement, and disability rights groups.

Despite your political beliefs, no one wants their personal medical situation to be the focus of litigation and political debate. It's therefore surprising that so few people take the time to sign a living will.

One of the most heart-wrenching decisions my clients face when signing their living will involves the decision to remove the food and water tubes. "I don't want to die of hunger or thirst," is the usual response. Yet, at the same time, declaring your intent to not remove the tubes could result in a Terri Schiavo result, indefinitely lying comatose in a hospital bed.

Clients may find comfort in the fact that the living will directs for medical procedures to continue that would provide comfort, care or to alleviate pain.

Some, however, struggle with the notion that the doctors could be wrong. That

recovery may occur despite the long odds. In other cases, religious beliefs preclude the removal of food and water tubes. Both concepts occurred when Israel's Prime Minister Ariel Sharon suffered a massive stroke in 2006.

Surgeons operated for seven hours to ease the pressure from the hemorrhage in Sharon's brain. But few were prepared to write him off. He was known for bull-like strength, and many thought he would miraculously recover.

He underwent seven additional operations over the six months following his stroke, including the removal of a third of his large intestine. It was not until that April when ministers in the Israeli government voted unanimously to declare Sharon "permanently incapacitated," promoting his successor Ehud Olmert to the Prime Minister's office.

Because Orthodox Judaism considers the removal of food and water tubes euthanasia, which is prohibited under Jewish law, Sharon lay comatose in a nursing bed until his death in 2014, eight years after his stroke. He eventually died of cardiac failure.

The living will makes us confront our mortality. Medical science's capabilities to revive and keep us alive are out ahead of the philosophical, moral and religious considerations we face when making choices under a living will.

You might say that the living will is a counterbalance to science's ability to put our bodies in a sort of stasis, yet not bring us all the way back to a functional state, including a certain quality of life. At that time, we have the option of saying "no more heroics."

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Jeweler Introduces New Pendant

Lily & Co. Jewelers unveiled its exclusive Sanibel Sunset pendant, part of the award-winning Island Wave Collection. Its stunning diamond design captures the allure of the islands' world-famous sunsets.

"I wanted to design a piece that our visitors could take home and forever be reminded of the exquisite sunsets on Sanibel and Captiva," said Dan Schuyler, who co-owns Lily & Co. with Karen Bell.

The Sanibel Sunset pendant has been created in 14-karat white, yellow or rose gold in either one-carat total diamond weight or the larger two-carat. To symbolize the spectacular setting sun, rays extend from a circle completely covered in white diamonds. "We designed this special pendant with matching earrings," said Schuyler, who conceived the Island Wave Collection to celebrate some of the most treasured experiences of the islands.

The original Island Wave Collection, featuring blue topaz and diamonds, was recently featured in *Gulfshore Life* magazine.



The pendant is available in white, yellow or rose gold image provided

Lily & Co. Jewelers is located at 520 Tarpon Bay Road. For more information, call 472-2888.✪

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Plan Smart For Continuing Care



by Steven V. Greenstein,
Executive Vice
President, Wealth
Services

There are nearly 47 million Americans over the age of 65, and every day another 10,000 Baby

Boomers reach that age. This trend will continue until 2030, when 18 percent of the country will be at least 65 years old. As life expectancy continues to increase, retirees are recognizing the stark reality that their longevity may ultimately require increasing care and medical support. They also need to identify – sometimes well in advance – who will provide that care and how they will pay for it.

For seniors with the financial means, a Continuing Care Retirement Community (CCRC) is a popular and effective way to plan for the increasing levels of healthcare services that may be needed. There are many different CCRC's available in which to live, and they come with an array of pricing options and fees – including

entrance fees, monthly fees, insurance requirements, conditions for transfer within the community to higher levels of care, partial refundability of entrance fees, and stated levels of healthcare quality at every step.

This “continuum of care” lifestyle begins with Independent Living for which a CCRC can offer a wide variety of housing choices, amenities, dining, transportation, social activities and health/wellness centers that promote functioning, motivated and active social lives. Thanks to advanced assistive medical technologies and improvements in ambulatory devices, more seniors can opt for independent living far longer than previous generations.

The next level of CCRC care is Assisted Living, defined as non-medical care for those who require help with one of the six activities of daily living (eating, bathing, dressing, toileting, grooming and mobility). It may also include medication management. While assisted living recipients are not capable of living independently, they do not require 24-hour medical care.

From there, progressive levels of service at a CCRC include Skilled Care and Skilled Nursing Care that encompass both healthcare and rehabilitative therapies. Patient management, observation, and evaluation often are administered by licensed practical nurses, licensed vocational nurses, or registered nurses.

As more seniors are being diagnosed

with cognitive disorders such as dementia and Alzheimer's disease, an increasingly common component of CCRC living is Memory Care. It is typically offered in a community residential setting with the level of care increasing as the illness progresses, often leading to increased costs for 24-hour medical attention.

If you are considering the transition into CCRC living, sit down with your team of advisors – your attorney, CPA, investment or insurance professionals – to assess your options. They can review the CCRC contract or help determine what your long-term health-care policies will pay toward this lifestyle. Your financial advisors can use software tools to project how your portfolio can support CCRC living, or recommend changes to your portfolio to support such a move in the future.

A successful transition to a CCRC takes planning that is best conducted well in advance so your financial plan meets your needs. We at The Trust Company are here to help you analyze and support your efforts in making this important decision.

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

Airport Breaks Traffic Record For June

During June, 586,319 passengers traveled through Southwest Florida International Airport in Fort Myers, an increase of 7.4 percent compared to June 2018. Year-to-date, passenger traffic is up 9.4 percent compared to last year.

The traffic leader in June was Delta Air Lines with 153,972 passengers traveling to and from Fort Myers. Rounding out the top five airlines were Southwest (123,772), American (95,304), JetBlue (67,932) and United (53,464).

Southwest Florida International Airport had 4,804 aircraft operations, a decrease of 1 percent compared to June 2018. Page Field saw 8,583 operations, a 12.4 percent increase from June 2018. In addition, slightly more than 2.6 million pounds of air freight moved through Southwest Florida International Airport in June 2019.

Southwest Florida International Airport served nearly 9.4 million passengers in 2018 and is one of the top 50 U.S. airports for passenger traffic. No ad valorem (property) taxes are used for airport operation or construction. For more information, visit www.flylcpa.com or Like Us on Facebook at www.facebook.com/flyrsw.

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Frankly Speaking

by Howard Prager



And they're off! No, I'm not talking about horse racing, although there are some longshots here. It's the second half of the baseball season. As the season goes on past the all-star break,

games count so much more... though every manager says they all count the same. The Cubs slogan: "Everyone in. Every game matters." Don't believe it. The pressure ramps up the second half of the season. Teams that are successful can catch the wind of momentum in the second half that they ride into the playoffs. They pick up one or two "cast-offs" at the trade deadline or future free agents to help them win the drive and perhaps a pennant or World Series.

So who do we have coming down the track? As of the first full week after the all-star break, several teams have been particularly hot: the Oakland A's, Cleveland Indians, Chicago Cubs and St. Louis Cardinals. The San Francisco Giants are also hot, but they are over 16 games back as of this writing. This leaves them with the conundrum - do they continue the sale of some current stars to load up with prospects for the future, or do they try a shot at the wild card with five teams ahead of them right now? In other words, can they stay this hot the whole second half? Doubtful anyone can play at a .800 clip for nearly three months.

So what races and divisions are the most interesting to watch?

National League Central Division remains the closest division in baseball. Both the Cubs and Cardinals are 7-2 since the break, with the Cubs just 2 games in front of both the Cards and the Brewers. This one's going down to the wire folks, and you heard it here first. All the teams are trying to make deals before the deadline. The Cubs appeared to solve

their relief help with Craig Kimbrel. They may still be looking for left-handed hitting. Both the Cards and Brewers need another reliable starting pitcher. The bidding can get fierce but the opportunity is there.

The American League Central Division appeared to be a runaway for the Twins, but now the Indians are breathing down their neck, starting off 7-3 after the break and closing to just three games back. Less than a month ago, the Twins were a runaway favorite and the question was which pitchers Cleveland would give up for future stars. Instead, the Indians may search for a little more offense to keep on doing what's working for them, while the Twins try to recapture their first half magic. Since Cleveland has won the division the last three years, they know what they need to do.

The AL West has an interesting race between the first place Astros, who started off at 7-4 after the break, and the Oakland A's who are superhot at 7-2 and are 6.5 games back in second place. The A's have one of the lowest team salaries and still go by the analysis they use with money ball. Do they shake that up with a trade or two, or just hang in there with the team they have? What would you do?

And, in the NL East, the Nationals who are 5-4 since the break are trying to make a move on the Braves who have started off 6-4 and now are 6.5 games up. The Nats need a solid reliever to get to playoff land. Even if they can't catch them, if they can play strong they are in the catbird seat for the wild card.

A few weeks ago, I said there was only one race worth watching. Now we've got four to keep track of, as well as seeing what the Giants decide to do, hold 'em or fold 'em. It's a long season, one of the beauties of the game. Speaking of beauties, congrats to the newest Hall of Fame class and the first player voted unanimously receiving all 425 votes in January balloting, Mariano Rivera. Hard to believe that has never happened before this, but the credit goes to the reliever with the most major league saves at 652, a record that should stand for a long time. And on the fan safety front, congrats to the Chicago White Sox who installed

protective netting all the way to both foul poles during the all-star break. They are the first MLB team to do this.

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. **

FWC Approves Draft Proposal For Blackfin Tuna

The Florida Fish and Wildlife Conservation Commission (FWC) recently approved a draft proposal to create a recreational limit for blackfin tuna of two fish per person or 10 fish per vessel, whichever is greater, and to extend this proposed regulation into federal waters. The proposal is expected to come before the commission for a final public hearing in October.

Staff has heard a variety of concerns from anglers about the blackfin tuna fishery for several years and held seven public workshops across the state earlier this year to gather input on management of this fishery.

Blackfin tuna can be found throughout Florida, the Atlantic, Gulf of Mexico and Caribbean waters. **



An angler with a blackfin tuna photo provided

SPORTS QUIZ

1. Who holds the New York Yankees pitching record for most appearances in a season?
2. Name the player before Joey Votto (2016-18) to start at least 202 consecutive games for the Cincinnati Reds.
3. Who was the first quarterback in Washington Redskins history to have three seasons of 25 or more TD passes?
4. Name the last time before the 2018-19 season (Kansas State, Texas Tech) that Kansas was not at least co-champion of the Big 12 men's basketball regular season?
5. Who was the only Toronto Maple Leafs player before Mitch Marner in 2019 to score on a penalty shot in the NHL playoffs?
6. Colton Herta, 18, became the youngest race winner in IndyCar history in 2019. Who had been the youngest winner?
7. When was the last time the French Open had a men's singles semifinalist older than Roger Federer (37 in 2019)?

ANSWERS

1. Paul Quantrill, with 86 in 2004. 2. Pete Rose started 370 consecutive games (1973-76). 3. Kirk Coustins (2015-17). 4. The 2003-04 season, when Oklahoma State was the regular-season champion. 5. Mats Sundin, in 1999. 6. Graham Rahal was 19 when he won a race in 2008. 7. It was 1968, when 40-year-old Pancho Gonzalez reached the semifinals of the French Open.

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National PBS Series To Feature Southwest Florida

WGCU, Southwest Florida's source for PBS, is the co-presenting station in the upcoming national three-part series *Family Pictures USA*. The series, which features Southwest Floridians prominently, was created and hosted by filmmaker and photographer Thomas Allen Harris. Joining WGCU in presenting the series is UNC-TV Public Media North Carolina.

Family Pictures USA airs August 12 and 13 nationally and on WGCU HD. It explores American cities, towns and rural communities through the lens of the family photo album, unearthing rich personal stories that expand our understanding of our shared history, diversity and common values. Family photos of everyday milestones — marriage, childhood, a new car, a growing business — provide a visual portal through which to examine the roots, surprising connections and provocative parallels that shed light on our collective past and our shared future.

In the Southwest Florida episode, airing August 13 at 9 p.m., the national crew meets Native Americans, cattle ranchers, members of fishing communities and restaurateurs who recount their family stories with pride. In Immokalee, viewers learn that Florida is still cattle country and meet former migrant workers who now own the companies that harvest produce. Descendants of Seminole leader Osceola preserve their tribal way of life and pass down centuries-old traditions to their children. An African American family confronts the divisions of the past and moves forward as they uncover the story of their pioneering bi-racial ancestor and meet their white relatives.

More than one surprise twist occurred in the Southwest Florida filming.

For one, a couple who successfully saved Estero Bay and formed the state's

first aquatic preserve met the woman whose father tried to develop it.

Another twist occurs in an additional 30-minute show filmed at WGCU studios and airing only locally, titled *Family Pictures USA: Southwest Florida Local Focus*.

In this *Local Focus* show, airing August 13 at 10 p.m. — following the national episode that night at 9 p.m. — three Southwest Floridians from very different walks of life discover that they are related when they all recognize the same common person in a photograph from decades ago. Family photos did indeed provide that visual portal that revealed surprising connections in Southwest Florida's collective past.

Detroit and North Carolina are the other two regions featured along with Southwest Florida. In the first national *Family Pictures USA* episode, *Detroit*, on August 12 at 9 p.m., the enormous influence of the auto industry, the rise of labor unions, cultural touchstones like the Motown sound, the devastating impacts of the 1967 riots and the city's renaissance today are all explored via family narratives and memories.

With an economy traditionally founded on tobacco and textiles, *North Carolina* is shown through family photos and their owners to be a historically rural state that is changing rapidly in the second national episode, airing August 13 at 8 p.m.

Each of the episodes begins with a community photo-sharing event, at which the film crew sees and archives the photos and interviews the contributors. In Southwest Florida, WGCU hosted photo-sharing events last fall at the Boys & Girls Club of Collier County in Immokalee and the Harlem Heights Community Center.

"For the past 150 years, families have used the photo album to pass on their stories from one generation to the next," said filmmaker Harris. "The family album has kept us together. But in today's digital age, we have to work harder to keep and maintain the stories of our families and our communities. Everyone is a photographer, but the stories and communities behind our photos are being

lost. *Family Pictures USA* strives to keep these stories alive and — by sharing them — remind us of our common roots and strengthen connections with our friends, families and neighbors."

Family Pictures USA invites viewers all over the country to share their own images and stories, which will be aggregated across social media and posted to the Digital American Family Album. Use #familypicturesusa.

Support for *Family Pictures USA* is provided by the Corporation for Public Broadcasting, Wyncote Foundation, Ford Foundation, Oasis Senior Advisors, ElectriCities and Capitol Broadcasting Company.

For more information about Southwest Florida's participation in *Family Pictures USA*, go to visit www.wgcu.org/familypictures.

Family Pictures USA Southwest Florida episodes will re-air August 23 beginning at 7 p.m. on the WGCU WORLD Channel.✪

FISH Helping Neighbors With After School Care

With the start of school just a few weeks away, parents are beginning to evaluate programs for after school care. Effective after school programs are beneficial to youth, families and communities as they can provide a safe, structured environment

for the children of working parents.

Through its youth scholarship program, FISH of SanCap can provide financial assistance to families whose children attend after school programming both on and off island. This opportunity is made available, in part, through partnerships with program providers, through donations from private donors and grant funding from the Sanibel-Captiva Kiwanis Foundation.

"Our goal is to help build economic security for families by giving children the opportunity to experience quality care during the after school hours, when their parent is still at work. After school programs keep children safe and introduce them to new friends and activities. Children are placed in age-appropriate groups and take part in a daily rotation of activities that may include, but is not limited to: homework time, arts and crafts, physical fitness activities and much more," said Kathy Y. Monroe, program director for FISH.

No child should be deprived of quality after school care due to financial struggles. Based on need and eligibility, scholarships may be offered to families as determined by FISH. Scholarship assistance is evaluated on a case by case basis and amounts vary depending upon the family's financial status. Available funding is limited, and scholarships may cover only a portion of the program cost. To learn more and to see if you qualify, contact Kathy Y. Monroe or Nitza Lopez at 472-4775.✪

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Willy Ocasio and Darrin Grotrian of Bank of the Islands with items donated to the FISH Food Pantry photo provided

Donations Needed For FISH Food Pantry

Summer is the season to remember that island neighbors can use your help now more than ever.

During the islands' low season, work hours are often cut, so households have less income; 85 percent of FISH volunteers have left for the summer and the FISH Food Pantry donations decrease, severely challenging their ability to help those needing grocery assistance.

"You can help fill empty shelves and hungry tummies this summer," said Bank of the Islands Vice President and Sanibel-Captiva Office Manager Willy Ocasio,

who also serves on the FISH Board of Directors. "Please drop off non-perishable food items to Bank of the Islands' Sanibel and Captiva offices as often as you can."

The Sanibel office is located at the intersection of Casa Ybel Road and Periwinkle Way. Its Captiva office is in the northernmost building on Captiva Drive.

"Our FISH Food Pantry is one of the most used and most important programs we run. Food insecurity, especially in the off-season, is a growing issue for our island neighbors and employees," said FISH Executive Director Alicia Tighe.

"In addition to private donations and grant funding that allow us to provide assistance, our generous local business community partnerships, including Bank of the Islands, ensure that families are receiving substantial and nutritious food to supplement their grocery shopping."*

Help SCCF Bring Back the Barn Owls

Poisoned rats can kill the eagles, hawks, bobcats and owls that eat them.

Tell your pest control professional to NOT use these rat poisons:

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Or consider not using any rat poisons at all. Instead, seal all entry points to your home.



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Block Solar Heat With Window Tint

In sunny Southwest Florida, 30 percent of summer cooling costs are attributed to glass and windows. From sliding glass doors to skylights to regular windows in your home, all glass conducts heat.

Lee County Electric Cooperative (LCEC) energy experts remind you that:

Significant air conditioning savings can be attained by blocking solar heat before it reaches the windows, or by using special heat-reflecting glass or heat-reflecting glass coatings, also known as residential window tint.

Reflective glass or residential window tint should be rated to reflect at least 65 percent of all solar heat to be considered efficient in Southwest Florida.

Awnings, storm shutters, shade trees and porch or lanai roofs are all effective in blocking solar heat.

East or west windows are the main source of intrusive heat. It is recommended

to use shading devices and tint on east and west windows since they experience many hours of direct sunlight.

South-facing windows experience a great deal of direct sunlight in the winter months when the sun rides lower in the sky. In the summer, south-facing windows are largely shaded by the overhanging soffit of the roof.

Skylights experience many more hours of direct sunlight than any vertical window and should be avoided if possible. Existing skylights can be tinted, covered, blocked or shaded to lessen their load on the air conditioner.

When upgrading windows, consider energy efficient features such as double-pane, low-E glass as well as type of frame material.

Residential window tint is available online and at many major home improvement stores. Along with detailed application instructions, there are many tutorials online to help you apply residential tint yourself. For more ways to save, visit www.lcec.net.*

From page 1

Coyote

which connects the island with Southwest Florida," the UGA report stated. "It is also unknown whether the population in question is resident to the island, or merely uses the island as a core area of their home range, moving between the island and other offshore habitats. It may be that coyotes are traveling regularly to the island in order to exploit key resource(s)."

In 1983, coyotes could be found in 18 Florida counties, expanding into 48 counties by 1990. The first confirmed sighting on the island occurred in February 2011 when a single coyote was photographed strolling through the JN "Ding" Darling National Wildlife Refuge.

By 2014, the Sanibel-Captiva Conservation Foundation (SCCF) had reported that coyotes contributed to a significant portion of sea turtle nest depredation. That same year, 33 percent of nests were depredated by mammalian predators.

In response to increasing coyote sightings and harmful impacts to sea turtle hatchlings and other native wildlife, the Sanibel Coyote Working Group was established. This partnership between the City of Sanibel, SCCF, JN "Ding" Darling National Wildlife Refuge and Clinic for the Rehabilitation of Wildlife (CROW) was formed to establish a plan for coordinated monitoring and management of coyotes on Sanibel.

Coyotes are not generally a threat to human safety, but can and do prey on domestic cats and small dogs. Coyotes are omnivorous with the majority of their diet in Florida being small mammals such as mice, rats and rabbits. However, they are opportunistic and have been known to eat everything from garbage to fruit and vegetables, dead fish and wildlife, birds, livestock, small pets and even sea turtle eggs.

All citizens are reminded to follow FWC's Living With Coyotes guidelines and to report all sightings and encounters to the Sanibel Police Department non-emergency line at 472-3111. For a life-threatening emergency, dial 911.

If you encounter a coyote, include the

following information in your report:

- Your name and contact information;
- Day and time of sighting;
- Approximate location of sighting;
- Coyote activity (howling, feeding, running away, etc.);
- Description, how many, or any other notable information.

What To Do If You Encounter A Coyote

Immediately act aggressively toward the coyote. Wave your arms, throw things like stones, and shout at the coyote.

Make yourself appear larger by standing up or stepping onto a rock, stump or stair. Convince the coyote you are a potential danger to be avoided.

Where coyote encounters occur regularly, walk pets at other times besides nighttime hours, dusk and dawn.

Carry something that will make noise or scare the animal, such as a small air horn, solid walking stick, or golf club. These things may deter the coyote at close range.

Make a "coyote shaker" by putting a few washers, pebbles or pennies into an empty soft drink can. Wrap the can in foil and tape closed.

Continue to make sufficient noise until the coyote leaves; otherwise the coyote will learn to wait to leave until the activity stops.

Other ways to protect yourself and your pets:

Do not allow pets to roam freely.

Most coyote attacks on pets occur at night, dusk or dawn. During these times especially, avoid walking your pet in heavily wooded or vegetated areas where coyotes could hide.

Keep your dog close, on a short leash. Keep cats indoors.

Coyotes may be attracted by food and garbage.

Although most of us wouldn't think of feeding a coyote directly, indirect feeding can be just as troublesome. Don't place food outdoors that will attract wild animals. This includes pet food, bird seed and even water.

Store your trash in a secure area until the morning of pickup or use animal-proof containers.

Source: City of Sanibel Department of Natural Resources.*

dearPharmacist

An MRI Contrast Dye Accumulates In The Brain



by Suzy Cohen, RPh

Dear Readers: Gadolinium is a silvery-white heavy metal that is injected into the body through a vein, and it is a contrast dye. Sometimes it is referred to as contrast media. They

help the radiologist see inside you. Gadolinium is like a flashlight in your body.

MRIs that require gadolinium can be ordered for many reasons including migraines, coronary artery disease, stroke evaluation, brain tumors, infections and cysts/tumors. Thousands of shots of gadolinium dye are administered to people each day.

Side effects may or may not occur. If they do, they are generally very mild like a headache, dizziness, pain at the injection site, pricking or burning sensation on the skin and sometimes nausea. These issues settle down within 24 hours as your body eliminates the drug from your kidneys. It helps if you take an analgesic and some detoxification supplements like glutathione, catalase and R-lipoic acid.

Gadolinium is in the news because the popular dye appears to be retained in the brain, raising safety concerns, especially for people who have multiple MRIs per year. More specifically, there has been a study regarding patients who have multiple sclerosis (MS), and these patients were tracked for five years starting from their diagnosis. Over the five years, the researchers found that a by-product of gadolinium called "gadodiamide" does, in fact, accumulate in the brain.

About nine percent of MS patients who received five doses or less did have accumulation in their dentate nucleus, which is involved in voluntary motor function and cognition. What is the clinical impact of this? No one is certain

yet. The findings were published in a medical journal called *Neurology* in July 2019.

The study is causing controversy in the MS community for good reason. The MRIs are needed and useful, but the contrast dye might be harmful if used over and over. Should they get MRIs and, if so, is there another contrast dye to use? Is the dye necessary at all? Are all the MRIs necessary? Is the disease progression causing the brain to hold more, or is it 'sticking' to everyone's brain that gets injected with it? No one knows these answers. There are more questions than answers as of this writing. The study did not find any clear correlation between deposition of the dye in the brain and disability.

Radiologists nationwide must be beside themselves because, again, the dye allows them to provide more accurate results for you. If, for example, the doctor needs to locate an aneurysm, do you really reject the contrast dye?

Since the relationship of gadolinium with disease severity remains unclear, talk to your doctor about whether or not the radiologist needs the contrast dye. Sometimes they can see certain areas without it. If you have a history of kidney compromise, let them know at the imaging center. Every now and then, there's an extremely dangerous kidney complication, or life-threatening allergic reaction, but predicting who has a high risk for these problems is almost impossible.

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: What is the difference between depression and grief?

A: Depression is a condition, an emotion that can be transformed. Some depression may be reactionary

or there may be a bio-chemical component that could require medication.

Also, a major transition in one's life can set off depression. These changes in routine can often come with fear and uncertainty, and can wreak havoc on your emotional stability and activate self-doubt.

Grief is a reaction to a loss that occurs in one's life. Loss can come in many forms: the death of a loved one, loss of a beloved pet, loss of a job, friend and the end of a relationship.

The best and really only way to overcome grief is to go through it. Because grief is painful, we as humans want to go around it, above it, below it, but the best way to heal from grief is to go through it. Healing does occur within time, and there is no set time because everyone grieves at their own

pace. It's important to try and let grief flow rather than speeding it along.

Regardless of depression or grief, it's important to know your risk-factors and access where the depression may be coming from and if it is contributing to grief. Specify areas in need of healing and take special care of yourself during these stressful times. For example, take the following shift to lift depression:

Source of Depression

1. Hypercritical Parents
2. Financial Stress
3. Romantic Betrayal
4. Any Abusive Behavior

New Hopeful Behavior

I'll affirm my attributes
I'll focus on making positive changes in the now

I'll take baby steps toward trusting again

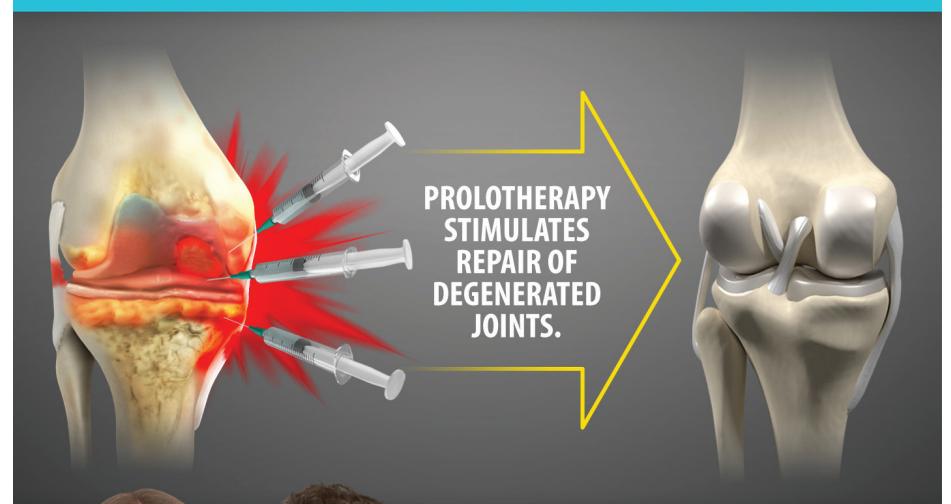
I'll practice speaking up with safe, supportive people around me

You can identify what may be diminishing your spirit. You can learn to function in more expressive and expansive ways. Give yourself time to make progress and develop new behaviors that can recondition your psychological response to grief and depression.

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

Chilled Watermelon Soup



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

Chilled soups are delicious and refreshing, especially when the temperatures outside are soaring. This soup makes a lovely starter to a meal. Serve with chilled rose or Prosecco and a delicious green salad. We also like to use cantaloupe, honeydew and mangoes to make other chilled soups.

Ingredients:

1 small watermelon, cubed
¼ cup basil leaves
¼ cup mint leaves
1 Tbsp olive oil
Juice and zest of one lime
½ cup white wine or Prosecco
Pinch of sea salt and fresh ground pepper

Optional: Pinch of red pepper or cayenne

Place watermelon and fresh herbs in a food processor or blender and blitz to puree. You will get about four cups of puree. Season with salt, pepper and red pepper. Add lime juice, zest and wine. Blitz to combine. Refrigerate and serve in chilled bowls with a dollop of crème fraiche

and lime garnish.

Chilled soups are a great way to provide guests or even yourselves with a delightful tantalizing treat for the taste buds that is refreshing, healthy and loaded with vitamin C.

Other options: If you would like to make more of a gazpacho out of this soup recipe, feel free to add finely chopped cucumbers, peppers, tomatoes and onions. I like to puree some of the tomatoes in with the watermelon and herbs to make more of a savory soup. If you like your soup a little thicker and creamier, feel free to add a spoonful of Greek yogurt or crème fraiche to the fruit blender mixture. Enjoy!

*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.**

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.*

Why is this outward view so crucial in our lives? My personal opinion about this is that so many times, we tend to look outward to find our inner peace instead of looking inside and creating peace, comfort, excitement and energy from within. I believe that all of this already exists within us, but we continuously look elsewhere to find it.

Now, don’t get me wrong, I love a great view and am also particular in what I prefer to look at outside my windows, restaurants and hotel rooms. I also believe, however, that we can have the view and perspective on life that we want anywhere and everywhere if we look within our hearts to find the peace and happiness that already exists.

Our views can be blocked and tainted by the choices we make in life in terms of people we surround ourselves with, places we dwell in and influences we listen to. Instead of creating our own views and perspectives, we tend to take on other people’s and settle for that.

I believe that no matter where you live, what you do, how much money you have or who is in your life, you can create the view that will give you peace, comfort and will stimulate your senses whether in your own backyard, out your window or somewhere that you visit or travel to.

Your view, is in reality, your

Superior Interiors

Creating A Picture-Perfect Book Nook

by Jeanie Tinch



A cute space for reading can attract a lot of attention to an area in your home that might otherwise be overlooked. Transforming a space that was once only a second

thought will allow you to utilize wasted space and give the area a new purpose. Perhaps it’s a bare corner, an awkward hallway or a seated windowsill; any of these spaces can make a great place for getting cozy with your favorite books.

Seating plays a major role in your ability to wind down and feel satisfied with your book nook. Choose your seating based not only on the allotted space but also personal preference. Maybe a lounge chair belongs in this empty corner in your home, or a large sofa makes sense if you see someone joining you for a read.

You want the area to be cozy but also very inviting. Give it some character with a bright accent color. This can also help you make the space its own, which can seem difficult if it’s just a corner of a room that already has its own character. Consider painting the wall behind your seating arrangement a fresh, complimentary shade that’s

equally intriguing and welcoming.

Your book nook should exude pure comfort; after all, it’s a personal retreat space. Fill the area with plenty of throw pillows, soft blankets and other cozy accessories that can help you wind down when you need it most.

When it comes time to sit down and dig into your book, proper lighting could be the most important aspect of the space. Finding the right lighting to create a relaxing ambiance while illuminating your subject matter is essential. Slim floor lamps are a great choice that can easily be moved around the room or in proximity to your seating area. Many also feature a flexible arm that’s easy to adjust to the direction of your reading material.

Reading material is the whole reason behind this nook in the first place, so make sure you have plenty of storage space to keep your books, magazines and journals organized. A bookshelf makes sense for many but may not work for someone who has limited corner space. Floating shelves can make book storage easy and spruce up your walls if you’re lacking decor.

Gone are the days of reading in a space full of distractions. No matter how you go about redecorating a section of your home, professional assistance can save you time, effort and headache if you don’t know what to do next. Discuss your ideas for this personal space and give input based on your specific wants and needs. From there, you’ll create a blueprint that details exactly what you’re looking for – to ensure you achieve the retreat feel as expected.

*Jeanie Tinch is an interior designer on Sanibel/Captiva Islands. She can be reached at jeanie@coindexden.com.**

Beautifulife:

The View

by Kay Casperson



We all find ourselves looking outward for a view of some kind, whether it be a view from our kitchen window, living room or back porch. Many of us will ask for a table with a

view when dining out or a room with a view when traveling. So, what kind of a “view” are we all looking for? I know for sure that this answer will vary depending on who you are, how old you are, where you live or are visiting, and what your interests are. What I also know for sure is that the view we are all looking for is beautiful, peaceful, pleasant or special in some way to us.

Some people want a view that brings them comfort or a fond memory, while others want a view that excites them and brings them energy and vibrancy. Others are interested in looking at something that brings peace, tranquility and a sense of well-being.

perspective and if you keep your perspective clear, positive and void of stress or negativity, the view outside your window and of life will forever be beautiful!

My affirmation for you this week is: “I am completely in control of the view that I see wherever I look and can change it at any time depending on where I am, what I need and how I feel. My decisions create the outcome.”

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

FISH Provides 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.*

PETS OF THE WEEK photos provided

Lee County Domestic Animal Services

Meowagain And Bob



Meowagain ID# A786199

Hello, my name is Meowagain. I earned my name because that is exactly what I do when you stop petting him – I meow again. I am a 2-year-old female domestic shorthair who is very affectionate and will roll around to get your attention. I definitely know how to ‘make biscuits’ and do so when I am content. I have quite the motor when I am happy and have quickly become a staff and volunteer favorite.

My adoption fee is \$10.

Hi, I’m Bob. I am a 7-year-old male Labrador retriever/pit bull who is one of the Super Seniors this month. I am a handsome devil that is just starting to get my salt and pepper hair that LCDAS volunteers think gives me the fine look of wisdom. I am one of those great dogs that will



Bob ID# A566903

‘talk’ to you when I want to go outside, play or just have some quality time with you.

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 large breed for just \$10 with an approved application!

*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.**

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



Chester



Dallas

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.

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 havenearthanimalleague@yahoo.com.**



Sanibel & Captiva Islands
CALLING CARD 239-395-1213

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

To be listed in calling card email your information to: press@islandnews.com

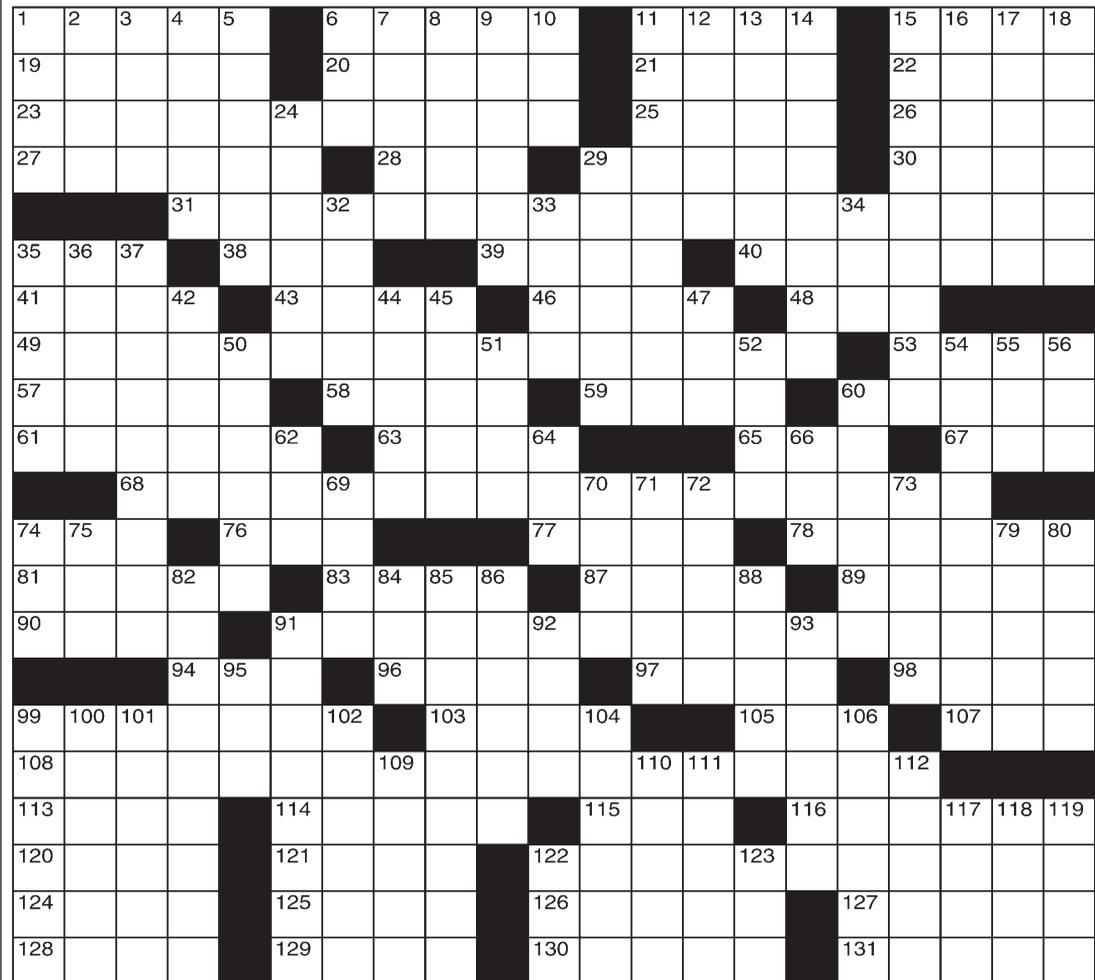
PUZZLES

Answers on page 47

Super Crossword

SCRAPING FOR A MEAL

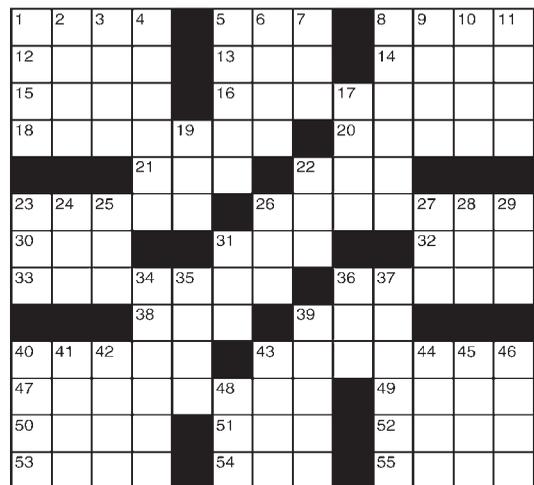
- ACROSS**
- 1 Letters with twists
 - 6 "For want of — the horse was lost"
 - 11 "Fernando" quartet
 - 15 Tax-deferred svgs. plans
 - 19 Not express, as a train
 - 20 Daring feat
 - 21 Briny expanses
 - 22 Roman historian
 - 23 Start of a riddle
 - 25 Back talk
 - 26 Caustic compounds
 - 27 "Silkwood" star Meryl
 - 28 Hail, mostly
 - 29 Papier- —
 - 30 iPod option
 - 31 Riddle, part 2
 - 35 700, to 22-Across
 - 38 — Julie, Que.
 - 39 Morays and congers
 - 40 Lays away
 - 41 Momentous stretches
 - 43 "Silence!"
 - 46 Skinny
 - 48 Six-pt. scores
 - 49 Riddle, part 3
 - 53 One of Isaac's twins
 - 57 Prenatal exam, briefly
 - 58 "I'm so hungry I could — horse!"
 - 59 J.D. Salinger title girl
 - 60 Old Russian overlords
 - 61 Movie house, in Spanish
 - 63 Moreno of movies
 - 65 Moo — pork
 - 67 Rural tract
 - 68 Riddle, part 4
 - 74 Jackie O's Onassis
 - 76 Feel lousy
 - 77 — Alto, California
 - 78 Old — (Disney dog)
 - 81 Ridge on a fingerprint
 - 83 — mater
 - 87 Gilbert of "Roseanne"
 - 89 Go away
 - 90 Individual
 - 91 Riddle, part 5
 - 94 Sothern of "Blind Date"
 - 96 "Nuts!"
 - 97 "Scat, cat!"
 - 98 Email button
 - 99 Flashy keyboard composition
 - 103 Ruess of the band Fun
 - 105 German city where Einstein was born
 - 107 Real mess
 - 108 End of the riddle
 - 113 Prefix with presence
 - 114 Shutter parts
 - 115 — de plume
 - 116 Privy to the plot
 - 120 City in Texas
 - 121 El — (city in Texas)
 - 122 Riddle's answer
 - 124 "Son of —!"
 - 125 Kuwaiti, e.g.
 - 126 — Lodge motels
 - 127 Fashion's Oscar de la —
 - 128 Deep wishes
 - 129 Parcel (out)
 - 130 Halt
 - 131 Bar seat
 - DOWN**
 - 1 Students at Yale
 - 2 Cushiony
 - 3 Injury vestige
 - 4 Loosens up
 - 5 Rains down cold pellets
 - 6 Stubborn quadruped
 - 7 Unemotional
 - 8 Intuitive feeling
 - 9 Cyclops' facial feature
 - 10 Sched. guess
 - 11 Lee Harvey Oswald and others
 - 12 Shore area
 - 13 Big parties
 - 14 Approve
 - 15 Infirmities
 - 16 Capital of Saudi Arabia
 - 17 Broad road
 - 18 B-board admins
 - 24 Indifference
 - 29 "Thoroughly Modern —"
 - 32 Don't throw away, maybe
 - 33 Study fixture
 - 34 The old man
 - 35 Trim, as meat
 - 36 Perjury, e.g.
 - 37 Pink flower
 - 42 Actress Jaclyn
 - 44 Initiate
 - 45 "Begin the tune!"
 - 47 "Get Shorty" studio
 - 50 Parent of Maybelline
 - 51 Roman orator
 - 52 Musician John
 - 54 Habitats for brine shrimp
 - 55 Live
 - 56 USSR's Cold War rival
 - 60 Mississippi city
 - 62 Far Eastern sash
 - 64 Gig gear
 - 66 "Over here!"
 - 69 Kingly name in Norway
 - 70 Oven for drying hops
 - 71 Weak spots
 - 72 Shul text
 - 73 Butter alternatives
 - 74 Piercing tool
 - 75 Pi-sigma link
 - 79 Occurrence
 - 80 "Angie Baby" singer Helen
 - 82 Knee jerks, e.g.
 - 84 British "Inc."
 - 85 Destined
 - 86 Orderly groupings
 - 88 Nary — (no one)
 - 91 Serving to block junk email
 - 92 Obsessed by
 - 93 Sheltie relative
 - 95 Hanoi's home, briefly
 - 99 Having give-and-take
 - 100 Measure of resistance
 - 101 Mexican resort on the Yucatán
 - 102 Blindingly bright
 - 104 One of JFK's sisters
 - 106 Coal diggers
 - 109 Tears into
 - 110 Chocolate quaff
 - 111 Church cries
 - 112 Flat rental sign
 - 117 Taboo deed
 - 118 "... as — say ..."
 - 119 Popular cookware brand
 - 122 "Parks and —" (NBC series, for short)
 - 123 "The Raven" poet



King Crossword

ACROSS

- 1 Periodicals, for short
- 5 Cistern
- 8 Last writes
- 12 Guitarist Clapton
- 13 Brewery product
- 14 Infamous Roman
- 15 Genesis maker
- 16 Fan of classical music
- 18 Barbershop job
- 20 Stir up
- 21 Get on in years
- 22 Lubricate
- 23 Synagogue VIP
- 26 Hew
- 30 Swelled head
- 31 Write in the margins
- 32 Pod denizen
- 33 On the — (secretly)
- 36 Caulking material
- 38 A billion years
- 39 2,000 pounds
- 40 Angry dog's sound
- 43 Sleazy sort
- 47 Throughout your time
- 49 Rewrite, maybe
- 50 Satan's spe-
- 9 Suitor
- 10 Eye part
- 11 Ripped
- 17 Sandlike matter
- 19 Modern film trickery
- 22 Chic no more
- 23 Scarlet
- 24 In earlier times
- 25 Violinist's
- 26 Calf's mom
- 27 Choose, with "for"
- 28 Drenched
- 29 Aye opponent
- 31 "The Daily Show With — Stewart"
- 34 Staircase posts
- 35 Lounge around
- 36 "Bam!"
- 37 Except if
- 39 Forum garb
- 40 Singer Campbell
- 41 Split apart
- 42 "Think nothing —"
- 43 Takeoff's opposite (Abbr.)
- 44 Concept
- 45 Some evergreens
- 46 Greek vowels
- 48 LummoX



- DOWN**
- 1 Netting
 - 2 Vicinity
 - 3 Leslie Caron
 - 4 Sacred beetle
 - 5 Price
 - 6 Greatly
 - 7 Roman X
 - 8 Waiting for the operator
 - 9 Suitor
 - 10 Eye part
 - 11 Ripped
 - 17 Sandlike matter
 - 19 Modern film trickery
 - 22 Chic no more
 - 23 Scarlet
 - 24 In earlier times
 - 25 Violinist's
 - 26 Calf's mom
 - 27 Choose, with "for"
 - 28 Drenched
 - 29 Aye opponent
 - 31 "The Daily Show With — Stewart"
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 - 41 Split apart
 - 42 "Think nothing —"
 - 43 Takeoff's opposite (Abbr.)
 - 44 Concept
 - 45 Some evergreens
 - 46 Greek vowels
 - 48 LummoX

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 B B R Z X S W U O P S R O P O
 M L E T A L P K O O B E U L B
 J I G C E D B A C C Y X W U T

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

- | | | | |
|-----------|-----------|-----------|----------|
| Blue book | Bookish | Bookstore | Daybook |
| Booked | Booklet | Casebook | E-book |
| Booker | Bookman | Cookbook | Handbook |
| Bookie | Bookplate | Copybook | |

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

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.



"Look on the bright side—you won't be bothered by _____ salesmen anymore."

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!

Laud

ARMIED

Cause

DUNCIE

Lounge

ZEAL

Mean

DINES

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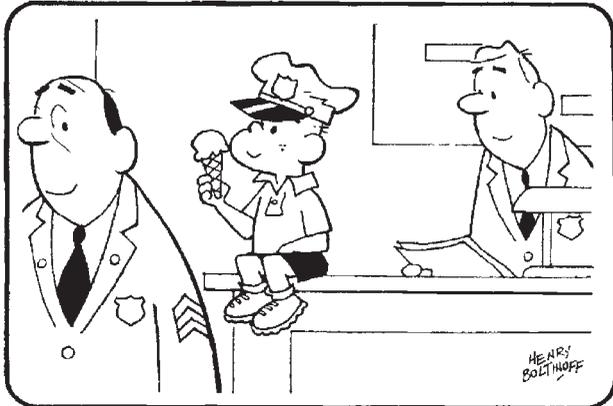
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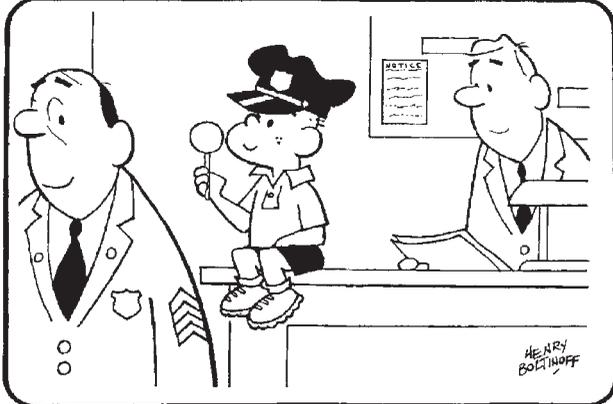
To advertise in the *Island Sun* call 395-1213

HOCUS-FOCUS

BY
HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Boy's hat is black. 2. Notice added to bulletin board. 3. Boy is holding a lollipop. 4. Officer has four stripes. 5. Officer has two buttons. 6. Desk sergeant's badge is missing.

My Stars ★★★★★

FOR WEEK OF JULY 29, 2019

Aries (March 21 to April 19) Your honesty is, as always, admirable. But you might want to be more tactful in discussing a sensitive issue with a family member. Remember: You can give advice without giving offense.

Taurus (April 20 to May 20) An unexpected workplace snag should be handled quickly and efficiently so that it leaves you time for family get-togethers. Also, you might soon get that long-sought apology.

Gemini (May 21 to June 20) Aspects favor family matters, especially where children might be involved. Spending time with loved ones helps restore some much-needed balance to your typically busy schedule.

Cancer (June 21 to July 22) That seemingly clear-cut agreement might not be quite so straightforward after all. Recheck for language that could make you liable for hidden costs and other unpleasant surprises.

Leo (July 23 to August 22) Careful, Kitty. Better to deal with someone with proven reliability than with a big talker who promises much but can't confirm that he or she will deliver. Your social life really zings this weekend.

Virgo (August 23 to September 22) Your matchmaking skills are at peak performance levels both in

helping to staff workplace teams for upcoming projects and for bringing people together on a more personal basis.

Libra (September 23 to October 22) You're finally seeing some progress with your new venture. But be prepared for it to continue at a slower pace than you're used to. Meanwhile, a loved one could be preparing a surprise.

Scorpio (October 23 to November 21) A family member's success pulls you into the spotlight as well. Enjoy it, but don't let it overshadow or otherwise obstruct what you're doing with your own creative projects.

Sagittarius (November 22 to December 21) Using what you already know might not be quite enough to get a proposed project off the ground. Look for any new information that might help tilt the scales in your favor.

Capricorn (December 22 to January 19) Good news: While a changing workplace environment can be daunting for some, it could be the challenge you've been hoping for. If so, confront it with confidence and move on.

Aquarius (January 20 to February 18) It's a good time to recheck travel arrangements for any changes that could work to your advantage. Aspects also favor strengthening and restoring old, fraying relationships.

Pisces (February 19 to March 20) Using your intuitive reasoning helps you cut right through the double-talk and go straight to what's really going on around you. Stay the course until all your questions are answered.

Born This Week: You radiate light and warmth, and others love being close to you.

STRANGE BUT TRUE

- It was noted 20th-century American poet Carl Sandberg who made the following sage observation: "Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you."

- Those who study such things have determined that one out of every four alcoholic drinks consumed in the world has vodka in it.

- You weigh more at the North Pole than you do at the equator.

- In response to increased airport security, a company in Japan has created the "Frequent Flyer Bra." It has no metal wires or clasps to set off metal detectors.

- Every day more money is printed for Monopoly than for the U.S. Treasury.

- Karaoke and karate: Other than the fact that they are both from Japan, you wouldn't think they have much in common. However, they both have the same root word, "kara," which means empty. "Oke"

CLASSIFIED

COMMERCIAL RENTAL

POPULAR RENTAL LOCATION ON SANIBEL



Call Judy at 239-851-4073.
6/21 * TFN

COMMERCIAL UNIT FOR RENT

East End of Sanibel in Punta Ybel Plaza. Perfect for Office or Small Retail. Call Dee at 472-0121, leave a message.
7/13 * TFN

PELICAN PLACE SHOPPING CENTER

Palm Ride Road on Sanibel
3 units available or combined 2,400 sq. ft. (2 at 700 sq. ft., 1 at 1,000 sq. ft.)
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6/21 * TFN

ISLANDER CENTER

Retail and Executive Suites Available
2407 Periwinkle Way
239-461-0101
7/12 * 8/2

VACATION RENTAL



Cottages To Castles
Unique Vacation Rentals
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Sanibel, FL 33957
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Toll Free: (800) 472-5385
Fax: (239) 472-5858
www.cottages-to-castles.com
1/26 * TFN

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• Cottages • Condos • Homes •
Miles of Beaches & Bike Paths
239-472-7277
1-888-451-7277
1/4 * TFN

ROOMMATE WANTED

ROOMMATE WANTED
for 22 yo male (and cat). Private BR w/ full bath en-suite. Clean, well maintained condo in QUIET complex 2 mi from causeway (near outlets). \$650/mo. + utils.
203-326-0210.
7/26 * 8/2

ANNUAL RENTAL

SUPER CLEAN ANNUAL RENTALS

2 bed - 1 bath, pets welcome, \$1,800/month. Discounted if you work on Sanibel. Call Joan today at 646-942-1060.
7/12 * TFN

SANIBEL SINGLE FAMILY HOME

in great central location. 3 bedrooms, 2 bathrooms, tile floors throughout living area, new carpet in bedrooms, laundry and storage, bead board throughout, all new paint, impact windows, siding, fencing, cute courtyard. Available Sept. 1st., \$2,450/mo. Call 781-667-0353
7/19 * 8/2

SERVICES OFFERED



Complete Landscaping Services & Weekly Lawn Service
New Client Special 10% OFF your Mulch Installation, Landscaping Project, or Tree Trimming Project.
239-896-6789
4/13 * TFN

SERVICES OFFERED

WEIGHT LOSS

Fast, healthy weight-loss. One on one local island and national coaching. Ten years of experience, certified and have helped over 1000 Clients throughout the USA. We offer programs for weight loss, type 2 diabetes, high blood pressure, high cholesterol, teens, nursing mothers and much more. Call or email for a free health assessment today. Recommended by over 20,000 doctors. Rqhealthcoach@yahoo.com or 410-375-8418
7/26 * 8/16

SCARNATO LAWN SERVICE

Lawn Service, Shrubs and Tree Trimming Weeding, Installation of Plants, Trees and Mulch (one month free service available) Joe Scarnato (239) 849-6163 scarnatolawn@aol.com
1/25 * TFN

ROGER NODRUFF ELECTRIC

Dock Lighting, affordable LED conversion. FPE panel replacement, Landscape Lighting. Generator Sizing, etc, etc, etc. Call or text Roger 239-707-7203 State License #13002788
4/20 * TFN

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

GARAGE SALE

GARAGE SALE/ FURNITURE SALE

Friday, July 26, 3 p.m. to 6 p.m. and Saturday, July 27, 8 a.m. to 1 p.m. EVERYTHING MUST GO good quality furniture, 2099 WILDLIME DRIVE, Sanibel.
7/26 * 7/26

means "voice" and "te" means "hand;" hence, "karaoke" is "empty voice," and "karate" is "empty hand."

- A researcher in Britain calculated that local farmland contains more than 2 million spiders per acre. Must be small ones, I'd say.

- There once was a law in Marshalltown, Iowa, stating that it was illegal for a horse to eat a fire hydrant. And in Oregon, it was at one time illegal for a dead person to serve on a jury.

- Do you want an excuse to use the number six sextillion, five hundred eighty-eight quintillion? Ask someone if he wants to know how much the Earth weighs.

- Half of all Americans live within 50 miles of their birthplace.

- The youngest pope was 11 years old.

THOUGHT FOR THE DAY

"The trouble with some women is that they get all excited about nothing – and then marry him." – Cher

SCRAMBLERS

1. Admire; 2. Induce;
3. Laze; 4. Snide

Today's Word

INSURANCE

HORTOONS



PUZZLE ANSWERS

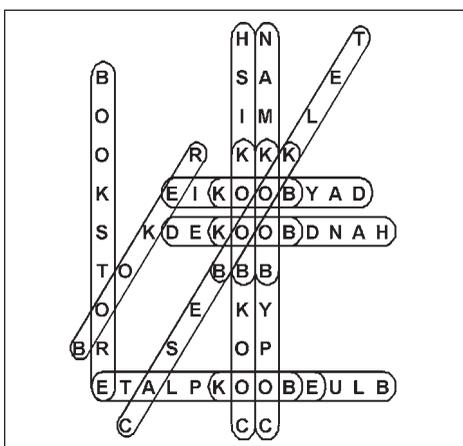
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Metes And Bounds	Captiva	1954	2,058	\$5,250,000	\$4,900,000	249
Seaspray Subdivision	Sanibel	1983	3,347	\$2,990,000	\$2,650,000	217
Metes And Bounds	Captiva	1999	3,608	\$2,695,000	\$2,316,055	547
Pine Island Shores Unit 4	St. James City	2003	3,251	\$999,000	\$925,000	43
Gulf Pines	Sanibel	1973	2,408	\$995,000	\$878,750	57
Shell Harbor	Sanibel	1969	1,754	\$985,000	\$920,000	35
Edgewater	Fort Myers	1998	3,472	\$969,000	\$885,000	147
Whiskey Creek Estates	Fort Myers	1986	4,331	\$910,000	\$850,000	222
Hidden Harbor	Fort Myers	2017	2,836	\$899,000	\$855,000	396
Gumbo Limbo	Sanibel	1985	2,532	\$889,000	\$835,000	130

DOC FORD'S

RUM BAR & GRILLE

Randy Wayne White

“FOR THE SUN-KISSED & SUN-DESIROUS ALIKE, A VACATION ON A PLATE.”

The New York Times Magazine



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YUCATAN SHRIMP!

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The Dixie Fish Co. & The Whale

