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VOL. 27, NO. 6

SANIBEL & CAPTIVA ISLANDS, FLORIDA

AUGUST 9, 2019

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Teachers, faculty and staff of The Sanibel School

photo by Jeff Lysiak

Sanibel School Earns Top Rating

by Jeff Lysiak

During Monday's first gathering of teachers, faculty and staff at The Sanibel School, Principal Chuck Vilardi proudly announced that the National Blue Ribbon Award-winning

kindergarten to eighth grade educational facility registered the top test scores in the School District of Lee County for 2018-19.

"I'm truly humbled by this major success," Vilardi said. "The amount of passion and persistence our team shows in putting kids first here is amazing. There's a huge amount of effort that goes into this."

According to Assistant Principal Jamie Reid, school leaders had established a goal

of 700 points – out of a possible 900 points – for the 2018-19 school year. The previous year, the school had achieved a score of 698.

Registering gains in seven out of nine possible categories, The Sanibel School far exceeded its own expectations, tallying 760 points during the 2018-19 school year.

The biggest test score improvements were seen in English Language Arts

Lowest 25 Percent Learning Gains (jumping from 66 in 2017-18 to 84 in 2018-19, an increase of 18 points); Math Learning Gains (jumping from 62 in 2017-18 to 78 in 2018-19, an increase of 16 points); and Middle School Acceleration (jumping from 73 in 2017-18 to 89 in 2018-19, an increase of 16 points).

"No other school in our district comes
continued on page 6



From left, Emma Neill, Elly Rundqwis, Audry Paul and Isaac Bender photo by Leah Bieri

Campers Return As Counselors

by Jeff Lysiak

If you ask a child what they want to be when they grow up, oftentimes you will hear some glamorous or high profile occupation such as professional athlete, movie star or president of the United States. But sometimes, the answer will be a bit more modest. Like a police officer or

a teacher.

Or even a camp counselor. Emma Neill, one of the camp counselors at Sanibel Sea School, decided long ago what she wanted to become when she grew up.

"I definitely dreamed of becoming a counselor one day," said Neill, whose parents – Bruce and Evelyn Neill – are co-founders of Sanibel Sea School. "I never knew where I would be as an adult, but I had such reverence for counselors

continued on page 17

Few Spots Remain For Trip To Costa Rica

by Jeff Lysiak

Only a few spots are available for next year's Bailey-Matthews National Shell Museum exclusive nine-day adventure to Costa Rica, which organizers are describing as an eco-excursion where participants will observe and explore some of the most beautiful flora, fauna and marine life to be found in Central America.

From February 3 to 11, 2020, the group from the museum – led by Science Director/Curator Dr. José H. Leal and Outreach Coordinator Leigh Gay – will explore some of Costa Rica's most awe-inspiring parks and natural settings. They include Arenal Volcano National Park, Danaus Eco Center, Tarcoles River, Marino Ballena National Park and the Caño Island Biological Reserve.

"We need 10 people to sign up for the trip by the end of September, and so far eight people have signed up," said Gay, who is looking forward to returning to Costa Rica next year. "And everybody



A blue-crowned motmot in the Costa Rica rainforest photo courtesy Bailey-Matthews National Shell Museum

who has signed up for the trip is new. Most of them are shell ambassadors at the museum."

During the excursion, participants will discuss Costa Rica's geological history while hiking in Arenal Volcano National continued on page 2



Caño Island, located on the Osa Peninsula in Costa Rica, is just one of the locations being visited during next year's Bailey-Matthews National Shell Museum excursion

photos courtesy Bailey-Matthews National Shell Museum

From page 1

Costa Rica

Park, go snorkeling at Caño Island to view marine mollusks and examine issues of conservation and sustainability as they relate to tourism.

"The trip is great because you get to live inside a rainforest," said Gay.

And while shelling in Costa Rica is strictly prohibited, participants will learn about the region's diverse mollusks from Dr. Leal, who is considered a world-renowned malacologist.

After flying into San Jose, the group will travel to Arenal. On day three, a long trip to Esterillos Este will include a boat

ride along the picturesque Tarcoles River, where a wide variety of colorful bird species may be spotted.

"During our last trip, I got to see 78 new species of birds I'd never seen before," said Gay, a self-described "Bird Nerd." Among the rarest species she spotted was a boat-billed heron.

During the excursion, which is limited to 14 participants, travelers will take part in daytime and evening hikes as well as boat trips and snorkeling excursions in locations including Arenal, Esterillos Este, Uvita and San Jose. Costa Rica provides an opportunity to explore diverse habitats, national parks and private reserves.

"Every person I've talked to tells me



A three-toed sloth, photographed by Pelin Karara

they want a vacation where they don't have to plan anything. We've done all the planning for you," said Gay. "During the last trip, we heard that there wasn't enough down time, so we've scheduled more free time. People can use it to just hang out on the beach, do some shopping or search for shells."

Day six will begin with a morning snorkeling excursion in Uvita. Participants will then visit Marino Ballena National Park, Costa Rica's first marine park. The following day, the group will venture to Caño Island to do some more snorkeling. The island's reserve is home to more than 70 species of oceanic wildlife, including sea turtles, whales and dolphins.

"We'll go on another whale watching

cruise," added Gay. "Last time, I saw a mother humpback whale with her calf."

Another benefit is that the group will travel to places that Costa Rica locals frequent. "During our drive between resorts, we travel along the coastline and stop at shops and restaurants the locals go to," she added. "That's a really good representation of what it's like to live in Costa Rica."

For additional information, contact Leigh Gay at the Bailey-Matthews National Shell Museum at lgay@shellmuseum.org or call 395-2233. For pricing or to inquire about reservations, contact Lisa Palmese-Graubard at 800-451-7111 ext. 339 or lisa@holbrooktravel.com.*

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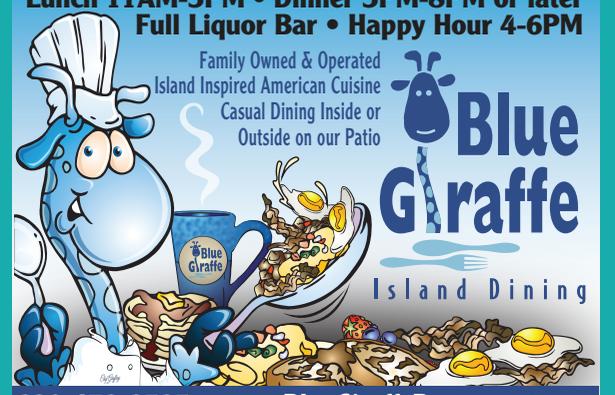
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Commodore Reed and Capt. Sam Ellis
Sanibel Historical Museum And Village

Looking Back: Early Tarpon Bay

This week's image shows Commodore Reed and Capt. Sam Ellis relaxing in front of Reed's palmetto shack house on Sanibel's Tarpon Bay prior to 1900. Reed and Ellis both homesteaded on the bay, Reed along its western shore and Ellis on the southern shore. Reed was unrelated to the William Reed family to the east on San Carlos Bay.

Learn more about the history of



photo courtesy Sanibel Historical Museum

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.

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SANIBEL FELLOWSHIP, sbc

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

SANIBEL COMMUNITY CHURCH

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

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

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

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

ST. ISABEL CATHOLIC CHURCH

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

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

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

UNITARIAN UNIVERSALISTS OF THE ISLANDS

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

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OBITUARY



RAYMOND DALBEC

In his 70 years, Raymond "Ray" Dalbec was a devoted husband to his wife Sandra, selfless father to his daughter Kristen Careau and son Matthew Dalbec and their respective spouses, Andrew and Jill, loving Pepere to his grandsons Deven, 11, and Ryan, 8, Careau, and granddaughters Alice, 4, and Paige, 1, Dalbec. Additionally, he was a loyal friend to many, a father figure to others, and a mentor to all who crossed his path.

Ray was born on November 24, 1948 to Leo and Virginia Dalbec in New Bedford, Massachusetts where he attended St. Anthony's High School. Ray embarked on his own at the age of 17 to start his college career at San Francisco State where he was a member of Sigma Pi Sigma. He continued at Bryant and Stratton College of Business, and finally Northeastern University in Boston.

Ray was a leader in his field and at the forefront of his specialty, when computers were rare, computer science coursework was unique, and when the industry was called Electronic Data Processing. Ray was a valuable manager and project leader valued for his intelligence, ability to train, and problem-solving skills. In addition to his IT skills, Ray went on to become a successful auditor and fraud examiner at John Hancock where he spent 30 years. Ray culminated his career at Royal Bank of Scotland/Citizens Bank where he was a vice president of TP, Assurance, Security and Risk.

Ray served his country by enlisting in the Army Reserves where he put his natural skills for mechanical engineering and electricity to valuable use for seven years.

Ray had always been hard-working mowing lawns to pay for his school books, working two jobs to have the opportunity to go to college. He faced challenges with grace and strength. His perseverance and ability to face adversity helped him create a beautiful life. He was the definition of a self-made man.

Ray loved woodworking, with the ability to repair just about anything.

He also enjoyed the challenges of electrical wiring and other electronics work, often helping family and friends with their projects. As a woodworker, he made furniture, birdhouses with his grandchildren and often finish work. "If Pepere can't fix it, no one can!"

Ray was a quiet man who saved his words for topics on which he was passionate so that each word he shared was meaningful. When he spoke, he had a plethora of knowledge, experience and advice to share. Always an adventurer, Ray loved to travel, whether from Plymouth on his sailboat or from Sanibel Island in his motor home. Ray and Sandra created beautiful memories together and loved nature, from the woods and wildlife of New England to the glorious U.S. national parks to the oceans and inlets. Ray was an avid sailor, always including family and friends on sails, teaching them his passion. Ray was a special gift from God who did God's work as a humanitarian and volunteer for countless organizations, such as his most passionate: Coast Guard Auxiliary, American Red Cross, FISH food pantry; but also he served many individuals through smaller, simpler gestures.

In Ray's final days, friends and relatives far and wide surrounded him with love and prayers through calls and visits, reminiscing on better times and expressing gratitude for his loyalty. Some of the phrases repeated to him were: "Thank you for all you taught me; You have been a father figure to me throughout my life; You are someone I can always depend on."

Ray will surely be missed by many, but he will be remembered for his strength, character and integrity. Although he was taken too early from this Earth, each day he was here, he made the world a better place.

A funeral mass was held at St. Edward's Catholic Church in Medfield, Massachusetts on Wednesday, August 7, followed by the burial at Vine Lake Cemetery.

For those who wish to make a Love Light tribute gift in his honor, they may do so to Johns Hopkins All Children's Specialty Care Foundation of Fort Myers, 4550 Colonial Blvd., Fort Myers, FL 33912, or online at <https://www.hopkinsallchildrens.org/Giving/Ways-to-Give/Financial-Gifts/Love-Light>.*

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Breakfast and lunch will be free of charge at all 79 traditional Lee County public schools for the 2019-20 school year. This will be the second school year both meals will be provided to all students through the Food and Nutrition Services Department Community Eligibility Program (CEP). Four special centers – Buckingham Exceptional Center,

LAMP, Royal Palm Exceptional School and Success Academy – are also included in the CEP breakfast and lunch program.

Parents do not need to apply, and Free and Reduced meal applications will not need to be completed or processed for this benefit. The meals will simply be available to students in their school cafeteria.

"We realize if a student is hungry, their ability to learn is compromised," said Food and Nutrition Services Director Lauren Couchois. "Providing

continued on page 6

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Back to School Safety Poster Contest Winners



Pace Padgett, kindergarten

photos provided



Pierce Padgett, second grade



Hazel DeCosta, third grade



Kai Schwartz, fourth grade



Gia Lackenby, fifth grade



Lily Brennan, sixth grade



Rebecca Kelly, seventh grade



Luke Williams, seventh grade

In celebration of back to school, the City of Sanibel Recreation Center held a poster contest for back to school safety. The winners were: kindergartner Pace Padgett, second grader Pierce

Padgett, third grader Hazel DeCosta, fourth grader Kai Schwartz, fifth grader Gia Lackenby, sixth grader Lily Brennan, seventh grader Rebecca Kelly and seventh grader Luke Williams. Judges included

The Sanibel School Principal Chuck Vilardi and Media Specialist Heather Williams.

An ice cream party for the participants was sponsored by Joey's Custard.

The students had ice cream with police officers from the Sanibel Police Department.*

Free Meals

From page 5
this benefit will help our students excel." The Community Eligibility Provision is a non-pricing meal service option for schools and school districts in

low-income areas. CEP allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications.

For more information, contact Lauren Couchois at 461-8449 or laurencco@leeschools.net.*

School Top Rating

From page 1
close to that," noted Reid. "We're very proud of the work it took to achieve those scores."

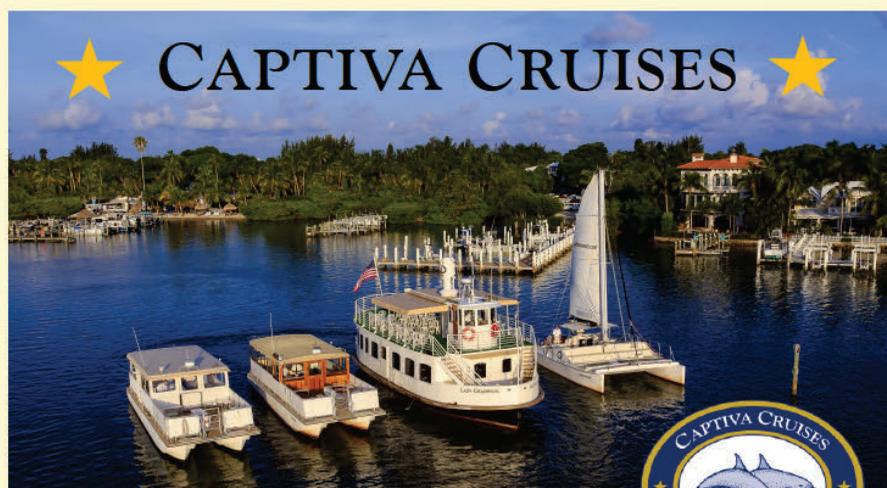
Other gains achieved were seen in English Language Arts Learning Gains (up four points), Math Proficiency (up three points), Math Lowest 25 Percent Learning Gains (up two points) and Science (up eight points).

The school showed modest test score reductions in two categories: English Language Arts Proficiency (minus one)

and Social Studies (minus four), however, the scores for both remained quite high compared with other schools in the district (89 and 96, respectively).

"I think our goal this year is going to be either maintaining or improving last year's numbers," said Vilardi, who noted that 99 percent of the school's students took part in last year's testing. "Being one of the top tier schools, it's harder to maintain those scores when you compare them with schools who came in with lower scores."

The Sanibel School's score of 760 ranks them among the top 100 schools in the state of Florida.*



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From left, Mayor Kevin Ruane, Officer Mark Steele and Chief of Police William Dalton, who thanked Steele for 25 years of public service to the City of Sanibel photos by Jeff Lysiak

City Council Considers Coyote Management

by Jeff Lysiak

During Tuesday's Sanibel City Council meeting, Angeline Scotten, senior wildlife assistance biologist for the Florida Fish and Wildlife Conservation Commission (FWC), delivered a presentation on coyote management following an on-island incident last month in which a resident walking her dog was confronted by two coyotes on Sanibel's east end.

According to James Evans, director of the city's natural resources department, members of the Sanibel Coyote Working Group – which includes representatives from the city, Sanibel-Captiva Conservation Foundation (SCCF), the Clinic for the Rehabilitation of Wildlife (CROW) and the JN "Ding" Darling National Wildlife Refuge – gathered to discuss the incident which occurred on the morning of July 19.

Scotten's PowerPoint presentation focused on the history of coyotes in North America and Florida, the biology, range, reproductive cycles and habitats of the canine species, and what defines a nuisance coyote.

"These are highly adaptive animals," Scotten told the council. "They are one

of the most intelligent animals in North America."

According to the FWC website, coyotes are an important part of the landscape in Florida. "They help maintain healthy ecosystems by managing populations of rodents, insects and other small animals. By preventing conflicts, we can better exist with coyotes and other wildlife. Coyotes live in urban, suburban and rural areas throughout Florida. The average Florida coyote weighs about 28 pounds and has a paw track about 2 inches long."

Scotten explained that in Lee County, there have been 107 calls related to coyotes in Lee County this year, including three on Sanibel. One call was related to a dead coyote discovered by a motorist on the Sanibel Causeway. Another call requested information about coyote biology while a third call asked how to prevent coyote attacks on chickens.

"Coyotes are notoriously difficult to capture, even for a professional trapper," added Scotten, who offered the following suggestions to avoid conflicts:

Feeding coyotes is illegal. They will lose their fear of humans.

Secure garbage cans. Clean up pet food and fallen fruit.

Secure livestock in predator-resistant enclosures.

Keep pets in enclosed areas. Walk dogs on a short leash.

She later showed a three-minute video of coyotes living on a golf



Kevin Ruane presenting the proclamation honoring Billy and Salli Kirkland for 20 years in business and service to the island community



Kevin Ruane presenting Tina Stanley with her City Employee of the Third Quarter Award

course in Clearwater, in which Scotten demonstrated how to haze coyotes. Hazing techniques include shaking a can filled with pennies or small rocks, waving your arms or a golf club, opening and closing an umbrella, and shouting or making loud noises.

"Coyotes are generally very timid and

will flee when confronted by a human," she added.

Holly Milbrandt, deputy director of the city's natural resources department, reported that through June 30, 20 calls related to coyotes had been received by the city. Since that date, another 13 calls had been received. She also went over

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Kealy McNeal
Capt. Matt Mitchell
Trinette Nelson
Howard Prager
Gerri Reaves PhD
Angela Larson Roehl
Hannah Star Rogers
J. Brendan Ryan, CLU,
ChFC, MSFS
Di Saggau
Jeanie Tinch

several details included in a 2017 study of coyotes living on the island; the report prepared by a research team from the University of Georgia estimated there are between 27 and 67 coyotes living on Sanibel.

"Is there any indication that the population has increased?" asked Mayor Kevin Ruane. Milbrandt responded that there was no evidence of increased numbers of coyotes. Vice Mayor Mick Denham then asked whether there had been any reports of coyotes getting into garbage cans or dumpsters. He explained that when the island had a problem with increased numbers of raccoons, one of the most effective methods of preventing attracting them was for residents to bring their garbage cans to the street on the morning refuse was picked up and businesses securing the covers on their commercial dumpsters. Evans said that the city has not received any such reports.

Following comments from a few audience members and some additional discussions, Ruane called for city staff to prepare a coyote management plan, with assistance from the Sanibel Coyote Working Group.

"The safety of our citizens is paramount," added Councilman Jason Maughan.

Human-Powered Vehicles Only

During deliberations on the proposed motorized scooter ordinance, which would restrict all motor vehicles, micromobility devices, motorized scooters or vehicles other than by human power from using the city's shared use path system.

Denham said that according to an online poll, 90 percent of shared use path users are concerned about user behavior. He also called electronic bicycles and scooters a "hazard." Ruane reiterated that the ordinance should clearly indicate that the ban would apply only to non-human-powered vehicles, and the restriction would not apply to city streets.

"Is this draft ordinance reasonable or does it need changes?" asked Denham, who made a motion to bring back the draft ordinance at their next meeting. Maughan seconded the motion, which was later passed unanimously.

In other business, Maughan brought up his previous suggestion for restricting the use of gas-powered leaf blowers on the island. Currently, there are no restrictions for operating the devices other than between the hours of 8 a.m. and 9 p.m., which he called "ridiculous."

"I want these things gone somewhere down the road," said Maughan, who conceded that it would not be reasonable to require all commercial landscapers to convert their businesses to use only electronic-powered leaf blowers. Instead, he suggested limiting the hours of operating commercial gas-powered leaf blowers "until 5 or 6 p.m.," banning their use on Saturdays, Sundays and government recognized holidays, and developing a plan to eradicate their use "over the next five or 10 years."

During public comment on the topic, Mike Miller, representing the

Committee of the Islands (COTI), announced that a survey of 90 percent of their members support a ban on gas-powered leaf blowers. Karen Storjohann added that she discussed the matter with her landscaper, who suggested the city develop a plan that would restrict gas-powered leaf blower use to certain hours and days of the week. "Electric blowers are inefficient for commercial purposes," she said.

After City Manager Judie Zimomra told members of the council that the city would prepare a matrix of current regulations related to noise ordinances, Ruane asked for a draft ordinance to be prepared for consideration at their September 9 meeting.✪

Wine Tasting

A limited number of tickets are on sale for the J Vineyards Luxury Wine Tasting, hosted by Bailey's General Store. Up to 50 guests will sample wines paired with an hors d'oeuvre menu created by Chef Karl of Sanibel Catering Company.

The luxury wine tasting experience will be held on Wednesday, August 21 from 5:30 p.m. to 7:30 p.m. at The Community House, located at 2173 Periwinkle Way on Sanibel. The featured guest will be Lindsey Auchter, DWS, CS, CSW, director of consumer experience at J Vineyards & Winery. Guests will be able to experience new wines, learn more about J Vineyards and their California

wines, and order wine at a special, event-only price.

Advance reservations are \$20 per person and include assorted hors d'oeuvres paired with a variety of wines from J Vineyards and an interactive presentation from Auchter. Reservations can be made by calling Calli Johnson at 472-1516 or online at <https://baileys-sanibel.com/purchase-tickets-now>.

J Vineyards & Winery is a California winery located in the Russian River Valley AVA of Sonoma County, California, owned and operated by E&J Gallo since 2015. J Vineyards & Winery includes nine distinct estate vineyards located on more than 254 acres, where pinot noir, Chardonnay, and pinot gris varietals flourish.✪



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Professional speakers discuss health, nutrition, financial stability and more.

As noted by a workshop participant, "I enjoyed the workshop very much. I would recommend repeating the whole program again in the near future. It was well done. Every aspect was adequately covered."



For additional information, please contact:

Kathy Y. Monroe or Anthony Morales, F.I.S.H. OF SANCAP, 239-472-4775

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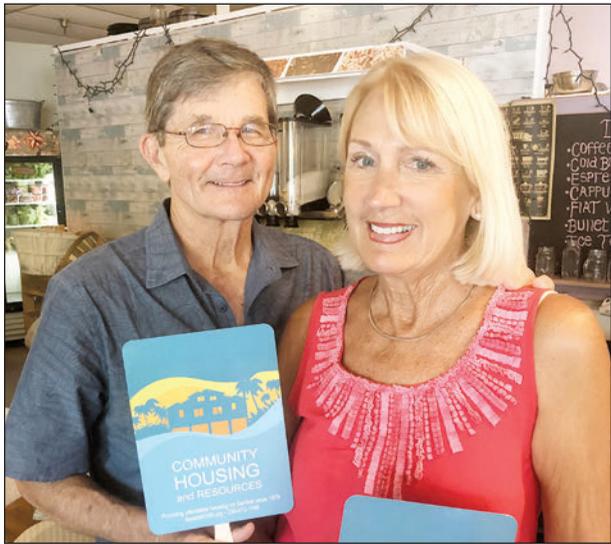


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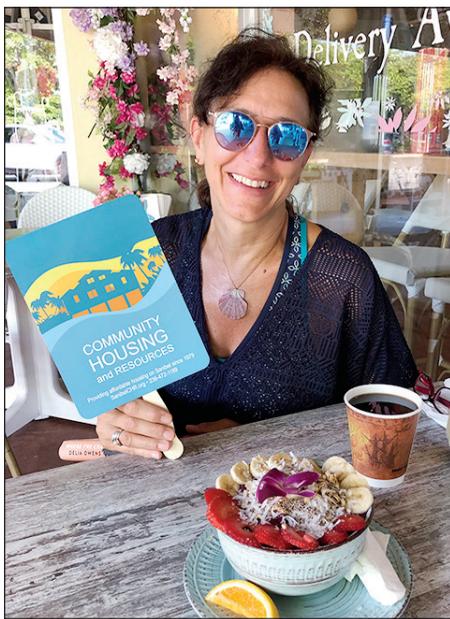
John and Jane Henshaw



photos provided Gary and Judy Chapman



Patrick Hyland and Cooper LaSalle



Karen Scheidermeyer



From left, Bunny Ospa, Dorothy Sawyer and Shirley Schultz



Steve Morris and Roger Grogman



From left, Dan Schulyer, Nikki Rood and Elizabeth Boone



Nikki Rood, front, and staff at The Sanibel Sprout

Shell Found



Olivia Harrison

photo provided

Olivia Harrison of Sykesville, Maryland found a junonia at Blind Pass on July 30 around 6 p.m. This was her family's eighth trip to Sanibel and they were staying at Pointe Santo de Sanibel.

Harrison said, "Since we come down here a lot I am familiar with most of the shells and I had set my sights on finding a nice alphabet cone. I saw the brown flecks on the shell partially showing through the sand with most of it buried. When I grabbed it, it was much larger than expected. I couldn't believe it when I realized it was a full junonia! I checked that no animal was inside and ran over to tell my mom. I said, 'I guess I've peaked at shelling, we can go home now!'"

The Community House

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:

August 17, 4 to 6 p.m. – Simple Pasta

August 24, 10 a.m. to noon – Soups & Stews

Yoga Classes

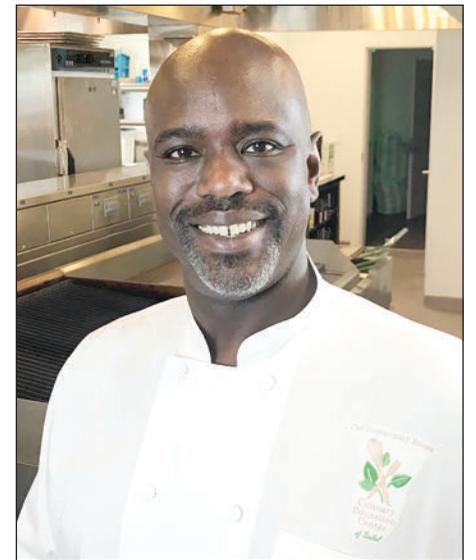
On Tuesdays, Vinyasa yoga with Susan Pataky begins at 10 a.m.

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.



Chef Jarred Harris will share tricks of the trade for simple pasta dishes on Saturday, August 17 photo provided

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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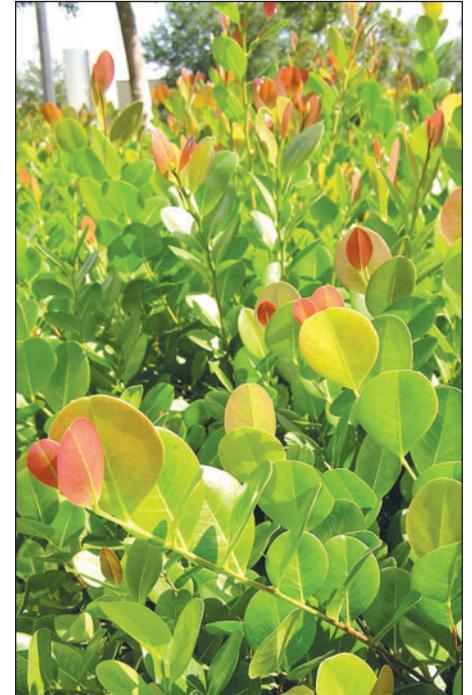
The following Sanibel & Captiva businesses will be offering a donation to Community Housing & Resources that is funded by you walking through their door and shopping local! Each participating business—including amazing restaurants, resorts, retailers and your community grocer—has selected a date that they will be hosting the GBW fundraiser and donating a portion of their proceeds to CHR.

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

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JOIN US FOR WINE WEDNESDAYS
On the first Wednesday of each month, a portion of all Wine Sales at Bailey's General Store will be donated to CHR!



This coco plum has an abundance of pink-blush fruit photos by Gerri Reaves

Purple fruit is more common than pink or white

Red-tipped foliage is but one of native coco plum's ornamental features

Plant Smart
Versatile
Coco Plum

by Gerri Reaves

Coco plum (*Chrysobalanus icaco*) is one of only two Florida natives of the cocoa-plum family, the other being gopher apple (*Geobalanus oblongifolius*). Coco plum's natural

habitat includes wet areas such as hammocks, beaches, dunes, and riversides.

It takes the form of a shrub or small bushy tree and is valued for its ornamental beauty, low maintenance, and wildlife friendliness.

It is one of the most common native landscape plants in South Florida and frequently used as a hedge, although the repeated cuttings shorten its life.

It works well as a border or screen

and can even be espaliered.

This evergreen grows as high as 30 feet inland, but takes a lower shrubby form in coastal areas. It is fast-growing and long-lived and can be nearly as wide as tall.

The nearly round leaves are an ornamental feature, especially new reddish growth. The shiny leaves are leathery and about two to three inches wide. Alternate and upward turning, they grow in two rows along the stem.

Flowers and fruit appear throughout the year. Spikes of very small bell-shaped flowers are followed by one-seeded round or oval fruit measuring one to three inches in diameter.

Usually, purple fruit appears on plants with reddish new growth and yellow-white or pinkish fruit on plants with greenish white new growth.

The plant provides good cover as well as food to wildlife, and the flowers attract many pollinators. The plant is known for excellent honey.

The sweet fruit is edible and was a food source for early Floridians and

Seminoles. Today it is still used to make jellies and preserves.

The five- to six-angled nutlike seeds are also edible and have high oil content.

Coco plum prefers full sun or partial shade and needs soil with some organic content to thrive. It is relatively pest-free, salt and drought tolerant, and wind resistant.

Propagate it with seeds or cuttings. Seedlings appear under plants where fruit is allowed to fall.

The bark, fruit, roots, and leaves have medicinal uses.

Sources: *Florida Plants for Wildlife* by Craig N. Huegel, *A Gardener's Guide to Florida's Native Plants* by Rufino Osorio, *Growing Native* by Richard W. Workman, *Native Florida Plants* by Robert G. Haehle and Joan Brookwell, *The Shrubs and Woody Vines of Florida* by Gil Nelson, <http://www.floridaforaging.com>, and www.regionalconservation.org.

Plant Smart explores the diverse flora of South Florida.✪

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Trout Recovery Nothing Short Of Amazing



by Capt. Matt Mitchell

My weekly trips continued the family fun, not only with fishing but some days we mixed in sightseeing, dolphin/manatee watching and even

a stop at the beach for shells. Getting to share the amazing resource we affectionately call our backyard never gets old. The amount of ways to spend the day out on our beautiful waters is almost endless.

While up on North Captiva this week, I experienced erosion on the northern end of island that created huge shell mounds along with a sheltered lagoon over the last month. The natural shifting sands have made the perfect sheltered spot to pull up inside with a boat and spend some beach time. All the beaches and sandbars on our northern barrier islands still are totally natural and look a lot like they did 100 years ago. These beaches have never been renourished, making them the prettiest beaches around.

We drifted the flats while popping bobbers baited with shiners. It gave clients of all ages some awesome action



Martin got in on the trout bite while visiting all the way from England this week

photo provided

on a wide verity of species. I've been staying close to home fishing the flats in the southern sound from St. James City to Captiva in water depths of three to four feet. This trout bite is like we have not seen in over a year. These fish are making an amazing recovery since the red tide of last August wiped them out. Though most of these trout are from 14 to 16 inches long, we caught several each trip that were more than

20 inches.

While fishing for these trout, we have also been catching ladyfish, jacks, mackerel, mangrove snapper and bluefish. Switching up to a soft plastic jig when the bite is on has been a fun way to catch them too. Remember our trout fishery remains catch and release as its closed until at least May. A good idea is to use a hook-out tool to unhook these very delicate fish. The less you

touch them, the better off they are. If you want a photo with a good one, wet your hands before quickly gently getting that picture.

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.*

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CROW Case Of The Week:

Eastern Spotted Skunks



by Bob Petcher

The eastern spotted skunk (*Spilogale putorius*) is smaller and more slender than its more familiar cousin, the striped skunk. Sporting a weasel-like body shape, the spotted skunk averages 12 to 14

inches in length and one to three pounds in weight.

This species of skunk has four stripes on its back that are broken up in pattern, giving it a "spotted" appearance and its name sake. This look is usually coupled with a white patch on its forehead and a white tip on its tail.

Eastern spotted skunks, like all skunks, have well-developed anal glands that can discharge a musky odor if they are threatened. The "nipple" on the glands allows the skunk to be accurate on its aim.

Two baby eastern spotted skunks were admitted to CROW's wildlife hospital on July 13. They were found at a solar panel plant, where it was reported their mother had been accidentally killed by shifting solar panels. The two skunks were originally taken to the Peace River Wildlife Center before being transferred to CROW for long-term care.

"Peace River is capable of long-term care and they do it very well," said CROW Rehabilitation Manager Breanna Frankel. "The spotted skunks were transferred into our care because we have additional staffing and experience that they felt would benefit the babies."

At the time of their arrival, the skunks were found to be in good health and were still at an age that they had not yet opened their eyes. Within a week of care at CROW, both skunks opened their eyes and were doing great at suckling a specialized milk formula from a nipple.

"Our formula is specially designed with a medium fat and protein content to allow healthy weight gain while not disrupting their digestive system," said Frankel. "It is always important to remember that you should never try to raise a wild animal on your own. In most places it is illegal to raise wildlife without the appropriate license."

By the second week, rehabilitation staff began the weaning process to transition the skunks to solid food.

"The weaning process is a nerve-racking time for us because the skunk kits begin to transition from a full milk diet to their juvenile diet of whole foods as well as milk. During that time, their weights have to be watched very closely to ensure they are not losing weight and still getting all the appropriate calories," explained Frankel. "As they begin to eat more whole foods on their own, we decrease the number of milk feeds until they are fully transitioned. Our two kits have successfully transitioned off the milk formula and are eating entirely on their own now."

The young patients will remain at



Patients #19-2982 and #19-2983 resting during their stay at CROW photo by Brian Bohman

CROW until they are fully vetted.

"The skunks are currently about six weeks old and have a lot of growing to do. They will not be released until they are four to five months of age," said Frankel. "By four months old, they are fully grown and during that time their mother teaches them how to find food. We will replicate that process by providing a wide variety of natural foods that they would encounter in the wild to ensure their success."

When ready for release, the skunks will be returned to an area close to where they were found.

"Ideally, for any of our patients, we send them back to where they came from. These babies were found in Alva amidst

a solar plant that unfortunately killed their mother," said Frankel. "We will get them back to that general area, but we will find a relatively uninhabited plot of land for release so they do not easily encounter people or find themselves in unfortunate circumstances like their mother."

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

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Shell Of The Week

Adams Scale Snail



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

For the moment, *Cochliolepis adamsii* (P. Fischer, 1857) is the last in a long series of species of the family Tornidae covered in this column. It is also, in my opinion, one of the more elegant species of that micromollusk family, with its low-profile, disk-shaped shell. The sculpture consists of fine spiral lines, the umbilicus ("hole" on the bottom of the shell) is large, and is not plugged by a callus. The aperture is slanted and the outer lip thin. The color is milk-white, opaque. The shell in the photos was collected in the 1960s at the east end of Sanibel Island by Alice Anders, donated to the museum by Lois Dunnam, and identified by Harry G. Lee. Read more about local mollusks at www.shellmuseum.org/southwest-florida-shells and www.shellmuseum.org/blog.



The Adams Scale Snail, *Cochliolepis adamsii*

photo by James F. Kelly

Shell Museum Events

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

Shell Found



Samuel Hagens

photo provided

Samuel Hagens, 16, from Little Chute, Wisconsin found a junonia during low tide in the early evening hours. This is his third trip to Sanibel Island and he is absolutely loving sea shelling.

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From page 1

Counselors

and always have desired to have the same lasting effect on children that my counselors had on me.”

This summer, Neill has joined three other former Sanibel Sea School campers – including Elly Rundqwist, Audry Paul and Isaac Bender – in becoming camp counselors at the school. Each of them recently shared that some of their fondest memories as youngsters was attending the marine discovery-based educational outlet.

“I started attending Sanibel Sea School at age 6, the first year the camp was open, and continued coming back every year until I aged out,” said 19-year-old Rundqwist, a native of Suwanee, Georgia. “At 13, I joined the CIT (Counselor-In-Training) program; at 16, I was a senior CIT; and then last summer, I was a counselor. This year, I mixed things up a bit and started working as the camp photographer. Since 2006, I haven’t had a summer that wasn’t Sea School; it’s deep-rooted in me, like a second home. I met many of my best friends (to this day) at camp, so lots of my fondest childhood memories took place in the Kennedy Building or around the Sea School.”

Paul’s story is quite similar, as the 20-year-old from Fort Myers, recalled.

“I first went to the Sanibel Sea School when I was 6 years old. I had such a great time making new friends and exploring the ocean all day long. Surfing was always my favorite activity, and is still one of my favorite things to do with my campers,” said Paul. “I completely idolized my counselors when I was younger, so I definitely always wanted to be one. I was never sure it would actually happen.”

A native of Sanibel, Bender recalled attending what may have been the first summer camp held at the school.

“I vividly remember our treks through the mud at Bunche Beach, our canoeing over sea grass beds, and all of the fun and crazy times in Big Pine Key during the Coral Reef Week trip. Snorkeling and catching fish and other small marine life via a seine net were always my favorite activities,” said Bender. “Prior to my time as a counselor this summer, the last time I came to Sea School was to ask Doc Bruce for suggestions for ideas for my high school freshmen science project in 2014. Before that, I spent one or two years as a CIT. However, I never imagined that I would return here after such a long stretch of time, and end up having such a great experience.”

Asked what their favorite part of working as a camp counselor is, all four offered quite different perspectives.

“It’s a really cool and unique feeling to watch campers fall in love with the ocean the same way I did. It’s so important – you protect what you love, and the ocean needs all the love it can take,” said Rudqwist, who is majoring in communications in advertising and marine sciences at Boston University. “I grew up at the Sea School, so it’s really fun watching the next generation grow up here as well. I love the moments when I see my own childhood played out in front of me, watching friendships be made that mimic Emma Neill and I circa 2008.”

“The best part about my job is seeing kids get in the water for the first time.



Isaac Bender as a camper

photos provided

Nothing beats the first time they snorkel, or stand up on a surfboard or body surf,” said Neill, a 19-year-old conservation biology major at Middlebury College. “And I love getting to watch them grow up with me. Many of these kids I’ve known since before they were able to go to Sea School, and their growth is always miraculous to me.”

“My favorite part about working at Sea School is being able to connect and bond with individual campers,” added Bender, who is majoring in middle and high school education. “I greatly enjoy getting through to and emotionally affecting the campers through experiences and conversations that they will remember for the rest of their lives.”



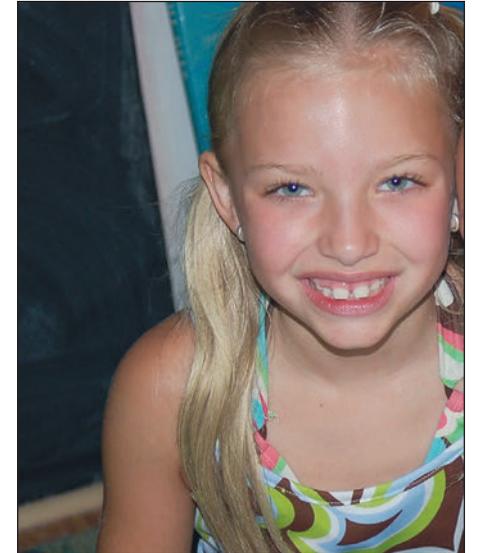
Emma Neill as a camper

Paul, a holistic child major at Mercer University, offered a refreshingly simple answer.

“I get to play in the ocean with kids all day... it doesn’t get much better than that!” she said.

And while the summer is quickly coming to an end, all four counselors offered a similar wish for the future of the campers they worked with in 2019.

“I hope that my campers now find the love for the ocean that I have found,” added Neill. “My years at Sea School have taught me that the ocean is a part of who I am, and, as a result, I fight to protect it. I hope the kids now have the same feeling when they’re my age and find that same desire to protect it.”



Elly Rundqwist as a camper

“I hope my campers leave camp curious and full of a lifelong love for the ocean. A new kind of love,” said Rundqwist.

“Whether it be for the ocean, for their newfound friends, or for surf paddle races, I hope that my campers find that they’re passionate about something new.”

“My biggest hope is that they all have a really positive experience with the ocean and with other people,” said Paul. “More than anything, I want all of my campers to leave with happy memories.”

“I truly hope that every child who attends Sanibel Sea School is instilled with a sense of wonder, respect and desire to protect the natural beauty of the marine environment,” added Bender. “If they are, then we have truly succeeded.”✱



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New Veterinary Intern At CROW

Dr. Megan Cabot has joined the Clinic for the Rehabilitation of Wildlife (CROW) as its newest wildlife and conservation medicine intern. The year-long veterinary internship began on July 1.

Dr. Cabot, who grew up in Phoenixville, Pennsylvania, completed her bachelor's of science in animal and veterinary sciences at Clemson University before earning her doctorate of veterinary medicine at Kansas State University.

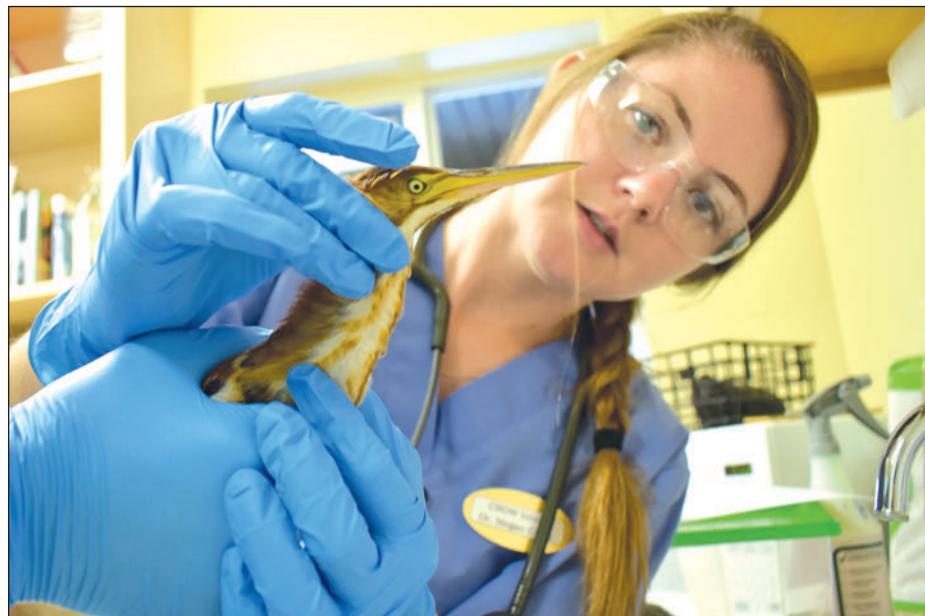
During veterinary school, Dr. Cabot gained experience with wildlife as an extern at the Fossil Rim Wildlife Center in Texas and the Wild Animal Sanctuary in Colorado. Last year, she completed a small animal rotating internship at the University of Tennessee where she worked with the Knoxville Zoo, Tiger Haven big cat rescue and the Appalachian Bear Rescue through the Zoo Medicine service.

"My interest in wildlife was sparked by watching *The Lion King* over and over as a kid," said Dr. Cabot. "Then, as an undergraduate student, I volunteered at a wildlife rescue in South Africa and it was



Dr. Megan Cabot photos provided everything I hoped it would be."

The Wildlife & Conservation Medicine Internship at CROW is a year-long program designed for those who have completed their doctorate of veterinary medicine and are interested in gaining experience treating wildlife. In addition to clinical duties, interns participate in research and conservation projects, give



Dr. Megan Cabot examining a least bittern in the wildlife clinic

case and journal club rounds, and help teach students, staff and volunteers.

"I have a lot to learn about birds, rehab and orthopedic surgery. Those are my personal goals," said Dr. Cabot. "Additionally, I really love to teach and I've already had a blast doing a few labs with the students. I hope I have the

opportunity to do a lot more of that this year, plus their excitement to learn keeps me energized and excited about all of the important work being done at CROW."

For more information about internships and externships offered at CROW, visit www.CROWClinic.org/articles/student-programs.✧

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, August 9, 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, August 9, 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, August 9, 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, August 12, 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, August 12, 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, August 13, 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, August 13, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profile: Snakes of Southwest Florida (daily presentation).

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

Wednesday, August 14, 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, August 14, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – CROW Case of the Week (daily presentation).

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

ambassadors will be present.

Wednesday, August 14, 2 p.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Patient Profiles: Virginia Opossums (daily presentation).

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

Thursday, August 15, 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 15, 11 a.m., adults: \$12, ages 4 to 12: \$7, age 3 and under: no charge – Species Profiles: Sea Turtles (daily presentation).

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

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American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, August 11. There will be a fish fry the following Sunday, August 18, from noon to 8 p.m.



The installation of officers will be held on Wednesday, August 14 at 6 p.m. A lasagna dinner will be served.

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.*

Top 10 Books On The Island

1. *Nickel Boys* by Colson Whitehead
2. *Art of Racing in the Rain* by Garth Stein
3. *Tony's Wife* by Adriana Trigiani
4. *Southernmost* by Silas House
5. *Summer Wives* by Beatriz Williams
6. *Pioneers* by David McCullough
7. *Queen Bee* by Dorothea Benton Frank
8. *City of Flickering Light* by Juliette Fay
9. *Educated* by Tara Westover
10. *One Good Deed* by David Baldacci

Courtesy MacIntosh Books and Paper.*



Chocolate ganache photos provided



Coconut cake

Restaurant Adds Renowned Baker

Visitors can now indulge in a sinfully delicious slice of cake at The Jac. The new scratch kitchen on Periwinkle Way has added Harriette Mattson, a well-known baker who for 37 years owned and operated the popular Harriette's Restaurant in Key Largo.

Harriette's Restaurant became a beloved destination for its one-of-a-kind, nearly eight-ounce muffins. Some of the most popular flavors included key lime and coconut, guava and cream cheese, and chocolate coconut. Now, Mattson is taking it up a notch at The Jac with mouthwatering cakes.

Mattson's coconut cake has become a fan favorite. Other options include rum cake, chocolate ganache, strawberry cake and her authentic key lime cake.

Mattson is also tempting visitors with rice pudding, peach cobbler and a key lime tart with a graham cracker crust. An



Key lime tart

oversized slice is \$8, or customers can pre-order a whole cake starting at \$30.

Mattson will be preparing seasonal desserts in the fall such as pumpkin spice bread with nuts, and in December, orange cranberry nut bread.

Guests who want to let loose can step out to the new Back Bar, open daily from 4 p.m. to midnight, featuring live music Tuesday through Saturday. The Jac is open for lunch and dinner every day from 11 a.m. to 9 p.m. To view menu and full event calendar, visit www.thejacsanibel.com.*



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The Community House
Bananas



by Resident Chef Jarred Harris

The banana is one of the most popular fruits in America and it is the most popular fruit in the world. The banana is botanically a berry and the banana plant or "tree" is considered an herb, and almost the entire plant can be eaten.

The first bananas were grown about 10,000 years ago in Indonesia, the Philippines and New Guinea. The fruit made its way to Africa, India and Polynesia around 650 AD. Spanish missionaries brought bananas to the Americas during the 16th century and the fruit was soon hybridized into the banana we know today.

Hawaii is the only place in the U.S. where bananas are grown commercially, and India is the largest producer of bananas worldwide.

While the fruit, stems and leaves are the most used parts of the banana plant, the banana flower offers the most

health benefits. The banana flower, also known as the "banana heart," can be eaten raw or cooked and is used in salad, soups, and curries.

The banana flower contains high levels of potassium, calcium, copper and phosphorus. It also contains vitamins A, E and C, and magnesium, tryptophan and vitamin B6.

Ethanol based extracts of the banana flower help fight off infections and inhibit the growth of pathogenic bacteria. Other extracts of the flower help reduce blood sugar levels and reduce blood pressure.

The flowers can be found fresh or preserved in Asian or Caribbean markets.

Here is a simple recipe to try using bananas:

Banana Spring Rolls with Coconut Caramel Sauce

Ingredients

4 regular bananas (cut into halves lengthwise)

8 large spring roll wrappers

1/2 cup shredded coconut (if unsweetened, mix with 1 teaspoon granulated sugar)

1 egg yolk (mix with a fork in a bowl)

Vegetable oil for deep frying

Coconut Caramel Sauce

1/2 cup coconut milk

1/3 cup granulated sugar

2 tbsps. unsalted butter

Pinch salt

Wrap the bananas in spring roll wrappers. Position the banana in one corner of the wrapper. Slowly roll up and fold in the side corners. Continue

to roll the banana up. Wet the end corner with the egg yolk mixture to seal.

In a small saucepan on medium high heat, add the sugar. Let the sugar melt and caramelize until golden brown. Add the coconut milk and salt. Stir until combined. Let the sauce simmer for 1-2 minutes on low heat. Add the butter and mix until combined. Turn off the heat and allow the sauce to cool to thicken.

In a small frying pan, toast the shredded coconut until golden brown. Set aside.

In a medium size pot, heat the vegetable oil to 350F. Add the wrapped

bananas and deep fry on each side for about 1 1/2 minutes.

Remove the bananas and transfer to a plate lined with paper towels to remove excess oil.

To assemble, cut the banana in half and transfer to a plate. Drizzle a little coconut caramel sauce and top with toasted shredded coconut.

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.*

Ocean Tribe To Host Bunche Beach Paddle

by Kealy McNeal

On Thursday, August 15, the Ocean Tribe Paddling Club will host an evening paddling excursion at Bunche Beach Preserve. The preserve is a quick drive from the islands and covers more than 700



acres, facing southwest towards Sanibel and the Gulf of Mexico. We will paddle

along the shoreline as we watch the sun slowly fall behind Sanibel Island.

Those interested in joining the group should meet at the Bunche Beach kayak launch at 4:45 p.m. The paddle will begin at 5 p.m. and 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.

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.*

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FISH Offering Program On Dieting Choices

FISH of SanCap, in collaboration with Hodges University, is offering a community presentation titled *Dieting – Too Many Choices!* on Thursday, August 22 from 10 to 11:30 a.m. at The Community House, located at 2173 Periwinkle Way on Sanibel.

Jessica Palumbo, DNP, MSN, RN, director of nursing, School of Health Sciences – Hodges University will explore the benefits and challenges of various diets that have been introduced to consumers. Diets to be discussed include the following as defined by *Medical News Today*:

The Mediterranean Diet, which includes proportionally high consumption of olive oil, legumes, unrefined cereals, fruits and vegetables, moderate to high consumption of fish, moderate consumption of dairy products (mostly as cheese and yogurt), moderate wine consumption and low consumption of non-fish meat products.

The Ketogenic Diet, a high-fat, adequate-protein, low-carbohydrate diet

that forces the body to burn fats rather than carbohydrates.

The DASH Diet is rich in fruits, vegetables, whole grains and low-fat dairy foods; includes meat, fish, poultry, nuts and beans; and is limited in sugar-sweetened foods and beverages, red meat and added fats

The Atkins Diet, a low-carbohydrate fad diet.

The Vegan Diet, which, in addition to being vegetarian, does not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics and soaps derived from animal products.

Palumbo will also discuss lifestyle choices that may lead to better overall health and wellness.

“Most health experts agree that eating a well-balanced diet that includes grains, fruits, vegetables and protein is the sensible path to a healthy body.

At the completion of this workshop, participants will be able to have an informed conversation with their healthcare provider regarding their plan for nutrition,” said Kathy Y. Monroe, program director for FISH.

For more information and to RSVP, contact Kathy Y. Monroe or Anthony Morales at 472-4775.*

Campers Salute Calusa Tribe

submitted by Leah Biery

Calusa Week is always a favorite among Sanibel Sea School campers, and this year was no exception. The Calusa were the earliest known inhabitants of Southwest Florida, and they had a unique approach to life by the sea. Camp participants learned how they survived and thrived on Sanibel 3,500 years ago.

Using natural resources to create tools and weapons was an essential part of the Calusa lifestyle, so we collected shells to make our own, then we practiced weaving plates from palm fronds. We also tried shelter building with materials we found on the beach.

The Calusa were known for crafting long seine nets from palm fibers and shells, so we practiced using modern day seine nets. We also paddled canoes, decorated masks, snorkeled and played a bead trading game.

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

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



Ryder Szymanczyk shows off his palm frond weaving skills photo provided

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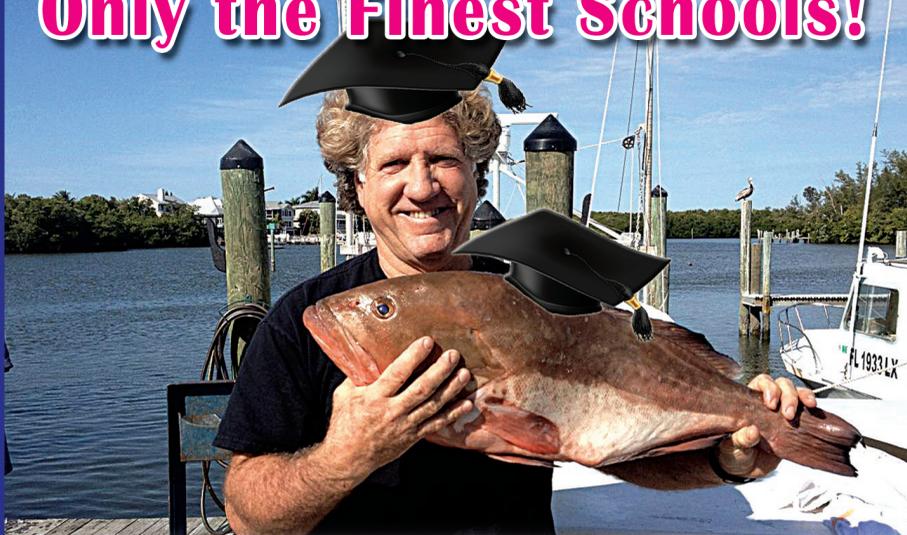
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Grapefruit and Shrimp Salad

- 1 pound large pink shrimp, peeled and deveined with the tail on
 - 2 pink grapefruit, peeled and segmented, seeds removed
 - 3 tangelos, peeled and segmented, seeds removed
 - 3 tangerines, peeled and segmented, seeds removed
 - 1 sweet pepper, diced
 - 1 large avocado, peeled, pitted and diced
 - 2 tablespoons seafood boil seasoning
 - 1 red onion, diced
 - 1 tablespoon olive oil
 - 3 limes, juiced
 - 1/2 cup fresh cilantro, chopped
 - 1 bag plantain chips or tortilla chips
 - Sea salt and fresh ground pepper, to taste
- Fill a medium-sized sauce pot 3/4 the way with water and heat over medium-high. Add the seafood seasoning to the



Grapefruit and Shrimp Salad

boiling pot of water. Add the shrimp and cook for 2 to 3 minutes or until completely done. As soon as the shrimp are done, plunge them into an ice water bath to stop the cooking and cool them off. When the shrimp are completely cool, strain them and put them into a

medium-sized mixing bowl. Add the citrus, sweet pepper, red onion, olive oil, lime juice, cilantro and avocado. Season the ingredients to taste with salt and pepper. Stir to combine ingredients. Serve salad with chips.*

photo courtesy Fresh From Florida

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 Tuesday through Saturday at the Back Bar, open daily 4 p.m. to midnight.

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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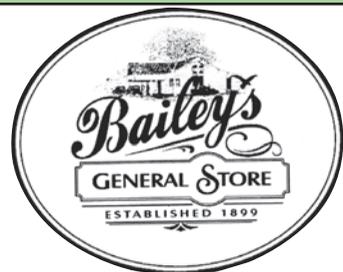
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Derek Lively as Frederick Douglass and Dena Galyean as Susan B. Anthony
photo provided

Highlights also include a spoken-word segment featuring local citizens as key figures in the suffrage movement. The audience will hear from such characters as Abigail Adams, who famously wrote to her husband, one of the white male property owners drafting the Declaration of Independence, "Remember the Ladies... or we will surely foment a rebellion, and will not hold ourselves bound by laws in which we have no voice or representation." They include Sojourner Truth, who escaped slavery and spoke to hundreds of audiences about human rights, including women's right to vote, and Alice Paul, who organized the first women's march on Washington, DC in 1913 and, along with other human rights activists, was verbally and physically assaulted.

Also on the program are a voting quiz with prizes and a grape juice toast, like the one that suffragists used to mark the passage of the 19th Amendment 99 years ago when Prohibition was in effect.

A wine and cheese reception will follow in the Alliance gallery.

Guests will include Fort Myers Mayor Randall P. Henderson; Peter Ndiang'ui, chair of the Mayor's Diversity and Inclusion Advisory Committee; Kathy Dupuy Bruno, president of the Fort Myers Alumnae Chapter of Delta Sigma Theta Sorority, Inc.; Karen Nathan and Alex Bremner, co-chairs of Progressive Women of Southwest Florida; Lee County Supervisor of Elections Tommy Doyle; Florida Rights Restoration board member Neil Volz; and local Vision 2020 delegates Madelon Stewart and Nori Ann Reed.

Sponsors include Progressive Club of the Islands; League of Women Voters of Lee County; and League of Women Voters of Sanibel.

The Alliance for the Arts is located at 10091 McGregor Boulevard in Fort Myers. Registration is required. To register, visit www.artinlee.org/event/tenacity.

Women's Suffrage Revered At Alliance Event

Adults and youth ages 12 and older are invited to the Alliance for the Arts for A Toast to Tenacity, a free program on Sunday, August 25 from 5 to 7 p.m. This event celebrates the 99th anniversary of the success of women's suffrage – the passage of the 19th Amendment to the U.S. Constitution.

Presented by Vision 2020 in partnership with the Fort Myers Alumnae Chapter of Delta Sigma Theta Sorority, Inc., the Progressive Women of Southwest Florida, LLC and the Alliance for the Arts, A Toast to Tenacity will feature a short performance from *The Agitators*, a play by Mat Smart, about the lifelong friendship between suffragist Susan B. Anthony and abolitionist Frederick Douglass.



Pietro Iannotti

photo provided

Concert Series Closes With Piano Performance

Shell Point Retirement Community will conclude its 2019 Summer Concert Series with a performance by pianist Pietro Iannotti Piano at 7 p.m. on Wednesday, August 28 in the Grand Cypress Room at The Woodlands at Shell Point, located at 14441 Woodsong Lane in Fort Myers. The concert is open to the public, with tickets available for \$21

online at www.shellpoint.org/concerts or by phone at 454-2067.

Since the age of 9, Salerno native Iannotti has been performing publicly in recitals and with orchestras in Italy and abroad, gaining acclaim from both audience and critics. He has participated and won numerous national and international competitions. Iannotti has also taught music students for more than 18 years, and currently teaches from his studio in Oslo, Norway.

Tickets purchased online or by phone will be held for pickup at will call on the night of the performance.*



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Productive Summer For Sanibel Scouts

Sanibel Scouts Pack and Troop 1740 reported a successful summer program. Over 30 scouts and adult leaders participated in the Sanibel-Captiva Islands Independence Day parade on July 4, once again winning the award category of Most Patriotic.

For the first time ever, Troop 1740 attended sleep away camp at Boy Scouts of America property Camp La No Che in Paisley, Florida. The Boy Scouts spent a week at camp while working on rank, as well as merit badges in archery, animation, cooking, shotgun shooting, robotics and horsemanship.

The 2019-20 Scouting year is right around the corner, starting with a Scout Open House at 6:30 p.m. at The Sanibel School cafeteria on Thursday, August 22. For more information about Sanibel Scouts, contact Kim Kouril at Kouril2013@gmail.com or 233-4180.*



Sanibel Scouts Pack and Troop 1740 with leaders and honored guests at the Independence Day parade

photo provided

Gulfshore Opera Announces Season Lineup



Gulfshore Opera will present a vibrant new production of *La Bohème* as part of its season six lineup. As announced this past January, Gulfshore Opera brings its grand-scale opera productions to the Barbara B. Mann Performing Arts Hall in Fort Myers on Wednesday, March 18. The new venue provides Gulfshore Opera the opportunity to bring Puccini's timeless masterpiece to life in a thrilling new production that is sure to impress audiences. A preview performance will be staged at the Charlotte Performing Arts Center on Friday, March 13.

Metropolitan Opera baritone Nathan Gunn and his wife, collaborative pianist Julie Gunn, are the featured artists for the Gulfshore Opera Gala, to be held on Sunday, February 16. Joined by artists in residence during the first half of the program, they will present popular opera scenes including Nathan Gunn's famous Papageno's suicide scene from *The Magic Flute*. In the second half, the couple will perform a program of American music.

Before high season, Gulfshore Opera will present the family-classic *Amahl and the Night Visitors*. Menotti's one-act opera takes the audience back to the birth of the Christ Child and the journey that the Three Kings make to meet him. Along their way, they stop at the home of Amahl, a young, crippled shepherd boy, and his mother. In this 45-minute

opera, you learn that through love alone a miracle can happen. In the spirit of Christmas, a portion of ticket proceeds will benefit homeless shelters in the community.

Not to be missed this season is the Passionate Puccini concert. Audiences who attended the Opera Meets Broadway Gala in season five will be delighted to hear soprano Robyn Lamp as a featured artist in this concert. The concert will feature scenes and arias from Puccini operas that explore the themes of love, death, familial and societal pressures. In addition, audiences will get a sneak peek into the upcoming production of *La Bohème*.

New to season six is Opera Goes to Church. Gulfshore Opera presents a program of prayerful pieces from great opera, traditional sacred music, gospel arrangements and inspiring songs from American music theater. Professional artists in residence are joined by the music program at North Naples Church to present this celebratory concert.

Perennial favorites for Gulfshore Opera audiences are the GO Cabaret and Taste of Opera series. GO Cabaret features nostalgic hits performed by professional artists in residence and a jazz trio featuring Tony Viviano on piano. The Taste of Opera series includes elegant dinners and arias and duets from opera and classic musical theater. The two series will tour throughout Southwest Florida in January and February. Full casting of season six professional artists in residence will be announced in October.

The season lineup is:

***La Bohème* by Giacomo Puccini**

March 13 at 7 p.m., Charlotte Performing Arts Center in Punta Gorda. Tickets are \$65 premium seating, \$50 preferred seating, \$35 standard seating.

March 18 at 7 p.m., Barbara B. Mann Performing Arts Hall in Fort Myers. Tickets are \$75 to \$28.

Gulfshore Opera Gala

February 16 at 3 p.m., First Presbyterian Church in Bonita Springs

(concert), The Club at the Strand in Naples (gala). Gala Package is \$250. Concert only is \$68 preferred seating, \$48 standard seating, \$28 general admission.

Amahl and the Night Visitors

December 27 at 7 p.m., St. Leo Catholic Church Parish Life Center in Bonita Springs. Tickets are \$10 youth and students, \$35 general admission, \$50 premium seating and meet-the-artists reception. A portion of ticket proceeds supports the St. Matthew House.

December 28 at 7 p.m., The Salvation Army in Naples. Tickets are \$10 youth and students, \$25 general admission, \$35 premium seating. A portion of ticket proceeds supports the St. Matthew House and The Salvation Army.

December 29 at 4 p.m., Congregational United Church of Christ of Punta Gorda. Tickets are \$10 youth and students, \$25 general admission, \$35 premium seating. A portion of ticket proceeds supports the Charlotte County Homeless Coalition.

Passionate Puccini

January 17 at 7 p.m., First United Methodist Church in Punta Gorda. Tickets are \$25 general admission, \$35 premium seating.

January 18 at 7 p.m., Rose History Auditorium in Marco Island. Tickets are \$35 general admission, \$50 premium seating and reception.

January 23 at 7 p.m., Daniels Pavilion, Artis Naples in Naples. Tickets are \$49.

February 8 at 7 p.m., Sanibel Congregational United Church of Christ on Sanibel. Tickets are \$35 general admission, \$50 premium seating.

GO Cabaret

January 25 at 7 p.m., The Community House on Sanibel. Tickets are \$45 and include appetizers and wine.

January 31 at 7 p.m., Naples Art Association in Naples. Tickets are \$50 and include appetizers and wine.

February 1 at 7 p.m., Isles Yacht Club in Punta Gorda. Tickets are \$45 and

includes appetizers and cash bar.

Taste of Opera

December 5 at 6 p.m., The Club at the Strand in Naples. Tickets are \$150.

January 30 at 6 p.m., The Colony Golf & Country Club in Bonita Springs. Tickets are \$125.

February 12 at 5:30 p.m., Charlotte Harbor Yacht Club in Port Charlotte. Tickets are \$75.

February 27 at 6 p.m., Hideaway Beach Club in Marco Island. Tickets are \$150.

Opera Goes to Church

February 9 at 4 p.m., North Naples Church in Naples. Tickets are \$30 general admission, \$40 premium seating.

Song & Dance

October 24 at 7 p.m., Gulfshore Ballet in Fort Myers. Tickets are \$75 premium seating with cocktails, hors d'oeuvres and auction, or \$45 performance only.

Gulfshore Tenors

November 8 at 7 p.m., St. Leo Catholic Church Parish Life Center in Bonita Springs. Tickets are \$25 general admission, \$40 premium seating and reception.

November 9 at 7 p.m., Military Heritage Museum's Gulf Theatre in Punta Gorda. Tickets are \$25 general admission, \$35 premium seating.

Christmas with the Gulfshore Tenors

December 7 at 7 p.m., Cultural Center Theater in Port Charlotte. Tickets are \$25 General admission, \$35 premium seating.

December 8 at 4 p.m., Naples Art Association in Naples. Tickets are \$35 general admission, \$50 premium seating and reception.

Style & Song Luncheon

March 5 at noon, Grey Oaks Country Club in Naples. Tickets are \$75 and include lunch, style show, performances and gifts.

Tickets are on sale now by visiting www.gulfshoreopera.org or by calling 529-3925.*



From left, Gia Lackenby, Claire Redier, Madeline Tomlinson, Alexandre de St. Marq and Dimitri de St. Marq photos by Jeff Lysiak

Campers End Summer With Theater Outing

by Jeff Lysiak

While students are planning to return to their classrooms next week, the semi-official end of summer was celebrated by participants in the Sanibel Recreation Center Summer Day Camp last week, with a final few fun activities and outings.

On August 1, 51 campers, counselors and guests traveled to Broadway Palm Dinner Theatre in Fort Myers to take in a matinee of the ever-popular musical fairy tale *Beauty & The Beast*. In addition to the performance, all in attendance enjoyed a pre-show buffet luncheon.

The nine-week camp – open to children entering kindergarten through eighth grades – offered activities such as swimming, fishing, arts and crafts, basketball, surfing, bowling and archery,

along with a number of other games and athletic endeavors. Special guests also visited the camp, and participants took part in locally-focused field trips.

Throughout the summer, campers participated in weekly fishing outings as the Junior Anglers Club, sponsored by the Sanibel Captiva Optimist Club; gymnastics, snorkeling, paddle and kayak outings, golfing at The Sanctuary Golf Club and archery. Every other week, campers attended film screenings at Island Cinema.

This year's field trips included Sun & Fun Lagoon in Naples, Zoomers Amusement Park in Fort Myers, Splash Day at Fort Myers Miracle, Defy Gravity Park in Fort Myers, Spinz Roller Rink in Fort Myers and Sunsplash Water Park in Cape Coral, along with last week's excursion to Broadway Palm.

For a few of this year's campers, it was difficult to choose which activity they enjoyed the most.

"It was great going on a field trip every other week," said Arabrella Wolfe. "Going to the trampoline park was my favorite."



The show-stopping musical number *Be Our Guest*

"This was only my second week at camp, but I really like seeing the show at Broadway Palm," added Monique Boller. "I'm a big fan of the *Beauty & The Beast* musical."

In addition to the activities and outings, each week followed a different theme, which encouraged the campers to dress up in costumes and makeup. Some of the themes included Prehistorically Speaking (cavemen and cavewomen), Age of the Dragon: Ancient China, Kings, Knights & Vikings, Pirate Invasion, Colonial Days of the Revolution, Gold Rush: The Wild West,

Dilemma of the Decades: Era of Your Choice, The Time Is Now: Current Day Heroes, and Space Age Time Warp.

"I liked going on all the field trips, especially when we went to Sunsplash," noted Gia Lackenby. "My favorite theme week was when I got to dress up like a punk rocker and my brother dressed up like a hippie. We both won first place in the best costume contest."

For more information about after-school activities and programs offered at the Sanibel Recreation Center, call 472-0345 or visit www.mysanibel.com.

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The cast of Broadway Palm's production of *Beauty & The Beast* performing *Gaston*

Book Review

The Night Window

by Di Saggau



The *Night Window* is the fifth book by Dean Koontz that involves Jane Hawk, an engaging heroine, fighting against a terrifying conspiracy and it brings the series to an explosive

conclusion. The book opens with a visionary young filmmaker visiting a celebrated billionaire. Wainwright Hollister is at the heart of a monstrous cabal, the Techno Arcadians. This evil man soon forces the young man to run for his life in a chase that is not fair and allows only a very slim chance that he will escape. In Jane's effort to expose the cabal of totalitarians at the highest echelons of government and private industry, with a friend's help, she discovers that Hollister is behind the genius who conceived the nanotech brain implant that killed her husband and has infected so many people at all levels of society.

Jane has hidden her young son Travis with friends out west and has teamed up with a former FBI agent who is a brilliant computer hacker. Vikram Rangnekar manages to obtain valuable intelligence about the Arcadians. He's a great addition to the cast of characters. Jane informs him about the Hamlet list, the adjusted people shorn of memory and personality and reprogrammed as stoic and obedient killing machines. She explains how they have infiltrated the FBI, Homeland Security, NSA, and other national security and law enforcement agencies.

There is also a pair of brutal

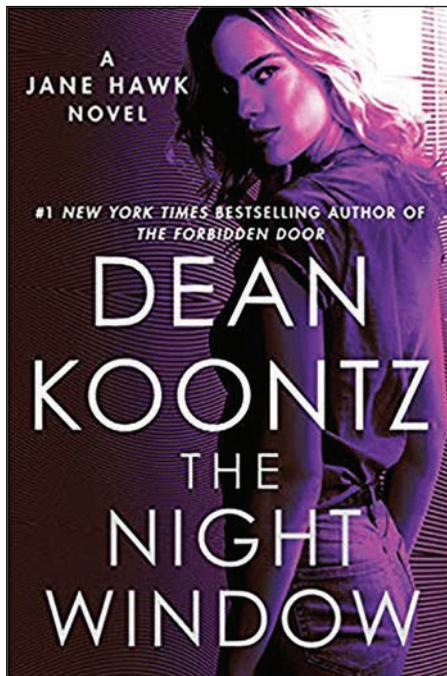


image provided

operators, a Vegas mob boss teamed with a homicidal sociopath, and a bunch of quiet heroes and everyday citizens who step up to help. As Jane closes in on the malevolent architects of ruin she has stalked, they stalk her and she is prepared to sacrifice herself to finally bring them down.

The people and circumstances of *The Night Window* make this a thrilling new novel. It's not clear if Koontz intends to write more Jane Hawk novels. She is definitely one of the best female protagonists around and fans have been rooting for her since book one. Perhaps we'll see her in a different situation in the future. At any rate, this story has come full circle and it has a thrilling and satisfying ending. *The Night Window* ties up a number of loose ends and provides closure for readers.*

The First Weeks

Clear your own schedule. To the extent possible, postpone business trips, volunteer meetings and extra projects. You want to be free to help your children acclimate to the school routine and overcome the confusion or anxiety that many children experience at the start of a new school year.

Make lunches the night before school. Older children should help or make their own. Give them the option to buy lunch in school if they prefer and finances permit.

Set alarm clocks. Have school-age children set their own alarm clocks to get up in the morning. Praise them for prompt response to morning schedules and bus pickups.

Leave plenty of extra time. Make sure your children have plenty of time to get up, eat breakfast and get to school. For very young children taking the bus, pin to their shirt or backpack an index card with pertinent information, including their teacher's name and bus number, as well as daytime contact information.

Prepare for after school. Review with your children what to do if they get home after school and you are not there. Be very specific, particularly with

young children. Put a notecard in their backpack with the name(s) and number(s) of a neighbor who is home during the day, as well as a number where you can be reached. If you have not already done so, have your children meet neighbor contacts to reaffirm the backup support personally.

Review your child's schoolbooks. Talk about what your children will be learning during the year. Share your enthusiasm for the subjects and your confidence in your children's ability to master the content. Reinforce the natural progression of the learning process that occurs over the school year. Learning skills take time and repetition. Encourage your children to be patient, attentive and positive.

Send a brief note to your child's teacher. Let the teachers know that you are interested in getting regular feedback on how and what your children are doing in school. Be sure to attend back-to-school night and introduce yourself to the teachers. Find out how they like to communicate with parents (e.g., through

notes, email or phone calls). Convey a sincere desire to be a partner with your children's teachers to enhance their learning experience.

Familiarize yourself with the other school professionals. Make an effort to find out who in the school or district can be a resource for you and your children. Learn their roles and how best to access their help if you need them. This can include the principal and front office personnel; school psychologist, counselor, and social worker; the reading specialist, speech therapist, and school nurse; and the after school activities coordinator.

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.*

Life Insurance

Charitable Life Insurance



J. Brendan Ryan, CLU, ChFC, MSFS

Americans are a generous bunch.

In a recent year, we gave \$358 billion to 1.5 million nonprofit organizations, more than two-thirds of that total coming from individuals. The largest share went to religious organizations, the next largest to educational charities. The total for that year represented an increase of 7 percent over the previous year's giving. The average household gave just shy of \$3,000.

I could not find a breakdown of the property that was gifted, but surely most of it was cash, followed by appreciated property such as marketable securities. As outlined below, another good type of asset for those who are charitably inclined to give is permanent, cash-value life insurance. The future discussion assumes that the charity is one that qualifies for tax-deductible contributions, rather than civic organizations, etc.

New Policy – A person can approach a chosen charity and offer to become the insured of a policy applied for by the charity to be owned by the charity from the outset. The charity would name itself beneficiary. Since the policy would have no cash value at first, premiums would have to be paid. The insured could pay the premiums directly to the insurer, but it would be better to make a cash donation to the charity in the amount of the premium every year. Naturally, the gift of the premium to the charity would be tax-deductible for the donor in the year given.

Existing Policy – Many older people

have life insurance policies that they consider obsolete. If that is the case, then they may choose to donate such an obsolete policy to a charity.

If they do so, they can take a current income tax deduction for the lesser of approximately the policy's cash surrender value and the policy's cost basis (premiums paid less any amounts received, such as dividends, loans, or partial surrenders). Any ongoing premiums paid to the charity to maintain the policy would be similarly deductible in the year given.

In making the gift of the policy, be sure not to retain any incidence of ownership in the policy, such as the right to change beneficiary. That would nullify the tax benefit.

An alternative is to retain ownership of the policy but direct the insurer to send annual dividends to the charity. Then the amount of each dividend paid to the charity would be deductible to the owner as paid year by year.

Yet another alternative involves a policy that requires no ongoing premiums. It may have been paid for upfront with a single premium, or it may have become paid up over the years due to ongoing premium payments.

In fact, many cash-value policies can become "paid up." Some whole-life policies are written to be paid up in 20 years. Others are written to become paid up at age 65. All whole-life policies have an option called "reduced paid-up." If one chooses that option, the death benefit will be reduced to a prescribed level, and it will be guaranteed that no further premiums will be required.

Universal life allows the same thing, but unless it is a "guaranteed UL" policy, it will not be guaranteed that no future premiums will be required. Still, conservative projections can virtually guarantee it.

So, either of these types of cash-value insurance will work for this type of charitable gift.

One additional use for life insurance in

continued on page 36

School Smart

by Shelley M. Greggs, NCSP



Dear Readers, Getting a new school year off to a good start can influence children's attitudes, confidence and performance both socially and academically. The

transition from summer break to school can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure and, for some, pressures associated with school life. The degree of adjustment depends on the child, but parents can help their children (and the rest of the family) manage the increased pace of life by planning ahead, being realistic and maintaining a positive attitude. Here are a few suggestions from the National Association of School Psychologists to help ease the transition and promote a successful school experience.

Hurricane Straps

by Bryan Hayes



Every storm season, I talk about hurricane straps for your a/c. Hurricane season runs from June 1 to November 30. So, we are smack dab in the middle of it right now. The

winds that can be produced just from a good tropical disturbance can cause some major damage to surrounding areas and your a/c equipment.

Hurricane straps are metal straps that connect your outdoor unit to the stand or pad that it is sitting on. They are a simple way to add an extra layer of insurance that your a/c will stay where it should. They are very inexpensive to install and there is no maintenance required after they are screwed down. They are also "code" for newly installed equipment.

After Hurricane Charley came through, we spent days cutting down hangers. Hangers are what we nicknamed outdoor a/c units that were not properly secured with hurricane straps. These units were blown off their stands and dangling in the air. Imagine a 200-pound piece of equipment dangling by what appears to be mere threads 10 to 15 feet in the air. Some scary stuff.

In addition, if a storm is approaching and it's time to evacuate, make sure to turn your a/c unit off. Do this by turning the breakers off to both the inside unit and the outside unit. If you have multiple systems, there will be two breakers for each. Turn them all off. After the threat has passed, you want to visually inspect your outdoor unit prior to turning it back on. First, make sure it's not a hanger and then look at the physical appearance. Look for tree damage or other windblown debris that may have impacted your unit. If you are safely able to look at the top of your outdoor unit, ensure that there isn't any vegetation sticking out of the top. Once you have done all of the above, turn your unit on and listen for a couple of minutes. If something doesn't sound right, turn it off and call your service provider.

If you're not sure whether your system is properly secured, give your HVAC contractor a call. They should be able to tell you from the service records on your home whether or not you have them. I know how much new systems can cost and it's essential that you do everything you can to prepare for potential hazards and protect your investment.

As always, thanks for reading and be safe.

Bryan Hayes is a Sanibel air conditioning contractor. He also owns, with his brother Todd, an electrical business on Sanibel. He can be reached at Bryan@Sanibelair.com. ✨

Rotary Inducts New Member

submitted by Shirley Jewell

Sanibel-Captiva Rotarians welcomed their newest member, Donald McDonald, to the club with the classification of financial consulting. McDonald has an outstanding background in his field, starting right after college on Wall Street, followed



Donald McDonald

by an asset management position at Corning Asset Management and rising to be president in 1999. He then joined Jefferson Pilot Insurance Co./Lincoln National in Greensboro, North Carolina as EVP and chief investment officer. In 2008, he moved to Prime Advisors, Seattle, Washington as president, CEO and chairman, and recently retired from Prime.

McDonald and his wife, Joan, visited Sanibel many times on vacation and decided to move here permanently where he wanted to get involved in his new community by joining Rotary.

McDonald was introduced to the club by board member Roger Grogman and was officially inducted by club membership chair Annie Campbell, assisted by visiting Rotary District 6960 Assistant Governor Richard Hall. ✨

ISLAND SUN BUSINESS NEWSMAKERS



LeAne Suarez



Harrell, Tolp & Albright



Larry Hahn



Debbie Hahn

John Naumann & Associates

The top producers at John Naumann & Associates for July were: LeAne Taylor Suarez, top listing and top sales agent; Harrell, Tolp and Albright, top listing team; and Larry and Debbie Hahn, top sales team. ✨

Wisdom.

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Rotary Happenings

submitted by Shirley Jewell

Rotary International's motto and logo this year reflects the connections that Rotary makes around the world. Helping us define the reach of "Rotary Connects the World" were special guests: Rotary District 6960 Assistant Governor/Area 3 Richard Hall and Sanibel-Captiva Rotary-sponsored returning exchange student from Taiwan, Ian VanDevelde.



Richard Hall photos provided

district concentrates on distribution points in the Caribbean and Central and South America.

ShelterBox – Rotary partners with ShelterBox USA to help devastated communities throughout the world. ShelterBox provides emergency shelters and other essential items to support families who have lost their homes in disasters including those in the states. Rotary and ShelterBox continue to expand cooperative efforts through preparedness training and aid in disaster-prone regions.

End Polio Now – Rotary has been working to eradicate polio for more than 30 years, and we've made incredible progress in the fight to rid the world of it forever. Rotary helped to reduced polio cases by more than 99.9 percent. Rotarians have helped immunize more than 2.5 billion children against polio in 122 countries. If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year.

Clean Water – Water, sanitation and hygiene programs mobilize resources, form partnerships and yield long-term



Ian VanDevelde

change throughout the world.

Education – More than 775 million people over the age of 15 are illiterate. Rotary's ongoing goal is to strengthen communities to support basic education and literacy for children and increase adult literacy.

Youth Exchange – Rotary exchange students unlock their true potential to: develop lifelong leadership skills, study a different language and culture, build lasting friendships with young people from around the world, and become a global citizen.

A perfect example of that is our own returning Sanibel-Captiva Rotary sponsored exchange student to Taiwan, Ian VanDevelde. I think Ian told us there were seven Rotary exchange students from all parts of the world studying in Taiwan this year. The program offers a regular educational experience but also promotes cultural and fun activities.

The first activity Ian and his fellow Rotary exchange students participated in was a Coming of Age Ceremony, celebrating a person becoming an adult at age 16. Ian took part in the ceremony as part of the drum corps. The drum corps practiced for four weeks. Members bonded and the group of friends traveled throughout the small country on their own or on sponsored student exchange trips. They traveled to Buddhist temples throughout Taiwan and took part in a two-hour meditation on a mountain on the north coast of

the country. They visited many of the beautiful waterfalls and did some cliff jumping.

On one adventure through Taiwan, Ian got the honor of being asked if he would like to volunteer to take part in a traditional "God of Prosperity" ceremony in Taitung City. Little did he realize what was in store for him. Ian was given some shorts to wear and hoisted onto a platform. He was holding on to some kind of small structure that was carried about the square on the shoulders of about eight men, while firecrackers were thrown at him. The video of this was scary.

Ian didn't say much about his studies, but I think this is because he is extremely smart and that was not an issue.

Ian summed up his Rotary student exchange experience as an outstanding year of growth. He took advantage of the program, experienced a different world culture and gained experiences to build on in the future.

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

Captiva Community Panel To Meet

The next meeting of the Captiva Community Panel is set for Tuesday, August 13 beginning at 9 a.m. in the Cone Rooms in Chadwicks Square at South Seas Island Resort. This meeting is open to all interested islanders and the public.

Among the agenda items will be updates on the iguana control program, the Andy Rosse beach access improvements, the wastewater committee research and the Captiva Drive walkway design; plus committee reports and updates from other island organizations.

Public participation is invited and encouraged.

The next Captiva Community Panel meeting tentatively will be held on September 10. Information and background documents are available online at www.captivacommunitypanel.com.*

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The Sanibel Captiva Trust Company

Economic Outlook



by Gary W. Dyer,
CFA, Senior
Portfolio Manager

The watchword during the first half of 2019 seemed to be “uncertainty.” For example, first quarter U.S. real GDP growth was a better than

expected 3.1 percent, while second quarter estimates have been falling, with many economists expecting annualized real GDP growth of less than 2 percent. The ongoing “trade war” with China, though its nationwide impact has been scant so far, is having a large negative impact on economists’ growth estimates – and unfortunately there appears to be no assurance that trade negotiations will be resolved soon, and to economists’ satisfaction.

The longer the tariffs and trade rhetoric persist, the greater their ultimate effects on corporate profits. What began as limited tariffs mostly impacting farm products and importers of steel and automobiles is showing signs of spreading to other more vital industries, such as consumer products and technology. Compounding the issue is that the U.S. dollar has risen

almost 4 percent in recent months on a trade-weighted basis, as analysts handicap that foreign economies will suffer more than the U.S. in a protracted trade dispute. A rising dollar undercuts the value of U.S. companies’ overseas sales and profits. As a result, many Wall Street analysts have cut their S&P 500 corporate earnings growth estimates for 2019 from 8 percent to 9 percent to 2 percent to 5 percent.

On a more positive note, U.S. unemployment sits at a 50-year low, and the U.S. core inflation rate was a mere 1.0 percent in the first half of the year. However, housing data was more varied. While year-over-year new home sales rose 6 percent over the first four months of 2019, existing home sales fell 5 percent over the same period. On the other hand, both figures may get a solid boost from the recent plunge in mortgage rates, with the 30-year fixed rate recently falling well below 4 percent, from approximately 5 percent last November.

Certainly, the slide in interest rates this year was unanticipated. At the beginning of the year, it was expected the Federal Reserve Board would, at a minimum, keep the Fed Funds rate the same, or continue to gradually increase rates as it has done since December 2015. Now, bond market investors anticipate the next move by the Fed will be to reduce rates given the growing amount of data signaling the economy is slowing. Moreover, the bond futures market is forecasting three or four 0.25 percent rate cuts over the course of the

next 18 months.

Interestingly, while stocks have experienced volatility over the last few months, several of the major U.S. equity indices generated double-digit returns in the first six months of the year. However, for the equity market to move higher in the second half of the year, the Federal Reserve may need to start lowering interest rates again, and relatively soon. Since the beginning of the year, earnings growth projections have declined and stock prices have risen, so valuation metrics have become less attractive. In addition, political tensions with Iran, North Korea and China remain concerning

enough to investors to impact stock prices. Therefore, if interest rates are not reduced, it is possible the economy will slow even more than expected, leaving fixed-income investments more in competition for investor dollars on a risk-adjusted basis.

*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.**

Tips For Evacuating Before A Storm

So far so good this storm season, but there is no way to predict what Mother Nature has in store for the remainder of this unnerving time of year. If a storm does rear its head and you live in a mobile home, coastal area, flood prone area or a high-rise, evacuation is worth considering. If a storm poses a large enough risk to life, mandatory evacuations could happen.

Lee County Electric Cooperative (LCEC) offers the following tips to keep in mind should you evacuate:

Evacuate during daylight hours if possible and make sure your home is secure before you leave.

Map your evacuation route and use routes specified by authorities.

Notify family and neighbors that you are evacuating.

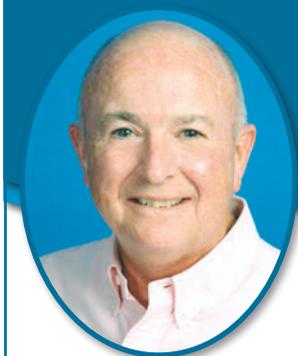
Turn off electricity at your main breaker or consider unplugging all of your electrical devices, except for your refrigerator.

Take photo identification, emergency kit and important documents.

Fill jugs of water to fill the freezer.

Turn your refrigerator to its coldest setting.

For more storm-related tips, lists and tools, download LCEC’s Hurricane Guide online at www.lcec.net.*



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11508 Andy Rosse Ln.
Captiva, FL 33924

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836 Donax Street



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

\$575,000

678 Durion Court



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

\$699,900

4156 West Gulf Drive



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

\$1,329,000

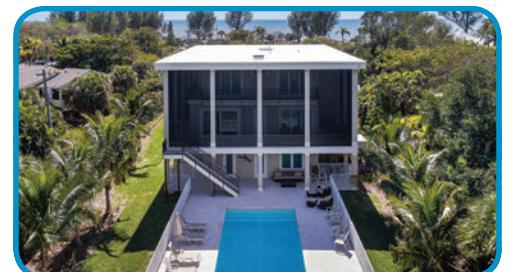
Sandalfont #3C1



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

\$674,000

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 • Western Exposure, Wonderful Sunsets
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SAND POINTE



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 • Vaulted Ceilings, Large Open Kitchen
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\$699,900 **MLS 219002114**
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 • Desirable Sundial Resort & Spa
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ISABEL DRIVE - BAYFRONT



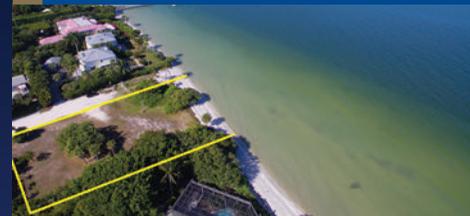
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 - Overlooks 15th Fairway
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| | | | | | | |
|---|---|--|---|--|---|--|
|  FRIDAY Few Showers High: 88 Low: 84 |  SATURDAY Mostly Sunny High: 87 Low: 83 |  SUNDAY Mostly Cloudy High: 89 Low: 81 |  MONDAY Mostly Sunny High: 87 Low: 83 |  TUESDAY Mostly Sunny High: 89 Low: 81 |  WEDNESDAY Mostly Cloudy High: 88 Low: 84 |  THURSDAY Partly Cloudy High: 87 Low: 83 |
|---|---|--|---|--|---|--|

Redfish Pass Tides

| Day | High | Low | High | Low |
|-----|----------|---------|----------|---------|
| Fri | 8:23 am | 1:21 am | None | 4:15 pm |
| Sat | 12:06 am | 2:11 am | 9:23 am | 5:19 pm |
| Sun | 1:18 am | 3:15 am | 10:23 am | 6:12 pm |
| Mon | 2:01 am | 4:21 am | 11:18 am | 6:55 pm |
| Tue | 2:30 am | 5:16 am | 12:05 pm | 7:31 pm |
| Wed | 2:52 am | 6:03 am | 12:47 pm | 8:03 pm |
| Thu | 3:08 am | 6:44 am | 1:25 pm | 8:31 pm |

Point Ybel Tides

| Day | High | Low | High | Low |
|-----|----------|---------|----------|---------|
| Fri | 7:28 am | 1:23 am | 11:11 pm | 4:17 pm |
| Sat | 8:28 am | 2:13 am | None | 5:21 pm |
| Sun | 12:23 am | 3:17 am | 9:28 am | 6:14 pm |
| Mon | 1:06 am | 4:23 am | 10:23 am | 6:57 pm |
| Tue | 1:35 am | 5:18 am | 11:10 am | 7:33 pm |
| Wed | 1:57 am | 6:05 am | 11:52 am | 8:05 pm |
| Thu | 2:13 am | 6:46 am | 12:30 pm | 8:33 pm |

Punta Rassa Tides

| Day | High | Low | High | Low |
|-----|----------|---------|----------|---------|
| Fri | 7:55 am | 2:02 am | 9:19 pm | 3:18 pm |
| Sat | 8:34 am | 2:51 am | 10:32 pm | 4:17 pm |
| Sun | 9:24 am | 3:42 am | None | 5:24 pm |
| Mon | 12:49 am | 4:51 am | 10:56 am | 6:32 pm |
| Tue | 2:51 am | 6:12 am | 12:14 pm | 7:30 pm |
| Wed | 3:43 am | 7:14 am | 1:05 pm | 8:19 pm |
| Thu | 3:13 am | 8:04 am | 1:47 pm | 9:02 pm |

Cape Coral Bridge Tides

| Day | High | Low | High | Low |
|-----|----------|----------|----------|----------|
| Fri | 12:24 am | 4:37 am | 10:33 am | 7:31 pm |
| Sat | 2:16 am | 5:27 am | 11:33 am | 8:35 pm |
| Sun | 3:28 am | 6:31 am | 12:33 pm | 9:28 pm |
| Mon | 4:11 am | 7:37 am | 1:28 pm | 10:11 pm |
| Tue | 4:40 am | 8:32 am | 2:15 pm | 10:47 pm |
| Wed | 5:02 am | 9:19 am | 2:57 pm | 11:19 pm |
| Thu | 5:18 am | 10:00 am | 3:35 pm | 11:47 pm |

Island Seniors At Center 4 Life

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

Donations Needed For Trash & Treasures Sale – Island Seniors, Inc. is looking for donations of clean, gently used items for the fall Trash & Treasures Sale. Priced items at the center are available for purchase. This annual event is organized by Island Seniors, Inc. volunteers at the Center 4 Life. Island Seniors, Inc. is an enrichment, social and resource organization for members ages 50 and older who are residents or visitors to the islands. The sale is a huge event for the Island Seniors/Center 4 Life and all the proceeds help support programs like kayaking, fitness, technology, games, potlucks and arts. Donations are tax deductible and you may bring them to the Center 4 Life Monday through Friday between 8 a.m. and 3 p.m. Books, clothing, shoes, computers or old TVs are not accepted. If you have any questions, call 472-5743.

Kayaking on Tuesdays – August 20 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.

Gelli Printing with Bea Pappas – Fridays, August 9, 16, 23 and 30, 12:30 to 3:30 p.m. Cost is \$20 for members

and \$25 for non-members.

Choose mono type or make papers for collage use. Beginners welcome. Supplies needed: paper towels, acrylic paints, water container, one-inch brush. The instructor will provide all other supplies.

Lunch at Cip's Place – Wednesday, August 14. Limited seating available, advance registration required.

Cip's Place is an island favorite with a wide variety of lunch entrees as well as daily specials and desserts. Local restaurant reviewer Jean LeBoeuf in 2018 chose Cip's as one of 14 hidden gems. Cip's was named for a longtime islander Jimmy Cipriani who owned the property. He always made time for conversation, good company and great food. Cip's is home to a wall of island faces painted by two local artists. And its bar is modeled after one of Sanibel's original ferries, the *Islander*. Register at the front desk. Separate checks will be provided.

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.

Broadway Palm Dinner Theatre Performance of Once – Wednesday, September 18. Cost is \$63 for members and \$73 for non-members. Includes lunch and performance.

From the very first note, *Once* pulls you in and doesn't let you go. Featuring magical songs from the critically acclaimed film, including the Oscar-winning *Falling Slowly*, this gorgeous and uplifting show strikes an unforgettable chord. Set in Dublin, an Irish musician ready to give up on his career is drawn to a Czech immigrant that helps encourage him to keep writing and performing. Through their shared love of music, an unexpected friendship and collaboration quickly evolves into a powerful, but complicated, love story. *Once* won eight Tony Awards and the 2013 Grammy Award for Best Musical Theater Album. Advance registration is required. Transportation is on your own.

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.

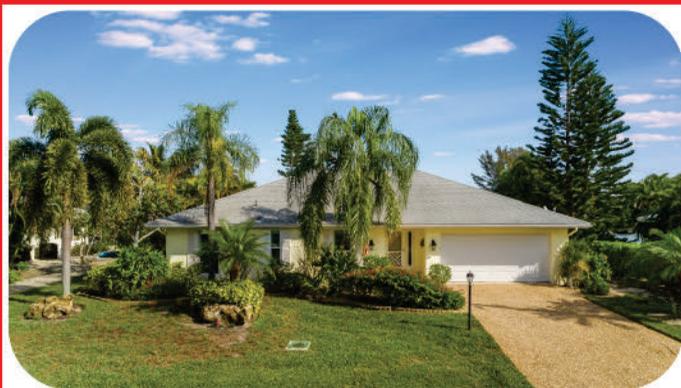
Essential Total Fitness – Monday, Wednesday and Friday at 9:30 a.m. Cardio, muscle strengthening and flexibility training with hand weights, stretch cords, chairs and stability balls. Athletic footwear is required. Mahnaz Bassiri is the instructor.

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. ✪



East Rocks With Deeded Beach Access! 678 Durion Court Offered at \$699,900

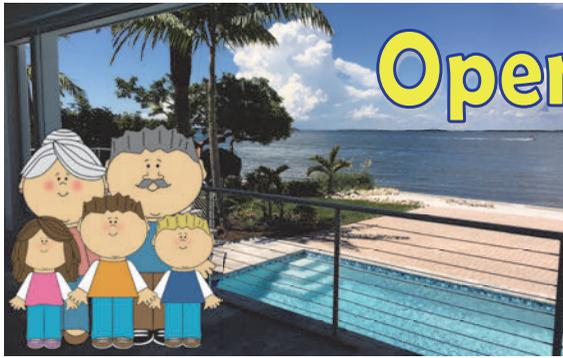
Beautifully remodeled 3BD/2BA lake home. Located in East Rocks, this home is just a short walk from the beach access. The living and kitchen areas boast beautiful lake views. New stainless appliances, freshly painted, new baths, tile flooring cabinetry and more! This home is ready for a new owner and priced to sell.



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BAY-FRONT CUSTOM HOME WITH POOL & BOAT DOCK WITH LIFT

Water-lovers delight! 4-level split-plan with elevator just remodeled at 1238 Isabel Dr. Unique design provides many options for year-'round residents, snowbirds, & vacationers. Three large living areas, 2 with fireplaces, soaring ceilings, master suites on both 1st floor & upper level, several guest rooms, 4.5 baths, 2 offices, utility room, butler's pantry, 3-car garage. \$3,495,000



DIAMOND IN THE ROUGH

Dunes 3-bedroom 2-bath pool home with big views. Price reflects cosmetic updates needed. Split plan includes family room with fireplace & large glassed porch. \$699,000



PRIVATE END OF CUL-DE-SAC

Semi-raised easy-living 1-level 3-bedroom 2.5-bath Gumbo Limbo home. High ceilings, family room with fireplace, new roof, new HVAC, huge screened porch, lake view. \$649,000



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Renovated top-to-bottom inside-&-outside in 2017. Suites center around bright white expanded great room with high ceilings, wall of windows & sliders to pool. Upper open loft offers another general living area or potential for 4th suite. On deep-water-access canal cul-de-sac near causeway. 90' wood dock, concrete patio dock, & boat lift. Coastal-chic decor. \$2,195,000



RESIDENTIAL LUXURY CONDO

Reconfigured updated Gulfside Place 2nd floor, nearly 2000 sq. ft. beach-facing 2 bedroom with den. Covered parking & storeroom below. Neutral high-end finishes. \$1,429,000



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Gulf-front Sanibel Arms West 2 bedroom in on-site rental program with low fees & income \$70K+/yr with owner use. \$849,000 offered turnkey with future bookings



GATED GULF HARBOUR

1st level luxury villa in Coronado. Lake views, garage, waterside lanai, & many upgrades. Great room, eat-in kitchen, 2 bedrooms, office/studio/or 3rd bedroom, & laundry. \$499,000



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Don't Major in 'Pre-Law'



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

A recent report from the Law School Admission Council showed that the number of law school applications for the 2018-19 admissions cycle was nearly 11 percent higher than the earlier cycle. This is likely a reflection of our economic growth and political news cycle. There are many now who aspire to the degree.

Since having two daughters who have graduated college, their friends (who one day hoped to become lawyers) would often ask me whether they should, as an undergraduate in college, major in pre-law.

I always tell them "No!"

Before being accepted into and attending law school in the United States, one must first earn an undergraduate degree. The degree can be in anything, so long as it is earned at an accredited institution. Many colleges and universities now offer a "pre-law" curriculum designed to attract undergraduate students who plan to attend law school.

I advise against an undergraduate degree in pre-law because I believe that it doesn't provide a solid foundation in a base knowledge that is necessary to become a better practicing lawyer. Further, I believe that a pre-law degree doesn't give the student any more than what he or she will learn during their first year of law school. A pre-law major, for example, will likely take courses in introductory research, writing and reasoning classes, philosophy of law and courses covering the makeup of our government and constitutional systems.

First year law students get all of that and more as they are required to complete courses in contracts, torts, jurisprudence (history of the law), research and writing, constitutional, criminal, civil procedure, and property law. The second and third year of law school allows the student to take "electives" where they can learn certain specialty areas, which is very important today, since law, like most occupations is highly specialized.

You don't find many "general practitioners" any more, as most attorneys concentrate their practices in one field or another such as estate planning, tax, real estate, business organizations, civil litigation, intellectual property, and family practice.

If one wants to become a tax or estate planning attorney, for example, it would be far better as an undergraduate to major in accounting or business so that the student will have a frame of reference for the complex income, gift, estate, business, and trust laws that they will encounter in practice. Many attorneys who practice intellectual property law (patents, trademarks and copyrights) have an engineering degree which helps them understand the complexities of their clients' inventions. One of my law school classmates was a physician who went into medical malpractice law.

Other undergraduate majors that aren't occupational specific serve better than pre-law in the lead in to law school. English and literature majors, for example, become proficient in reading, analyzing and expressing thoughts through superior written communication skills. Some of my classmates who were tapped to write for the prestigious Florida Law Review were English majors as undergrads.

The problem with what I am recommending is that it asks an 18- or 19-year-old

not only to commit to a path that leads to law school, but also to commit to a specific type of law. Most young people coming out of high school have no idea where their career interests may lie.

One good way to look at obtaining an undergraduate degree that provides certain definable skills is that if the individual changes their mind about going to law school, at least they will have a solid undergraduate degree in something worthwhile. Where is a pre-law degree going to take you if you either can't get into law school or don't want to go after your undergraduate years? Perhaps it would be a good background to work as a paralegal or in law enforcement, so if that's your fall back, then that could work.

A varied undergraduate degree will also help the student land their first job. As an estate planning lawyer, when I am looking to add an associate lawyer in my office I'll likely look for a candidate who has an accounting or business background. In my field of work, I feel that a candidate with such a background will likely hit the ground running faster than someone with a pre-law undergraduate degree.

Equally important to the undergraduate degree is the course work that the student selects in their second and third years of law school. Most law schools offer a wide variety of electives for the second and third years, allowing students to specialize their education into a given field.

There are many choices out there. If one is crazy enough to want to earn a law degree and then go out and practice law, I hope that I have provided some valuable insight.

©2019 Craig R. Hersch. Learn more at www.sbslaw.com.✪

Hospitals Earn Top Marks For Safe Infant Sleep

Southwest Florida parents can rest easy knowing their infants are sleeping well at three Lee Health Certified Safe Sleep Champion hospitals.

Cape Coral Hospital, Golisano Children's Hospital of Southwest Florida and HealthPark Medical Center recently earned the highest possible gold-level certification from the National Safe Sleep Hospital Certification Program for their commitment to best practices and education on infant safe sleep. The hospitals are three of 10 in Florida to earn gold certification.

"Nothing is more important than the safety and wellbeing of our pediatric patients, and this certification reinforces our commitment to creating a zero harm environment in our hospitals," said Scott Kashman, chief officer, hospital operations at Lee Health.

The National Safe Sleep Hospital Certification Program is a national program created by Cribs for Kids, a Pittsburgh-based organization dedicated to preventing infant, sleep-related deaths due to accidental suffocation. More than 3,500 infants are lost to sleep-related deaths in the U.S. each year, according to the Centers for Disease Control and Prevention.

"Unsafe sleep practices are the leading cause of preventable death for infants in Southwest Florida and, unfortunately, that number is on the rise," said Susan Ryckman, vice president of operations and chief nurse executive at Golisano Children's Hospital. "One of our goals is to educate new parents about safe sleep practices before they leave the hospital so they can create the best possible environment for their newborns."

An unsafe sleep environment can be created when babies share their beds with either another person or with

excess blankets or toys. Suffocation occurs when a baby isn't able to breathe because he or she is lying in a position where something is blocking the baby's airflow. This can be caused by an adult or child rolling over onto the baby. It can also occur if something soft, such as a blanket, pillow, sheet or the mattress itself blocks the baby's airway.

A simple way to prevent this is to follow the ABC method for creating a safe sleep environment. These stand for:

A – Alone. Infants should always sleep alone. Have baby share your room, not your bed.

B – On their Back. Place your baby on his or her back for all sleep times – naps and at night.

C – In a Crib. Use a firm sleep surface, such as a mattress in a safety-approved crib.

For more information on the National Safe Sleep Hospital Certification program, visit www.cribsforkids.org/safesleephospitalcertification.✪

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ISLAND SUN BUSINESS NEWSMAKERS

Kingfisher Real Estate



Brooke Brownyard



Robyn Moran

The top producers at Kingfisher Real Estate for July were: Brooke Brownyard, top selling agent; and Robyn Moran, top listing agent.✪



From left, Cypress Cove Executive Director Michele Wasserlauf, Volunteer Coordinator Lucinda Henry, Mary Meador of United Way, Cypress Cove Philanthropy Specialist Allen Abbott and Friendship Centers Volunteer Services Specialist Deb Dickinson

photo provided

Care Packages Assembled For The Elderly

Cypress Cove at HealthPark residents and employees donated personal care items for seniors attending adult programs at the Friendship Centers. Over 120 care packages were assembled with items

such as toothbrushes, soaps, shampoos and lotions.

Friendship Centers is a nonprofit organization serving older adults in five counties in Southwest Florida. Tens of thousands of older adults in Southwest Florida have benefited from the Friendship Centers' programs and services since its founding in 1973 by Brother William Geenen, a member of the Congregation of the Holy Cross Order of University of Notre Dame (CSC).✱

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

Lions Club Takes Dolphin Cruise



Members of the Sanibel Captiva Lions Club on their July 24 dolphin sunset cruise

photo provided

On July 24, the Sanibel Captiva Lions Club, along with Lions from Fort Myers and Fort Myers Beach, took an Adventures in Paradise dolphin sunset cruise. In addition to seeing a beautiful sunset, participants saw a large group of dolphins, including several young calves.

The Sanibel Captiva Lions Club

holds regular dinner meetings on the first and third Wednesday of the month during the year. Visiting Lions or other interested parties are welcome to attend. For more information on the Sanibel Captiva Lions Club, contact Membership Chair Steve Schulz at 233-6261 or visit www.sanibelcaptivalionsclub.org.✱

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Frankly Speaking

by Howard Prager



When I wrote last week's column, many Major League Baseball prognosticators said there would be no headline making deals this year at the new trade deadline, July

31. Wrong. Let's look at some of those deals and what it says about baseball's final trade deadline of the season. As we do, let's look again at starting pitchers, and conclude with dreams that can come true.

The Astros, firmly in first place and with the best record in the American League, came away as the biggest winners with the last-minute acquisition of Zach Greinke for four prospects to the Diamondbacks. The Astros are in first place, but this solidifies a starting rotation that was already one of the best ever in Houston. They truly expect to win the World Series and, with this group and one of the best records in baseball, Vegas has them as 2/1 favorites to do so.

What's kind of interesting is the Giants picking up veteran second baseman Scooter Gennett from the Reds. They can't catch the Dodgers, they're 17 games back and just a .500 team. He brings some veteran strength to this team that was initially hot after the All-Star break. Let's see what this does.

My Cubs made several moves shoring up the "batting practice relief corps" as well as getting a left-handed bat with pop by grabbing Nicholas Castellanos from the Tigers. With limited activity from Milwaukee and St. Louis, is this enough for the Cubs to secure their division and perhaps get back to the World Series themselves? The National League East-leading Braves also helped

their relief pitching by picking up Shane Green from the Tigers and Mark Melancon from the Giants. There were lots of other deals: the Dodgers picked up some insurance for their infield with Jedd Gyorko from the Cardinals; the Phillies got a hot bat from Pittsburgh in Corey Dickerson; the A's picked up pitcher Tanner Roark from the Reds; and the Nationals got bullpen help from both the Mariners and Blue Jays in their wild card push. So much for a lackluster trade deadline!

Speaking of lackluster, as I reported earlier this summer, innings pitched by starting pitchers is declining to an average of barely more than five innings. What I've learned is that wins and losses don't matter anymore, give us five to six strong innings and we'll take it from there. Shane Bieber was on the news last night for pitching three complete games this year for the Indians. Older pitchers would laugh at that. Specialists today include short- and long-term relief, left- and right-handers, set-up men and closers. A strong and versatile bullpen almost tops a strong starting rotation, but both would be ideal! And, in 2020, pitching faces a new (and controversial) rule from MLB – if it goes through. Next season, "starting pitchers and relief pitchers must pitch to either a minimum of three batters or the end of a half-inning (with exceptions for incapacitating injury or illness)." Let's see if this will even happen.

Can dreams come true? They did for Nathan Patterson. The 23-year old hasn't played baseball since high school. But he threw some pitches at a speed gun in Nashville, the A's triple A affiliate, that caught some attention. Patterson then got serious and began working out, despite having a broken hand on his non-pitching hand. He developed a curve to go with his fastball, and recently threw at a speed gun at a Rockies game for fun. The video of his 96-mph fastball went viral. Last week, the Oakland A's signed him to a contract and started him at the Arizona League. Here's what Nathan posted on

Instagram. "For those who tell you that you can't achieve your dreams, use that as fuel to work even harder. Go after your dreams and make them a reality!"

Good luck Nathan, I couldn't say it any better.

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.

Golf Tournament To Benefit Hope Parkinson Program

Golf Fore Hope, a golf tournament to benefit the Hope Parkinson Program, is scheduled for Saturday, October 5 at The Golf Club at Magnolia Landing, located at 3501 Avenida Del Vera Boulevard in North Fort Myers.

The scramble format tournament will begin with an 8:30 a.m. shotgun start and includes 18 holes of golf. Afterwards, there will be a cookout lunch featuring prizes and raffles. Individual golfers are \$75 each; four-golfer teams are \$300. The tournament is limited to 25 teams. Hole sponsorships are available for \$100. Online registration and sponsorships are available at www.Donate.HopeHCS.org/Golf.

"From movement classes and educational events, to support meetings for patients and caregivers, the Hope Parkinson Program serves an important need in our community," said event

coordinator Martin Haas. "Since exercise has proven benefits for those with Parkinson's, this tournament is a great way to exercise and show our support for this amazing organization."

Golf Fore Hope is sponsored by Entech Business IT Solutions, with 100 percent of the event proceeds benefiting the Hope Parkinson Program.

For information on registration and hole sponsorships, contact Martin Haas at martin@entechus.com or 229-1000.

From page 26

Life Insurance

this area:

Many people want to make a large gift of cash or securities to a charity but hesitate because they do not want to reduce their financial legacy to their loved ones. They can solve that dilemma by replacing the gifted asset in the estate with a life insurance policy, which, of course, pays its death benefit income tax-free. Then the estate remains whole, and the charity will benefit.

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

SPORTS QUIZ

1. In 2019, Pittsburgh's Josh Bell became the third player in National League history to have at least 12 doubles and 12 home runs in the same month. Name either of the other two to do it.
2. When was the last time before 2018 (Cincinnati's Bryan Price) that a major-league manager was fired in the month of April?
3. How many years went by before the Buffalo Bills returned to the NFL playoffs in the 2017 season?
4. When was the last time before the 2018-19 season that the Tennessee men's basketball team won at least 15 games in a row?
5. How many times have the Florida Panthers made the NHL playoffs during their first 25 seasons (through 2018-19)?
6. Who was the only sprinter to set a world record in the 100-meter, 200-meter and 400-meter?
7. Name the last male golfer to win the same major three years in a row.

ANSWERS

1. Hank Aaron and Frank Robinson. 2. It was 2002, when four managers (Colorado's Buddy Bell, Milwaukee's Davey Lopes, Detroit's Phil Garner and Kansas City's Tony Muser) were fired in April.
3. Eighteen years (last in playoffs in 1999). 4. It was 1915-17. 5. Five times. 6. Irena Szewinska of Poland. 7. Peter Thomson won the British Open in 1954-56.

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Suzy Ward, Rotary Club of Fort Myers South president-elect photos provided



Rotary Club of Fort Myers South partnered with three other Rotary clubs and Habitat for Humanity to build a community park in east Fort Myers

Rotary Clubs Join Habitat To Build Community Park

The Rotary Club of Fort Myers South partnered with Habitat for Humanity of Lee and Hendry Counties to build a new community park at Majorca Palms in the Tice area of Fort Myers. About two dozen Rotarians spent the morning of July 20 laying sod and installing new playground equipment to benefit 175 children and 150 families in

the neighborhood. The park is the first of its kind for the local chapter of Habitat for Humanity. It represents the fruits of a monthlong effort between Vince Modarelli, Habitat for Humanity's local vice president of community outreach, and Tracie Bagans, the immediate past president of Rotary Club of Fort Myers South, to raise funds and secure volunteers.

"This challenge turned out to be easily overcome as three other Rotary clubs in the area, Fort Myers, Sanibel-Captiva

and Fort Myers Sunrise, agreed to join our effort," Bagans said. "Rotary District 6960 also provided matching grant funds that completed our fundraising goal of \$30,000."

Habitat for Humanity purchased the 22-acre Majorca Palms development from a private developer in 2013 to address the desperate need for affordable housing in Tice. Funding for the park came from Keurig, Dr. Pepper and KaBOOM!, a nonprofit organization that promotes safe and engaging

places for outdoor play. Still, additional funding from Rotary was necessary to cover expenses associated with the playground's completion.

"Being able to play outside contributes to both the physical and mental health of the children, not to mention enhancing the social aspects of the neighborhood," said Kerri Goldsmith, the current president of Rotary Club of Fort Myers South. "One of Rotary's areas of focus is child and maternal health. This project ties in perfectly with that mission." ❄

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ARC Receives Donation To Help Rescued Dogs



Representatives from Animal Refuge Center accept the donation from VCA Veterinary Hospitals

photo provided

The Animal Refuge Center received a \$7,973 donation from VCA Veterinary Hospitals. The ARC recently rescued 17 dogs from the flooding caused by Hurricane Barry and this funding will be used to support their care until the dogs are adopted into permanent homes.

“The four local VCA Hospitals chose to support the Animal Refuge Center because it is the largest no-kill shelter in Southwest Florida and

provides community education as to the needs and care of animals, and public awareness regarding the importance of spaying and neutering your pet,” said Kimm Pontiff, hospital manager at VCA Coral Animal Hospital. “Our staff and clients were extremely excited to participate in the raising of \$7,973 for ARC.”

The four local VCA Veterinary Hospitals: VCA Coral Animal Hospital, VCA Miracle Mile, VCA Sanibel Animal

Hospital, and VCA Chiquita Animal Hospital, raised the donated money through the VCA Charities Pennies for Pets program. The pennies program allows VCA clients to round up their charges and designate the difference to the VCA mission of helping pets in need.

“We are honored to receive this donation from our local VCA Animal Hospitals. The donation came at a perfect time for the Animal Refuge

Center,” said ARC Board President and Executive Director Wayne Leinen. “ARC just would not be able to step up to help in times of crisis without support from generous individuals and businesses, like VCA, in Southwest Florida.”

VCA Veterinary Hospitals sends every pet adopted from the ARC home with a coupon for a free initial visit. The first dogs rescued from Louisiana and cleared for adoption should be available in about a week.✱

Nominees For Officer Of The Year Announced

The Rotary Club of Fort Myers South has released the list of nominees for 2019 Officer of the Year Award.

Open to all Lee County law

enforcement agencies, the Officer of the Year award honors one local hero who goes above and beyond to protect and serve the community. Agencies were able to nominate up to five officers for the Officer of the Year award. To qualify, nominees must work full-time as a sworn officer who is employed by and in good standing with their nomination agency; be committed to going beyond the call of duty, characterized by

showing as a role model for others; show total contribution to the agency and community throughout the year; and exemplify extraordinary actions beyond their expected job responsibilities.

The following law enforcement officers were nominated for the 2019 Officer of the Year:

- Officer Sean Adams, Lee County Port Authority Police Department
- Deputy First Class Donna Aiossa-McNally, Lee County Sheriff's Office
- Officer Richard Castellon, Lee County Sheriff's Office
- Officer Jonathan Duffy, Cape Coral Police Department
- Colonel Thomas Eberhardt, Lee County Sheriff's Office
- Deputy First Class Michael Elkady, Lee County Sheriff's Office
- Officer Nicholas Hubatch, Sanibel Police Department
- Officer Myles Kittleson, Florida Gulf Coast University Police Department
- Lieutenant Richard Meeke, Fort Myers Police Department
- Sergeant Carlos Mena, Cape Coral Police Department
- Detective Jason Steinke, Lee County Sheriff's Office
- Lieutenant Roger Valdivia, Fort Myers Police Department

Finalists will be announced in advance of the event. One hero will be recognized during a presentation of the prestigious Officer of the Year award during the 6th annual Law & Order Ball presented by the Rotary Club of Fort Myers South. Open to the public,

the evening celebration will take place on Saturday, September 14 at 6 p.m. at the Hertz Arena.

The black-tie optional gala also features cocktails, hors d'oeuvres, formal dinner, silent and live auctions, and entertainment. Tickets for the Law & Order Ball are \$175, or \$1,750 for a table for 10. Those unable to attend can still participate by sponsoring an officer to attend, donating items for the silent and live action or making a contribution to the “Fund A Need” to support much-needed life-saving tactical equipment.

Creighton Construction and Development has returned for the sixth year as the Law & Order Ball's presenting sponsor. Additional sponsors include: Bank of the Ozarks, Cape Coral Chrysler Dodge Jeep Ram, Edison National Bank, FineMark National Bank & Trust, Fort Myers Police Department, Gravina, Smith, Matte & Arnold Marketing and Public Relations, Geraghty, Dougherty & Stockman, PA, Henderson Franklin Attorneys at Law, Lee County Sheriff's Office, Mark Loren Designs, Millennium Physicians Group, Park Royal Hospital, Premium Deli Provisions, RapidPrint, Sam Galloway Ford, Suncoast Credit Union, Southwest Florida Public Service Academy, and WINK News.

For more information, to become a sponsor or to make a contribution, visit www.lawandorderball.org or contact Allie Andrews at allie@gsma.pro. For all other inquiries, call 277-6295.✱

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Tips To Survive On Hydrocodone And Other Opioids



by Suzy Cohen, RPh

Dear Readers: Vicodin and Lortab are two brand names of one of the most popular drugs in the entire world.

Generically, it is called "hydrocodone with apap" where the "apap" is an

abbreviation for acetaminophen (aka Tylenol).

When I worked in a busy retail pharmacy in Florida, this medication was on the fast mover shelf because it was dispensed by the thousands each day.

Hydrocodone/apap is a prescription analgesic and in the category of "opioids," which you've been hearing a lot about lately. Opioids are man-made drugs intended to look similar to the naturally-produced opiates made in your body. The opioid drug binds to the receptor on your cell's outer membrane, and unlocks a variety of feel-good, numbing compounds which relax your body, increase pleasurable feelings and suppress pain signals.

If you require this medication there are three important tips you should know about:

1. Never stop suddenly – If you've been supported on this medication for more than two weeks, do not stop suddenly. It has to be weaned. Your body has already grown tolerant to the medication, and stopping suddenly could produce dangerous withdrawal effects. Step down your dose due to the downregulation of receptors that normally process important neurotransmitters such as serotonin, acetylcholine, glutamate, GABA and dopamine.

2. Reduce side effects – Hydrocodone/apap (Vicodin) is known to cause constipation as its number one side effect. You can and should anticipate it and take a stool softener like docusate.

I recommend plenty of water each day, and a diet that is rich in fiber, fruits like prunes and even oatmeal. This may not help and, in that case, an

over-the-counter laxative like Miralax (polyethylene glycol 3350) or a fiber supplement like Metamucil could help.

For those of you who have been on this medication or a similar one such as Oxycodone/apap (Percocet) or Oxycontin for a long time, I would like to enlighten you that constipation is the least of your worries. There is a condition termed Narcotic Bowel Syndrome or NBS. This condition causes gastrointestinal hypersensitivity. It's terribly under-recognized.

It's never-ending and you will wind up getting CT scans, abdominal X-rays, MRIs, MRCPs, Ultrasounds, endoscopes down your throat, colonoscopies up through the bottom... and on and on! NBS is characterized by the progressive and somewhat paradoxical increase in abdominal pain despite continued or escalating dosages of narcotics prescribed in an effort to relieve the pain. I have more on this if you sign up for my newsletter on my website.

3. Never Drink Alcohol or Take Sleepers – Opioids are central nervous system (CNS) depressant agents that slow everything down, including respiration. Alcohol does that too, so does Benadryl and a host of benzodiazepine drugs. You should never combine two or more CNS depressants because it could slow your breathing down, or stop it completely! This is how unintended deaths occur. By the same token, herbal sedatives are also CNS depressants, so do not combine your opioid medication with magnolia bark, skullcap, lavender, California poppy, lemon balm, valerian root and others.

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 can go wrong if we ignore our intuition?

A: Most of us have had some sort of signal in our solar plexus (stomach region) that something isn't quite as it appears

to be, and yet we tend to ignore the signs. We might hear the inner voice say to do this or not to do that. This is your intuition telling you something that is important to pay attention to.

When we ignore our intuition, we generally experience something that we need to learn. Perhaps we can begin to see that any obstacles and challenges we were faced with were a necessary path in order to learn the lesson we needed to learn. Learn these lessons with compassion for yourself. Next time you will not be so prone to ignore your intuition. Your intuition knows. You will never be led astray as the body keeps score, so please listen to that wise inner voice that knows all.

Our intuition is our teacher and remember that we are here to learn. It's easy to beat ourselves up for not listening to our inner guidance, however, once you begin listening to your inner voice, you will be glad you did and you will not want

to ignore your intuition again. Lesson learned.

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.

New Pet Loss Support Group

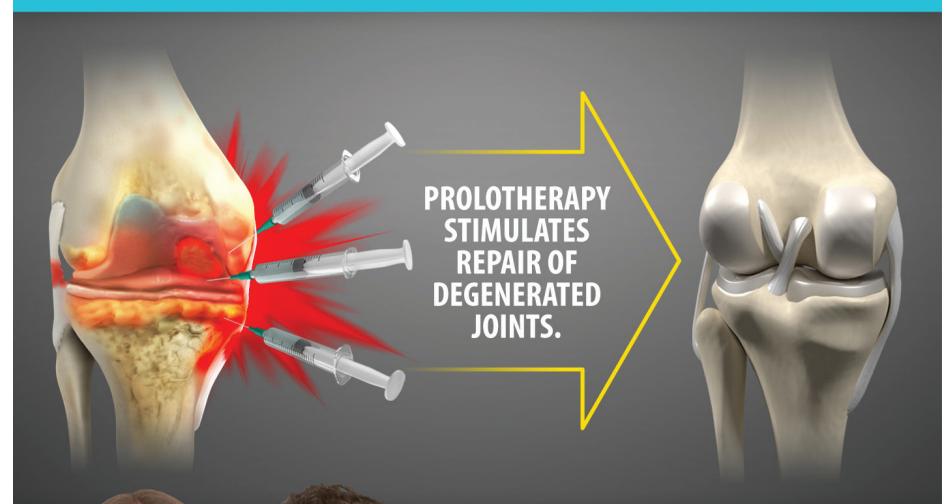
Hope Healthcare understands pets are an important part of our families, and the loss of a cherished pet can be devastating. Starting Thursday, August 15, Hope is offering a monthly Pet Loss Support Group at 4 p.m. on the third Thursday of each month at its location at 2430 Diplomat Parkway East in Cape Coral.

Open to the community at no cost, the Pet Loss Support Group provides an opportunity to discuss feelings about lost beloved animal friends and learn from the experiences of others. To reserve a spot at an upcoming meeting, call Tricia Black, LCSW, ACHP-SW, at 985-2485. Walk-ins are welcome.

With community support, Hope is able to offer additional counseling programs including grief support for adults, teens and children, bereaved parents and those who have experienced the suicide of a loved one. Hope also offers an LGBT group, crisis support for community schools and businesses, and a Spanish language group. Call 482-4673 to learn more or visit www.hopehcs.org/counseling.

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Anxiety May Be Coming From Your Neck



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

Anxiety can be a natural protective mechanism that alarms the body and produces increased heart rate, sweating and increased sensitivity to sounds, especially in times of danger. We've all felt anxious, but some people become almost paralyzed by feelings of anxiety. The good news is that it's not "all in your head!" Or maybe it is.

Patients come to Caring Medical with seemingly unrelated symptoms, reporting they were always "in-control" people, but then something happened, and now they are experiencing uncontrollable anxiety. Some causes of anxiety include stress, trauma, thyroid or hormone imbalances, problems with serotonin, or excessive caffeine, sugar or alcohol. Patients may also exhibit muscle or chest tightness, heart palpitations, blood pressure issues, sweating, irritability, insomnia and

panic attacks.

Traditional treatment for anxiety involves use of psychotropic drugs and cognitive behavioral therapy. We take a more natural approach and look for the underlying cause. A tremendously important part of healing involves eating a nutritious, well-balanced clean diet, including foods that are important for neurotransmitter synthesis and mood, including healthy fats, whole grains and lean proteins. Fresh vegetables, eggs, nuts, seeds, wild-caught fish, grass-fed beef and organic chicken are good sources. Avoiding processed sugary foods, as well as excessive caffeine and alcohol, also helps modulate mood swings and energy levels. Additionally, it is beneficial to incorporate supplements, essential oils, good sleep and regular exercise. But sometimes the patient is still not cured. Why? Patients often report symptoms began after a whiplash or fall injury, or became progressively worse after excessive computer use. How is this related to anxiety? Vertebral instability occurring from a neck ligament injury affects the function of cervical sympathetic ganglia. In other words, loose segments of the neck produce these symptoms. We successfully treat vertebral instability with H3 Prolotherapy, a natural injection treatment to tighten loose segments.

*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@carimgmedical.com.**

Superior Interiors

Color Confidence



by Marcia Feeney

How can you use color to its best advantage when you're considering updating your interior design scheme? Many of my clients ask me this question, so I'd like to share some

simple "color confidence" steps with you that I think will be of help.

First, choose colors for larger areas first. Large areas in your room would include the walls, ceiling and floor. Once you've settled on colors for those areas, select fabric colors for upholstery pieces and window treatments, or begin by selecting the colors and pattern of an area rug.

Next, it's important to consider limiting yourself to two or three colors, achieving variety and interest with shades, tints and intensities of those colors. And, of course, any color scheme can be extended by using neutral shades.

If you want your room to have a feeling of spaciousness, consider focusing on lighter colors. They will tend to reflect light better instead of absorbing it. And conversely, bright and strong colors will help you create a cozy feeling in especially large rooms.

If your rooms contain interesting architectural details, you might consider emphasizing these details with a strong accent color. Or, if architectural defects are present, then you'd want to select a neutral color that would blend with the walls, ceiling and floor.

If this all sounds overwhelming, consider consulting a design professional to develop a color plan for your space. By having a plan in place, you can avoid making costly mistakes in creating a pleasing interior design.

*Marcia Feeney is an interior designer on Sanibel/Captiva Islands. She can be reached at marcia@coindecnden.com.**

Know The Signs Of Drug Abuse

Narconon reminds families that the country is currently facing the largest man-made health crisis in history. Drugs are currently a major problem nationwide and it's more important than ever to know the signs

Beautifulife:

Hakuna Matata



by Kay Casperson

How many of you have loved *The Lion King* movies? What is not to love about this beautiful story about family, love, bravery, growing up and taking your rightful place in this world?

The Lion King was a classic Disney movie that we watched with our daughters in short segments over and over again when they were growing up.

Just recently, we watched it again in a more realistic yet animated version that was amazing and so incredibly real, but with the same emotions and love that we had from the very first time we saw it.

We fell in love all over again with the beautiful characters of Simba and Nala as well as Mufasa, Timon, Pumbaa and of course Rafiki, the crazy baboon. We found ourselves embracing the feelings of love, loss, commitment and responsibility all at the same time.

The biggest take away for me in *The Lion King* is the part of the movie that talks and sings about Hakuna matata, which means no worries. This is the part of where Timon and Pumbaa try to explain to Simba that life can be simple and stress-free if you just let it all go. They encouraged him to move on regardless of where he came from or what had happened in the past; in their words, "you need to leave the past

behind you."

The song says: *Hakuna Matata – ain't no passing craze. It means no worries... for the rest of your days... it's our problem-free philosophy... Hakuna Matata.*

Why do I love this part of the movie so much? It is because, in reality, nothing is really that big or that important that it should rock your world. It is so easy to get caught up with the craziness of our lives, and the impact of our actions or circumstances, but very few things really matter in the long run because life just happens and we are not always in control of the outcome.

The things that matter most are... what you love, what you believe and what the truth is, period.

Life can throw many curveballs and can twist and turn the truth in so many ways, but as long as you hold true to your heart and your mind, you will never waiver from what is real and what is lasting. Even Rafiki wasn't so crazy after all when he said, "the past can hurt, but the way I see it, you can either run from it or learn from it." We all need to be reminded of that once in a while.

My affirmation for you this week is: "I am letting go of worry and stress because it holds me back. Instead, I will adopt a worry-free philosophy and embrace life's lessons to move to a better place in my beautiful life."

*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.**

and symptoms of drug abuse.

Click here to learn more about how to spot signs of drug abuse and how to help your loved one. You can also visit <https://www.narconon-suncoast.org/drug-abuse/> for more information.

Narconon can help you take steps to overcome addiction in your family. Call for a no cost screening or referral: 1-877-841-5509.*

Seminar For Female Entrepreneurs

Women looking to start their own businesses can learn from some of Southwest Florida's leading female entrepreneurs in a one-day seminar – Dress for Success of Southwest Florida's Entrepreneurial Spirit Program (E\$P) – on Saturday, September 21 from 9 a.m. to 2 p.m. in the offices of Markham Norton Mosteller Wright & Company, PA.

The E\$P Dream Team of five leading Southwest Florida professionals will cover topics designed to inspire future business owners and prepare them for success. The speakers and topics are:

Business accounting presented by Angela Cooley, partner at Markham

Norton Mosteller Wright & Company, PA;

Understanding the importance of legal formalities, entity formation, copyright, trademarks and personal liability presented by Christina Harris Schwinn, partner at Pavese Law Firm;

Small business loans and financing presented by Jenn Poppen, assistant vice president and business relationship manager at Fifth Third Bank;

Branding and marketing plans presented by Connie Ramos-Williams, president and chief marketing officer of CONRIC PR & Marketing;

Insurance for new businesses presented by Janet Moore, a chartered property casualty underwriter, certified insurance counselor and risk consultant at BKS-Partners.

A suggested donation of \$25 to Dress for Success of Southwest Florida includes a continental breakfast, lunch and certification of completion. Seating is limited and reservations are required by calling 689-4992.

Attorney Christina Schwinn of Pavese Law Firm is the presenting sponsor of the E\$P program. Other sponsors include Markham Norton Mosteller Wright & Company, PA, CONRIC PR & Marketing, Fifth Third Bank and BKS-Partners.

Markham Norton Mosteller Wright & Company, PA is located at 8961 Conference Drive in Fort Myers.*

PETS OF THE WEEK photos provided

Lee County Domestic Animal Services

Logan And Mallory



Logan ID# A607923

Don't get that empty nest feeling when the children go back to school. Lee County Domestic Animal Services is here to help. Through August 31, adoption fees for all cats and kittens and dogs more than 6 months of age will be reduced to \$25. In addition, cats and kittens are two-for-one; adopt one and take home a second feline friend at no additional charge.

Logan is a 4-year-old male chihuahua who is a loveable little (or not-so-little at the moment) guy that just wants to sit in your lap and get a good back scratch. He needs a good home where he will get a good diet and some exercise so he can live the long and healthy life he deserves, and drop a few pounds. He has what is called cherry eyes, which is not painful nor does it inhibit his eyesight.



Mallory ID# A786415

Volunteers have donated to cover the cost of surgery to repair this through Dr. Larry Scott at Associates in Veterinary Medicine and Surgery, if the adopter wishes to do so. Logan's adoption fee is \$25.

Mallory is a 2-year-old female domestic shorthair who is a super social gal that loves to run around the free-roam room with her feline friends. She likes to check things out and see what kind of trouble she can cause with her buddies. She is very loveable and will curl up next to you for some quality lap time. Mallory's adoption fee is \$25.

*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.lee.gov/animalservices or call 533-7387.**



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 haveneearthanimalleague@yahoo.com.**

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



| | |
|--|--|
| 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

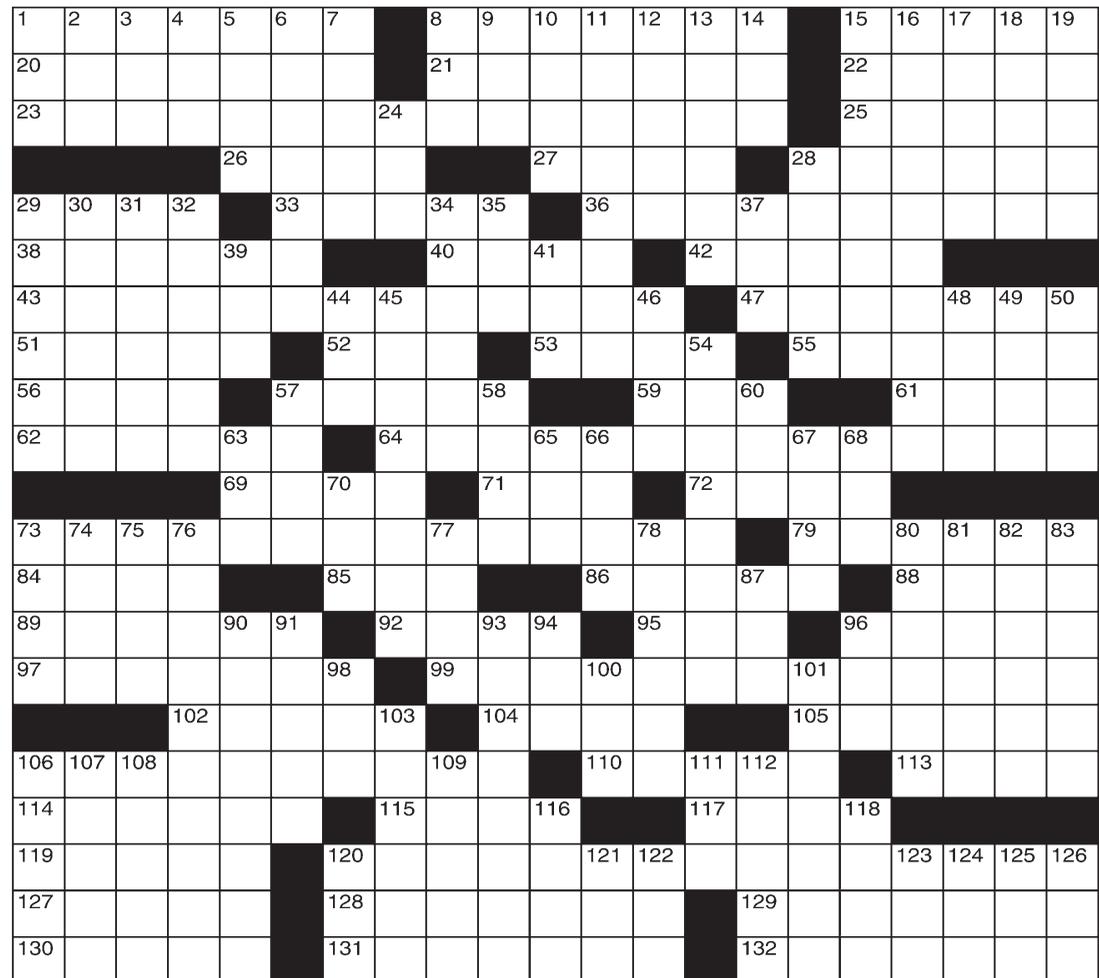
PUZZLES

Answers on page 47

Super Crossword

MAGAZINE ENTERTAINMENT

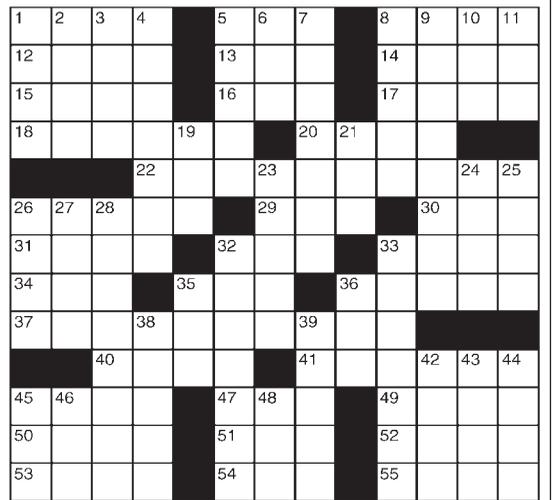
- ACROSS**
- 1 Warlocks
 - 8 Missus' counterparts
 - 15 Impetus
 - 20 Sinister look
 - 21 Is an affront to
 - 22 Castro, e.g.
 - 23 First page in a news magazine?
 - 25 Pee Wee of old baseball
 - 26 Bewilder
 - 27 Starchy pudding foodstuff
 - 28 Give fizz to
 - 29 QED's center
 - 33 Auto variety
 - 36 Have no subscription to a humor magazine?
 - 38 Otter relative
 - 40 Apple variety
 - 42 "Hawaii Five-O" nickname
 - 43 Business magazine shared by a mother, a father and their kids?
 - 47 Gazing
 - 51 Resin used in adhesives
 - 52 Heady quaff
 - 53 Snitch
 - 55 Novelist, e.g.
 - 56 Garr of the screen
 - 57 Billy Joel's "— It Goes"
 - 59 Trailways fleet unit
 - 61 Small bay
 - 62 Classic Fords
 - 64 "I demand to see that financial magazine!"
 - 69 "You — kiddin'!"
 - 71 Pen-filled attraction
 - 72 Saintly ring
 - 73 Celebrity magazine that's not a special issue?
 - 79 Diminished
 - 84 Old salts
 - 85 — carte menu
 - 86 Firetruck noise
 - 88 Eat supper
 - 89 Bests
 - 92 Hence
 - 95 "Sheesh!"
 - 96 Artist Max
 - 97 Started to wake
 - 99 Inherit a fashion magazine?
 - 102 Concerning the kidneys
 - 104 Rainbow flag initialism
 - 105 Carpenter's gun, perhaps
 - 106 Post-it stuck in a page of a wellness magazine?
 - 110 Back of a 45 record
 - 113 Harper of "Far North"
 - 114 First game of the season
 - 115 Artsy NYC district
 - 117 Pilaf base
 - 119 Ties together
 - 120 Drop a health magazine in a filled bathtub?
 - 127 Map feature
 - 128 Having two complete chromosome sets
 - 129 Pyrenees principality
 - 130 Prescient types
 - 131 Has ill will for
 - 132 Pays a visit
 - DOWN**
 - 1 Fly trapper
 - 2 "— been there"
 - 3 First of two sharp turns
 - 4 Former ring king
 - 5 Tear apart
 - 6 Ruling house
 - 7 Capture
 - 8 Sty resident
 - 9 Aliens' ship
 - 10 Closest buds, briefly
 - 11 Antiseptic solution brand
 - 12 British architect
 - 13 Astronomer
 - 14 Cleveland-to-Akron dir.
 - 15 Many a TSA employee
 - 16 Its capital is San Juan
 - 17 At right angles to the keel
 - 18 Haile Selassie disciple, informally
 - 19 Jabbed with a bent leg
 - 24 Novelist
 - 28 Nixon's veep
 - 29 Lacking vigor
 - 30 Got as profit
 - 31 Knight suits
 - 32 Friend of Alice Kramden
 - 34 In a new way
 - 35 Trail mix bit
 - 37 Faucet
 - 39 Actor Ron
 - 41 Stick (out)
 - 44 Engine part
 - 45 Antiquated
 - 46 Dresden's river
 - 48 "Bring —!"
 - 49 Campbell of the screen
 - 50 — Poupon
 - 54 Certain Christian
 - 57 Laos' home
 - 58 Be seepy
 - 60 — Na Na
 - 63 Shared PC system
 - 65 Wine and dine, maybe
 - 66 Janitors' tools
 - 67 Flair
 - 68 Unruly bunch
 - 70 Gun
 - 73 Great Plains natives
 - 74 Have a hissy
 - 75 Eins, zwei, — ...
 - 76 "OK, you win!"
 - 77 Picnic place, in Paris
 - 78 Ceilings
 - 80 Not clumsy
 - 81 Prickly feeling
 - 82 Follows as a result
 - 83 Hinders
 - 87 Penlight-wielding doc
 - 90 Advance exams
 - 91 Madrid Mr.
 - 93 Links target
 - 94 Texter's "Yowza!"
 - 96 Longoria of the screen
 - 98 "— Kapital"
 - 100 Diminish
 - 101 Minimal bit of cash
 - 103 Nielsen of "Airplane!"
 - 106 "Ora pro —"
 - 107 Share a view
 - 108 Jittery
 - 109 Purls, e.g.
 - 111 Deep anger
 - 112 Aria queens
 - 116 Have way too much, for short
 - 118 Prefix with spore
 - 120 Prez on a dime
 - 121 Quarry
 - 122 Places for forks: Abbr.
 - 123 Best
 - 124 CPA hirer
 - 125 Sky sphere
 - 126 Call of dissent



King Crossword

ACROSS

- 1 Healthful retreats
- 5 Meadow
- 8 "So be it"
- 12 Hay storage area
- 13 Plant bristle
- 14 Trademarked symbol
- 15 Emanation
- 16 Corral
- 17 Stench
- 18 Third-place medal
- 20 Honolulu's island
- 22 Waste time
- 26 Unexpected victory
- 29 Started
- 30 Nay opposer
- 31 Recording
- 32 Crazed
- 33 Pack away
- 34 Rd.
- 35 One of the Brady Bunch
- 36 Starts
- 37 Jerry Herman musical
- 40 Comic Jay
- 41 Brother of Andrew and Charles
- 45 Reed instrument
- 47 Pal of Wynken and Blynken
- 49 Wings
- 50 Gloomy
- 51 Run-down horse
- 52 Frost
- 53 Connect the —
- 54 Exist
- 55 "Sports-Center" ailer
- 8 20-Across greeting
- 9 Vary, as a tone
- 10 Freudian concept
- 11 "Neither snow — ..."
- 19 Pimple
- 21 Toss in
- 23 Grassy plain
- 24 French city
- 25 Some conifers
- 26 Hexagonal state
- 27 Macadamize
- 28 Make absolutely plain
- 32 "Material Girl" singer
- 33 Computer security threat
- 35 Garfield's owner
- 36 Antiquated
- 38 Lecherous looks
- 39 Sill
- 42 Muhammad and Laila
- 43 Freeway access
- 44 TV chef Paula
- 45 Peculiar
- 46 Scary cry
- 48 Rowing tool



DOWN

- 1 Thick slice
- 2 Serve tea
- 3 Frizzy hairdo
- 4 Strap hanger
- 5 Boutonniere site
- 6 Ram's mate
- 7 Peeved

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

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

- Boycott
- Broom
- Country
- Courtier
- Income
- Merry
- Peppermint
- Popcorn
- Potpourri
- Pottery
- Queen
- Retirement
- Twitter
- Winterize
- Zipper

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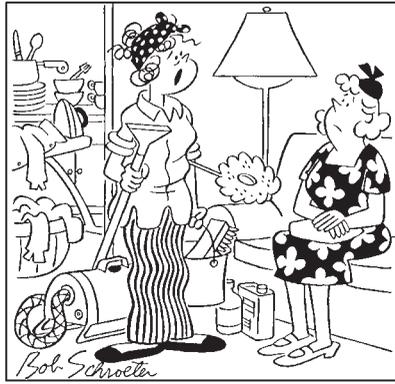
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| | 2 | | 5 | 7 | | | 8 |
| | | 1 | | | 6 | | 4 |
| 9 | | | 3 | | | 1 | |
| 1 | | | 5 | | | | 8 |
| | 7 | | 4 | | | 9 | |
| | | 3 | | | 2 | | 4 |

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.



“It’s amazing how time flies — I keep thinking up ingenious ways to get my revenge on that online _____ service.”
 answer on page 46

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!

Huge _____
GATER _____

Dainty _____
RENTED _____

Honor _____
HISERCH _____

Visual _____
POLATIC _____

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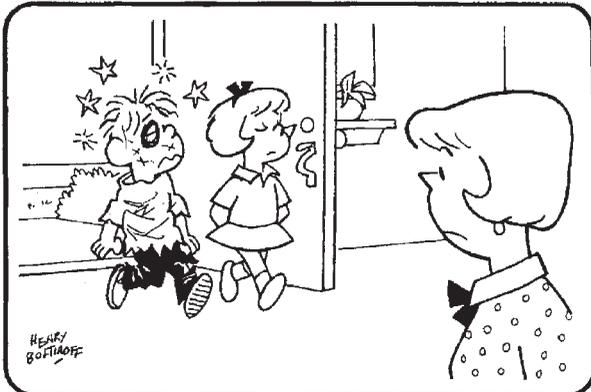
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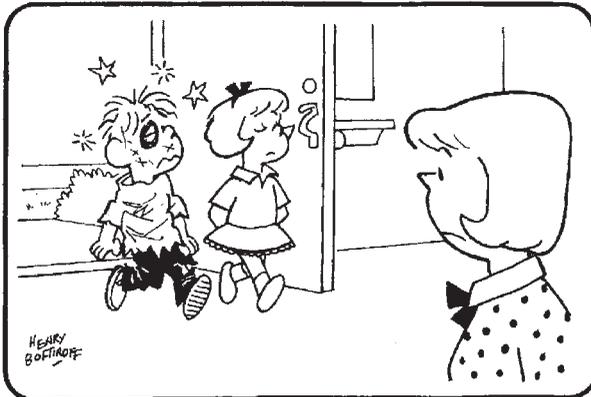
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HENRY BOLTINOFF



FIND AT LEAST SIX DIFFERENCES BETWEEN PANELS



Differences: 1. Mom's hair is longer. 2. Girl's dress has ruffles. 3. Indoor plant is missing. 4. Door handle is higher. 5. Dress polka dots are black. 6. Fewer stars around boy's head.

My Stars ★★★★★

FOR WEEK OF AUGUST 12, 2019

Aries (March 21 to April 19)
Dealing with a difficult person can be the kind of challenge you Aries Lambs love. Or it could be an energy-draining exercise in futility. Be certain your goals are worth your efforts.

Taurus (April 20 to May 20)
The Divine Bovine might be seeing red at having your crisis-resolution efforts overlooked. But others know the truth, and they can be expected to step forward when the time comes.

Gemini (May 21 to June 20)
You should be well on your way to finally making that important decision. Having the support of loved ones will help when crunch time comes. Keep a positive attitude.

Cancer (June 21 to July 22)
Feeling uneasy about a move might not mean you're having a case of Cancerian wavering. It could be your inner sense is warning you to reassess your situation before taking action.

Leo (July 23 to August 22)
Your pride could get in the way of admitting you might have erred. Best to 'fess up now before a small mistake turns into a big misunderstanding. Make the weekend a special family time.

Virgo (August 23 to September 22)
Trying to please someone with a less-than-glowing opinion of something you value could be a waste of time. If you like it, stay with it. The week's end brings an answer to an old mystery.

Libra (September 23 to October 22)
There might be time to make a change. But be honest with yourself: Is it what you really want, or one you feel pressured into making? Your answer should determine your next move.

Scorpio (October 23 to November 21)
Change is dominant, but so is caution: Proceed carefully, checking each step along the way to avoid encountering any unwelcome surprises that might be lurking along your path.

Sagittarius (November 22 to December 21)
It could be a mistake to rely on someone to keep his or her promise without checking out previous performances. What you learn now could save you from a painful lesson later.

Capricorn (December 22 to January 19)
Taking a strong stand on an issue you feel is too important to ignore could inspire others to follow suit. The weekend is a good time to socialize with old friends and make new ones.

Aquarius (January 20 to February 18)
Your sensitive nature gives you an insight into the problems of someone close to you. Your offer of support could be just what this person needs to start turning his or her life around.

Pisces (February 19 to March 20)
Financial matters continue to need even more careful analysis than usual. Use caution with investment possibilities. A personal relationship might take an unexpected turn by the week's end.

Born This Week: You appreciate the wonders of the world and enjoy sharing your delight with others.

STRANGE BUT TRUE

• It was French playwright and actor Louis Verneuil who made the following sage observation: "The prime purpose of eloquence is to keep other people from talking."

• With only two known to exist, the rarest U.S. postage stamp is an 1868 1-cent Benjamin Franklin Z-Grill, so called because of the shape that was impressed into the stamp. One of the Z-Grills is in the collection of the New York Public Library, and the other was sold in 1998 for \$935,000. That's not the end of the story, though; in 2005, the same stamp was traded for

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NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of MORGAN EXTERIORS OF FORT MYERS, located in LEE County, State of FLORIDA, with an address of 12651 Metro Parkway, Fort Myers, Florida 33966, has registered said name with the Division of Corporations of the Department of State, Tallahassee, Florida. Dated the 26th day of July, 2019. Morgan Exteriors of Orlando LLC Jasen T. Keyes
8/9 * 8/9

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- 3. Cherish; 4. Optical

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