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VOL. 27, NO. 51

SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 19, 2020

JUNE SUNRISE/SUNSET:

19 6:36 • 8:24 20 6:36 • 8:24 21 6:36 • 8:24 22 6:36 • 8:24 23 6:37 • 8:25 24 6:37 • 8:25 25 6:37 • 8:25

Foundation Awards Grants To Island Schools

The Sanctuary Golf Club Foundation (SGCF) board approved donating a total of \$48,000 to The Sanibel School and to the islands' preschool, Children's Education Center of the Islands (CECI), in an effort to fill funding needs created as a result of the COVID-19 crisis. This brings foundation's total donations in the community to \$133,000 since the pandemic began. In March, the foundation provided a total of \$85,000 to FISH of SanCap and Community Housing and Resources (CHR).

In this latest round of grant making, The Sanibel School received \$20,000; \$10,000 of which will allow the school to reinstate the "The Leader in Me" program and the remaining \$10,000 will go toward replenishing books and other media in the school library, The Sanctuary Media Center. The Leader in Me program, which is offered by the Franklin Covey Institute



The Sanibel School Principal Chuck Vilardi and Vice Principal Jamie Reed

photos provided

and will be offered to all K-8 students, helps instill essential character and life skills.

As a result of receiving \$25,000 in scholarship grants, CECI can welcome



From left, Lisa Schmidlin, SGCF board member; Kerra Pike, CECI executive director; John McCabe, SGCF board president; Linda Linsmayer, SGCF board member; and Ken Kouril, SGCF executive director

preschoolers back to its campus for summer camp or fall preschool and daycare, regardless of the families' ability to pay. In addition, the foundation donated \$3,000

to install a sun-protective awning over an outdoor play area.

"The foundation's grant committee

continued on page 10



Sanibel Community Park

photo by Lorin Arundel

Family Exploration For Free, Or Next To Nothing

by Wendy McMullen

With the summer holidays about to be in full swing, it's family time on Sanibel and the children's playground at Sanibel Community Park

opened again last week to celebrate the season.

The popular Periwinkle Way playground with monkey bars, a climbing wall, twisty slides, animal spring riders, crawl tunnels, swinging steps, butterfly stepping stones, tyre swings, bell strikers, drums and much, much more is again open to children after a two-month closure.

Outside the secure, enclosed playground are clean restrooms, benches and picnic

continued on page 6

Sea School Offers In-Person Camps



Campers will get surf time each day

photo provided

Sanibel Sea School will offer full-day, in-person summer camps and half-day classes for nine weeks beginning Monday, June 29.

In accordance with CDC and American Camp Association guidelines, summer activities will be modified to take necessary precautions to slow and stop the spread of COVID-19.

For all programs, face coverings will

be expected indoors, but not required in outdoor situations when campers and students are able to maintain a safe social distance. In addition, all van trips will be suspended and participants will be in small groups.

Staff recommends campers wear buff-style face coverings because they are child-friendly and can be worn in the water.

continued on page 11



From left, Richie Rosado, Yleana Way, Kari Cordisco and Justin Rodriguez photo provided

Hospitality Workers Get Local Support

In the midst of the coronavirus pandemic, Sanibel Moorings Resort staff has been giving back to the community in various ways. They helped re-paint a parking lot and cleaned up landscaping a local not-for-profit. Last week, they wanted to provide for those in the hospitality industry who live in Community Housing and Resources (CHR) and were affected by COVID-19.

Kari Cordisco, general manager of

Sanibel Moorings Resort, worked with CHR Executive Director Melissa Rice on a plan to provide grocery items to the hospitality workers who had lost their jobs during the shutdown.

"We are so grateful for the generosity of the Sanibel Moorings staff. They provided bags of grocery items for us to choose from, including delicious fresh fruit and vegetables, pastries and gift cards," said CHR resident Morgan Hollaway.

Several CHR families were invited to Sanibel Moorings to shop for their groceries from a food bank of donations made by team members of Sanibel Moorings. Hundreds of canned and boxed

items, fresh fruits and vegetables, pastries and gift cards were compiled for each family. The team was so happy to help other hospitality professionals during this difficult time.

"During times like these, kindness is more important than ever," said Cordisco.

CHR staff and board extend a heartfelt thank you to Cordisco and the Sanibel Moorings team for their generosity to fellow hospitality workers in CHR.✪

Kiwanis Club Awards Youth Scholarships

The Kiwanis Club of the islands has long been committed to supporting the needs of local youth. For many years, a primary focus of this work has been the Kiwanis Scholarship Awards Program, which helps island students advance their higher education goals. The scholarship award recipients for the coming 2020-21 school year.

This year's awards will provide a total of \$63,500 in scholarships to 35 students, the most in the history of the program. Over the past 14 years, the Kiwanis Scholarship Program has distributed 312 scholarships totaling \$459,500. This program has been made possible by the community's support of the fundraising activities Kiwanis holds each year, including its spaghetti dinner, Diner's Delight restaurant coupon book, golf

tournament and personal donations.

This year's recipients are headed to 17 different colleges and universities, 12 within the state of Florida and five institutions located throughout the eastern U.S. Twenty nine of the awardees received one-year scholarships, and an additional six received multi-year awards. Students are encouraged to re-apply each year as they continue their education.

To be eligible, students must have a connection to Sanibel or Captiva, which means they must be residents or have parents who work here. To ensure objectivity in making the awards, applications are evaluated and judged by a panel of independent education professionals located off island, who have no connection to the applicants.

This year's multi-year scholarships were presented to: Daisy Arensman, Sam Arensman, Stephanie Crown, Jake Mann, Amber Schweitzer and Kelsi Snow. One-year awards were presented to: Maria Angelino, Alanya Aracri, Carson Brown, Calie Connor, Adrian Cooper, Deanna Marie Craig, Jennifer Crown, Suzanna DeCosta, Rusty Farst, Gabriele Gedvilaite, Hayley Halski, Sage Holaway, Alec Koonz, Amanda Kovacs, David Lowden, Emery Lowden, Skyler Lowden, Elizabeth Meardon, Savannah Nippa, Clay Robison, Brendan Speckman, Lauren Speckman, Samantha Strickland, Kylie M. Sutton, Caroline Tesoro, Daniel Trier, Alyssa Vetter, Kyle Walker and Noah Weigel.

Among the awards this year, some special scholarships were made in honor

continued on page 8



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CARD OF THANKS

Thanks to our friends at FISH of SanCap, our campers will enjoy healthy snacks during our summer program. FISH is a human services organization, focused for over 38 years on neighbors helping neighbors. We are so grateful for their continuous support.

At the Children's Education Center of the Islands (CECI), we strive to encourage healthy eating habits. Food literacy is intertwined with our school year curriculum. Our children prepare a variety of foods, which allows them to taste foods they might not have ever been introduced to at home. Teaching our students where our food comes from is another foundation of our food literacy curriculum.

Thanks to FISH, we can continue to provide healthy snack options and continue our food literacy curriculum throughout the summer.

— Kerra Pike, CECI director✧



From left, CECI Director Kerra Pike with Maria Espinoza and Alicia Tighe of FISH photo provided

Storm Trends Topic Of Meeting

The National Hurricane Center is not seeing a change in number or intensity of tropical storms with climate changes, but the amount of water they drop has increased, NBC2 Chief Meteorologist Allyson Rae told members tuned into the June 10 Sanibel and Captiva Islands Chamber of Commerce virtual business luncheon. Participants were invited to “bring their own lunch” to the meeting and ask questions via the Zoom chat function.

“Storms are moving 10 percent slower than they were (in 1950), which means more rain is falling on places,” said Rae, who worked with the NBC2 and ABC7 weather teams from 2010 to 2014 and returned in 2017 after three years with the Washington, DC affiliate WUSA9. “Because of climate change, the warmer air can hold more water.”

Although hurricanes are measured by their wind power, in today's climate, it's the water – rain and storm surge – that has the more serious impact, especially to barrier islands, said Rae. She urged viewers to not compare upcoming hurricane experiences with past storms, because every storm and every year is different. “This is what we're dealing with right now,



Allyson Rae

this could impact us this year if not next year,” she said.

The good news about this year, which forecasters are predicting as heavy on tropical storm activity, are the improvements in predicting storm surge, minimizing tracking errors and pinpointing landfall. “The cone that you see is 30 percent smaller than it was just a few years ago,” Rae said.

Rae explained the differences between American and European projection models, advising that taking “one model as gospel is a bad idea. Take the average... Don't follow one ever, look at the trend.” She also touched on storm preparation and how to access tools that would help in readiness well before storms approach, including www.water.net/HurricaneGuide/NBC22020HurricaneGuide.pdf.

“Thanks for being so flexible in helping us organize this so quickly,” John Lai, chamber president and chief executive officer, told Rae. “You've provided some valuable information in an easy-to-understand manner.”

Lai also thanked chamber members who attended the virtual lunch meeting, which will remain the format for the foreseeable future. “While this is not our preferred method, we thank you for joining us as it will be a few months before we meet in person.”

Lai also introduced the new board of directors chair, Brian Kautz, general manager of The Dunes Golf and Tennis Club, and recognized new board members and 2020 winners of the chamber annual awards. Kautz presided over the meeting for the first time and thanked outgoing chair Mary Bondurant.✧

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Carter family
Captiva Island Historical Society
Looking Back:
Carter Family

This week's image depicts the entire Carter family, who grouped together for a family picture (pre-1940).

The History Gallery, developed by the Captiva Island Historical Society, features many photos like this. All ages are welcome to step aboard a wooden replica of the old

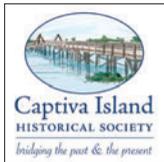


photo courtesy Captiva Island Historical Society Archives

mailboat, *Santiva*, to capture the spirit of Captiva and learn through graphic and video panels about the events and people that shaped the island. The History Gallery is accessed through the Captiva Memorial Library, located on Chapin Lane and open during library hours. The Captiva Memorial Library and History Gallery are temporarily closed due to the coronavirus. Call 533-4890 for information.

Visit the website at www.captivaishistoricalhistoricalsociety.org/archives/research to view many more images to bring you closer to Captiva.✪

Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS (Reform Jewish Congregation) Friday night Torah commentaries with Rabbi Stephen Fuchs at 7 p.m. at either www.batyam.org or Stephen Fuchs' Facebook page. Rabbi's coffee morning on Zoom Wednesdays, June 24, July 15 and August 12 at 11 a.m. Food and paper drive drop-offs Thursdays from 11 a.m. to 1 p.m. at Sanibel Congregational United Church of Christ. Rabbi Stephen Fuchs, President Michael Hochschild, 917-561-7888. www.batyam.org, 2050 Periwinkle Way, 732-780-2016.

CAPTIVA CHAPEL BY THE SEA Rev. Larry Marshall. Services every Sunday at 11 a.m. November 8, 2020 through April 25, 2021. 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM (Fellowship of Peace) Friday Shabbat services led by members at 6 p.m. Saturday morning Jewish current events at 10 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

FIRST CHURCH OF CHRIST, SCIENTIST The Christian Science Church of Sanibel-Captiva has suspended all services and events until further notice. The church Reading Room will also be closed. 2950 West Gulf Drive, 472-8684.

SANIBEL COMMUNITY CHURCH All Sanibel Community Church on-campus events are postponed until further notice. The church is expecting its new pastor, Jeramie Rinne, this summer. View the Sunday Devotional at www.sanibelchurch.com.

com., 1740 Periwinkle Way, 472-2684
SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST The Reverend Dr. John H. Danner, Sr. Pastor. The Rev. Deborah Kunkel, Associate Pastor. Livestream service at 10 a.m., www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH Father Ed Martin, Administrator, Saturday Vigil Mass at 5 p.m., Sunday Mass at 8:30 and 10:30 a.m., Sunday May through October, 9:30 a.m. only. Daily Mass Wednesday, Thursday and Friday at 8:30 a.m. Holy Days. 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH The Rev. Alan Kelmereit, Priest-in-Charge Saturday Eucharist at 5 p.m., Sunday Eucharist at 8 and 10:30 a.m., Sunday School at 10:30 a.m., Tuesday Morning Prayer at 9 a.m., Wednesday Healing Eucharist at 9 a.m., Prayer and Potluck first Wednesday at 6 p.m., Taizé Service third Wednesday at 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 Sanibel Congregational United Church of Christ. A potluck is held at a member's home on the third Sunday of each month. ryi39@aol.com, 2050 Periwinkle Way, 433-4901.

Email changes to press@islandsunnews.com or call 395-1213.✪

Lee County Mosquito Control

The Lee County Mosquito Control District (LCMCD) provides mosquito control for Sanibel and all of Lee County. If you are experiencing a high number of mosquitoes at your residence, make a service request by visiting lee.leateamapps.com/map/mv_public_map_add or by contacting LCMCD directly at 694-2174. If LCMCD receives complaints from a specific area or neighborhood, the district dispatches personnel to conduct a mosquito count and, if warranted, will fog or spray the area.

For more information, visit www.lcmcd.com/.✪

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American Legion Post 123 Has Reopened

American Legion Post 123 has reopened as a non-smoking facility. However, smokers can use Timmy's Nook, the historic venue outside. Veterans and the public are welcome.



Post 123 is having a Father's Day fish and shrimp fry this Sunday, June 21 from noon to 8 p.m. Barbecued ribs and chicken are on the menu for the following Sunday, June 28.

The third Thursday of the month is Open Mic Night from 6 to 9 p.m.

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 eight-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 member eligibility dates are November 11, 1918 through present. For more information about joining American Legion Post 123, Sons of the American Legion or American Legion Auxiliary, contact

Tim or Randy at 472-9979.

Post 123 is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday from 11 a.m. to 9 p.m. and Sunday from noon to 9 p.m. For more information, call 472-9979.✱

From page 1

Family Exploration

tables. There are also numerous take-out restaurants within walking distance. But bring a hat and sunscreen because although the children's play areas are shaded, the perimeter seats for parents and the picnic tables outside are in full sun, and huddling together in the one spot by Freddie's Weather Watcher is not feasible in the era of social distancing.

The playground is designed for children up to age 12 but for older kids there are shuffleboard courts and a large field for ball play adjacent to the playground.

From the children's playground, the whole family can embark on the two-mile Community Park Trail which winds through Frannie's Preserve with viewing ponds, dense canopied buttonwood forest and glimpses of red-shouldered hawks, red-bellied woodpeckers, or even the black-crowned night heron.

Other trails the whole family can enjoy without spending a penny are the many trails which lead from the Sanibel-Captiva Conservation Foundation (SCCF) on Sanibel-Captiva Road about a mile west of Tarpon Bay Road. Then there's Pond Apple Park with its picnic area and nearly two miles of hiking trail which meanders through a tropical hardwood hammock, a

wetland marsh, and a pond apple slough. You might see bald eagles, wood storks, alligators, otters, and even bobcats here. There's a bike rack near the interpretive kiosk at the Pond Apple Park trailhead and parking and a restroom at the Sanibel & Captiva Islands Chamber of Commerce on Causeway Road. There is also a picnic pavilion as well as tables and park benches along the trail.

A lovely, fairly isolated park is in Sanibel Gardens Preserve, which can be accessed from Tarpon Bay Road along Island Inn Road. There's a large area overlooking a lake, a picnic area and hiking trails through inland preserve areas.

All these options are absolutely free (although Sanibel City Council is eyeing areas to install paid parking because of the COVID-19 budget crunch). However, an "A" parking sticker is available at the Sanibel Recreation Center for just \$12 if you're a resident and \$102 for non-residents and with this, you can go further afield for free. You can use your "A" sticker at Lighthouse Beach and enjoy beautiful trails, hours of amusement watching the fisherman on the fishing pier and bask on bay and gulf beaches all around. The lighthouse itself is fascinating for children.

Another park you can visit with an "A" sticker is Bayview Park at the end of Bailey Road, which runs parallel to the Sanibel Causeway. This area has a picnic area and a canoe or kayak launch, and splendid views of the causeway arching over San Carlos Bay.

Then there's the not-to-be-missed and aptly named Bock Peace Park at

the end of Dixie Beach Boulevard. It's a small peaceful park with benches and an information board about oysters. It is a wonderful place to rest, relax and enjoy the tranquility of the bay.

Roadside City Park on Periwinkle Way just west of Donax is a nice roadside rest stop. It overlooks a lake partly obscured by trees and offers shady picnic tables and a bike rack. Families may enjoy wandering through the nearby SCCF Native Landscapes and Garden Center at Bailey Homestead Preserve to learn more about native plants.

For other tranquil views of the bay, there's the observation tower at the end of The Sanctuary subdivision on Wulfert Road. It's a longer ride (too far on the bike for young children) past some rather grand homes, but the views at the end are worth the trip.

Your "A" parking sticker is also good at the Blind Pass Beach parking area at the western end of Sanibel. From here, families can walk half a mile along the beach to the Silver Key trail head and spot sea turtles, tortoises, lizards, snowy plovers and least terns, and travel two miles along pristine beaches and scrub habitat to end up at Bowman's Beach.

Finally, the animals at Periwinkle Park and Campground are not native, but kids love them. You can see examples of the parrots at Jerry's Shopping Center. Among the exotic animals featured in the park are toucans, macaws, and brown and ringtailed lemurs. Libby, a resident of the park who cares for the birds, offers a parrot show weekdays at 10 a.m. and takes the birds out and lets visitors hold them.✱



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GRADUATE



Kaylee Fichthorn photo provided

In May, 2020, Sanibel resident Kaylee Fichthorn earned her doctor of physical therapy degree from Florida Gulf Coast University. Dr. Fichthorn attended The Sanibel School and Canterbury School of Fort Myers. Congratulations to Dr. Fichthorn.*

FISH Continues Meal Delivery

As uncertainties associated with the COVID-19 health crisis linger, FISH of SanCap continues to offer critical services to residents, workers and visitors on Sanibel and Captiva islands. One program, Meals-by-FISH, has doubled in size as some islanders prefer to have prepared meals delivered rather than visit grocery stores or restaurants.

The program offers one hot, nutritious meal per day, up to five days per week, including extras for the weekend. When the COVID-19 crisis first hit, FISH altered its program to a "deliver and go" scenario, leaving meals outside clients' doors in coolers, followed up with a phone call.

"As an essential service provider, we have maintained this critical food program by making adjustments for everyone's safety," said Alicia Tighe, executive director of FISH. "Our delivery volunteers are provided with masks and gloves and maintain the six-foot social distance

guideline while picking up and delivering meals. While some clients miss the socialization part of the program, they do appreciate the safety precautions and that their tasty, nourishing meals continue to be delivered."

Working in partnership with Bailey's General Store, chefs prepare the menu while their staff sorts, bags and labels each meal on a daily basis. Meals consist of a protein, starch and vegetable, and are on a two-week set menu cycle. Meals may include oven roasted chicken with rice and vegetable, broiled Atlantic salmon with rice and vegetable, or grilled chicken Caesar salad. Based on preferences or allergies, items may be substituted, and the menu can be slightly modified to accommodate those with health conditions.

This service is provided to anyone who requests meals. Many are older individuals who no longer cook; some are younger singles recovering from an illness or injury. Individuals may receive meals for any length of time and may opt in/out of the program as needed. Meals are picked up at 11:30 a.m., and delivery time varies depending on traffic, season and number of deliveries. Generally, meals are delivered approximately one hour after pick up.

All meals are subsidized and FISH charges \$7 per meal for self-paying individuals, including delivery by FISH volunteers. While many pay for the cost of the meal themselves, others cannot afford to do so. On a case-by-case basis, FISH may subsidize a larger part or the entire cost of the meal, depending on the household situation. To learn more about the program, contact Maria Espinoza at 472-4775.*

Locally Grown Fruit Needed

The Community House and its resident chef, Jarred Harris, are looking for locally grown fruit. The fruit will be used for youth summer cooking camps, where students will learn healthy recipes that are locally sourced.

Fruit is also needed for the community social, Smoke on the Islands, where Chef Jarred will serve his homemade mango barbeque sauce.

If you have a fruit tree of any kind and are willing to share its bounty, even if you are not in town, call 472-2155 or email office@sanibelcommunityhouse.net. Volunteers will also be needed to help collect/pick the fruit.*

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Chamber Of Commerce Award Winners

The Sanibel & Captiva Islands Chamber of Commerce recently announced the winners of its four annual awards: Citizen of the Year, Business of the Year, New Business of the Year and Volunteer of the Year.

"Normally, we would have hailed these individuals at our annual meeting in April, but that, of course, was canceled due to the pandemic shutdown," said John Lai, chamber president and chief executive officer. "We hope the community joins us in applauding these deserving winners and reaches out to express appreciation for their above-and-beyond contributions."

Citizen of the Year Award went to Rae Ann Wessel, who recently retired from a 14-year stint as the natural resource policy director at Sanibel-Captiva Conservation Foundation (SCCF), wrapping up a 42-year career in Southwest Florida.

Her advocacy and outreach work brought sound scientific grounding to policy development, protection and restoration of water resources and critical habitats, land management, and fish and wildlife conservation at the local, regional, state and federal levels.

"Whether she was working quietly behind the scenes, speaking before local groups about the science and importance of water quality, or standing up to legislative bodies, Rae Ann has been the face of clean water activism



Rae Ann Wessel



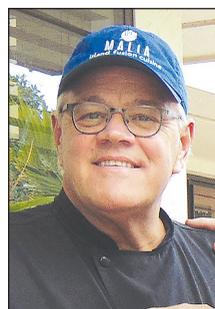
Phaidra McDermott

on Sanibel, in Southwest Florida and far beyond," said Lai. "I can't say enough about the contributions she has made to this community during her tenure and the contagious passion that has driven reform."

"I can't help feeling overwhelmed by this tremendous expression of appreciation for my contributions when I was just doing work I truly felt driven to engage in and could never have accomplished without our community's broad-based 'village' effort," said Wessel. "I have always believed that success is a team sport. Sometimes it just takes a longer dedicated and persistent effort and a larger team to see results."

Kingfisher Vacations and Kingfisher Real Estate claimed the award for Best Business of the Year. Kingfisher Vacations has been in business for more than a decade under the leadership of Jeff McDermott. The real estate company was founded two-and-a-half years ago by Phaidra McDermott, Jeff's spouse, a lifelong island resident and a 25-year veteran realtor.

"We are flattered to be chosen as



Jeff Samson



Malia Samson

best business of the year," said Phaidra. "At Kingfisher, we are committed to our community and to providing an excellent experience for vacationers and property owners alike. Our accommodating staff and tenured realtors assist in setting us apart as a boutique company with attention to detail."

New Business of the Year went to sister restaurants Malia Island Fusion Cuisine and Spoonrift Island Bowls, operated by the family team of Jeff Samson and his daughter, Malia. Jeff opened Malia restaurant in November 2018; Spoonrift, which started as a Sanibel Farmers Market concept, moved to brick-and-mortar at Bailey's Center in March 2019.

"This is the ultimate compliment coming from the chamber of commerce and the Sanibel community," said Malia. "Our family goals are to always put others' needs first before our own, and we like to infiltrate that into our business. Customer service is so important to us, and we feel building relationships with everyone that comes in the door is our key to success."



The late John Carney



Fay Carney

Recipients of the Sue Rosica Gray Volunteer of the Year Award, named for a longtime chamber volunteers, were the late John Carney and his wife Fay.

"John was a big presence on the island, no matter how you look at it," said Lai. "I can't begin to list the Carneys' contributions. The community lost a robust advocate when John passed this year, but Fay carries on the couple's reputation for generosity."

"He would have been thrilled," said Fay, rattling off a few of the volunteer positions he was most known for, such as setting up luminary candles for the chamber, cooking hot dogs for "Ding" Darling Days, helping plan CROW's 50th anniversary, initiating the annual Polar Bear Plunge, judging the shell museum's photo contest, being active in the Rotary Club and acting as chamber liaison to America's Boating Club (aka, the Sanibel-Captiva Sail & Power Squadron).

"Congratulations and thanks to all of our 2019-2020 winners," said Lai. "They epitomize the island spirit of working together and working selflessly."*

Dog Licenses Available At The Rec Center

Sale of City of Sanibel Dog Licenses has resumed at the Sanibel Recreation Center. The cost of a dog license is \$10; proof of current rabies inoculation is required at the time of purchase. Due to the fact that veterinarians are now giving rabies

inoculations with 1- to 3-year validity, you will need to provide the expiration date on the dog license application form rather than the date the inoculation was given.

The recreation center is open Monday through Friday from 8 a.m. to 5:30 p.m., located at 3880 Sanibel-Captiva Road. Only service animals are allowed inside the recreation center.

Visit files.constantcontact.com/97af97e6001/399f6d8e-6bfa-4b7a-9989-f100a83130ee.pdf for the application form. For more information,

call 472-0345 or visit www.mysanibel.com.*

From page 2

Kiwanis Club

of Kiwanis family members and donors. Amber Schweitzer received the Walter Dickinson II Memorial Award; Sam Arensman received the Nancy Bender Memorial Award; Daisy Arensman received the Joan Kearny Scholarship; and Hayley Halski, Adrian Cooper and Carson Brown received Phillip Starling

Memorial Scholarships. In addition, two awardees received Sam and Francis Bailey Islands Night Memorial Scholarships: Savannah Nippa for achievement in athletics; and Alec Koonz for achievement in community service.

The Kiwanis Club congratulates all of this year's recipients and wishes them success in the coming year. They also thank the island community for their support of Kiwanis fundraising activities that make the scholarship program possible.*

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Zonta Provides Emergency Funds



From left, Maria Espinoza of FISH accepts donations from Zontians Kelly Turnage and Luann Fortune photo provided

submitted by Sue Denham

At the year-end board meeting on May 27, held via Zoom, the Zonta Club of Sanibel-Captiva voted to award emergency grants to help island organizations during the economic crisis stemming from the

coronavirus: \$700 for Community Housing & Resources (CHR) and \$500 for FISH of SanCap; they also approved \$250 for the Harry Chapin Food Bank in Fort Myers. Both CHR and FISH have received regular grants from Zonta for the past several years. However, those funds come from the Zonta Foundation of Southwest Florida and are the proceeds of the previous year's Peek at the Unique home tour. The regular grant cycle for such awards begins in late summer and checks are typically distributed the following January. By using club funds, the board was able to provide these emergency grants quickly. Zonta Vice President

Nancy Swofford, who along with Laura deBruce proposed the grants, said, "Because the virus caused us to cancel several service projects during our last fiscal quarter, we had money left in the club budget. It made sense to use some of this money to feed the hungry and help those in need in our own community." Separately, Zontian Kelly Turnage organized a drive among Zontians for non-perishable food items for FISH, to be picked up on May 29 from homes throughout the island. "Hunger is a concern for me, especially on the island where workers, including those serving or preparing food in restaurants, may not be able

to put food on their own tables," said Turnage. "Zontians responded generously and it felt great to drive around for such a good cause." Zonta members contributed an additional \$150 in cash donations for FISH. The Zonta Club of Sanibel-Captiva is a service organization of professional women working together to provide hands-on assistance, advocacy and financial support to empower women and girls on the islands, in Lee County and around the world through Zonta International. To learn more about the club, visit www.zontasancap.com, follow Zonta Sanibel-Captiva on Facebook and "like" the club (@zontasancap) on Instagram.*

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FISH FACTS

Even before COVID-19, the need for FISH emergency programs has grown significantly over the past year. Thank you for helping to meet these very important needs in all circumstances.

FOOD PANTRY

January - May

2019	2020
85,552 lbs	98,212 lbs
equating to	
71,293 meals	81,843 meals

BACKPACKS DISTRIBUTED

January - May

2019	2020
401	661

MEALS-BY-FISH DELIVERY

January - May

2019	2020
1319	2808

EMERGENCY FINANCIAL ASSISTANCE

January - May

	131% increase over 2019
--	--------------------------------



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Invasive guineagrass has established itself in a vacant lot in a residential neighborhood photos by Gerri Reaves

Plant Smart
Guineagrass

by Gerri Reaves

Guineagrass (*Urochloa maxima*) is a terrestrial grass native to Africa. Introduced to the U.S. as fodder for farm animals, it has since been listed as a Category II invasive pest plant in Florida.

A plant in that category is defined by the Florida Exotic Pest Plant Council as a species that has “increased in abundance or frequency” but has “not yet altered Florida plant communities to the extent shown by Category I species,” which are documented as having caused significant ecological damage.

It is also known as Colonial grass or

Tanganyika grass.

This member of the grass family blooms year-round and commonly grows in full sun along roadsides and in fields and disturbed areas.

Aggressive and clump-forming, it can form dense stands up to seven feet high. It will grow in dry soil but prefers disturbed wetlands.

The strap-like leaves are as wide as two inches and as long as three feet. The leaf surfaces are smooth but the edges are sharp when rubbed from the tip downward.

The upright multi-branched inflorescence, or panicle, is quite large – up to two feet long – and has a delicate appearance. It becomes more open as it grows upward.

The main branch is whorled around



The large multi-branched panicles appear throughout the year

the main stem and the branchlets have irregularly spaced spikelets on tiny stems. The spikelets contain very small yellow flowers.

The fertile seeds are marked by pronounced horizontal wrinkles.

If this invasive plant starts to establish itself on your property, feel no compunction about rooting it out and establishing a native or Florida-friendly species in its place.

Sources: davesgarden.com, www.floridagrasses.org, and plants.ifas.ufl.edu.

Plant Smart explores the diverse flora of South Florida.*

From page 1

Grants

has been working with community leaders to identify gaps so we can step in and help address needs that would otherwise go unmet. Our goal is to help ease the burdens of those in need and to enhance the quality of life in our community, without duplicating efforts,” said John McCabe, foundation board president.

Both The Sanibel School and CECI have experienced significant funding losses as a result of being forced to cancel major fundraisers. In addition, Lee County announced it will provide less school funding due to the decline in tourism tax revenue.

Supporting the educational needs of children and helping families who are among the hardest hit during this time seemed particularly pressing to the foundation’s grant committee. Lisa Schmidlin, SGCF board member said, “Ensuring we have safe and affordable daycare on our island, regardless of ability to pay, is essential for parents to be able to return back to work. We’re happy we can help make it easier for island families, and for all of us, to recover.”

While the City of Sanibel obtained LeeCares financial aid to help parents with the cost of recreation center summer camp programs for school aged-children, funding to help parents with daycare costs was not covered.

If you would like to support The Sanctuary Golf Club Foundation’s efforts to mind the gaps in social services in the community, contact Ken Kouril, executive director, at 472-6445.*

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High tide during Tropical Storm Cristobal

Tropical Storm Washes Away Sea Turtle Nests

Tropical Storm Cristobal passed through the Gulf of Mexico, delivering high winds and waves to local shores and intensifying high tides earlier this month.

Sanibel-Captiva Conservation Foundation (SCCF) Coastal Wildlife Director Kelly Sloan said her team's assessment found that 29 loggerhead (*Caretta caretta*) nests were washed away

by the high tides and surf.

Many more nests were washed over, but Sloan said that's not a death sentence and can actually help keep eggs cooler.

The rough seas didn't deter Juniper, a rare leatherback sea turtle (*Dermochelys coriacea*), though. She returned to local shores on June 6 and nested again on Captiva, bringing her total documented nests on the islands to six.

Leatherbacks very rarely nest on Florida's gulf coast as they prefer southeast Florida beaches along the Atlantic Ocean.

The total number of nests that have been laid is now at 401 for Sanibel and Captiva, including one green sea turtle

photo provided

(*Chelonia mydas*) nest.

Sloan also reported that the team's nighttime tagging project has resulted in encounters with 152 females on the beach so far this summer, and they've seen 29 of those turtles more than once. "There are three turtles that we've already seen four times this year - (named) Smores, Green Tea and Pisa," said Sloan.

As a pretty rare occurrence, they've encountered one turtle three summers in a row.

Junonia is a turtle that the team first met on July 14, 2016, when she false crawled on the east end of Sanibel. They also saw her in 2018 and 2019.

"It's fairly unusual for loggerheads to nest for three consecutive seasons. We've seen her four out of the five years since we first launched our tagging project, so she's a familiar face on our beaches. We hope to see her again soon," said Sloan.

To report any issues with nests, nesting turtles or hatchlings, call SCCF's Sea Turtle Hotline at 978-728-3663.

No Shorebird Nests Lost To Storm

SCCF Shorebird Biologist Audrey Albrecht reported that no shorebird nests were lost to Tropical Storm Cristobal.

"Thank you to our amazing dedicated volunteers and staff for helping to keep an eye on our nesting shorebirds while I was away for a few days," said Albrecht. "We were very fortunate not to lose shorebird nests when other sites in Southwest Florida lost entire colonies to the storm."

Albrecht reported that there are currently at least six least tern (*Sternula antillarum*) nests, which survived the storm and high tides and will hopefully be hatching soon.

There are four broods of snowy plover (*Charadrius nivosus*) chicks. The oldest chicks are five weeks old and learning to fly. The youngest are just one week old. The last active nest was reported gone as of June 9, with both human and canine tracks inside the enclosure.

A Wilson's plover (*Charadrius wilsonia*) nest was noted as gone as of June 9 at Clam Bayou, but not due to the storm.*

From page 1

In-Person Camps

Campers should bring their own face covering to camp, but if they do not have one, Sanibel Sea School will be selling branded face buffs in its retail store during camp.

"The good thing about our programs is that they are mostly conducted outdoors," said Shannon Stainken, education programs manager. "We will limit the amount of time we spend inside our buildings and be outside in the fresh air as much as possible."

Many camp favorites will still be offered including seining, snorkeling, surfing and beach games.

"Our staff has been working hard over the last couple of months to modify our camp procedures and to implement necessary safety and sanitation procedures," said Director Nicole Finnicum. "Safety is our number one priority in all of our programs, so we have increased our awareness on proper sanitation protocols and methods to keep our campers safe and healthy."

Questions and camp inquiries can be sent to camp@sanibelseaschool.org.*



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Pick A Pass



by Capt. Matt Mitchell

With our water temperatures hanging out at a bath like 86 degrees, the best action for me this week came in and around the passes. All of our passes not only have faster moving current but are also deeper than the open flats. This deeper moving water stays cooler and hold lots of snook and redfish. The best time to mangrove fish in the shallower water has been either in the early morning or after a afternoon thunderstorm cools the water down.

Heading to the passes after one such mid-afternoon thunderstorm had passed this week, we opted to use soft plastic jigs. After the rain, we had the pass all to ourselves. Working the same areas that we did earlier in the week, we drifted live baits and caught more than a dozen snook in roughly an hour... all on artificial bait. We used a 3/8-ounce jig head to make contact with the bottom and just let the jigs drift with an occasional hop.

Pinfish and grunts were the live baits of choice in these same passes. We had rig with just enough weight to keep the bait down close to the bottom. Drifting was a more productive method, though this can change depending on the speed of the current. Catching lots of spawning snook along with redfish over the slot has been the normal. Usually it is dolphin that chase us out though this week, but the bull sharks were the issue this time as they cut fish right in two while we were reeling them in.

Tarpon fishing improved this week with lots of fish showing up in the northern part of our region. Conditions have improved immensely since the tropical storm last weekend stirred everything up. It seems all of the tarpon are now located from Captiva Pass north. Both the beach and bay side of Cayo Costa are holding lots of fish. After sitting in these rolling and daisy chaining fish for over two hours one morning, we just could not get a bite. So, we picked up and moved less than 50 yards, and it took only one cast to hook up and then land a tarpon. Crabs and cut baits have been the baits of choice.

Fast-moving afternoon thunderstorms made for challenging conditions most days this week. Being out on the water anytime from mid afternoon on requires keeping your eyes on both the sky and radar. These storms often just erupt and close our escape route. Heavy rains, strong winds and lightening are no joke. If it looks bad, don't take any chances and tie up at a waterfront restaurant or marina. Take shelter until the weather passes.

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.



Lisa Bonnett with a snook caught while drifting the passes with Capt. Matt Mitchell this week photo provided

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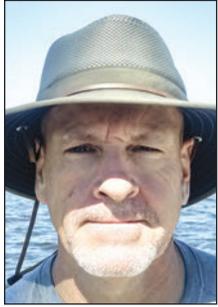
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CROW Case Of The Week:

Fish Crow

by Bob Petcher



The fish crow (*Corvus ossifragus*) is often confused with the slightly larger American crow, but it is much more abundant in Southwest Florida. Its nasal call differs from the American crow in pitch.

At CROW, while many nestling and fledgling birds are admitted throughout the spring and early summer months, none are

reportedly quite as loud as fish crows.

"The call of one individual can be annoying, but manageable for treatment with some ear ringing afterwards. However, when you put 10 or more together, it can be very loud to the point you cover your ears," said CROW Rehabilitation Manager Breanna Frankel. "If you have five fish crow babies all begging for food at the same time, you really do not hear anything else going on around you. Where the American crows have a specific 'caw-caw' call, the fish crows have a higher pitched 'awh-awh' or 'uh-uh,' type call."

Pitch levels between young and adult fish crows do vary with circumstance.

"If nestlings and fledglings are begging for food, they can be as loud as the adults are normally," said Frankel. "However, when the adults are upset or protecting their territory, they can become much louder, and they can actually make an impressive mechanical rattle type sound in aggressive situations."

Between May 1 and June 4, there were 28 fish crows admitted to the hospital, most of which were nestlings or fledglings. Fish crow nests are built sturdy, but young fish crows can be blown from the nest by strong winds and storms.



A young fish crow patient "screams" for food

photo by Breanna Frankel

"There was one day, May 27, that we got four individuals in and only a few days that we had two admitted. It has been pretty typical that we get one at a time, but sometimes that increases after big storms or windy nights," said Frankel. "We rarely get them from the same nest, and one of our current juveniles was actually transferred from a different wildlife rehabilitation facility so it could be raised with others."

The high number admitted is in direct relation to the

time of year.

"It is baby season. Fish crows in Florida mate around April to May, so babies will be seen and heard around that time too. It is during this spring-summer season that we get swamped with baby birds that have prematurely fallen from their nests or even grown out of their nests in certain situations," said Frankel.

Crows are members of the corvidae family, a group of highly intelligent birds that require lots of enrichment while in captivity.

"To prepare them for the wild, we introduce various plant greenery like trees, bushes, plants and more. We also introduce foods they will find in the wild like fish, worms, fruits and more," said Frankel. "Since they are so smart, they have to have enough to do in their enclosure so they do not get bored and injure themselves looking for things to do. We also offer various wild enrichment like dirt, sand and water pools to better prepare them. We try to teach them to find cover using trees and palm fronds so, when it rains in the wild, they know what to do."

The acronym CROW was chosen by founder Shirley Walter when the organization incorporated as a nonprofit in 1972 in part because of this bird's intelligence.

"Our name has evolved since we incorporated as Care and Rehabilitation of Wildlife in 1972," said Frankel. "We changed it to Clinic for the Rehabilitation of Wildlife in 2000, so we could still use the CROW acronym. It just so happens that here in Florida, CROW sees a lot of fish crows. We also have plenty of wild crows that live on our property so it is very fitting name for us."

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

Atlantic Abra



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

The Atlantic Abra, *Abra aequalis* (Say, 1822), is yet another little (7mm, or about 0.3-inch)



The Atlantic Abra, *Abra aequalis*, from Sanibel

photo by José H. Leal

bivalve that could be included in the group that amateur and professional malacologists affectively call “little white clams,” or “LWCs.” These are several species of small, whitish bivalves that could be easily confused with one another, even by seasoned shell enthusiasts. The Atlantic Abra has a shell surface that is almost smooth, bearing only a very fine sculpture on the anterior margin of the right valve (lower image, on the right of shell.) The small shell ligament is internal, and the color is a dull-white. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

The Bailey-Matthews National Shell is open from 10 a.m. to 5 p.m. daily. Holiday hours are noon to 4 p.m. Safety measures have been put in place, and staff and visitors are required to wear face masks.

Your gift helps ensure that our staff and animals remain healthy. To make a secure donation, visit www.shellmuseum.org.

The Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. For more information, call 395-2233.*



Melissa Congress



Ann-Marie Wildman

New Board Members At FISH

Melissa Congress and Ann-Marie Wildman have joined the FISH of SanCap Board of Directors. FISH Maggi Feiner, president and CEO of FISH, said, “We look forward to working with Melissa and Ann-Marie as an integral part of our continued success. With their support and contributions as members of our board, we will build a better future for all in our community.”

Congress has served on boards for Junior League of Fort Myers, Sanibel School PTA, SanCap Cares (founding member), BIG ARTS, Clinic for the Rehabilitation of Wildlife (CROW), Sanibel Community Association and Charitable Foundation of the Islands.

Wildman has been involved with the Harry Chapin Food Bank and JN “Ding” Darling National Wildlife Refuge. She is past president of the Shell Harbor Homeowners Association and currently heads up the missions committee for Chapel by the Sea.*

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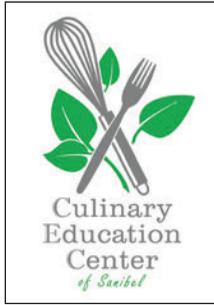
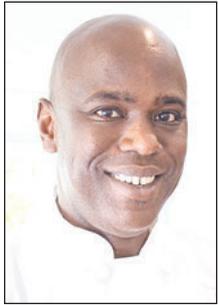
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The Community House

The Avocado



by Resident Chef Jarred Harris

The avocado is one of my favorite fruits. Yes, that's right, an avocado is a fruit, not a vegetable. It's basically a berry with a large stone in the center. Due to its appearance, the avocado is sometimes called an "alligator pear."

There are more than 500 varieties of avocado and they come in different shapes and sizes. The Hass avocado variety is the most popular variety in the United States. California produces 90 percent of the commercially grown avocados in America and the Hass variety is 70 percent of the avocado crop. Florida produces avocados commercially, however, most of the produce is consumed in the state.

The two varieties grown in Florida are the West Indian variety (which is my favorite) and the Guatemalan variety. Avocados don't ripen on the tree. They mature on the tree and fall to ripen. This means this fruit can be produced year-round.

Avocados are rich in potassium. In

fact, avocados contain more potassium than bananas. Avocados are also rich in protein and contain more than any fruit. This wonderful fruit contains vitamins A, C and E as well as magnesium, folate and lutein, which is a powerful antioxidant. Avocados are rich in fiber and help lower bad cholesterol. Avocados also contain more monounsaturated fat than any fruit or vegetable.

Avocados are used in spas for anti-aging treatments as well as detoxification treatments. I highly recommend eating an avocado at least once a week. They are very versatile and can be used in soups, salads, smoothies and dips.

Here is an easy recipe to try:

Avocado Salsa

- 3 large ripe avocados or 4 small-to-medium avocados, diced
- 1 pint cherry tomatoes (quartered)
- 1 small red onion (fine diced)
- 1/2 small red pepper (fine diced)
- 1/2 cup fresh cilantro (fine diced)
- 1 medium jalapeño pepper (seeded and fine diced)
- Juice and zest of 2 limes
- 1 tsp. kosher salt or 1/2 teaspoon fine sea salt, to taste
- 1/2 teaspoon ground coriander (optional)

Method

In a large bowl, add all the ingredients and mix thoroughly. Store in an airtight container for up to three days.

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.*

ISLAND SUN BUSINESS NEWSMAKERS

Royal Shell Real Estate



McMurray and Members

The top producers for May at Royal Shell Real Estate were: McMurray and Members, top listing producers team; Cindy Sitton, top listing producer individual/partners; Lomano and Nicholson, top sales producers team; and Brian Murty, top sales producer individual/partners.*



Cindy Sitton



Brian Murty



Jason Lomano and John Nicholson

Our email address is press@islandsunnews.com



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Ava and Makayla Depagnier with their Summer Reading Achievement Certificates photos provided



Wooden Matryoshka lighthouse nesting dolls from Poland on display

superheroes, every tablet is pre-loaded with different topics so children will have a new experience with each Launchpad they borrow. They are 100 percent secure and the amount of playing time can be monitored.

The six Playaway audiobooks, including *Dear Sweet Pea* by Julie Murphy, can be checked out with or without a print version of the book to read along as you listen. Six Wonderbooks were added to the audio-enhanced book collection. The books read aloud to young listeners and can be adjusted to comprehension questions. Children are given cues to turn the page. Titles include *We Are Grateful* by Tracy Sorell and *Little Blue Truck* by Alice Schertle.

Families with children ages baby to 18 can register online for the summer reading program at <https://sanlib.org>.

beanstack.org/reader365.

Online storytime videos with Youth Services Librarian Deanna Evans are added each week. Hear Miss Deanna sing, tell silly jokes and see her read stories aloud.

Baby Bounce Time videos are available online, which help build motor and literacy skills through stories, song and movement.

Page Turner Adventures offers virtual programming every weekday afternoon from 1 to 4 p.m. with comedy story theater, crafts, recipes, author interviews, guest performers, contests and games.

The library is open from 9 a.m. to 1 p.m. on Saturdays in June, July and August; closed Friday, July 3 in observance of Independence Day.

Phase I reopening precautions are in place to help protect staff and patrons from COVID-19.

Patrons have access to the full collection of books, DVDs and newspapers, as well as high speed WiFi and public use computers. Contactless curbside service will continue. Call or go online to place a hold; you will be notified when your items are ready. At this time, there will not be overdue fines assessed.

The library is selling all paperbacks buy one, get one free. Stop by to see lighthouse models, dolls, ornaments and other memorabilia on display.

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

ISLAND SUN BUSINESS NEWSMAKERS

VIP Realty Group



Becky Mulka



Deb Smith

The top producers for May at VIP Realty Group were: Becky Mulka, top sales; Deb Smith, top listings; and Karen Bell and the Bell Team, top producers.✪



Bell Team: Sherrill Sims, Holly Peeples, Karen Bell and John Bates

Launchpads And Lighthouses At The Library

Thanks to a gift from Hans and Leslie Fleischer, the Sanibel Public Library has added learning tablets, audiobooks and audio-enhanced books.

Launchpad, Playaway's popular learning tablet, features high quality, ad-free educational games for preschoolers through third graders. Kids will love the Launchpad experience, which lets them design a personal avatar and choose an adventure they're most interested in. From math and monkeys to science and

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Calli Johnson with the two featured wines
photo provided

Bailey's Virtual Wine Tasting Returns In July

Bailey's General Store will share their love of wine from around the world at a free virtual wine tasting on Thursday, July 2 at 5 p.m. via Zoom video conference. Host Mike McCahill is returning to guide guests through the wine tasting, which features a California sparkling wine alongside a Cotes de Provence rosé.

Bailey's recognized its popular monthly wine tastings would be missed from the island event calendar and wanted to find a unique way to continue gathering over a shared love of wine. Hence, the virtual wine tasting was created.

Guests can preorder a tasting package available for pick up at Bailey's prior to the tasting. After joining the video conference via Zoom, guests will learn about wines from McCahill, alongside a paired noshing platter from Chef Karl Hamme of Sanibel Catering Company, if they choose that package. The focus of the virtual event is to showcase unique wines in the comfort and safety of your home.

At the last tasting, guests learned about New Zealand sauvignon blanc and California red wine, and requested rosé and sparkling wine for July's virtual tasting. Bailey's will feature J Vineyards California Cuvée Brut Sparkling and Fleur de Mer Cotes de Provence Rosé.

McCahill is market development manager for E&J Gallo Winery and a fast-talking New Jersey transplant. He loves sharing the wines he represents with the guests and residents of Sanibel and Captiva. "You asked and we listened," said McCahill. "Join us on a journey to the south of France to enjoy some refreshing rosé and say cheers to the Fourth of July weekend with some crisp bubbly."

Contact Calli Johnson, Bailey's wine steward, at cjohnson@baileys-sanibel.com for the Zoom link and tasting package information by Tuesday, June 30.✪

ABWA Resumes Speaker Series

The Sanibel Captiva Charter Chapter of the American Business Women's Association (ABWA) Women in Leadership Speaker Series resumes Tuesday, June 23 as a Noon Zoom program. The featured speaker will be Ashley Pignato, director of



Ashley Pignato

communications and events at the Sanibel & Captiva Islands Chamber of Commerce. Pignato will present Islands Update and Outlook, followed by a Q&A about upcoming events and programs planned to support the business community.

"All of us can play a part in moving safely towards a fully functioning economy on the islands," said Pignato. "I'm looking forward to discussing what the chamber of commerce is doing to support our success."

"After a three-month hiatus, we're delighted to put the speaker series back in business on a Noon Zoom," said Gloria Garrett, president. "The community is welcome to attend, members and non-members alike. To receive an invitation to the Noon Zoom, email us at info@abwasanibelcaptiva.org.

"Watch for news of in-person meetings resuming July 21st at our lunch location partner, Sundial Beach Resort & Spa," said Garrett. "Safety protocols are in place for in-person speaker sessions, but a virtual attendance option will also be made available."

On Tuesday, July 21, Melanie Holliday, crisis survivor and project manager at Rapid Response Team, will present Find a Way to be Your Own Superhero. "Holliday's message is even more relevant now than when we planned it months ago," said Garrett. "Although Melanie lives and works on Sanibel, many of us are not aware of her story of courage in the face of daunting odds."

For more information, visit www.ABWSanibelCaptiva.org.✪

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Beautifulife:

Love, Dad



by Kay Casperson

As we approach another Father's Day, our thoughts are with all the dads out there. We are thinking of them and celebrating them. We are encouraging them, and hoping

that fatherhood continues to be the most important job they will ever have in their lives.

Being a dad is not something you can learn in school, from a manual, or any training. In fact, learning to be a father comes from either your own experiences, or trusting your instincts along the way. Not all dads get it, and most will make mistakes along the way, but one thing remains true for all: the unconditional love they have for their children.

I have done research on the importance of a father's role in a child's life. I found interesting information about how impactful the relationship can be, either good or bad, and how many life decisions are made as an outcome. If you are a son, you might inherit some of his traits, and as a daughter, you may just find

yourself attracted to someone similar to him.

In honor of Father's Day, I decided to write a letter that I think every child should hear from a dad. I write this because not all dads can find and express the words that they feel so strongly about. If you have not heard these words from your own father, take them as your own and realize that in their hearts, this is what they have always wanted to say.

Dear daughter/son,

I want you to know that no matter what happens in your life or where your path takes you or takes me, I will always love you, support your decisions and stand by you with respect and acceptance for your choices.

I want you to know that I am grateful for you as you have filled a place in my heart with extreme joy and happiness that no one but you could ever fill.

I want you to know that as the years go by, I watch you become a unique, beautiful spirit with your own ideas, dreams and goals. I am proud of you and thankful for the treasured times we have had together.

I want you to know that my prayer for you is that you love yourself as well as others. And, someday find a love that you can share with someone special who will treat you with the utmost respect and cherish you every day.

There are so many things I could say, but most importantly, I love you, I am

proud of you and I am blessed to have you as my child.

Love, Dad

My affirmation for you this week is: "I am taking the time to reflect on the importance of fatherhood and celebrate the role of being a dad."

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.**



Avocado Deviled Eggs with Gator Sausage

- 1 link alligator sausage, sliced thin
- 1/2 cup avocado, mashed
- 1/4 bell pepper, diced small
- 6 boiled eggs
- 1 tablespoon yellow mustard
- 2 teaspoons all-purpose seasoning (your favorite)
- Several dashes hot sauce (optional)
- Sea salt and fresh ground pepper, to taste

Brown gator sausage in small skillet, remove from heat and set aside. Slice eggs in half. Remove yolks and place into medium bowl. Add mashed avocado, mustard, bell peppers, all-purpose seasoning, hot sauce, and salt and pepper. Stir until thoroughly combined and



Avocado Deviled Eggs with Gator Sausage
photo courtesy Fresh From Florida

smooth. Fill each egg half with mixture and place 1 piece of gator sausage on top. Serve room temperature or chilled.*

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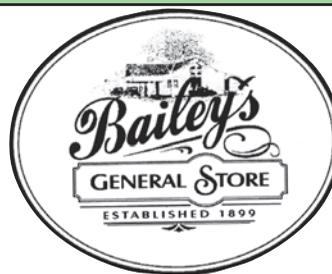
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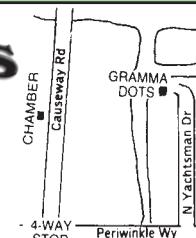


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Book Review

Bubble In The Sun

by Di Saggau



Bubble in the Sun by Christopher Knowlton gives us an in-depth look at the spectacular Florida land boom of the 1920s and shows how it led directly to the Great Depression. It was

a time of incredible excess, immense wealth and precipitous collapse during the 1920s. The great Florida land boom would prompt the country's greatest migration of people. Six million people flowed into the state in three years. In 1925 alone, an estimated two and a half million people arrived looking for jobs and careers.

Most cite the stock market crash of 1929 as the event that heralded the Great Depression. Knowlton says, in fact, the bursting of the great Florida land bubble was the more pivotal event. He points out how the land boom, not the stock market, was the true catalyst for the disasters that befell the nation as overvalued housing and property prices everywhere began to collapse in the wake of the Florida debacle. From 1919 to 1929, both forms of personal debt, mortgages and installment credit soared. The volume of home mortgages more than tripled, and the amount of

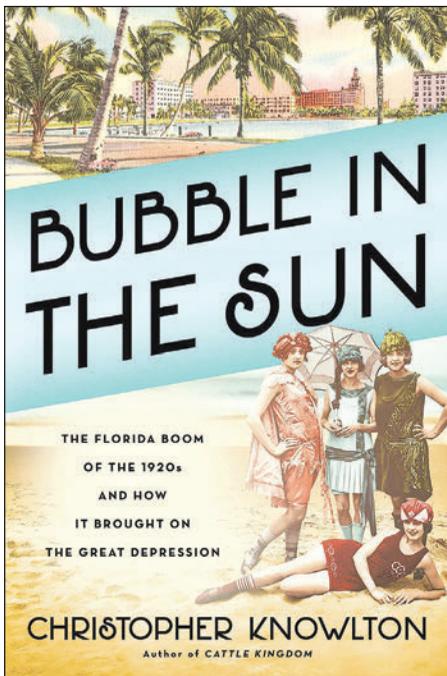


image provided

outstanding installment debt more than doubled.

A number of legendary players were central to the meteoric rise and fall of the state's fortunes during that time. You'll meet the Florida tycoons, including Henry Flagler. Prior to coming to Florida, he oversaw the construction of Standard Oil's first office tower in New York City at 26 Broadway in Lower Manhattan (once the home address of Alexander Hamilton.) Another, Carl Fisher, was an Indiana auto executive who founded

the Indianapolis Motor Speedway before betting his entire fortune on the development of Miami Beach. Also George Merrick, who transformed his father's holdings into the city of Coral Gables, and architect Addison Mizner whose Spanish revival-styled work for Palm Beach patrons helped transform the town.

One of the more interesting characters is Marjorie Stoneman Douglas, a *Miami Herald* reporter and writer who would become a pioneer environmentalist and one day be credited with the establishment of Everglades National Park. She lived to age 108. Her book *The Everglades: The River of Grass*

was published in 1947 and it redefined the public's perception of the Everglades from a worthless expanse of swamp to a precious and irreplaceable waterway. Throughout her life, she continued to deplore the fact that the government, local, state and federal, failed to fully understand the natural mechanics of the great waterway and its importance to the greater Florida ecosystem.

Bubble in the Sun is a riveting account of the forces that made and wrecked Florida during the '20s, the real estate moguls and the once-in-a-century hurricane whose aftermath triggered the stock market crash. It's the history of an era that still affects our country today.*

School Smart



by Shelley M. Greggs, NCSPE

Dear Readers,

Discussing discrimination and racial differences can be hard enough for adults. Talking to kids about these subjects

can be especially daunting. However, when it comes to talking to children, experts say diversity and discrimination are subjects that shouldn't be ignored. Presented below is information that may help you discuss these topics with your kids from the American Psychological Association's article, *Talking to Kids about Discrimination*, www.apa.org/helpcenter/kids-discrimination.

Many people are hesitant to talk to their kids about differences because they don't want to draw attention to them. But whether you talk about those differences or not, kids notice when someone looks different than they do. They also notice when certain groups seem to be treated differently than others. Studies show that even infants can distinguish skin tones. By early childhood, kids begin to have more favorable opinions of people they perceive as "the same" as they are – even if the similarities are meaningless.

When parents avoid talking about differences and discrimination, experts say children learn that the topic is taboo. Children might come to believe the differences they notice are more important than they really are. And they might be hesitant to ask questions, missing opportunities to challenge and correct stereotypes. Discussing differences, on the other hand, can

help kids appreciate diversity and better recognize discrimination when they see it.

All children can benefit from talking openly about diversity and bias, especially for kids in groups more likely to be a target of discrimination. Perceived discrimination has been linked to physical and mental health problems including anxiety, depression, obesity, high blood pressure and substance abuse. Many of these problems are believed to stem from the chronic stress associated with being a potential target of discrimination.

Discrimination-related stress can also affect how kids feel about themselves. It might prevent them from speaking up in class, or from participating in activities that are important to them.

But talking openly with children can prepare them for dealing with discrimination and help them keep discrimination-related stress in check.

How can you talk to your children about diversity and discrimination? Here are some guidelines:

Don't expect to have "the talk" about discrimination. It shouldn't be one conversation. Rather, let the discussion be open and ongoing.

Parents often avoid talking about hard subjects (including sex, underage drinking and discrimination) because they're personally uncomfortable. Keep talking anyway. The discussions get easier over time.

Use age-appropriate language children can understand, and don't give kids too much information at once. The conversation will get deeper and more nuanced as they get older.

Learn to respond to children's questions about differences and bias as they come up naturally. Help children feel that their questions are welcome, or they might come to believe that discussing differences is taboo.

Help children understand the value

continued on page 22



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Superior Interiors

Restoring A Historical Home: Things To Know



by Marcia Feeney

When an opportunity to restore a historical home arises, you take it, but you must proceed with caution. Historical homes are meant to remain architecturally

significant and should remain fairly similar to their natural appearance.

Whether you currently live in a historical home, recently purchased one to refinish, or are interested in exploring the opportunity, there are a few simple tips and tricks for getting the job done without diminishing the significance of the household.

Before you can consider changing up the home, take a closer look at the existing features and foundation. The National Trust for Historic Preservation recommends diving deep into the quality, design, materials and craftsmanship of the home when it was established, and take notice in how these aspects have changed over the years. The intended aesthetic is likely the reason you fell in love with the house in the first place, so

take careful consideration in what you want to get rid of versus what you want to keep and restore.

While you may be interested in leveling out uneven floors or refinishing time-worn cabinetry or staircases, these might be the sweet little historic quirks you can embrace instead. Try to appreciate the quirky aspects of the home, as the time and effort spent fixing these perceived flaws could cause the home to lose some of the charm that initially attracted you. If you do plan on making any major alterations to the home, be mindful of the existing details throughout the original building in terms of materials and textures used, as well as the original colors placed throughout the living space. These custom details might be something you want to restore completely to keep the traditional charm and history of the house.

Home restoration, especially in today's day and age, tends to revolve around the kind of digital and technical features that you can incorporate into the design, decor and foundation of a living space. While this can certainly make a big difference in a historic home, something more subtle can help you achieve this look without getting too high tech in finishes. Modern and contemporary home decor and furniture can bring a new perspective to a timeless historic home. Think sharp edges, neutral colors and minimalism. but pay close attention to detail when adding new touches.

Historical home restoration can be complicated if you have never done it before. We highly recommend reaching

out to a trained architect for assistance if you plan on making any major adjustments to the foundational features of the home as this professional can provide the guidance needed to make those decisions. An interior designer can evaluate your historical living space and provide tips on how to make modern adjustments in the décor without depreciating the historical features. From there, you can decide what stays, what goes and what will turn your living space into a comfortable home as you begin your journey into historical home restoration.

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

From page 20

School Smart

of diversity. A diverse set of experiences and viewpoints boosts creativity and helps kids (and adults) better understand the world around them. On the other hand, discrimination hurts everyone – not just the targets of discrimination. When people are discriminated against, we can miss an important opportunity to learn from them.

Take opportunities to raise discussions based on what you see around you – in real life, books, television shows and even video games. You might ask, “There aren’t many female characters in this video game. What do you think of that?” or, “Do you think that show accurately portrays LGBT characters, or does it rely on

stereotypes?”

Help kids learn how to deal with being the potential target of discrimination. Plan ahead by developing healthy comebacks or responses to hurtful discriminatory statements. For example: “What an unkind thing to say.” “Excuse me? Could you repeat that?” “I disagree with you, and here’s why...”

If you hear children say something discriminatory, don’t just hush them. Use the opportunity as a conversation starter to address their fears and correct their misperceptions.

Challenge your own assumptions and behavior. Do you laugh at racially insensitive jokes? Do you cross the street to avoid passing people of a different ethnic group? Children learn from your actions as well as your words.

Broaden their horizons. Think about the diversity of your own friendship and parenting networks and the places where you spend time. When kids are exposed to people from diverse backgrounds, they have more opportunities to learn about others and discover what they have in common.

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. ✨

Wisdom.

Board Members Emeritus, Ginny Fleming and Steve Brown have been serving with The Trust Company team since the firm's beginning. We're grateful for their continued counsel as members of our Advisory Board.

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Rotary Happenings

submitted by Cindy Carter

The last speaker at the Sanibel-Captiva Rotary Zoom meeting was Rick Johnson, general manager of WGPU Public Media (PBS/NPR) in Fort Myers.



Rick Johnson photo provided

Television Station in the United States based on market penetration reaching 83.6 percent of all local households, 452,386 households or over one millions individuals out of a population base of about 1.2 million. Interestingly, they were ranked #2 – 84.6 percent – in the country in market penetration in homes with less than \$40,000 in household income. They have won numerous awards and recognition including the Suncoast Regional Emmy Award in 2017 and 2018, National

As chief executive officer, Johnson is responsible for the overall operations of full-power public television and radio services licensed to Florida Gulf Coast University. WGPU-TV offers five channels and serves a monthly audience of more than 300,000 Southwest Floridians. WGPU-FM and WGPU-HD radio have more than 140,000 weekly listeners within Southwest Florida. Johnson has responsibility for all the production, programming, engineering, operations, communications and fundraising activities undertaken by WGPU Public Media, and represents the interests of the stations on the local, state and national level.

WGPU was ranked the #1 Public

Murrow Award for Breaking News Coverage in 2018 and 30 Associated Press Awards from 2018-20. In 2018, WGPU Public Media won the Business of the Year, sponsored by *The News-Press*.

Students of FGCU are able to profit from the opportunity of having an on-campus, award-winning television and radio service, as interns within the program. Just imagine the experiences

afforded to them being able to watch, see and learn the many facets of public media in their backyard.

*The Sanibel-Captiva Rotary Club normally meets at The Dunes Golf and Tennis Club on Friday mornings at 7 a.m. However, due to the COVID-19 crisis, we are meeting by Zoom meetings. Contact rotariycindycarter@gmail.com if you would like to be included.**

Trust Company Vice President Earns Designation

Joel A. Johnson, CFA, vice president of The Sanibel Captiva Trust Company, has earned his certified financial planner (CFP) designation. The CFP provides formal recognition of expertise in the areas of financial planning, taxes, insurance, estate planning and retirement plans. Owned and awarded by the Certified Financial Planner Board of Standards, Inc., the designation is awarded to individuals who successfully complete the CFP board's initial exams, then continue



Joel A. Johnson

ongoing annual education programs to sustain their skills and certification.

Johnson has been a member of the trust company's investment management team for five years and manages a number of client accounts. His work also focuses on researching specific sectors in information technology and telecommunications for client portfolios.

"Joel has not slowed down since the moment he joined the trust company, having earned his CFA last year and now following up with his CFP," said S. Albert D. Hanser, founder and chairman of The Sanibel Captiva Trust Company. "We are very proud of him and his work representing the next generation of leaders at the company."

Prior to joining the firm, Johnson worked as a personal banker at Fifth Third Bancorp, where he was responsible for customer account maintenance, customer relations and sales. He obtained his bachelor of science degree in finance from Florida Gulf Coast University.*

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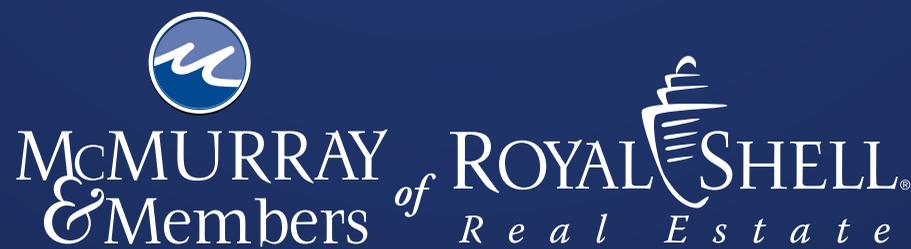


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Will Power

On George Floyd And Black Lives Matter



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

As a somewhat public figure simply by writing this column for over 20 years, I feel a responsibility to offer my opinion on Black Lives Matter and George Floyd's death at the hands of a Minneapolis police officer.

I believe that most of us see the atrocity in what happened and agree with the peaceful protestors. Yet, there's an underlying current that I'd like to address. To that end, I noticed a statement circulating on social media that states, "Seven funerals, a golden casket, and broadcast on every major network for a man who was a violent felon and career criminal? Soldiers die and the family gets a flag."

Unsurprisingly, those who post this find strong emotional reaction going both ways.

Apparently, it's said that Floyd served time in prison on multiple occasions from 1998 to 2007 for theft with a firearm, cocaine possession and armed robbery. These facts appear in other social media posts.

I come at it differently.

George Floyd's personal background is not the issue. It's reported that Floyd was arrested for passing a counterfeit \$20 bill. No one knows whether he knew the bill was counterfeit or not. At the time of his death, he was restrained by handcuffs and on the ground. A review of Floyd's rap sheet is a convenient excuse to ignore the real issues.

No one in our society in that situation should perish at the hands of law enforcement officers acting as judge, jury and executioner. That's not how our justice system works, and, as we've been reminded, this was not an isolated incident.

I see the comparison of "soldiers' families (only) get a flag" as unrelated to the George Floyd issue. We all honor our fallen heroes. A federal holiday, Memorial Day, commemorates those brave and selfless individuals.

Instead, I see the demonstrations around our country speaking to a separate issue. Just as a 21-gun salute honors those who gave their lives for freedom, the pomp and circumstance surrounding George Floyd's funeral symbolizes not just his life, but of all the lives lost to unjust police brutality, disproportionately many of those people of color.

At the same time, we mustn't minimize the risk our men and woman in law

enforcement uniform face daily. Many unsuspecting officers, for example, have been killed during routine traffic stops by a driver wielding a gun. These brave men and women face the worst in our society and must often make instantaneous decisions regarding life and death.

What separates those from the George Floyd incident is 8 minutes and 46 seconds.

A salient, somewhat lighthearted yet serious thought about police brutality over people of color was offered by comedian Chris Rock in a 2018 Netflix special. He said, "I know being a cop is hard. I know that sh**t's dangerous. I know it is; okay? But some jobs can't have bad apples. Some jobs, everybody gotta be good. Like pilots. Ya know, American Airlines can't be like, 'Most of our pilots like to land. We just got a few bad apples that like to crash into mountains.'"

Finally, what can we do now, as a community, society and nation? It's no longer enough to shake our heads yet remain silent. For society to progress, perhaps we need to ask those who are most affected what change they would like to see that would make a difference, and then seriously consider implementing those measures.

This is not a Democrat or Republican issue. It's an issue for each and every one of us to consider and act upon.

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SPORTS QUIZ

1. What international sports competition, created by media mogul Ted Turner, was first held in Moscow in 1986?
2. Name the quarterback who took over for the injured Phil Simms in 1990 and led the New York Giants to a win in Super Bowl XXV.
3. In 2019, who became the first player ever to be enshrined in the National Baseball Hall of Fame with a unanimous vote?
4. What 1977 sports comedy film featured the three boorish, brawling Hanson brothers playing for the Charlestown Chiefs?
5. In one of the most lopsided transactions in NFL history, the Dallas Cowboys traded running back Herschel Walker to what team in 1989?
6. What golfer suffered one of the most disastrous collapses in a major tournament by scoring a triple-bogey and losing the lead on the final hole of the 1999 Open Championship at Carnoustie Golf Links?
7. What Major League Baseball team celebrates a home run with mascot Bernie taking a plunge down a winding slide?

ANSWERS

1. The Goodwill Games. 2. Jeff Hostetler. 3. Mariano Rivera. 4. Slap Shot. 5. The Minnesota Vikings. 6. Jean van de Velde. 7. The Milwaukee Brewers.

How's The Market? Ask Ann

Sanibel's Real Estate Market is "SIZZLING!"

Sanibel Real Estate continues to sell at a good "clip." Going back 7 days, 15 newly reported sales while the island is just beginning to open up. Going back three weeks, there have been 43 new sales.

Why are we doing so well? One word: SANIBEL. Small, well run city, famous for its beach and sensitivity to the environment. Add an award-winning school, BIG ARTS and 48 restaurants. Retiring? Looking for a rental condo? Working "remotely." Sanibel is the ideal location.

Let's talk about Buyers' Costs. The buyer pays for inspections, survey and any costs associated with a mortgage (1.5-2.0% of sales price). Count on 4-6 weeks on a mortgage for property to close. If you pay cash, the cost to you at closing should be minimal; small fee for settlement depending on title company (under \$500) and recording of deed (\$10). Inspections, depending on the scope, can run from \$500-\$2,000. Average Cost is \$800. Older homes with large roof areas can be costly to replace, so always include a roof inspection. Insurance may require a wind mitigation and four-point inspection. These cost extra. Surveys can vary from a "boundary" survey to a survey that requires specific calculations regarding Sanibel coverage requirements. Additional items that you may want to include, such as dock information, would add to the cost. A bank will require a survey for the closing. The insurance company will require a flood elevation certificate if not available from the seller, so be sure to include it if needed. Make sure you order your survey early because it may take time to complete. Surveys can run from \$600-\$1,500.

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BONDURANT

Frankly Speaking

by Howard Prager



How can there be so much to write about with most sports still not being played? And now that players are starting to question the wisdom of re-starting sports in

the wake of COVID-19, Black Lives Matter and the need for racial justice, as Major League Baseball (MLB) and the players association (MLBPA) keep bickering back and forth on whether to restart, I'll use the time machine of the ESPN documentary Long Gone Summer to take us back to 1998. The Mark McGwire-Sammy Sosa home run battle of 1998 captivated a nation. Despite the reports afterwards of McGwire admitting his use of steroids and Sammy not, it was an exciting time to be a baseball fan once again and check the box scores every morning. And for it to take place between the Cubs-Cardinals, always a heated rivalry, made it that much more compelling.

Let's set the stage. Since the strike in 1994, baseball was losing popularity. Interestingly, the owners were crying the same thing as they are today about losing money, at that time because they didn't impose a salary cap (because some owners were paying high amounts

for players and others not).

MLB attendance was down 20 percent because of the public's frustration with the strike. Something was needed to get fans excited again about baseball. The Cubs were coming off of 1997 where they had the worst record in their division; the Cards had the second worst. Lots of changes by both teams were needed. In comes Mark McGwire (towards the end of 1997) and Cubs rookie pitcher Kerry Wood who tied the major league record of striking out 20 in one game early in 1998. That was going to be the Wrigley Field story that summer. Until June, the home run battle appeared to be between Mark McGwire and Ken Griffey, Jr. When the weather heated up, so did Sammy Sosa, hitting a record 20 home runs that month. The race was on.

Several factors about this race. First, these were not cheap home runs by either player – they were deep drives into the bleachers or over the fence. Surprisingly, the home run that broke the record barely cleared the outfield wall, a rare aberration for McGwire. All of a sudden, the standings of both teams became secondary to "what did Sammy and Mark do today?" Second, baseball is a long season, and to keep up that pace all season is tough on anyone. There are injuries, dings, etc. that could sideline players. Not McGwire or Sosa. Third, the two of them genuinely admired each other. Sammy came off as the chaser to McGwire, and they both kidded about that. They got along exceedingly well and held many joint news conferences

when the teams played one another. Fourth, it was old baseball (McGwire athletically built, tall, from USC) versus new baseball (Sosa from the Dominican Republic, more of a slight build, very charismatic). Fifth, the home run chase to break Roger Maris' single season record enthralled the nation and the world with two warriors from two rival teams each aiming to break the record. Everyone was scoreboard watching for a report on who hit one, two or even three out that day.

We all know what happened. McGwire won on Labor Day weekend when the Cubs were at St. Louis – how prophetic was that? He tied the game on Monday and the next day broke the record. Sammy came in from right field to congratulate him. The race went on to the very last weekend of the season, with Sosa up one at 66 in the last series of the year. Then McGwire went on a tear, hitting five out in two days to catch and pass Sosa, ending with 70. In fact, we learn in the documentary that McGwire didn't want to play on the last day, and Manager Tony LaRussa talked him into it saying that fans came specifically to see him play. He then hit three homers! Truly a remarkable ending to a high-profile season. What a shame that we discovered later they took performance enhancing drugs (PEDs) to help them (still waiting for Sammy to admit that). So many players did drugs in that era which I find so disappointing since they didn't need to – McGwire himself may have set the record without that, after all he hit 49 as a rookie.

Standings wise, the Cards finished third behind the Cubs, who ended up with a 90-72 record, won a one-game playoff with the Giants to make the playoffs, only to be swept by a tremendous Braves team. Still, the season and the home run chase is what's remembered most about 1998.

The good news story of the day is also about a home run king in baseball from *CBS Sunday Morning*. Ten-year old Jake Curzon of South Elgin, Illinois is a little leaguer who was missing baseball so much he "poured his heart out in a letter and addressed it to the only person he thought could help... Babe Ruth." Jake sent the letter to the Gate of Heaven Cemetery in Hawthorn, New York where the Babe is buried. It was displayed on his grave. He thought if the Babe knew the pandemic was affecting baseball, the Babe wouldn't be happy. Asked why he wrote to the Babe, Jake said, "since he's a guardian angel now, I want him to make this pandemic stop." He wanted to see people get better. What an imaginative way for a young person to try and do something to bring back baseball. Now if Jake would write the Babe about the differences between the MLB and MLBPA, maybe they'd settle on a solution to resume baseball.

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. ✨

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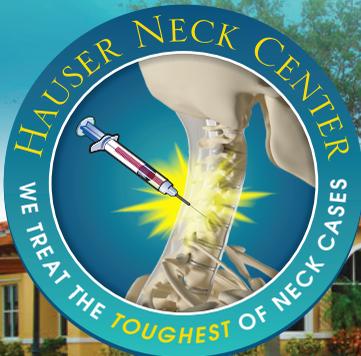
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 FRIDAY Mostly Cloudy High: 91 Low: 78	 SATURDAY Mostly Cloudy High: 88 Low: 75	 SUNDAY Cloudy High: 90 Low: 73	 MONDAY Few Showers High: 86 Low: 75	 TUESDAY Cloudy High: 88 Low: 73	 WEDNESDAY Mostly Sunny High: 86 Low: 75	 THURSDAY Sunny High: 85 Low: 72
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Redfish Pass Tides

Day	High	Low	High	Low
Fri	2:19 am	5:03 am	11:46 am	7:31 pm
Sat	3:14 am	5:24 am	12:18 pm	8:10 pm
Sun	4:04 am	5:45 am	12:54 pm	8:50 pm
Mon	1:34 pm	9:32 pm	None	None
Tue	2:18 pm	10:17 pm	None	None
Wed	3:08 pm	11:02 pm	None	None
Thu	6:45 am	9:05 am	4:03 pm	11:49 pm

Point Ybel Tides

Day	High	Low	High	Low
Fri	1:24 am	5:05 am	10:51 am	7:33 pm
Sat	2:19 am	5:26 am	11:23 am	8:12 pm
Sun	3:09 am	5:47 am	11:59 am	8:52 pm
Mon	12:39 pm	9:34 pm	None	None
Tue	1:23 pm	10:19 pm	None	None
Wed	2:13 pm	11:04 pm	None	None
Thu	5:50 am	9:07 am	3:08 pm	11:51 pm

Punta Rassa Tides

Day	High	Low	High	Low
Fri	12:45 am	4:55 am	11:56 am	7:27 pm
Sat	1:32 am	5:44 am	12:25 pm	8:15 pm
Sun	2:23 am	6:49 am	12:54 pm	9:04 pm
Mon	3:27 am	7:50 am	1:27 pm	9:51 pm
Tue	4:32 am	8:53 am	2:11 pm	10:35 pm
Wed	5:22 am	9:50 am	3:20 pm	11:17 pm
Thu	6:03 am	10:41 am	4:45 pm	None

Cape Coral Bridge Tides

Day	High	Low	High	Low
Fri	4:29 am	8:19 am	1:56 pm	10:47 pm
Sat	5:24 am	8:40 am	2:28 pm	11:26 pm
Sun	6:14 am	9:01 am	3:04 pm	None
Mon	3:44 pm	12:06 am	None	None
Tue	4:28 pm	12:48 am	None	None
Wed	5:18 pm	1:33 am	None	None
Thu	8:55 am	2:18 am	6:13 pm	12:21 pm

My Stars ★★★★★

FOR WEEK OF JUNE 15, 2020

Aries (March 21 to April 19)

Choosing to work with someone you once thought might have been disloyal is a courageous move. The logical next step is to talk things out so there'll be no reason for raising suspicions again.

Taurus (April 20 to May 20) Take

your time making a decision about a personal or work-related relationship. New facts are still coming in, and you'll want to know the full story before you take a definitive step.

Gemini (May 21 to June 20) Expect to learn something new about an old problem. This could provide some insight into how the problem began, and why it still defies efforts to find a resolution. Good luck.

Cancer (June 21 to July 22) An uneasy work-related relationship can be eased with compromises by both sides. The parties might consider putting the agreed-upon changes in writing in case of a future misunderstanding.

Leo (July 23 to August 22) Oh, you lucky Felines: Your romantic aspects are in absolutely purrfect form. Don't be surprised at how especially attentive the ladies and gentlemen in your life are going to be this week.

Virgo (August 23 to September 22) Looking to prove yourself in a difficult situation is laudable. But try paying more attention to advice from experienced contacts. It could help you avoid time-wasting missteps.

Libra (September 23 to October 22) A business decision seems easy enough to make based on what you know. But this week could bring new facts to light, and you might have to do some heavy rethinking.

Scorpio (October 23 to November 21) Feeling sure about the steps you expect to take is great. But you may need to share a few dollops of that confidence with those who have some doubts about your plans.

Sagittarius (November 22 to December 21) A sense of well-being dominates much of the week. A slightly depressed mood could set in on the weekend. But seeing family and friends helps shoo it away.

Capricorn (December 22 to January 19) You appear to be walking your life's path like the sure-footed Goat you are. But someone might feel you could do better. Listen to the advice, but make up your own mind.

Aquarius (January 20 to February 18) With positive signs growing stronger, Aquarians could find themselves facing choices that are each too good to turn down. Best advice: Go for the one you feel most comfortable with.

Pisces (February 19 to March 20) Someone you know might need your comfort and wisdom during a particularly difficult period. Your encouraging words help restore self-confidence and rebuild strength.

Born This Week: Your kindness to all who need you is always appreciated and sets a fine example for others to follow.

MOMENTS IN TIME

- On June 27, 1939, one of the most famous scenes in movie history is filmed – Rhett Butler and Scarlett O'Hara parting in *Gone with the Wind*. Director Victor Fleming also shot the scene using the alternate line, "Frankly, my dear, I just don't care," in case the film censors objected to the word "damn." The censors approved the movie but fined

producer David O. Selznick \$5,000 for including the curse.

- On June 22, 1944, President Franklin Roosevelt signs the GI Bill, giving returning World War II veterans a range of benefits, including money for college tuition, living expenses and books.

- On June 26, 1959, the St. Lawrence Seaway is officially opened, creating a navigational channel from the Atlantic Ocean to Duluth, Minnesota. The system of canals, locks and dredged waterways extends for nearly 2,500 miles.

- On June 28, 1969, a police raid of the Stonewall Inn, a popular gay club in New York's Greenwich Village, turns violent as patrons and local sympathizers begin rioting against the police and throwing bottles. It's now remembered as one of history's first major protests for LGBT rights.

- On June 23, 1972, Title IX of the education amendments of 1972 is enacted into law. Title IX prohibits federally funded educational institutions from discriminating against students or employees based on sex in all areas, including athletics.

- On June 24, 1993, Yale professor David Gelernter is seriously injured when an envelope explodes in his hands. That bombing, along with 14 others since 1978 that killed three people and injured 23 others, was eventually linked to Theodore Kaczynski, the Unabomber.

- On June 25, 2009, Michael Jackson, one of the most successful entertainers in history, dies at age 50 at his home in California. Jackson suffered cardiac arrest caused by a fatal combination of prescription drugs given to him by his personal doctor.

NOW HERE'S A TIP

- Window frames can be tricky to

clean. And they are a magnet for dust and dirt, or worse – condensation that can lead to mold. To get into the crevices, employ a toothbrush sprayed with a tiny spritz of furniture polish. It works!

- "Firing up the grill? Don't get hasty. Preheat. Cooking times are based on an even cooking temperature, and you'll get that good sear on your steaks or chicken. Use a grill thermometer and you'll know when just the right time is to put dinner on the grill!" – TE in South Carolina

- Ever wonder how long your peanut butter will last? On the pantry shelf, you can expect it to hold for 7 to 12 months if stored in a cool dark place. After opening, it will last 3 to 4 months in the fridge.

- Smudged mascara? Remove it on the fly with a little bit of lip balm. Simply run your finger over the lip balm, then carefully remove the smudge. You also can put a bit of the lip balm on a tissue and use that instead.

- "I dropped a glass in the kitchen, and there were a ton of small pieces. After I swept up, I wiped the area with a piece of bread, which picked up all the small shards." – WC in Kentucky

- Stick-down carpet tiles are great for making a path from where you park your car in the garage to the door. It makes a nice nonslip surface." – RT in Florida

STRANGE BUT TRUE

- In the 1st century AD, Roman men as well as women used cosmetics – lightening their skin with powder, applying red pigment to their cheeks, and painting their nails, though you'd hardly want to use their form of nail polish today – a nasty mixture of pig fat and blood. They also painted their heads to camouflage bald spots.

- Princess Leia's *Star Wars* hairdo,

continued on page 38



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dearRPharmacist

What Figs And Almonds Have To Do With Diabetes



by Suzy Cohen, RPh

Dear Readers: Most people with diabetes have to avoid fruits entirely, at least the starchy sort. But I think figs are okay. Figs made news in 2019, and I bet it wasn't even a two-second blip on

the news when researchers published profoundly useful benefits. We now know that a fig-derived compound called "abscisic acid" may be helpful for metabolic syndrome, pre-diabetes and type 2 diabetes mellitus.

Why is this important? It's time to stop making yourself crazy and just enjoy your food again. My book *Diabetes Without Drugs* explains exactly how to do that. See any chain book store, Amazon or my own website. Also, I am happy to send you some delicious recipes via email.

Here are some tips for healthy eating:

1. Fig Fruit – Include fig fruits, or take a dietary supplement that contains this ingredient as part of its formula. Clinical studies support "abscisic acid"

for blood sugar benefits, and it ranks up there with gymnema sylvestre, cinnamon and berberine.

2. Oils – Don't use old oils; freshen them periodically because they go rancid quickly. Some healthy oils include almond oil, grape seed oil, tea seed and olive oil. Some oils are more harmful because they cause higher levels of inflammatory compounds. If you're interested in my other article, find it on my website. It's called *The Best and Worst Oils to Cook With*.

3. Flour – One of my favorite flours to cook with is almond flour, as in 100 percent blanched almonds. Almond flour has approximately 20 carbs per cup, versus over 70 carbs for wheat flour. It also contains "salicin" which is a cousin to aspirin, so it has analgesic benefits! Almond flour is also gluten-free.

4. Alcohol – It attacks your pancreas which is the organ that controls blood sugar. So I highly recommend you avoid alcohol. I'd suggest you pay the few extra dollars to buy alcohol-free extracts of vanilla and almond for your baking recipes.

5. Cheese – Cheese is like dope to some of us. Cheese contains a protein called "casein" and also "beta Casomorphine-7" which act on your brain's opiate receptors. Milk has some, but it's really concentrated in cheese and ice cream. That's where the nefarious oxycodone, heroine and morphine drugs bind to. This presents a challenge for people who have diabetes and/or dairy allergies. For those of

you who want to be casein-free, skip the cheese entirely. But if you want to try an experiment, test yourself with a sheep or goat-derived cheese.

People with diabetes have the same nutritional needs as anyone else, so eat a well-balanced diet. The right foods sustain and improve your health because they are natural and not man-made. Basically, the "right foods" have

a shorter distance between Point A and Point B, meaning there is a direct line from the Earth to your plate.

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.✱

Got A Problem? Dr. Connie Is In



by Constance Clancy

Q: I have noticed that I am having a difficult time practicing patience these days. Can you give me some tips to practice better patience and understanding?

A: While we are in a place where social/physical distancing is required, the grocery store may be a good place to practice. While you cannot get right behind the person in front of you at the checkout line, remember that practicing patience gives you the freedom to be healthier, happier and more aware of what is good in your life. Lines are a good testing ground for practicing patience.

When you are in line, think of how fortunate you are to be healthy, to have the gift of being able to get healthy food to nourish your body. When you practice patience, you realize that the old way really wasn't working to begin with. Observe the way you feel compared to how you felt before. It is contagious. Others will notice and they will begin to practice it too. You will find yourself realizing that this is a great new way to be as the old way was just aggravation for you. This way is pleasant. You will even feel kindness and compassion toward self and others. Subsequently, patience becomes more widespread. You will notice that you will start to approach all situations with more patience and you will feel better as soon as you begin practicing this.

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

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Doctor and Dietician

Love Your Neighbor



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

Stressful times in our country continue. With this comes heightened levels of anxiety, depression, anger and feelings of being out of control. We get it. We have been there too. These feelings are real. Times are turbulent. We do have differing opinions on these issues than our friends, family or neighbors. But do we want to give into fear, anger and bad behavior? We would think most of us would answer "no."

We want to encourage you to remember what many of us were taught as children: love your neighbor as yourself. What exactly does this mean? A recent blog we read stated, "Loving our neighbor goes far beyond peering over the fence. To love our neighbors means to serve our communities so that we are

giving back what we receive. A continuous flow of goodwill and peaceful intent."

We know the people in our little corner of Southwest Florida are very kind and generous people. Put under stress, even the best of us can find ourselves reacting negatively. To combat these feelings, we need to be intentionally working on averting these feelings. So, what does it look like to love your neighbor? Here are five tips:

Be Kind. Smile. A genuine smile has tremendous influence on others. Right? We know what it feels like to be greeted with a smile. Use that smile daily.

Be fair and ethical. What type of success crosses the lines of morals and human dignity? Set high standards and stick to them. In everything.

Be generous. We are not just talking about money here. We can give of our time, skills, kindness, joy and prayers for others.

Be watchful. Look for opportunities to help others versus focusing on yourself. See a need, be the hand that helps. Do you know someone in your circle who must stay indoors due to illness? Give them a call, bake them some banana bread, or write them a note.

Break the cycle. Do not feed into negativity, complaining or fear. These things hurt us in many ways – by destroying relationships, causing pain and depleting our immune systems. Our bodies thrive on peace, love and joy. Let us spread it around to others. Love your neighbor.

This information is not intended to treat, cure or diagnose your condition. Caring Medical Regenerative Medicine

Clinics has two locations: one in Oak Park, Illinois, and one in Fort Myers. It was established in 1991 by Ross Hauser,

MD, and Marion Hauser, MS, RD. They can be reached at info@caringmedical.com.*

PUZZLES

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Earring is missing. 2. Man's expression is different. 3. Tree is gone. 4. Shadow is cast on bush. 5. Blade handles are different. 6. Leaves are different.

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PUZZLES

Answers on page 39



"Honest, honey, I don't know what I said to make your mother angry — but I'll try to _____!"

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!

Angst

AMELIAS

Guard

BORRED

Gift

WODEN

Gourd

TUGMEN

TODAY'S WORD

SUDOKU

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

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.



- 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 Council 472-4135
- City Building Department 472-4555
- City Manager 472-3700
- City Planning & Code Enforcement Department 472-4136
- City Public Works 472-6397
- Library, Sanibel 472-2483
- Library, Captiva 239-533-4890
- Post Office, Sanibel 472-1573
- Post Office, Sanibel (toll free) 800-275-8777
- Post Office, Captiva 472-1674
- Sanibel Community House 472-2155
- Center 4 Life, Senior Center 472-5743
- ARTS**
- Arcade Theater 332-4488
- Art League Of Fort Myers 275-3970
- BIG ARTS 395-0900
- Broadway Palm Dinner Theatre 278-4422
- Fort Myers Symphonic Mastersingers 288-2535
- Gulf Coast Symphony 277-1700
- Herb Strauss Schoolhouse Theater 472-6862
- Lee County Alliance for the Arts 939-2787
- Naples Philharmonic 597-1111
- Sanibel Music Festival 336-7999
- Sanibel-Captiva Art League sancapart.org
- Southwest Florida Symphony 418-0996
- Symphonic Chorale of Southwest Florida 560-5695
- CLUBS & ORGANIZATIONS**
- ABWA <http://abwasanibelcaptiva.org>
- American Legion Post 123 472-9979
- Angel Flight SE 1-877-4AN-ANGEL
- Audubon of SWFL <https://www.audubonswfl.org/>
- Audubon Society 472-3744
- Bailey-Matthews National Shell Museum 395-2233
- CHR Community Housing & Resources 472-1189
- Community Foundation of Sanibel-Captiva 274-5900
- COTI Committee of the Islands coti@coti.org
- CROW, Clinic For The Rehabilitation of Wildlife 472-3644
- Progressive Club of the Islands pcisancap@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
- Horticultural Society of the Islands 472-6940
- Horticulture and Tea Society of Sanibel and Captiva 472-8334
- JN "Ding" Darling National Wildlife Refuge 472-1100
- 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 Assc. of America, Alex MacKenzie 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club 472-0836
- PAWS, Protection of Animal Welfare Society 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 267-7291
- Sanibel Historical Museum & Village 472-4648
- Sanibel Island Fishing Club 472-8994
- Sanibel Youth Soccer 395-2040
- SCCF Sanibel-Captiva Conservation Foundation 472-2329
- SCCF Sea Turtle Hotline 978-728-3663
- Shell Islands Garden Club 246-8875
- United Way of Lee County - 24 hour helpline 211 433-2000
- Zonta Club 728-1971

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PUZZLES

Answers on page 39

Super Crossword

"HOW ABOUT HAT!"

- ACROSS**
- 1 Big appliance brand
 - 6 Bursting, as a balloon
 - 13 Houdini feat
 - 19 Only
 - 21 New York senator
 - 22 Sudden floods
 - 23 Device used in saltwater aquariums
 - 25 Spanish conquistador
 - 26 Filter slowly
 - 27 Cagney or Lacey: Abbr.
 - 28 Seed case
 - 29 Tennis'
 - 30 Took a 46-Across, e.g.
 - 32 "For Me and My Gal" director
 - 35 Marine ink squirts
 - 38 Welsh dog
 - 39 Tic-tac-toe row
 - 40 Some Web site banners
 - 41 Person paid for getting strikes
 - 46 Airport idler
 - 47 Apian abode
 - 48 Try to get
 - 49 Online party summonses
 - 53 Madonna musical
 - 55 The Once- ("The Lorax" character)
 - 56 Gradually slowing, in music: Abbr.
 - 58 Legislate
 - 59 Cozy room
 - 60 Florida school near Daytona Beach
 - 66 Dimple locale
 - 67 Like Capp's Abner
 - 68 Parable, e.g.
 - 69 1977 pact signed by Carter and Torrijos
 - 76 Son of George Bush
 - 79 Painstaking, for short
 - 80 Academic e-mail suffix
 - 81 Tirana's nation: Abbr.
 - 82 Brain holder
 - 84 Hedy of film
 - 86 Just — on the map
 - 89 Diminutive suffix for "part"
 - 91 Mrs. Victor Laszlo, in film
 - 92 Collectible Happy Meal miniatures
 - 96 Nine-digit ID issuer
 - 99 Vienna's land: Abbr.
 - 100 Made a boat move
 - 101 Most twisted, as humor
 - 102 Annual May race
 - 106 Stimulate
 - 107 Artist Renoir
 - 108 Gold, in Italy
 - 109 With 50-Down, rum cocktail
 - 110 Hits with high voltage
 - 114 Small cavern
 - 115 Exceeds limits (or what each of this puzzle's theme items does?)
 - 119 Word before snake or belt
 - 120 Like the jack of hearts
 - 121 In a creepy way
 - 122 Wood dyes
 - 123 Sheets and pillowcases sold as units
 - 124 Rob of "90210"
- DOWN**
- 1 Some snakes
 - 2 Further
 - 3 Healing plant
 - 4 Bottom line
 - 5 Bristol brew
 - 6 Furtive "Looky here"
 - 7 Suffix with bull or hill
 - 8 Frat letter
 - 9 Fills up the tank, maybe
 - 10 Not budging
 - 11 In poverty
 - 12 Fido's threat
 - 13 Endive type
 - 14 Hybrid utensil
 - 15 À la —
 - 16 Hun name
 - 17 Flattened by hammering
 - 18 Thoreau writings
 - 20 Like "kvetch" or "schmear"
 - 24 Once called
 - 29 Fluffy's cry
 - 31 Not closed, in verse
 - 32 Many miffed fans, vocally
 - 33 Catering hall vessel
 - 34 "Oh, God! —" (1980 film sequel)
 - 35 Made a pick
 - 36 Want badly
 - 37 Venom, e.g.
 - 38 Spotted, musky cat
 - 42 Hush
 - 43 Swiss capital
 - 44 Brothers Phil and Don of pop/rock
 - 45 Wash cycle
 - 50 See 109-Across
 - 51 Outer: Prefix
 - 52 Hogs' place
 - 54 Actor Shawn of "X-Men" films
 - 57 Stand for an idiot box
 - 61 Hollywood's Carrere
 - 62 Ending for pay or Motor
 - 63 Not any
 - 64 Last: Abbr.
 - 65 Have brunch
 - 66 Gem weight
 - 69 Jim Bakker's old ministry, familiarly
 - 70 FINDER's cry
 - 71 — de plume
 - 72 Fresh as —
 - 73 Naked
 - 74 Early blues singer Ma —
 - 75 Spanish national hero
 - 76 Singer Andrews
 - 77 "That's someone — problem!"
 - 78 Explosion
 - 83 Unwelcome advice givers
 - 85 Atomic piles
 - 87 Certain wind insert
 - 88 Flowers named for their scent
 - 90 "Charlotte's Web" author
 - 93 H-bomb, e.g.
 - 94 Wall St. manipulator
 - 95 Add up to
 - 96 Singer Ricky
 - 97 Painter Georges
 - 98 Mohair goat
 - 103 — -frutti
 - 104 St. Paul-to-Fargo hwy.
 - 105 Lorna — cookies
 - 106 Huge battle
 - 109 What docs prescribe
 - 111 Quarreling
 - 112 Magnet end
 - 113 1974 CIA spoof movie
 - 115 Hunk
 - 116 "— of little faith!"
 - 117 Critter doc
 - 118 "— -haw!"

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19				20	21							22							
23					24							25							
26				27				28				29							
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84					85		86		87	88		89		90		91			
			92				93					94					95		
96	97	98																	
102				103	104														
107																			
114																			
119																			
122																			

King Crossword

ACROSS

- 1 Impale
- 5 Father
- 8 Waller or Domino
- 12 Operatic solo
- 13 Playwright Levin
- 14 "Step —!" ("Hurry!")
- 15 Kindly bloke
- 16 Make a mock-up of
- 18 I before E except —
- 20 Draw forth
- 21 Doesn't feel good
- 23 Overly
- 24 Kiss
- 28 Winter forecast
- 31 Debt notice
- 32 Detroit team
- 34 Payable
- 35 Calm before the storm
- 37 Vary a tone
- 39 Winning hand's winnings
- 41 Cupola
- 42 Notlikethis
- 45 Random drawing?
- 49 Count
- 51 Require
- 52 Right angles
- 53 Knight's title
- 54 On the rocks
- 55 Encounter
- 56 Skirt terminus
- 57 "Finding Nemo" character
- 7 Knighted woman
- 8 Page numbers
- 9 Big snake
- 10 South American monkey
- 11 Undo a dele
- 17 Last (Abbr.)
- 19 Small stream
- 22 Remained upright
- 24 Flat-bottomed boat
- 5 Deny
- 6 "Exodus" hero
- 26 Guilty
- 27 Germ layer
- 29 Result of three strikes
- 30 Tiny
- 33 Wrestling style
- 36 Noisy swarmer
- 38 Nikita's successor
- 40 — Aviv
- 42 Branch
- 43 Wan
- 44 Morse morsel
- 46 Retro art style
- 47 Lecherous look
- 48 Vortex
- 50 Dead heat

DOWN

- 1 Long story
- 2 Not kosher
- 3 "It — Necessarily So"
- 4 Flat-bottomed boat
- 5 Deny
- 6 "Exodus" hero
- 7 Knighted woman
- 8 Page numbers
- 9 Big snake
- 10 South American monkey
- 11 Undo a dele
- 17 Last (Abbr.)
- 19 Small stream
- 22 Remained upright
- 24 Flat-bottomed boat
- 25 Old French coin
- 26 Guilty
- 27 Germ layer
- 29 Result of three strikes
- 30 Tiny
- 33 Wrestling style
- 36 Noisy swarmer
- 38 Nikita's successor
- 40 — Aviv
- 42 Branch
- 43 Wan
- 44 Morse morsel
- 46 Retro art style
- 47 Lecherous look
- 48 Vortex
- 50 Dead heat

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

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

- | | | | |
|----------|-------------|-----------|----------|
| Ampere | Gerrymander | Ohm | Watt |
| Bloomers | Hertz | Sandwich | Wisteria |
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PETS OF THE WEEK

Lee County Domestic Animal Services

Rolo And Roger



Rolo ID# A820136

Lee County Domestic Animal Services (LCDAS) adoption center has reopened by appointment only. Visit www.leelostpets.com to complete an online adoption application prior to calling 533-7387 to make an appointment. The center is open Monday through Friday from 10 a.m. to 4 p.m.

Hello, my name is Rolo. I am a 4-year-old male chihuahua who has quickly become a staff favorite due to my sparkling personality and roly-poly way that I totter over to you. Of course, I do need a bit of a weight loss and exercise plan. My former family overfed me, and



Roger ID# A819916

I need a healthier lifestyle. My adoption fee includes neuter, microchip, up-to-date vaccinations, county license and a 10-day health check.

My adoption fee is \$75.

Meet Animal Services' very own Roger the Rabbit. Hi, I'm a 2-year-old male shorthair rabbit who is an adorable pint-sized cutie. I am very content being held or just to chew on a nice treat or carrot.

My adoption fee is \$5.

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

From page 30

Strange But True

which she referred to as "hairy earphones" and a "hair don't," was inspired not by bagels but women of the Mexican Revolution.

- Pound cake got its name from its original ingredients: a pound of butter, a pound of eggs, a pound of flour and a pound of sugar.

- Beat author William S. Burroughs' novel *Naked Lunch* was supposed to be called *Naked Lust*. He decided to change the title after fellow Beat writer Jack Kerouac mispronounced the original one.

- In 2009, 59-year-old Italian neurosurgeon Claudio Vitalae had a heart attack in the middle of performing a brain surgery. He powered through it when he realized his patient would never recover if he stopped, despite the urging of his staff and his chest pains worsening. Half an hour after finishing the surgery, Mr. Vitale had an angioplasty, later telling the press, "I'm not a hero, I only did my duty."

- The first documented use of toilet paper dates to 6th century AD China.

- No U.S. president has ever died in the month of May.

- Alcatraz was the only prison to offer its inmates hot showers, but don't make the mistake of thinking that had anything to do with showing kindness to the prisoners. Rather, the assumption was that if they were used to hot shower

water, they'd be unable to cope with the frigid waters of the San Francisco Bay and deterred from an escape attempt.

THOUGHT FOR THE DAY

"I cannot teach anybody anything. I can only make them think." – Socrates

TRIVIA TEST

1. **Geography:** Denali is the highest mountain on which continent?
2. **Games:** What color of property is Connecticut Avenue in the board game Monopoly?
3. **General Knowledge:** Gracie Mansion is the official residence of which elected official?
4. **Movies:** Which 1980s movie tagline was "the first casualty of war is innocence"?
5. **Math:** What is the only number that is twice the sum of its digits?
6. **Animal Kingdom:** What is a dolphin baby called?
7. **Astronomy:** Which planet in our solar system spins the fastest on its axis?
8. **Language:** What is a bugaboo?
9. **Television:** What was the family's last name on *The Cosby Show*?
10. **Food & Drink:** What kind of flower produces vanilla pods?

TRIVIA ANSWERS

1. North America 2. Light blue 3. New York City mayor 4. Platoon 5. 18 6. Cliff 7. Jupiter 8. An imaginary object of fear 9. Huxtable 10. Orchid

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The less you can touch a fish before release the better for the fish.

If you want a picture with the fish, support it as you lift it out of the water – and do it quickly.

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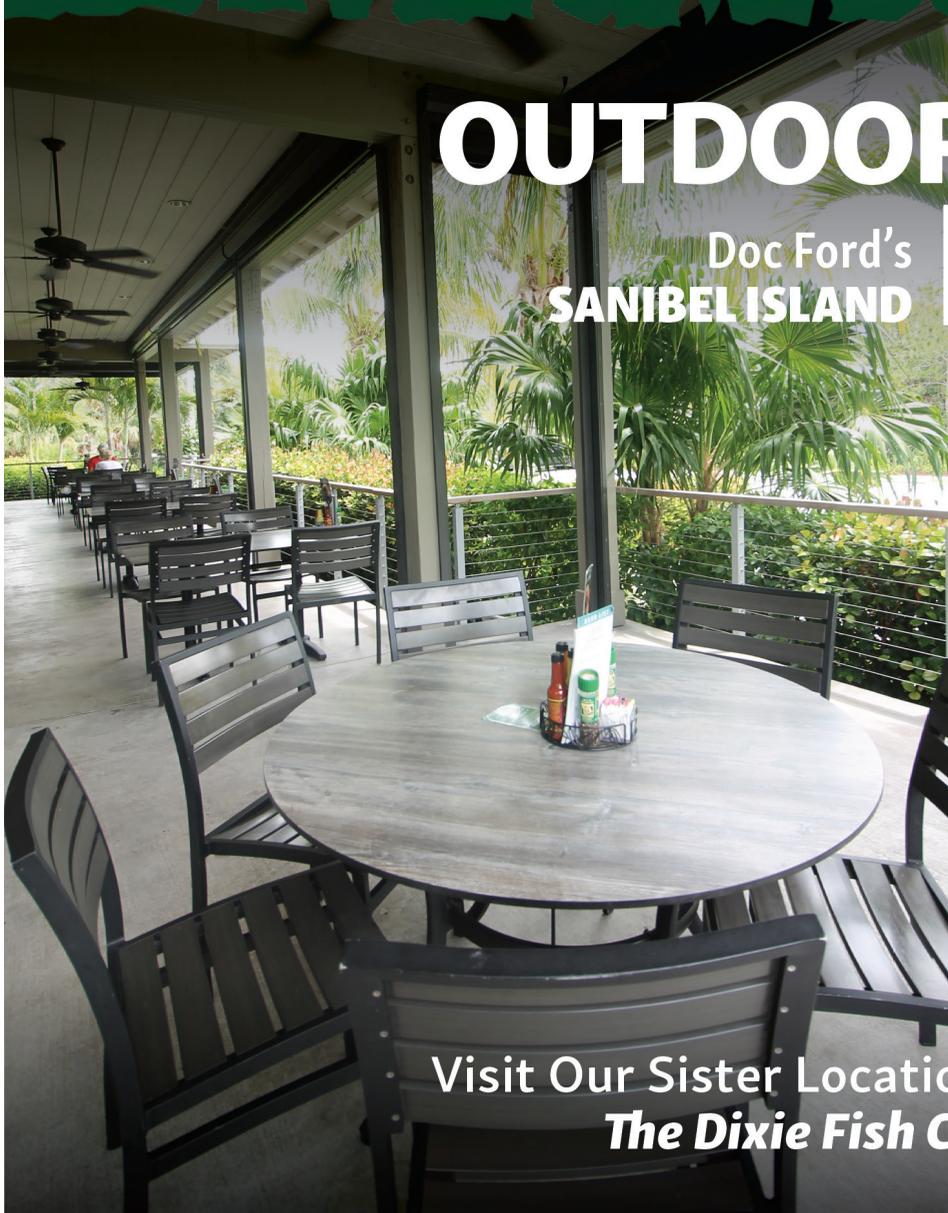


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