

Online Lecture On Cephalopods

The Bailey-Matthews National Shell Museum's free online lecture series continues on Wednesday, July 13 at 5:30 p.m. with Let's Get Kraken: Cephalopods Coast to Coast. The talk will be led by Bret Grasse, manager of cephalopod operations at the internationally renowned Marine Biological Laboratories in Woods Hole, Massachusetts.



Bret Grasse

Cephalopods, which include octopuses, cuttlefish, squids and nautilus, have long fascinated humans. For centuries, they have provided inspiration for human culture through art, history and fables, technology and media.

Cephalopods are an evolutionary oddity that include many incredible physical and



An adult stumpy cuttlefish with its prey, a glass shrimp

behavioral capabilities, unique to life on this planet. They have the largest and most complex brains of any invertebrate, they have unmatched ability to change the color and texture of their skin, they are the fastest aquatic invertebrates, and they can regrow or regenerate entire limbs. This talk

photos courtesy Marine Biological Laboratory

will focus on what makes cephalopods so impressive while discussing their presence and role in public aquariums and research communities.

Grasse has over 15 years of experience in the public aquarium industry. He served as senior aquarist at the Monterey



A two-month-old pygmy zebra octopus

Bay Aquarium for nearly 10 years. During his tenure there, he created and supervised the world's first ever large-scale cephalopod show, called Tentacles, featuring a diverse collection including 25 species of octopus, 15 species of squid, 10 species of cuttlefish, and nautilus. Part of

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Meeting Draws Crowd Following Social Media Post

by Allison Havill Todd

Nearly 100 island residents turned out on June 30 for what was likely the most well attended board meeting for the Sanibel Public Library. Though the meetings are always open to the public, it is rare for many to attend other than the board of commissioners themselves. Libraries have dealt with contention since their beginnings, enduring past controversies such as evolution, women's voting rights, Harry Potter novels and even Halloween. The heightened interest in this particular meeting was spurred by a negative online discussion about a recent selection of gender identity books available in the library's children's section.

Melanie Congress, Sanibel Public Library District Board of Commissioners chairperson, called the meeting to order and set the tone to prevent what might have been a heated and contentious assembly. Congress began by making it clear that the board is there "to listen, understand and move in a direction that guides us to good policy decisions." She clearly identified the role of the library



Sanibel Public Library Youth Services Assistant Vivi Whalen shelving books in the children's section
photo by Allison Havill Todd

and the board by saying, "American libraries exist and function within a body of laws provided by the constitution and first amendment. Libraries are a place for learning, exploration and access to resources to support its patrons' interests and endeavors."

The controversy began when a mother

of two young children, who recently moved to the island, became concerned when her child discovered a book on the shelves in the children's section of the library on the topic of gender identity. After expressing her objection to library staff, the mother was provided with a Reconsideration Form to complete, which

is part of the library's procedure for someone who wants to dispute available materials. Sanibel resident Arlene Dillon said, "My main concern is that there is a process to follow when a person or group of people have issues with any book in the library. Instead of following that process, the complaint about the books (complete with photos) was taken to a specific online media outlet so that their story could be written and distributed on social media. Our library board of commissioners should not find out about a situation through a social media campaign. The families that complained never gave the library process a chance to address their concerns."

The eight-member, all volunteer library board of commissioners welcomed individual comments during the meeting with 25 individuals expressing their opinions. At the beginning of the meeting, Congress encouraged everyone to maintain an attitude of civility and mutual respect, and emphasized that the board is listening but is also obligated to follow established processes and adhere to the library's mission statement. Congress summarized the mission statement by sharing, "Its goal is to provide a strong collection that reflects the interests of its users and that will meet the intellectual requirements of a wide variety of residents." She went on to add, "Some

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Community House Calendar

Spots are still available for Caterpillars to Butterflies Camp, which runs July 18 to 22; for ages 6 to 14. Activities include baking, crafts, art, gardening, cooking, games and guest speakers. The program runs Monday to Thursday from 9:30 a.m. to 1:30 p.m. and Friday from 9:30 a.m. to 3 p.m. Cost is \$300 for the week or \$60 per day. Snacks are provided. Campers can bring a lunch or purchase one for \$15 per day (advance notice required).

A Star-Spangled BBQ community social is scheduled for Tuesday, July 12. Chef John Wolff will prepare classic American barbeque dishes. Pickup is from 5 to 6 p.m. and dine in is at 6 p.m. Cost is \$25 for members or \$30 for guests; \$5 additional for dessert. View the menu and register online at www.sanibelcommunityhouse.net.

The paper shredding truck will be in the north lot across from The Community House from 9 a.m. to noon on Saturday, July 16. Cost is \$5 per box or bag. Large binder clips and paper clips must be removed but staples and small paper clips are okay.

Shell Crafters are on site every Monday from 9 a.m. to 1 p.m. A shell crafting class is offered at 10 a.m. There is no charge to attend; supplies range from \$3 to \$5. Young children must be accompanied by an adult.

Aerobics with Mahnaz Bassiri is



The Community House file photo

offered on Monday, Wednesday and Friday from 9:30 to 10:30 a.m. Bring your own weights (optional). Cost is \$5 for members and \$10 for guests.

Chair Stretching with Mahnaz Bassiri is offered on Thursdays from 1 to 2 p.m. Cost is \$5 for members and \$10 for guests.

The Sanibel Hearts Club meets on Fridays from 1 to 3 p.m. to play the card game Hearts. Cost is \$5. Beginners to experts are welcome.

Chef John Wolff is in need of locally grown fruit for youth cooking classes and other culinary projects. If you have a fruit tree of any kind and are willing to share its bounty, even if you are not in town, contact The Community House at 472-2155 or office@sanibelcommunityhouse.net. Volunteers are needed to collect fruit as well.

Sanibel-Captiva Art League is exhibiting works by Ann Reardon and Marianne Ravenna for the month of July. The exhibit can be viewed Monday through Friday from 9 a.m. to 1 p.m.

Shell critter kits are available for

purchase or to ship. Choose from 13 critters to assemble. Cost is \$5 per kit; shipping is \$10 additional.

Shell necklace kits are available for purchase or to ship. Cost is \$20 per kit; shipping is \$10 additional. All materials and instructions included.

Art kits are also available for purchase or to ship. There are eight different postcards to color and Zentangle. Marker

and educational video link included. Cost is \$20 per kit; shipping is \$10 additional.

Proceeds from art and craft kits support operations at The Community House. Available from 9 a.m. to 1 p.m. Monday through Friday.

The Community House is located at 2173 Periwinkle Way. Visit www.sanibelcommunityhouse.net or call 472-2155.**

GRADUATION

Ty Christoff graduated with a PhD in materials engineering from Massachusetts Institute of Technology (MIT) recently. His doctoral research was in the field of polymers, with an emphasis on self-assembling nanoparticles. He will continue his research on recyclable polymers at University of Delaware.

While at MIT, he received numerous honors and awards (including National Foundation of Science and Martin fellowships), authored 11 papers and received two patents.

Christoff attended The Sanibel School, Fort Myers High School, Florida Gulf Coast University (Accelerated Collegiate Experience program) and University of Florida. His mother, Soo Christoff, resides on Sanibel.

Christoff wishes to thank his second grade teacher, Mrs. Sanders, for her caring tutelage, as well as the Captiva Civic Association and Captiva Island Historical Museum for their support and sponsorship of his academic journey.**



Ty Christoff photo provided



Free Community Event!

Sunday July 10

4pm-6pm

Ages 0-100!

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OBITUARY

ELLENE MCGEHEE HARRELL

Ellene McGehee Harrell passed away peacefully on June 27, 2022 surrounded by family, after a short illness.

Ellene was born in Columbus, Georgia on August 14, 1936 to Joseph Olin McGehee and Calista Ellene McGehee. She attended Columbus High School, Colorado College and University of Georgia. Ellene was the wife of the late Dr. Warren Lamar Harrell, Jr., with whom she enjoyed a long and loving marriage.

Ellene was an educator for several years before having four children (Tracy, Lamar, Kelly and Wesley). Upon becoming a grandmother, Ellene became appropriately and lovingly known as "Queenie" to her family. She and Lamar



raised their children mostly in Shelby, North Carolina and later resided in Debordieu Colony, South Carolina, Wellington, Florida and Sanibel Island, Florida.

Ellene enjoyed tennis, horseback riding, golf, sailing, gardening, entertaining, seeking recipes and especially a game of bridge with her friends. She loved the sun on her face, a beach chair, her white sunglasses and her toes in the sand. She was grand, opinionated, incredibly generous, and will be immensely missed.

Ellene is preceded in death by her husband, Dr. Warren Lamar Harrell Jr., and her daughter, Wesley Harrell Fay (Jimmy) of Sanibel. She is survived by three children, Tracy Harrell Hallett (HK) of Charlotte, North Carolina; Warren Lamar "Mister" Harrell III of Indian Harbour Beach, Florida; Kelly Harrell Bell (Edwin) of Albany, Georgia; 11 grandchildren, HK Hallett III (Madelaine), Wilson Hallett (Julia), Campbell Hallett, Ella Harrell, Logan Harrell, Win Bell, Nathan Bell, Olivia Bell, Elise Fay, Laney Fay and Hannah Fay.

Her life will be celebrated with a private family gathering.✧

FISH Seeking Donations Of School Supplies

The new school year for Lee County begins on Wednesday, August 10 and many families cannot afford essential items. FISH of SanCap helps families in need with school supplies and some clothing to begin the school year.

Now through July 29, members of the community can drop off basic school supplies between 8 a.m. and 4 p.m. at the FISH Walk-In Center, located at 2430-B Periwinkle Way on Sanibel. School supply items such as ruled paper, glue sticks, pens, pencils, rulers and notebooks are requested. The organization is also accepting new socks and underwear for boys and girls in grades K-12, as well as monetary donations, to ensure enough supplies are available on distribution day.

"I don't know how I'm going to be able to get all the supplies and clothes for my three kids and continue to make ends meet," said one mom as she signed up for the FISH Back-to-School program. "Everything has gone up in price. It's a daily struggle for all of us." According to the National Retail Federation, last year families with children spent \$59 more than in years past, on average, for back-to-school items.

In 2021, the FISH school supplies drive assisted 295 students with essential items and the organization expects an increase in requests this year. "We are extremely grateful to our community for their assistance and contributions to our drive," said FISH Executive Director Maria Espinoza. "With the support of businesses, service clubs and individuals, students will feel confident and organized for the school year."

"With the ongoing COVID and inflation crises, our neighbors are struggling to make ends meet," said Espinoza. "Many households are making



Help children in need start off the school year with confidence photo provided

tough financial decisions as we all wait to see what will happen with increasing food and gas costs, in particular." Most people seeking assistance from FISH say ongoing inflation and reduced work hours due to slow season are the top two reasons for their financial struggle.

Studies show that having the right school supplies can help children feel more prepared and less anxious as they return to on-campus learning. Children that arrive equipped for the school day feel more confident in their ability to function in the classroom.

Additional financial assistance for specialized equipment, scientific calculators, SAT prep books, musical instruments, clothing and school uniforms may be available to those showing a financial need.

For more information, contact Manuela Martinez, program coordinator, at 472-4775.✧



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Isabel Sears
Sanibel Historical Museum And Village

Looking Back: Isabel Sears

In this photo, Isabel Sears secures her hat against the gulf breeze. On an 1895 trip, the Sears family stayed aboard their houseboat near Tarpon Bay. When they awoke the next morning, the water all around was covered with melted butter. They had

photo courtesy Sanibel Historical Museum and Village

"put it over the side to keep it cool, but it didn't get cool." Like many other visitors, several generations of the Sears family have settled on Sanibel.

The Sanibel Historical Museum and Village is located at 950 Dunlop Road, next to BIG ARTS. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Guided tours are available, based on docent availability. There is handicap access to all but one of the buildings. Admission is \$10 for adults over 18, no charge for members and children.

For more information, visit www.sanibelmuseum.org or call 472-4648.✱



Churches/Temples

BAT YAM-TEMPLE OF THE ISLANDS

Summer services, now through August, are held on the second Friday of the month at 7:30 p.m., led by congregants. Services are held at Sanibel Congregational United Church of Christ in Fellowship Hall and on Zoom. Email batyamsanibel@gmail.com for links to services and information, 2050 Periwinkle Way.

CAPTIVA CHAPEL BY THE SEA

Rev. Larry Marshall. Worship services every Sunday at 11 a.m., November 14, 2021 through April 24, 2022. Sunday services posted on the chapel's website, www.captivachapel.com and www.facebook.com/Captiva-Chapel-By-The-Sea. 11580 Chapin Lane, Captiva, 472-1646.

CHAVURAT SHALOM

(Fellowship of Peace) Friday Shabbat services led by members at 7:30 p.m. Saturday morning Jewish current events at 11 a.m. Talks by members on topics of interest Thursdays at 11 a.m. Contact ChavuratShalom@gmail.com to participate on Zoom.

FIRST CHURCH OF CHRIST, SCIENTIST

Services at the Christian Science Church of Sanibel-Captiva have resumed as follows: Sunday service at 10:30 a.m., Wednesday meeting at 4:30 p.m. Reading room open on Friday, 10 a.m. to noon. 2950 West Gulf Drive, 472-8684.

SANIBEL COMMUNITY CHURCH

Sunday service at 10 a.m. July 10 though

September in the Sanctuary. View the Sunday services via livestream at 9 a.m. or later online at www.sanibelchurch.com. The 9 and 11 a.m. services resume in October. Sanibel Community Church is an evangelical, non-denominational congregation, 1740 Periwinkle Way, 472-2684

SANIBEL CONGREGATIONAL UNITED CHURCH OF CHRIST

Interim Pastor: Rev. Dr. Randall Niehoff. Traditional Worship Service at 10 a.m. www.sanibelucc.org, 2050 Periwinkle Way, 472-0497.

ST. ISABEL CATHOLIC CHURCH

Father Ed. Martin, Pastor. Saturday Vigil Mass at 5 p.m., Sunday Mass at 9:30 a.m. www.saintisabel.org, 3559 Sanibel-Captiva Road, 472-2763.

ST. MICHAEL & ALL ANGELS EPISCOPAL CHURCH

The Rev. Bill Van Oss, May through October. Saturday at 5 p.m., Sunday service at 9:30 a.m. and is also livestreamed. Messy Church every second Sunday of the month 4 to 6 p.m., includes activities for all ages, celebration and free meals. www.saintmichaels-sanibel.org, 2304 Periwinkle Way, 472-2173.

UNITARIAN UNIVERSALISTS OF THE ISLANDS

Meets 5 p.m. one Sunday each month from January through April on Zoom or at Sanibel Congregational United Church of Christ. ruthiyengar42@gmail.com, 2050 Periwinkle Way, 847-309-3926.

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

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CARD OF THANKS



Denise and Frank Coyne photo provided

Yes, it is this time of the year again for the Coynes from Ireland to arrive on Sanibel for relaxing vacation after missing almost four years because of surgeries and the dreaded COVID.

We arrived on May 2 to try to complete our target 50,000 biking miles on the beautiful island of Sanibel. Incidentally, that's equivalent to twice the circumference of the world, plus! Our first trip each morning is from our latest rental in Lake Murex to the Lighthouse Cafe for a wonderful breakfast, which no doubt helps to set us up for our biking during the day. Many thanks to Dan and all the wonderful team there for the many great breakfasts. We have also found a wonderful place for a morning coffee, Rosie's, where the charming Amber looks after us so well. We will soon have her speaking Irish with an Irish accent; Amber, you promised!

There are many wonderful places for the evening dinner on Sanibel, The Sandbar, Doc Ford's, Sanibel Grill, George & Wendy's and many more, and we would like to thank them all for looking after us so well. Finnimore's has looked after our biking needs for many years, and we'd like to thank them all for the help with the bikes, odometers and rescuing us when needed. Island Taxi looks after us each evening as this time we decided not to rent a car, and we would like to thank our friends Stan and Melinda from Sea Oats – who have visited us in Ireland on many occasions – for bringing us to and from the many great restaurants most evenings. We will miss them when they return to their other home in New Jersey. Thanks also to Lee Ellen, Patrick and Andy for the wonderful mangoes, which set us up on our bikes each day. We would also like to thank our "shell fairy," Sharon, who has made our trips here so interesting... collecting all those wonderful shells.

I think we are known by our bell ringing as we pass by walkers and bikers saying, "Two passing on your left." We have been doing between 35 and 40 miles a day. A few safety tips when biking on Sanibel: use hand signals; ring bell; tell walkers and bikers you are passing; wear a helmet and above all, enjoy every minute!

After coming to Sanibel Island for approximately 38 years, we now consider it our second home and we will be sorry to leave it on July 27 but hope to see you

all again next year. In the meantime, this is to let you know that we have this year met our target of 50,000 miles on Sanibel. We hope to be back next year to start on the next 50,000 miles!

Keep safe and enjoy biking on beautiful Sanibel Island. See you all again in May 2023.

– Frank and Denise Coyne
Dublin, Ireland✱

OBITUARY

LOIS A. CLARK

Lois Akenson Clark peacefully slipped into eternity with family by her side on June 18, 2022 in Fort Myers, Florida, just 23 days before her 103rd birthday.

Lois was born on July 11, 1919 in Minneapolis, Minnesota where she spent most of her life.

Lois was the second child of Nathaniel Akenson and Elsie Anderson Akenson.

Lois graduated from Minneapolis South High School and Minnesota School of Business. She loved the Lord Jesus Christ and was devoted to her faith and her family. She was a lifelong member of First Baptist Church in Minneapolis where she served in multiple leadership roles. Lois had a special heart for the missionary outreach of the church.

Lois was unshakably positive, always encouraging to her children, and an enthusiastic grandmother. She was a fixture at Kenwood School for nearly 20 years, mentoring and inspiring elementary school students to be their best.

Lois was a friend to many throughout her life. She had enduring lifetime friendships and was always eager to make new ones of all ages.

Lois and her husband of 62 years, Stephen R. Clark, Sr., loved to travel, especially to Italy and Sweden, and visit family throughout the U.S. Lois moved in 2015 to Captiva, Florida and finally to assisted living in Fort Myers.

In addition to her parents, Lois was predeceased by her husband, Steve, in 2004; her siblings Nathalie Person, Roger Akenson, Howard Akenson and Helen Jean Gray; and grandson Matthew Clark. Lois is survived by her sons, Stephen R. Jr. (Phyllis), Rock Hill, South Carolina; Daryl (Judy), Minnetonka, Minnesota; and Rick (Lisa), Omaha, Nebraska; daughter Nathalie Pyle (Richard), Captiva, Florida; grandchildren Stephen, Scott and Patrick Clark; Miaken Clark Pantos; Bradley, Rachel and Sarah Clark; Judson Pyle, Nathaniel Pyle, Rebecca Pyle Davis and nine great-grandchildren.

A memorial service will be held at 12:30 p.m. on Saturday, August 27, 2022 at the Lakewood Cemetery Chapel, 3600 Hennepin Avenue in Minneapolis, Minnesota. Memorials are preferred to Captiva Chapel by the Sea, P.O. Box 188, Captiva, FL 33924 or the Matthew Clark Endowment at Ridgewood Church, 4420 County Rd. 101, Minnetonka, MN, 55345.✱



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Florida Wildlife Corridor Act Marks One Year

In 2009, a young black bear with the identification tag M34 traveled 500 miles over eight weeks in pursuit of a mate. Through its journey, the bear revealed the existence of a statewide corridor that wildlife needs to survive. The discovery also highlighted the precarious nature of the connections between the land parcels that make up this corridor. M34's journey was a key proof point in the vision for a protected wildlife corridor, which, after decades of work from conservationists, scientists, politicians and many others, was signed into law following unanimous bipartisan support by the Florida legislature on June 29, 2021.

The Florida Wildlife Corridor Foundation is commemorating the progress made since this law was passed and will continue to advocate that all at-risk areas in the corridor be protected. To date, the act has resulted in the protection of at least 36,445 acres of land with an investment of \$32 million in public funds for conservation across the state.

The Florida Wildlife Corridor comprises nearly 18 million acres of contiguous wilderness and working lands crucial to the survival of many of Florida's 131 imperiled animals, including the Florida panther, gopher tortoise, manatee, burrowing owl, red-cockaded woodpecker, swallow-tailed kite and black bear. In addition to protecting wildlife, conserving wild spaces is crucial to mitigating climate change, as studies show that natural spaces play a significant role in reducing greenhouse gases and guarding against the impacts of increased temperatures.

The corridor also protects ranching and fishing, supporting large sectors of Florida's economy. Overall, 10 million acres of the corridor are already protected, including 75 state parks and 32 state forests, while the remaining eight million acres are opportunity areas which are not yet conserved. The

Everglades headwaters and other crucial areas which feed springs and reservoirs can be found in the corridor, which is responsible for protecting much of Florida's drinking water.

Florida is one of nine states that have passed wildlife corridor-related legislation. Of those nine, it is the fastest growing and second-most populous. With roughly 1,000 people moving to Florida every day, preserving these unprotected areas is even more urgent.

"This anniversary provides an opportunity to reflect on the progress to date and envision how best to continue protecting the corridor and the wildlife which inhabit it," said Mallory Dimmitt, CEO of the Florida Wildlife Corridor Foundation. "Florida is on healthy and sustainable green infrastructure, and we need to continue taking thoughtful steps to ensure the corridor's protection. From the natural resources that millions of Floridians rely on, to a variety of industries crucial to our state's economy, preserving Florida's wildlife and wild spaces has many ripple effects."

Of the 14 land parcels conserved to date since the Florida Wildlife Corridor Act via the Florida Forever process, the following examples demonstrate the remarkable biodiversity of the corridor and highlight what would be lost if the rest of the corridor is not protected:

The Red Hills Conservation Area protects biodiversity and endangered animals through conservation of pine savannah, rolling hills and miles of shoreline on Lake Miccosukee. This 4,132-acre easement was approved in March 2022 and is the first acquisition in this critical project area. This project's success is thanks to the leadership of Tall Timbers, the landowners and the Florida Department of Environmental Protection.

Corrigan Ranch, part of the Corrigan Ranch Florida Forever Project, provides resource-based public recreation opportunities, such as assisting with the completion of the Florida National Scenic Trail and expanding the acreage of the Kissimmee Prairie Preserve State Park, which is the state's first Dark Sky Park (recognized by the International Dark Sky Association). This 4,381-acre acquisition was approved in September

2021 and was funded in part by the U.S. Air Force to buffer the nearby Avon Park Air Force Range.

The Wakulla Springs Protection Zone protects Florida's water supply by conserving land above the conduits that feed the caverns and springs, connecting one of the largest and deepest artesian springs in the world to Apalachicola National Forest. This 313-acre acquisition was approved in March 2022. Significant funding for the project was secured by the Florida Forest Service through the Forest Legacy Program.

The Coastal Headwaters Longleaf project serves the dual purposes of protecting forest habitat for flora and fauna and acting as a buffer to Whiting Field, protecting the installation from encroachments that might be incompatible with the military mission. This 2,115-acre land acquisition was approved in September of 2021 with the support of the Forest Legacy Program, The Conservation Fund and the National Fish and Wildlife Foundation/Walmart's Acres for America program.

The framework of the Florida Wildlife Corridor has successfully re-energized land conservation in the Sunshine State, which benefits not just the corridor but the entire state. Conserving land and water is a win for Floridians as well as the plants, animals and economies that rely on a healthy environment.✧

Resurfacing Project To Begin

The City of Sanibel's annual street resurfacing project will commence on Sunday night, July 10. To minimize inconvenience to the public, the contractor will be doing the milling and paving operation at night between the hours of 7 p.m. and 6 a.m. Weather permitting, the city anticipates paving operations will be completed by Friday, July 29. Follow-up shoulder work will be completed during the day since this operation has less impact to the public and should be completed within approximately two to three weeks of the

paving operation. Streets to be paved include: Sanibel-Captiva Road (Tarpon Bay Road to 600 feet west of Rabbit Road) – July 10 start; Middle Gulf Drive (Fulgar Street to Casa Ybel Road) – July 13 start. Access to residences and businesses will be maintained at all times. The public is reminded to drive slowly and cautiously through the work areas when workers are present. The contractor will have signage and flaggers present to direct traffic.

Every year, the city paves selected roads based upon a time schedule and their existing condition. This year's road paving contract amount is \$690,741 and involves full width milling and repaving of the streets. Included in the project is select road striping touch up. The contractor is required to complete the project within 45 calendar days, weather permitting.

If you have any questions about the project, contact the City of Sanibel Public Works Department by email at sanpw@mysanibel.com or call 472-6397.✧

Vegetation Trimming

In a continued effort to improve and maintain the reliability of the electric system on Sanibel, Lee County Electric Cooperative (LCEC) will be conducting vegetation and maintenance trimming on Sanibel. The contractor, Asplundh, will begin work in mid-July and continue through August.

Working hours will be Monday through Thursday from 7 a.m. to 5:30 p.m. Intermittent lane closures are expected, and drivers and pedestrians should proceed slowly and cautiously through the area when workers are present.

LCEC will be providing schedule updates on the project which will be posted on the City of Sanibel website at www.mysanibel.com.

For more information regarding the project, contact LCEC at 656-2300.✧

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Bag Day Sale Plus Early Discounts At Noah's Ark

Noah's Ark Thrift Shop annual Bag Day sale is scheduled for Friday, July 29 from 9:30 to 11 a.m. Tickets will be issued that morning, starting at 8:30 a.m., to secure a spot in line; one ticket per person and everyone in your party must be present to collect a ticket.

Customers may buy specially marked bags in the parking lot for \$5 each, fill them with as much merchandise as the bags can carry. There are no limits to the number of \$5 bags purchased. Any items that do not fit in the bag will be 80 percent off the regular price.

On the days leading up to Bag Day, the following discounts will be offered:

Tuesday, July 19 – 50 percent off everything in the store;

Friday, July 22 – 60 percent off everything in the store;

Tuesday, July 26 – 70 percent off everything in the store.

Bag Day marks the end of the summer season for Noah's Ark, which will be closed after July 29 for cleaning and repair.

Operated by the volunteers of St. Michael & All Angels Episcopal Church for more than 60 years, Noah's Ark offers bargain prices for merchandise including women's, men's and children's clothing, jewelry, handbags, shoes,



Noah's Ark volunteers, from left, Natalie Wolrich, Norma Emerson, Nancy Kiddoo, Jean Royal, Bettie Modys, Susie Scutakes and Sue Sterrett getting ready for the sale of the year

photo provided

linens, toys, crafts, housewares, vintage collectibles, sporting goods, furniture and home furnishings, and books.

Proceeds from Noah's Ark sales, coupled with funds from the parish's annual budget, go to more than 25 local, regional and global charities.

Noah's Ark will reopen for business

on Tuesday, October 4 and will be open Tuesdays and Fridays from 9:30 a.m. to 12:30 p.m. through October. In November, the winter season schedule resumes, open weekdays and the first Saturday of each month from 9:30 a.m. to 12:30 p.m.

Noah's Ark does not take donations

between July 17 and September 1.

September 1 and thereafter, donations are accepted. Noah's Ark volunteers extend their thanks to all donors who help to make this charitable mission a continuing success.

For more information, visit www.saintmichaels-sanibel.org/noahs-ark or call 472-2173.

Noah's Ark Thrift Shop is part of St. Michael & All Angels Episcopal Church, located at 2304 Periwinkle Way on Sanibel.✱

OBITUARY

ROCKET J. DOODLE

Rocket J. Doodle "flew off" to the Rainbow Bridge on Sunday, July 3, 2022 with his mom and dad, Mary Jo Bogdon and Matt Asen, at his side.

Along with his sister, Rosie Belle, the aptly named "Rocketman" has welcomed guests to The Sanibel Grill since 2014. He also greeted boaters who passed by his house on Connie Mack Island.

He was an avid dock diver and loved riding in the family convertibles, along with running the beaches of Maine every summer. He will be missed by many.✱



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Plant Smart

Chinese Crown Orchid

by Gerri Reaves

Chinese crown orchid (*Eulophia graminea*) is a terrestrial orchid discovered in mulched landscape in the Kendall area of Miami in 2006. Since then, it has proliferated itself to category II status on the Florida Exotic Pest Plant Council's list of invasive pest plants.

Category II means that the species has shown a potential to disrupt native plant communities and is potentially headed for the more damning status of category I if its spread is not quelled.

It has now invaded sensitive habitats such as pine rocklands, as well as a variety of others, including pine flatwoods and cypress stands. An ability to grow in bare earth, sand, rock, or mulch aids in the invasion.

A member of the orchid family, the plant's native range is tropical and subtropical Asia.

The word orchid makes most people think of epiphytes, or air plants, that live in tree canopies in the wild.

However, there are two other groups: lithophyte orchids, which live on rocks or stones, and terrestrial orchids, like the one pictured here.

The slender branched shoot emerges from a mature pseudobulb. The shoot can be several feet tall and has strap-like narrow leaves that inspire another



Despite the lovely flowers, this ground orchid is not welcome in South Florida

photo by Gerri Reaves

common name, grass-leaved orchid.

The inflorescences can have as many as 60 flowers, each of which measures only about a half-inch to an inch across.

The flowers have green, pink and white petals, purple netted veins and a nectar spur at the base.

The labellum, or lip, is lobed, and the pale pink mid-lobe has wavy edges.

The elongated seed pod is about three centimeters long and contains dust-like

seeds that spread easily.

Despite its beauty, if this species pops up in the landscape, remove it.

Because there is no known biological control, dig out the entire plant before a seed pod develops. If there's already a seed pod, bag it before removal.

Be sure to not transfer mulch or soil from the area, and clean clothes and equipment to avoid the transfer of seeds.

Sources: <https://blogs.ifas.ufl.edu>, <https://plants.ifas.ufl.edu> and www.wildflphoto.com.

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

Fill In Holes On The Beach

The City of Sanibel reminds residents and visitors that long before beachgoers arrived on Sanibel's pristine beaches, sea turtles were coming ashore to lay their eggs. After crawling out of the water, a female sea turtle uses her flippers to make an exhausting trek up the beach looking for a good spot to deposit her eggs. Once she finds a spot, she will spend hours digging, first creating a body pit and then a smaller egg chamber into which she will deposit her eggs. Immediately after laying the final egg, the turtle will use her back flippers to push sand over the exposed egg chamber and then throw and push sand backwards with her front flippers to pile sand on top of the nest. This step ensures the nest is protected and difficult for predators

to locate. After the long and strenuous process, she crawls back to the gulf. Nearly two months later, her hatchlings will emerge and make their own perilous trek to the sea.

Unfortunately, human beachgoers are digging bigger and deeper holes than ever before. But unlike the sea turtle who fills in the hole she has created, many beachgoers leave the beach without doing the same.

Unfilled holes are hazards for humans, sea turtles and other wildlife. For sea turtles, young and old, anything that obstructs their path to or from the ocean can be deadly. Holes in the sand are especially harmful to sea turtle and shorebird hatchlings who can become trapped, making them vulnerable to predators, dehydration and exhaustion, and can lead to death.

Be a Sanibel beach hero:

Leave the digging to the sea turtles. There are plenty of other ways to enjoy a beach day on Sanibel; swim, shell, birdwatch or relax.

If you must dig, take a lesson from the sea turtle and fill it in completely before leaving the beach.

If you notice a fellow beachgoer digging, remind them to finish the job and fill in their hole before they leave.

If you encounter a hole that has not been filled in, fill it in. You might be saving a hatchling. If it's too much to handle, report it to the Sanibel Public Works Department at 472-6397.

If you own or manage a beachfront property, help get the word out and share these "best behaviors" with your guests.*

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Record-Size Python Captured

The Conservancy of Southwest Florida announced record-breaking developments in its invasive Burmese python research program with the documentation of the largest python found to date in Florida. The female python measured nearly 18 feet in length and weighed 215 pounds.

A team of wildlife biologists at the Conservancy recently discovered and captured the python through its nationally recognized research program, which uses radio transmitters implanted in male “scout” snakes to understand python movements, breeding behaviors and habitat use. Scout snakes can lead biologists to breeding aggregations and large, reproductive females, allowing researchers to remove breeding females and their developing eggs from the wild.

“How do you find the needle in the haystack? You could use a magnet and, in a similar way, our male scout snakes are attracted to the biggest females around,” said Ian Bartoszek, wildlife biologist and environmental science project manager for the Conservancy. “This season, we tracked a male scout snake named Dionysus, or Dion, to a region of the western Everglades that he frequented for several weeks. We knew he was there for a reason, and the team found him with the largest female we have seen to date.” Ian Easterling, a biologist on the team, and Kyle Findley, intern for the project,



Conservancy of Southwest Florida wildlife biologists with a female Burmese python weighing 215 pounds photo provided

helped capture the record-sized female and haul it through the woods to the field truck.

Another record-breaking discovery was the number of eggs carried by the snake. During the necropsy, researchers encountered a record 122 developing eggs within the snake’s abdomen.

This finding sets a new limit for the highest number of eggs a female python can potentially produce in a breeding

cycle. An assessment of the snake’s digestive contents found hoof cores, determining an adult white-tailed deer – a primary food source of the endangered Florida panther – to be the snake’s last meal.

The discovery, which was recently documented by *National Geographic*, highlights the continued impact of the invasive species, which is known for rapid reproduction and depletion of surrounding

native wildlife.

“The removal of female pythons plays a critical role in disrupting the breeding cycle of these apex predators that are wreaking havoc on the Everglades ecosystem and taking food sources from other native species,” Bartoszek added. “This is the wildlife issue of our time for southern Florida.”

The python program was established in 2013 and, to date, has accounted for the removal of over 1,000 adult pythons weighing more than 26,000 pounds from approximately 100 square miles in southwestern Florida.

The Conservancy’s team of researchers has removed several record-breaking large snakes through its targeted removal technique. Prior to this recent finding, the largest female python removed through the program weighed 185 pounds and was the heaviest python captured in Florida at the time.

Funding for the python research and removal program is provided through the Naples Zoo Conservation Fund, the Fish and Wildlife Foundation of Florida, South Florida Water Management District and private philanthropy. The conservancy collaborates with Rookery Bay National Estuarine Research Reserve, Collier Seminole State Park, United States Geological Survey and Big Cypress National Preserve for radio-telemetry research and removal efforts.

To report an invasive species sighting, call 1-888-483-4681 or use the “IveGot1” mobile app. For more information, visit www.conservancy.org.

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Family Fun Fishing



by Capt.
Matt Mitchell

Much of the fishing I do this time of year is with families while they are here on summer vacation. This generally involves fishing with a few people on the trip

who have either never fished or have very little fishing experience. Most of these charters are all about fast-paced, rod-bending action and taking home fish to eat. The go-to species to get this done all summer long are both trout and mangrove snapper.

Often, I catch both of these species while fishing in the same places. Bars in the sound including Red Light Shoal, Fosters Point and Captiva Rocks are loaded up with both snapper and trout. I like to set up on the tips and points of these bars that have a fast current moving over a nice bottom mix of both sand and grass. With the water being so clear, look for areas that are from three to five feet. Make long casts with either free-lined shiners or shiners under a float and let them travel on the tide.

The key for this fast-paced action has been having lots of small shiners. Chumming these areas with this plentiful bait has quickly lit up this bite with fish fish breaking the surface. My favorite method is to cast a free-line



Malory from Winter Park with a snook caught while fishing with Capt. Matt Mitchell this week
photo provided

shiner and slowly retrieve it. I tell the client to keep the rod tip up and simply reel and stop. As trout have such a soft mouth and often strike multiple times before they hook up once you feel a bite, you just reel faster to create a bend in the rod which sets the hook.

Although there have been some mangrove snapper in the mix while fishing the above area's docks, passes and deeper structure has been the better call for larger fish. Downsizing the leader to 15-pound fluorocarbon along

with a light wire hook really makes a difference when targeting these wiley fish. The less terminal tackle, the better as snapper have amazing eye sight and are extremely leader shy. The same small shiners are the go-to bait and, just like on the flats, chumming some live ones will fire them up.

If you plan on keeping fish, a good idea is to have a separate fish box or cooler filled with ice. The faster you can get these fish cold, the better the flesh will be to eat. Packing them in ice will

also firm up the flesh and make them easier to fillet. A sharp flexible fillet knife will make quick work of these fish. Sending clients home with a ziplock of fresh fish for dinner is a major part of my summer time family trips.

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.

From page 1

Meeting

materials may be shocking, offensive or boring to some but are meaningful and significant to others."

Many discussed the fine line to be considered between placing a stigma on different subject matters by segregating them, versus making them fully available to all who may be interested in learning more. However, there were common sentiments shared by all who spoke at the meeting: Sanibel Public Library is a valued establishment on our island that older residents as well as newcomers enjoy and appreciate as a place to come together, broaden their horizons and spend time with their children and grandchildren; members fully support and respect the board and the library staff as one of the greatest resources in our community; the concern was not about banning sensitive content or material but asking for consideration about the location of such books. Other speakers pointed out the need for everyone on the island to come together despite our differences and allow individuals and parents alike the freedom to choose what materials they wish to read or share with their children.

The Sanibel Public Library is celebrating 60 years and is rated as or near the top library in the state. The staff and board work diligently to apply the policies and mission in a way that includes audiences of all ages, and assured those who attended the meeting that they will continue to do so. Sanibel Public Library District Board of Commissioners seats are elected positions, and three of the incumbent seats will be contested in this November's election. Be sure to vote and make your voice heard.

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Green Sea Turtle



by Bob Petcher

The green sea turtle (*Chelonia mydas*) is among seven species of sea turtle that play vital roles in maintaining the health of the world's oceans for more than 100 million years. This

particular sea turtle is known as the "lawn mower" since it grazes on seagrass beds to keep them from being overgrown, thus keeping them from decomposing and developing algae. This action increases the productivity and nutrient content of seagrass blades.

This sea turtle – the only herbivore of the seven species – is so named due to the color it gets from its green diet. It is the largest of the hard-shell sea turtles, second overall to the leatherback, the only sea turtle that doesn't have a hard, bony shell.

At CROW, a juvenile green sea turtle was found washed up on Fort Myers Beach. Upon admission, the turtle was thin, quiet and displayed trouble breathing, with some nasal discharge.

"We suspect that the oral and nasal discharge was related to pneumonia," said Dr. Laura Kellow, CROW veterinary intern. "There can be many causes of



Patient #22-3331 was not well when it was found and succumbed to its illness shortly after it was admitted photo by Haillie Mesics

buoyancy disorders in sea turtles, and this patient was demonstrating two possible causes – increased gastrointestinal gas and inability for the lungs to inflate properly secondary to the presumed pneumonia."

The patient's "discomfort" was not linked to brevetoxicosis, more informally known as red tide poisoning.

"It was likely related to another issue since the turtle's clinical symptoms did not match up with brevetoxicosis," said Dr. Kellow. "Our initial clinical observations led to concern for pneumonia, dysbiosis, sepsis, another toxin, or a gastrointestinal

tract foreign object."

The turtle was placed in the clinic's rehabilitative reptile room and was closely monitored under supportive care. This particular room is multifaceted and currently has several gopher tortoises, a Florida softshell turtle and a peninsula cooter, according to Dr. Kellow.

"The room also has the potential to house snakes and bats too... everything from post-surgical fracture repair care to dietary needs," she said. "We regularly change bandages, do wound care, tube feed them if they aren't eating on their own, water changes, water

quality assessment (for sea turtles), offer dietary requirements and grazing. The reptile room is kept at a higher heat and humidity than the rest of the hospital since it houses our cold-blooded patients."

Unlike some birds that CROW cares for, there is no age stipulation on releasing young sea turtles.

"There are no restrictions, we have to abide by what Florida Fish and Wildlife Conservation Commission deems for their release," said Dr. Kellow. "They will determine release locations for us. Even from hatching, sea turtles survive on their own, so theoretically as long as they rehabilitate, being a juvenile does not come with any restrictions for release."

Sadly, for this specific juvenile aquatic reptile, its condition was irreparable.

"Unfortunately, this patient did not make it despite intensive critical care and CPR efforts," said Dr. Kellow. "The patient initially had multiple blood diagnostics and radiographs performed, as is the standard of care for patients. Based on these results, the patient was started on antibiotics and administered fluid therapy, (but) passed away soon after admission. The patient will be necropsied to help determine cause of death."

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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CROW Calendar Of Events

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

General admission is \$12 for adults, \$7 for ages 4 to 12, and no charge for ages 3 and under. Hours are 10 a.m. to 4 p.m. Monday through Saturday. CROW is located at 3883 Sanibel-Captiva Road.

Wildlife Walk With Rehabilitators and Staff – There will be no Wildlife Walk guided hospital tours on Wednesdays due to CROW Wildlife Camp. Through the month of July, CROW will host one Wildlife Walk per day after the 11 a.m. presentation. Cost is \$25 and includes general admission. This program is not recommended for children under the age of 13. Advance registration with payment is required. Call 472-3644 ext. 229 or email reservations@crowclinic.org.

Daily Presentation Schedule Friday, July 8, 11 a.m.

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



hospital.

Friday, July 8, 2 p.m.

Patient Profiles: Vultures – Vultures are unique and play a beneficial part in the ecosystem. In this talk, you will take an overall look at vultures and their contributions to the environment. Explore vultures from different countries, learn about their positive role in human and wildlife health, and what you can do to help their conservation efforts.

Saturday, July 9, 11 a.m.

Surgery and Triage – Several times each day, new patients arrive at the wildlife hospital. After rescue teams have located and restrained injured or ill animals and transported them, they are assessed and admitted to the hospital. Learn about the process of triage, prioritizing and sorting the patients as they arrive, the kinds of problems that occur and how can you help prevent wildlife emergencies.

Monday, July 11, 11 a.m.

Patient Profiles: Virginia Opossums – Virginia opossums are the only marsupial native to the United States. They are highly adaptable and a unique member of Florida's wildlife. Learn how they play an important role in the function of a healthy ecosystem.

Monday, July 11, 2 p.m.

Snakes of Southwest Florida – Florida is home to 46 species of native snakes, only six of which are venomous. Most species are harmless to humans and form vital links in the ecosystem. One of CROW's animal ambassadors will be present.

Tuesday, July 12, 11 a.m.

Patient Profiles: Wading Birds – Wading Birds fill the shallows of waters all across the world. Originally hunted for their plumage, many wading bird populations saw a great decline, but have made recoveries! Come to CROW to learn the differences between herons and egrets, some of their unique hunting styles, and the many species native to Southwest Florida.

Tuesday, July 12, 2 p.m.

Patient Profiles: Armadillos – Nine-banded armadillos are found throughout the U.S. and Southwest Florida, although they weren't always here. Learn how armadillos came to the U.S., what benefits they provide for the ecosystem and how they adapt.

Wednesday, July 13, 11 a.m.

A Day in the Life – CROW's teaching hospital offers externship, fellowship and internship opportunities, and there are over 200 volunteers. While on site, students and volunteers learn the ins and outs of conservation medicine and wildlife rehabilitation and share their favorite patient stories.

Wednesday, July 13, 2 p.m.

Patient Profiles: Armadillos – Nine-banded armadillos are found throughout

the U.S. and Southwest Florida, although they weren't always here. Learn how armadillos came to the U.S., what benefits they provide for the ecosystem and how they adapt. One of CROW's animal ambassadors will be present.

Thursday, July 14, 11 a.m.

Patient Profiles: Owls of Southwest Florida – Raptors prey on other animals in the wild to survive. This presentation discusses the unique adaptations of the native and migratory raptors of Florida, specifically the five species of nocturnal hunters known as owls. One of CROW's animal ambassadors will be present.

Thursday, July 14, 2 p.m.

Species Profile: Florida Felines – There are two different species of wild cats inhabiting Florida. This presentation will cover how to identify them, the history of the two species and the challenges they face in a state where human development continues to increase exponentially.✱

Yoga Classes

The Sanibel Recreation Center is offering Yoga Fit and Yin Yoga with Angelina Guarisco. Yoga Fit is held on Fridays at 1 p.m. and Yin Yoga is held on Fridays at 2:15 p.m.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. Daily, weekly, semi-annual and annual memberships are available. For more information, call 472-0345 or visit www.mysanibel.com.✱



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Anglers Needed To Catch And Deliver Live Fish

Clinic for the Rehabilitation of Wildlife (CROW) on Sanibel has two young otters to feed and is in need of volunteer anglers to catch and deliver live fish.

"North American River Otters have high metabolisms, meaning they must feed frequently," said Wildlife Rehabilitation Manager Breanna Frankel. "The two young otters were admitted in early March and have finally reached the stage where they must begin live prey training. In the wild, their mothers teach them the necessary skills to survive including how to hunt. Oftentimes, otter pups stay with their mom for about a year to fully develop their hunting and foraging skills. Since we can't teach them in the same way their wild mother would, we utilize live prey training to finely tune their hunting skills, giving them a better chance of survival once released."

Nonnative, freshwater fish such as Mayan cichlids are the preferred fish for rehabilitation staff to offer the otters. Removing invasive fish from the waterways helps to preserve native species and local ecosystems while also providing food for the otters. CROW is in need of a handful of volunteers to take on this task until the end of July, when the otters will be ready for release. According to CROW staff, 15 to 20 live fish are



The otters need to master their hunting skills
photo by Haillie Mesics

needed per day. In order to facilitate successful live prey training, the fish must be alive when dropped off at the clinic and drop offs must be coordinated with CROW's rehabilitation manager to ensure a surplus of fish isn't dropped off on the same day.

All Florida freshwater fishing regulations must be followed, including being a licensed angler. Ideal drop off times for live fish are between 7 and 11 a.m. Free admission to the CROW Visitor Education Center will be offered to those who drop off fish where they can view a live stream feed of the otters receiving the fish while in training. If you are interested in helping provide fish for the otters, send an email to Breanna Frankel at bfrankel@crowclinic.org.*

Local Exhibiting Botanical Art

Sanibel artist Marianne Ravenna uses a method of pressing and drying flowers and plants in a specialized press, which allows her to preserve the vibrant, natural colors at their peak. Though the colors of the original pressed flowers will fade over time, as will the flower in the garden, the finished collage printed as a giclee retains the colors regardless of the season.

Ravenna's artwork is on display during the month of July at The Community House. Ravenna is a member of the Sanibel Captiva Art League and a longtime Sanibel resident. She has a degree in horticulture and creates art both large and small, from landscape design to pressed botanicals to hand-painted wooden bowls.

The Community House is open to the public Monday through Friday from 9 a.m. to 3 p.m., located at 2173 Periwinkle Way on Sanibel.*



Sanibel Medley by Marianne Ravenna

image provided

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Bailey-Matthews National Shell Museum
Shell Of The Week

The Gulf Stream Top Snail



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

Calliostoma scalenum Quinn, 1992 reaches about 40 mm in height, and has a moderately narrow spire angle. The shell sculpture

consists of finely beaded spiral cords that are intercalated with alternating narrower threads in the last shell whorls. There is a relatively large number of cords on the shell base, the umbilicus is relatively small, umbilicus wall white, bordered by a couple of larger beaded cords. The shell color is light-brown, with a pattern of whitish crescent-shaped spots on the whorl sides. This shell was donated to the national shell museum collection by Kevan and Linda Sunderland of Sunrise, Florida. Read more about mollusks and their shells at www.shellmuseum.org/shell-guide and www.shellmuseum.org/blog.

Bailey-Matthews National Shell Museum is a natural history museum, and the only accredited museum in the United States with a primary focus



The Gulf Stream Top Snail, *Calliostoma scalenum*, from off Key West, Florida

photo by José H. Leal

on shells and mollusks. It is open daily from 10 a.m. to 5 p.m., located at 3075 Sanibel-Captiva Road. For

more information, call 395-2233 or visit www.sanibelmuseum.org.✱

Hurricane Seminar Online

The City of Sanibel held its annual hurricane seminar on May 20. Those who missed the program

can watch it online. The 65-minute seminar, presented by the Sanibel Police Department, can be viewed at <https://vimeo.com/event/2130605>.

For more information on hurricane preparedness, call the Sanibel Police Department at 472-3111.✱

American Legion Post 123

American Legion Post 123 is serving barbecued ribs from noon to 8 p.m. this Sunday, July 10.

Bartenders and cooks are needed, full-time or part-time. Call for details.

Tacos are served all day on Tuesdays. Cheesesteak sandwiches are served on Fridays. There are daily specials and half-pound burgers. Food is served from 11 a.m. to 8 p.m. Monday through Saturday and from noon to 8 p.m. on Sunday.

The first Thursday of the month is Open Mic Night from 6 to 9 p.m. All are invited to play.

All are welcome to shoot 9-ball pool on Mondays now through October at 5:30 p.m. Two tables are in play. Come out and watch the action.

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

American Legion member eligibility dates are November 11, 1918 through present. All veterans are welcome.

Post 123 is a non-smoking facility with an outside area for smokers. It is located at mile marker 3 on Sanibel-Captiva Road, open Monday through Saturday, 11 a.m. to 9 p.m., and Sunday, noon to 9 p.m. For more information, call 472-9979.✱



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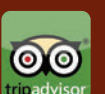
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Center 4 Life Activities At The Rec Center

Island Seniors, Inc. hosts its Center 4 Life activities at the Sanibel Recreation Center. Visit www.center4life.org for more details.

Coffee Social – Tuesday, Wednesday and Thursday, 9:30 to 11 a.m.

Hot Dog Lunch Bunch – Wednesdays, 11 a.m. to noon. Cost is \$3 per person; chips and drink included.

Balance-Core and Strength Aerobics – Wednesdays, 9:30 to 11 a.m. Slower paced class ideal for older, active adults looking to improve their mobility. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available. Space is limited.

Gentle Yoga – Tuesdays and Thursdays, 9:30 to 10:30 a.m. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

Chair Yoga – Tuesdays and Thursdays from 11 a.m. to noon. Island Seniors member fee is \$4.10; no charge for recreation center members but you must show valid member card to participate. Visitor fees available.

Kayaking – Tuesdays, July 12, August 16 and September 20, 8:15 to

11 a.m., weather permitting. Sign up in person at the Sanibel Recreation Center. Cost is \$5 for members and \$20 for non-members. Basic skill level required for most trips but some trips require more experienced levels. This is an active paddle and you must be able to independently enter and exit the kayak, and keep up with the leaders. Restrictions apply. Call Jessica or Dave at 472-0345.

Leisure Lunchers – Thursday, July 21, 11:30 a.m., Sweet Melissa's Cafe on Sanibel. Sign up required. Contact Deborah Butler at 314-4554, deborahbutler@comcast.net or call Jessica or Dave at 472-0345.

Page Turners Book Club – In person and Zoom, Osprey Room. Tuesday, July 12, 2:30 p.m., discussion on *Rules of Civility* by Amor Towles. Tuesday, August 9, 2:30 p.m., discussion on *Coming Home* by Rosamunde Pilcher. Popcorn snack is back. For more information, contact Louise Fitzgerald at sanibelbum22@gmail.com.

Broadway Palm Dinner Theatre – Matinee, *Wizard of Oz*, Saturday, August 13. Cost is \$55 for Island Seniors members and \$65 for non-members. Van transportation available on first come basis. Sign up with Jessica at 472-0345.

Become the Family Historian Before You Become Family History – Wednesday, July 20, noon, Osprey Room. Presentation on basic cost effective techniques to help you clean up the clutter and consolidate

family pictures and artifacts into a simple format. Sign up with Jessica or Dave at 472-0345.

Moonlight Kayak Paddle – Friday, September 9, 7:30 p.m., launch location TBA. Cost is \$5 for Island Seniors members and \$20 for non-members. Preregister and pay in person by Wednesday, September 7. Space is limited. Basic kayak skill level is required. Trip subject to cancellation due to inclement weather or minimum requirement. For more information, call Jessica or Dave at 472-0345.

Pie Social – Friday, August 12, 2 p.m., Osprey Room. Homemade or pre-made. Taste test for bulletin board bragging rights and pie swap for all who submit a pie. Recipe sharing optional. Coffee, sweet tea and other refreshments available. Sign up with

Jessica or Dave at 472-0345.

Upcoming Trips – Limited seating, call ahead for reservations, 472-0345 or visit www.center4life.org for details.

IKEA Shopping Day, Plantation, Florida – Wednesday, September 7. Cost is \$5 for Island Seniors members and \$10 for non-members. Sign up by Friday, September 2.

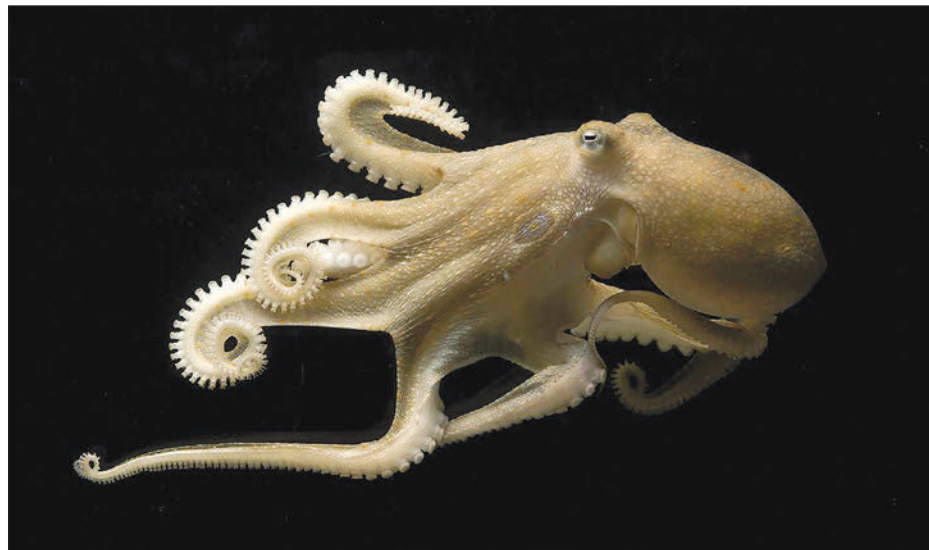
East Coast Thrifting with Trendy Tours – Thursday, September 22. Cost is \$89 per person. Sign up by Friday, September 9.

Tennessee Trip: Pigeon Forge, Gatlinburg and Dollywood – Saturday to Thursday, October 1 to 6. Visit www.center4life.org for pricing and details. Sign up by Friday, September 16.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road.✱

From page 1

Lecture



An adult California two-spot octopus

this work also incorporated the display of several deep-sea cephalopods including vampire squid, glass squid and flapjack octopus. He has been featured in films such as National Geographic's *Man vs. Octopus* and BBC's *The Octopus in My House* and has consulted for documentary series like BBC's *Tiny World*, *Blue Planet II* and *Planet Earth III* (future production).

In 2017, Grasse joined Marine Biological Laboratories where he

photo courtesy Marine Biological Laboratory continues to work with cephalopods in a world-class laboratory setting. The primary goal of this mission is to develop sustainable cultures of multiple cephalopod species and work with scientists and educators to promote the use of these animals for research, education and ocean conservation.

The lecture series is made possible by a gift from Mark and Kathy Helge.

Registration is required at www.shellmuseum.org/lecture-series.✱

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Ribbon-Cutting Marks Grand Opening

Carrying on the legacy of local fly-fishing expert Norm Zeigler and expanding upon the reputation of Whitney's Bait & Tackle, Whitney Jones celebrated the grand opening of Sanibel Fly Outfitters on June 30 with a Sanibel & Captiva Islands Chamber of Commerce ribbon-cutting.

"Sanibel Fly Outfitters slowly opened its doors in April of 2022 and has been busy filling the shelves with the largest selection of Simms and Orvis men's and women's clothing, over 20 brands of fly rods and reels, over 300 fly patterns – including ties locally tied by our very own experts," said Jones. "We also provide rentals rods, guided trips, casting lessons, and, most importantly, local knowledge."

Jones started his fishing career in 1990 in Kitty Hawk, North Carolina where he worked in a tackle shop and learned to build custom fishing rods as an apprentice under the shop owner. With a full appreciation for all things fishing, Jones decided to go out on his own and opened the first Whitney's Bait & Tackle in Kitty Hawk in 1993.

In 2003, he visited Sanibel for the first time and loved the area so much, he decided to move here a year later. While working at a local bait shop, he earned his captains' license and started



Chamber representatives celebrated with biodegradable confetti while Whitney Jones cut the ribbon for the grand opening of his new shop, Sanibel Fly Outfitters photo provided

exploring island waters. He left the bait shop in 2007 to work on his own as a full-time fishing charter captain. In 2012, he opened Whitney's Bait & Tackle on Periwinkle Way and later dedicated a large portion of the shop to fly fishing with displays of rods, reels, flies and related gear. When Zeigler decided to sell his shop, Jones quickly jumped at the opportunity to continue

that legacy.

"The team at Sanibel Fly Outfitters is made up of many familiar faces from Norm's, Whitney's, the Sanibel FlyFishers club and our guides," said Jones, who is active in the fly fishing club and conservation and charitable efforts with area organizations such as Captains For Clean Water, Sanibel-Captiva Conservation Foundation, "Ding" Darling Wildlife Society and The Sanibel School.

"We believe that providing what Sanibel Fly Outfitters offers is a great way to introduce visitors to the incredible, nature-filled environment and hope that they will gain an appreciation for its beauty and naturally become stewards of the environment so that it is here for others to appreciate for years to come," Jones said.

The retail operation has the largest fly fishing selection within 50-mile

radius, he added, and recommends his fly fishing charters, which cover waters from Boca Grande to Key West, for parties of one or two.

"Whitney has established himself to be as savvy a business partner as a fisherman, and a true asset to the community," said John Lai, chamber president and CEO. "We happily welcome his latest endeavor to the islands' retail landscape."

"We are ecstatic to join our fellow businesses on island and will continue to provide the same level of service at our sister shop," said Jones. "Thank you to John Lai and the team at the chamber for providing this opportunity to join forces with area businesses and visitors. I appreciate their efforts to fight for clean water and keep our island alive."

Sanibel Fly Outfitters is located at 2242 Periwinkle Way on Sanibel.*



FREE ONLINE LECTURES

Jun. 16: Spot the Mollusk!
by Rebecca Mensch

Jul. 13: Let's Get Kraken: Cephalopods Coast to Coast by Bret Grasse

Aug. 11: Mobilizing Millions of Mollusks of the Eastern Seaboard by Dr. Rüdiger Bieler and Dr. José H. Leal

Sep. 14: Saving the Queen of the Sea: Queen Conch Conservation Aquaculture by Dr. Megan Davis

Oct. 13: Land Snails in Los Angeles: An Experiment in Urban Citizen Science by Dr. Jann Elizabeth Vendetti

Lectures made possible by a gift from Mark and Kathy Helge

CLASSES

Nov. 2: Fantastic Shells and Where to Find Them

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

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

Nov. 29: Shell Ambassador Certification Course

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

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Shell Crafting

Coquina Beach Ball



by Anne Joffe

This is a gorgeous ornament. It takes a bit of work to get it right, but it's well worth it. You can use all one color shell, but I prefer to use mixed colors.

Materials

Styrofoam ball (2½-inch)

Very small coquina shells (single valve as well as pairs are needed)

Gold or silver cord

Fine gold or silver glitter

Glue gun and tacky glue

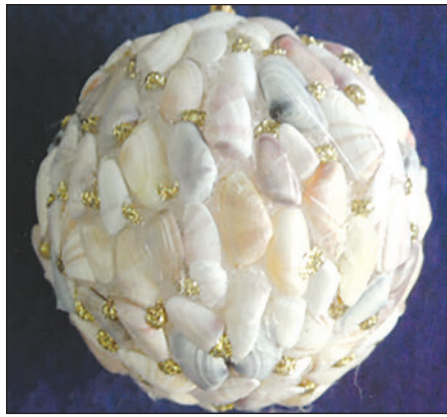
Directions

Poke a hole in the ball where the hanger will go. Cut a 7-inch piece of cord and stick both ends into the ball using the glue gun. Make sure to totally glue it in. (Hot glue melts styrofoam, so go easy with the glue.)

Glue 3 pairs of coquinas with glue gun around the hanger (hinge sides face each other, points out and fit in as close as possible).

Turn ball over and glue a coquina pair at the bottom center. Then glue 5 pairs of coquinas around this pair.

Glue coquinas from top end,



Coquina Beach Ball photo by Anne Joffe

fitting into spaces between the pairs and moving around and down. Fit them tightly so little styrofoam shows through. (Place the points up or down, but never to the side.)

After all the coquinas are glued on the ball, use tacky glue and begin to dab glue in the spaces between the coquinas. Try to be uniform in the distancing. Then sprinkle color glitter (gold hanger, gold glitter; silver hanger, silver glitter.) Hang the ornament to let it totally dry. Once dry, shake or brush off excess glitter.

Anne Joffe has owned *She Sells Sea Shells on Sanibel* since 1976. She is the author of *ShellCrafting Vol. 1 and Vol. 2*. Joffe judges *Artistic and Scientific categories at shell shows throughout the country, leads shelling trips worldwide, and is a public speaker on shells and shellcraft.*✧

Fish Caught



Mark Henry

photo provided

Mark Henry from Sanibel and Lake West Okoboji, Iowa caught a near record size 48-inch snook near Beach Access 1 on West Gulf Drive. He was assisted by Andy (last name unknown) from Pennsylvania in landing the fish before he gently returned her to her gulf home.✧

Poetry Corner

by Jim Weyant

The 5th Of July

The battles had ended,
with Redcoats cowed.
The Brits surrendered,
Liberty's Bell rang loud.

Word of victory spread,
as we mourned our dead,
yet, 'twas more to be done.

The founder's resolution
provided a Bill of Rights
along with a constitution
and the Stars and Stripes
creating the foundation
that bred this great nation,
yet, 'twas more to be done.

Jim Weyant first came to Sanibel in 1978. He and wife Helene have been island residents for over 20 years. Prior to retirement, Jim was a system analyst at the New York Stock Exchange. Since then, he has kept busy with tennis, volunteer work, photography, graphic art and reading. His recently published book, *Poems From Paradise and Beyond*, is available on Amazon and at local bookstores.✧

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Blue Crab Cake Benedict

1 pound crabmeat, drained, shell pieces removed
 1 large tomato, sliced
 4 eggs, pan fried
 ¼ cup red onion, finely chopped
 2 tablespoons fresh parsley, chopped
 3 tablespoons light mayonnaise
 2 tablespoons Dijon mustard
 ¾ teaspoon seafood seasoning
 ½ teaspoon Worcestershire sauce
 2 egg whites, lightly beaten
 1 ½ cups panko (Japanese breadcrumbs), divided
 2 tablespoons olive oil
 Hollandaise Sauce
 3 eggs, yolks separated
 ¼ teaspoon Dijon mustard
 ½ lemon, juiced
 Hot pepper sauce, to taste
 1 stick unsalted butter, melted
 Sea salt, to taste
Blue Crab Cake Benedict
 Combine the red onions, parsley, mayonnaise, mustard, seafood seasoning, worcestershire sauce, and egg whites a medium bowl. Gently fold in crabmeat and ¾ cup panko. Cover and chill 30 minutes.

Blue Crab Cake Benedict

Shape the crab mixture into 8 patties about ¾-inch thick. In a shallow dish, roll patties in remaining ¾ cup panko, coating evenly. In a nonstick skillet over medium heat, heat oil and cook 4 crab cakes at a time for 7 minutes until golden brown on each side.
 Hollandaise Sauce

In a blender or food processor, add mustard, lemon juice, egg yolks and a few dashes of hot pepper sauce. Blend ingredients and slowly add the melted butter until the ingredients thicken. Taste hollandaise and adjust seasoning with salt and hot pepper sauce. Serve sauce immediately.

photo courtesy Fresh From Florida

To assemble Blue Crab Cake Benedict, place one or two slices of tomato on each plate. Season the tomato lightly with salt and pepper. Place a pan-fried egg over each tomato slice. Add a crab cake to the top of each pan fried egg. Evenly distribute the hollandaise sauce over the top of each crab cake and serve immediately.✪



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photos by Anna Marrero



More photos pages 24 and 25

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Book Review

City On Fire



by Di Saggau

City On Fire involves the Italian and Irish crime syndicates in Providence, Rhode Island. They have mostly co-existed rather peacefully until an incident one summer at a beach

gathering. Paulie Morretti's girlfriend, Pam, accuses Liam Murphy of groping her. This causes Morretti's crew to teach Liam a lesson, giving him a fierce beating and putting him in a hospital. Things take a new turn when Pam visits Liam during his convalescence. Suddenly, they are together and Paulie cannot bear the insult. The war between the two gangs begins.

Our protagonist in the story is Danny Ryan, whose father used to head the Irish mob. That was before alcoholism ruined him. Danny is married to Terri Murphy, the beloved daughter of his new boss. His brother-in-law, Pat Murphy, is also his best friend which puts Danny in a unique spot. Liam is the pampered baby in the Murphy family, and his new antics require Danny to take on a bigger role as war with the Morretti's builds.

Danny begins to question his new responsibility. Terri is pregnant, and the

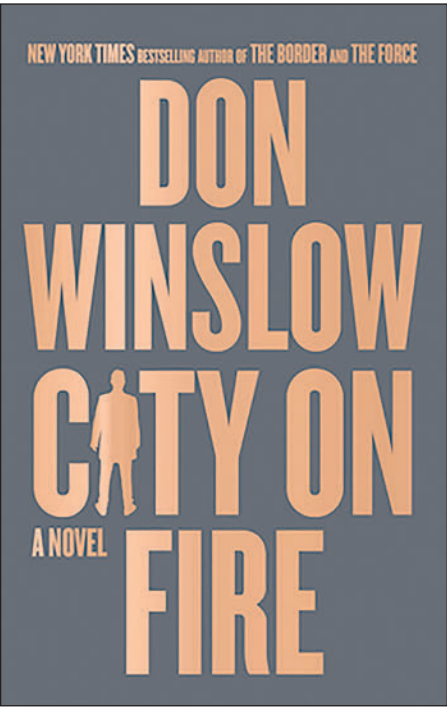


image provided

violence is escalating with body counts on both sides rising. Danny wants to keep his loved ones safe. He wants out, but things are complicated. He also hates his rich mother, who tries to make amends for leaving him. Both sides are trapped in a cycle of crime and violence.

I found it interesting how Winslow writes a modern take on the classic tale of Helen of Troy from *The Illiad*. A beautiful woman comes between two rival

gangs of 1980s New England, and ignites a brutal, bloody war. *City On Fire* is a blistering novel with plenty of thrills for the reader.✧

School Smart



by Shelley M. Gregg, NCSF

Dear Shelley, My daughter is moving up to middle school in the fall. She and a couple of her friends who are all very bright students are excited about

going to middle school but have also expressed some nervousness. I don't really want to give her a pep talk on this since she is beginning to tune out standard parent lectures. What other ideas do you have for me to help her cope with this big move?

Kari F, Fort Myers

Kari,

I think the anxiety you are seeing in your daughter and her friends is quite typical as they approach this big transition in their lives. As students move from elementary to middle school, they leave a whole group of students and teachers they've been with, often for their entire school experience and with whom they are very familiar and have developed a comfort level. In middle school, they'll be mixed in with students from the other elementary schools, new teachers, a new building and more, and they have fears about fitting in, having friends, being different and bullying among other concerns.

Since you have mentioned that your daughter and her friends are good students, you may want to select a bibliotherapy type of approach to address some of their concerns. Bibliotherapy is "the use of reading materials for help in solving personal problems..." per www.merriam-webster.com. Bibliotherapy is the use of literature that addresses problems or issues current in the lives of children and adults. In other words, using books to help the reader gain personal insights and perspective.

"Bibliotherapy is useful because it allows the child to step back from her/his problem and experience it from an objective viewpoint. It offers the child a safe avenue to investigate feelings. For an adult having to deal with a child in distress, it can also provide a nonthreatening way to broach a sensitive

subject. Always remember, bibliotherapy is a conversation starter, not ender. It should be used to open communication. Handing a book to a child in the hopes that she/he will understand your intention is not helpful. Connections need to be facilitated and open expression should be encouraged," as stated in a newsletter for the national Research Center for the Gifted and Talented.

Melissa Turner, a former reading teacher and curriculum administrator from Kentucky, has suggested the following six books to help students learn about the importance of individual differences. "These books display differences, share similarities, and contemplate changes at the preteen level and help kids understand it's OK to be different," said Turner. "These books highlight the individual's different qualities and how those qualities make them who they are, and not to judge others based on looks." The following books are aligned with the nationally accepted Accelerated Reader program at the fifth- and sixth grade reading level:

- Chomp by Carl Hiaasen;
- Guitar Notes by Mary Amato;
- Larger-Than-Life Lara by Dandi Daley Mackall;
- Same Sun Here by Neela Vaswani;
- Theodore Boone: Kid Lawyer by John Grisham; and
- Three Times Lucky by Sheila Turnage.

Perhaps you could initiate a mom-daughter reading group over the summer where both the moms and their daughters read and discuss a couple of these books. Or you may want just the two of you to enjoy some shared reading this summer and set some reading times and goals for both of you to read and discuss.

If your daughter is not interested in joint participation with her reading, you might suggest that she develop a reading blog online or just write about her reactions to each book in a reading journal. She could also express her reaction to the books through art, music, poetry, or dance. The important thing is for your daughter to react and express her thoughts on what she has read and relate her thoughts meaningfully for her own concerns.

Shelley Gregg is former faculty at Florida SouthWestern State College, where she taught psychology and education courses. She is also a nationally certified school psychologist and consultant for School Consultation Services, a private educational consulting company. To contact her, email smgreggs@gmail.com or visit www.schoolconsultationservices.com.✧



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Best of the Islands 2021

Artist Steps Up Again For FISH



From left, Roger Timm, Greg Kerns, Dave Horton and Nicole McHale

photo provided

“It’s a labor of love,” said Dave Horton, creator of Hortoons. “For the last 14 years, I’ve designed the 10K Race 4 FISH logo and am thrilled to offer this year’s cartoon showcasing FISH’s 40th anniversary logo, carried by none other than our native alligator.”

Since high school, Horton has been producing amusing cartoon drawings for newsprint until he landed a deal with Hallmark in his late teen years. When he and his wife moved to Florida, Hortoons was created and is widely known as “brilliant, zany and irreverent, bringing a surprisingly fresh and funny look at life in the Sunshine State.” Now, Horton’s cartoons are syndicated in newspapers all around Florida, but Sanibel was the first.

Horton, a member of the National Cartoonists Society, hopes to make people laugh through his artwork. He recalls his mom saying he was drawing cartoons on everything in the house from the time he was born. Known as Southwest Florida’s most original cartoonist, Horton has shared his love of art by teaching cartooning classes to children on Sanibel. His

work is published regionally in several newspapers – including the *Island Sun* – and his T-shirt designs are a staple at gift shops throughout Florida.

“Dave is such a delight to be around and an extremely talented artist,” said Nicole McHale, race committee chair. “Honestly, one of the main draws to our 10K race is his logo, different every year, which we print on our race shirts. We are so grateful to have Dave’s support and happy to share his humorous designs through the annual 10K Race 4 FISH.” Each year, participating runners receive a race tank with the Hortoon 10K logo on the front.

The 14th annual 10K Race 4 FISH, an in-person and virtual race, will be held on Saturday, October 22 in collaboration with Fort Myers Track Club. Registration is open using the RunSignup platform at <https://runsignup.com/Race/FL/Sanibel/SanibelIsland10KRace4FISH>.

For more information on the race or sponsorship opportunities, contact race committee chairs Diane Cortese at dianerc10@gmail.com or Nicole McHale at noel2me@icloud.com.✱



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Summer Reading Fun At The Library

Children from babies through 12th grade can still register for the Sanibel Public Library Summer Reading program with Beanstack at www.sanlib.org/children. This summer's theme is Oceans of Possibilities.

Children read "for others" during the program. Participants earn books for their own collections and for patients at Golisano Children's Hospital of Southwest Florida. Since its inception in 2012, readers have helped contribute more than 12,000 books to the hospital. New books are needed every year because books are given to young patients to take home. Teens can earn volunteer time when they read a book and write a book review. The program runs until August 6. The Sanibel Public Library Foundation, along with the Joan Hunt Cory Children's Fund, underwrites the annual summer reading



Master Storyteller Windell Campbell was one of the summer guests photo provided

Wildlife (CROW) will talk about sea turtle rehabilitation. Learn about the different types of sea turtles nesting in Southwest Florida and what you can do to help protect them.

Family storytime (for children ages 5 and under) is held on Wednesday mornings. Parents and caregivers should plan to be engaged with their child for this program. The storytime portion is approximately 20 minutes, followed by play and craft centers.

Programs for teens and 'tweens (grades six to 12) are held on Thursday evenings in July. On Thursday, July 14, teens can try to find their way out of "Escape Room: Bermuda Triangle." Snacks are provided on teen nights.

Family-friendly films are shown on

Friday afternoons. *The Little Mermaid* will be shown at 1 p.m. on July 15.

Sanibel Public Library is circulating two Real Florida Reader state park passes. Patrons can use their library card to place a hold or check out a pass. Each pass is good for one vehicle with up to eight passengers. The Real Florida Reader state park pass is for day-use entry and is valid at most Florida state parks. The program runs through September 12. Birdwatching kits are also available to check out. Each kit includes binoculars and bird guides.

You can also borrow passes to Bailey-Matthews National Shell Museum, Sanibel Historical Museum and Village, Golisano Children's Museum of Naples (C'mon) and CROW's Visitor Education Center. Call the library for more information or go online to place a hold for a pass.

Summer hours for Saturday are 9 a.m. to 1 p.m. The library is open from 9 a.m. to 8 p.m. on Monday and Thursday and from 9 a.m. to 5 p.m. Tuesday, Wednesday and Friday. Most devices can connect to the high-speed WiFi from outside the building, even while the facility is closed.

Sanibel Public Library is located at 770 Dunlop Road. Library cards are available to residents of Sanibel and Lee County at no charge. You must present your valid driver's license (or similar government ID), showing your current Lee County address. Visitor cards are available for a \$10 fee and are good for one year. Computers, printers, scanners and fax service are available as well as magazines and daily newspapers.*



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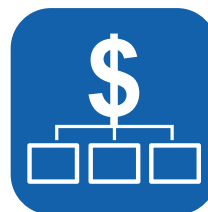
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Superior Interiors

How To Disguise Home Eyesores



by Jeanie Tinch

Decorating your home can be such a surreal experience once it's completely put together. The feeling that comes over you can be satisfying; you've created a space that emphasizes your

personal style while maximizing your comfort. From the furnishing choices and color schemes to the pillows, blankets and other accents, there are so many important elements that come together to make your home whole.

When you're first putting this space together, however, you may find that there are a few eyesores throughout your house that are making it difficult to achieve the look you're going for. Maybe it's a phone jack, an old radiator or a mark in the carpet that won't come up. Thankfully, with the right decorative approach and simple techniques, you can hide these things with ease and finally make your living space feel like home.

Here's how you can disguise common eyesores around the house:

1. Place a decorative canvas over the phone jack – The most common place to find a phone jack in the home is in the

kitchen (of course, one of the high-traffic areas in your home that guests and family members gather on a regular basis). Instead of pretending like the phone jack doesn't exist, it's time to cover it up. Something as simple as an art canvas can be placed right on top of the phone jack and style up your kitchen with ease.

2. Hang a window treatment over the water heater – Sometimes, the water heater is located in less-than-convenient spaces, such as the main bathroom. Instead of making your guests stare at this eyesore everytime they go to freshen up, install a decorative window treatment that hangs perfectly in front of the water heater.

3. Lay a large area rug over an unsightly flooring – Dated carpeting or flooring is such an obvious eyesore and, unfortunately, it can make you feel negative about your living space, even when the rest of the room looks perfect. If you have plans to install new carpeting or different flooring in the future but need a quick fix in the meantime, a large decorative area rug can do the trick. This can hide much of the foundation and can completely transform the room.

4. Use a vase of flowers to cover cords from a mounted television – Mounted flat-screen TVs are trendy, and it's not likely that this will go out of style any time soon. But if you haven't committed to in-wall cables, you may find yourself constantly staring at the cords on the wall underneath the television set. To hide these unsightly wires, we suggest a large bouquet of fresh flowers directly in front of them. Not only does it make a great

disguise, but it also adds a lively, fresh element to a popular gathering space.

5. Let an expert take care of the eyesores – Getting rid of the unattractive points in your home can be an annoying task, especially if you're not sure of how to incorporate your current style into the

coverup. If you're struggling to achieve the look you want to achieve, consider reaching out to a design professional for expert advice.

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

Exhibit At Library



Portrait of the Artist by Peter Zell
Images provided

Two paintings, one by Anita Force Marshall, a watercolor of the Old Sanibel Post Office, and an oil, Portrait of the Artist by Peter Zell, are included in the new show titled Home Sweet Home at Sanibel Public Library. The artists were encouraged to create their own artistic interpretation of the



Old Sanibel Post Office by Anita Force Marshall

theme. All artwork is for sale and can be purchased and taken off the wall.

The show, put on by Sanibel Captiva Art League, runs through September 30 at Sanibel Public Library, located at 770 Dunlop Road.*

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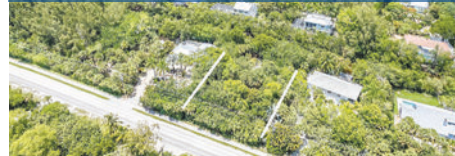
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by Megan Marquardt, CFP, CTFA, Wealth Services

If you were here during Hurricane Charley, you know that Mother Nature can be unpredictable, and you also know firsthand the importance of planning. If you weren't here, this information will be particularly important.

Hurricane season began on June 1 and the National Oceanic and Atmospheric Administration (NOAA) is predicting an above-average Atlantic hurricane season for 2022. While many focus on securing their homes and planning for evacuation, it is also important to prepare financially. Here are several tips that will help keep you and your finances safe:

Set up electronic payments for your

utilities, credit cards and mortgage payments. In the event you are away from home, or the mail is delayed, you will have peace of mind knowing that your bills will be paid on time and services will not be shut off.

Be sure to have a credit card with a low outstanding balance or a credit card on hand designated for emergencies.

Have an emergency fund to cover food and lodging in the event you need to evacuate. This can be included in your annual budget. It is also important to have a sensible reserve of cash kept somewhere safely in your home – perhaps \$1,000 to \$2,000 in the event banks are temporarily closed. During Hurricane Irma, most banking institutions in our area opened the following day.

Review your insurance coverage. Insurance can be complicated, so it is important to understand your policy – What is your deductible? What is covered with hurricane damage? Is flood insurance included? Who do you contact to initiate a claim? Some agents recommend that you take pictures of your home and furnishings today and have those on hand in the event there is damage.

If you need to evacuate, be sure

to have a "Grab & Go" folder with important documents you may need. This would include insurance cards, insurance policies, social security cards, drivers' licenses, passports, birth certificates, mortgage paperwork, tax documents and estate planning documents (will, power of attorney, health care surrogate, living will and trust documents). With technology today, you can scan these documents and save them to a flash drive or save to the Cloud.

Be sure to have contact information for family members, your advisors and your physicians.

On an extra note, the Sanibel Police Department provides Sanibel-Captiva residents with official hurricane passes to gain access back onto the islands following a storm, as well as additional hurricane preparedness information. Just ask. Time is of the essence for hurricane preparations. At some point, we will experience another storm and having these plans in place will make it that much less stressful. If you need advice on your financial checklist or any of your wealth management needs, ask a local professional. Be safe and enjoy the summer.

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

Sundial Resort Leads In National Pickleball Ranking

TennisResortsOnline has named Sundial Beach Resort & Spa as the number two pickleball resort in the nation. Rankings were compiled using both traveler reviews and research conducted by the publication on pickleball resorts that excelled in a combination of great staff, broad-based instruction, social atmosphere, round-robin events, optional multi-day academies and tournament offerings.

One of only five resorts bestowed with the award of Gold Medal Category, editor Roger Cox said, "These rankings represent the collective wisdom of thousands of players. Taken as a whole, the resorts that make the list reflect the rich diversity in the vacation landscapes." Due to the growing popularity of the sport, pickleball was added as a new category in the 2022 resort rankings.

"This is a huge and well-deserved honor for the resort," said Josh Jeffcott, racquet sports manager at Sundial Beach Resort & Spa. "Our program offers something for everyone, from beginner to seasoned player in an unparalleled setting."

Pickleball is the fastest growing sport in North America due in part to its social nature, appropriateness for all ages and skill levels, and simplicity of rules. For more information, visit www.sundialresort.com.



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1



2

1. NEW CONSTRUCTION ON 106' OF BAY FRONTAGE - SANIBEL

- 3BR/3.5 BA home newly constructed in 2016 with vaulted wood beamed ceilings, 2 story wall of windows overlooking the bay, bayfront pool & spa, all hurricane rated doors & windows
- Separate deeded private wraparound boat dock & lift built in 2021 with water & electric available for purchase

• **\$4,350,000 EURO 4,015,156**

2. OVER HALF AN ACRE IN SEASPRAY - SANIBEL

- 3 BR/ 3 BA + den tucked amidst mango trees and banana palms on over a half an acre of tropical grounds
- Soaring ceilings, fireplace, elevator, large open kitchen, all just steps to the beach access

• **\$1,795,000 EURO 1,706,411**

3. BUCK KEY - CAPTIVA

- One of the last remaining buildable tropical islands, Buck Key provides a once in a lifetime opportunity located just across the Roosevelt Channel from Captiva Island. Offering 14.13 acres of stunning land and water frontage along the channel - Develop your own family compound, corporate retreat, private club or wherever your vision takes you.

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

- 2BR/2 BA + den top floor condo with an incredible income stream for the investment minded owner.
- Community features pool & spa on island in the center of a lagoon, walking paths, tennis, shuffleboard, tiki huts, and beach access

• **\$1,399,000 EURO 1,281,499**



3



4

NEW LISTING



5



6

5. REMODELED HOME IN SHELL HARBOR - SANIBEL

- 3 BR/2.5 BA + den completely remodeled home with private boat dock & lift on seawalled canal just a short walk to the beach access
- Open kitchen, spacious living room, expansive primary suite with redesigned bathroom, impact sliders open to your private pool and canal

• **\$1,995,000 EURO 1,903,698**

6. UPDATED HOME IN THE DUNES - SANIBEL

- 2 BR/2 BA beautifully updated home tucked amidst the secluded privacy of tropical vegetation in the coveted Dunes Golf & Tennis community
- Vaulted beamed ceilings, large open kitchen, updated primary suite, impact windows & doors, large back lanai with sunken hot tub and trellis overlooking your own secret garden.

• **\$995,000 EURO 952,604**

7. REMODELED ON DIRECT ACCESS CANAL - SANIBEL

- 3 BR/ 2.1 BA gorgeously remodeled home just a 5 minute boat ride to the Bay with the ability to accommodate a sailboat or larger vessels
- Kitchen includes GE Café appliances & quartz countertops, wide plank oak flooring in the living room, remodeled pool & spa.

• **\$2,495,000 EURO 2,390,029**

8. ISLAND COTTAGE STYLE CANAL HOME - SANIBEL

- 3 BR/3.1 BA home on Sanibel's west end offering easy access to Blind Pass Beach, Santiva, the Bay and open water
- Remodeled with Mexican Saltillo floors, open kitchen, private pool, new roof, private boat dock & lift, & more

• **\$1,390,000 EURO 1,296,842**



7



8

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Will Power

Why Artificial Intelligence Won't Displace Wise Professionals



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

I've heard that my career as an estate planning attorney will end at some point as artificial intelligence (AI) improves, much the same as the web nearly did away with travel agents. Proponents of AI feel that consumers flock to anything that's faster, easier and cheaper.

I respectfully disagree. At least not for those who don't prioritize the commodity of our practices. Those practitioners are not going away like travel agents largely did but will be respected for our knowledge and wisdom like CPAs continue to be even though online tax preparation has consumed a majority

of the easiest of tax returns.

Knowledge is vastly different post-Internet. What I mean by that is that professionals were, prior to Google and similar search engines, the gatekeepers of knowledge. Today, one can look up nearly anything without having to attend medical, law or trade school of any kind.

In my experience, however, the explosion of available information hasn't led to the extinction of the best professionals. When my mother developed acute myeloid leukemia, I immediately went to WebMD and other sites to learn about the disease and available treatments.

After several hours of searching and reading, I felt more alone and confused than ever about what we should do. It was only after visiting the wise and extremely knowledgeable physicians at the MD Anderson Cancer Center in Houston that we felt clear about what treatments, chemotherapies and bone marrow transplant options my mother would consider and ultimately follow.

As good as the Internet may be in breaking through knowledge gatekeepers, it also causes information overload, mind-clutter, confusion and decision fatigue. Patients, clients and customers will always value the counsel of a wise professional over that of mechanical, artificial "intelligence." Wisdom is more valuable than knowledge.

With that said, wisdom is hard to come by. In my mother's case, we traveled to a renowned Houston cancer center to get the most up-to-date knowledge related to the

aggressive killer disease she suffered from. Thank God for those wise professionals, as they served to extend my mother's life a total of 12 years (she had a second stem cell transplant nearly seven years after her bone marrow transplant when she fell out of remission) that she would not have otherwise had.

What I've found in my career is that clients somehow discount valuable advice with regard to estate planning as opposed to medical advice. Clearly, one needs a specialist to receive oncological treatments. On the other hand, everyone knows the English language, so why can't you research the web and write your own estate planning documents? There are forms available, after all.

Thankfully, many understand that our estate, trust and tax laws impose numerous traps for the unwary. I'll give you one example. Someone (not a client of mine) put this phrase in her will: "I hereby forgive any debt that my son John owes me."

Seems simple enough, doesn't it? Except that this client didn't apparently understand that the forgiveness of debt triggers taxable income to the debtor under federal tax law. A wise professional, conversant in the law, would have instead told her to bequeath the notes back to John. While bequeathing the notes themselves and forgiving the debt would appear synonymous to a layman, the difference is significant, as it wouldn't trigger recognition of income. In the law, simple phrases that one believes are innocuous and clear could result in unintended, adverse consequence.

Further, AI can't distinguish, and probably never will, the complex human emotions that go into estate planning. Here, you're mixing family relationships, death of loved ones, money and taxes, among other things, into one big pot. It takes earned wisdom to successfully navigate those waters.

The more difficult choice for consumers is to know who to trust. That's why the Florida Bar created a Board Certification program, so that Florida legal consumers know who the experts are in any given field. To become board certified, an attorney must have at least five years of significant experience in the specialized field, in my case, wills, trusts and estates. The attorney must pass a rigorous examination, have an exemplary ethical record, be recommended to become board certified by local attorneys and judges, and complete a very significant number of high-level continuing education hours within each reporting period. To remain board certified, one must get recertified every five years. For more on this, visit floridabar.org/about/cert/.

Both my law partner, Michael Hill, and I are board certified in wills, trusts and estates, joining only 290 other such attorneys within the entire State of Florida.

Will AI displace many professionals? I don't believe it will displace true specialists. There will always be a need for exceptional knowledge and keen wisdom to bestow the same comfort that MD Anderson provided my mother several years ago.

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How's The Market? Ask Ann

**Market Strong But Inventory Low
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Ann Gee
Broker/Owner

On a weekly basis, we report condo and home closings through our MLS system on Sanibel. It is also our practice to inform you on the existing inventory of homes and condos available for sale in our MLS system. In my view, it is important to compare this data to "normal" inventory levels over the past 10 years.

For several years, there were between 350-400 homes and condos for sale on Sanibel. Currently, there are 54 homes and condos for sale.

It is our view that until this "short" supply starts to move closer to a normal supply level, our market will remain strong, despite a national slowdown in the general real estate market. Having said this, I do not see the substantial price increases that have occurred over the last 12-18 months that were in the 35-40% range.

A thoughtfully priced new listing should continue to be a good strategy in today's complex market.

Feel free to disagree with me. I benefit from your feedback.

4 Closed Sales Going Back One Week: 1 Home, 2 Condos & 1 Vacant Lot

451 Sawgrass Place Vacant Lot **\$949,000**
805 East Gulf Dr. G8 Sanibel Arms **\$1,295,000**
2475 West Gulf Dr. 105 Tarpon Beach **\$1,300,000**
4312 Rue Belle Mer **\$1,495,000**

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

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- \$3,450,000**

1012/1014 E GULF DRIVE

UNDER CONTRACT



SANIBEL ISLAND

- Updated Near Beach Duplex
 - Each Unit - 2 BR, 1 BA, Laundry
 - Separate Private Outdoor Space
 - Impact Windows, Rental Opportunity
- \$995,000**

0 WEST GULF DRIVE PARCEL #1



SANIBEL ISLAND LOT

- 104'+ Beachfront
 - Incredible Opportunity, Ideal Location
 - Panoramic Beach Views & Sunsets
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- \$5,995,000**

1501 MIDDLE GULF DRIVE #F403



SUNDIAL OF SANIBEL

- 2 Bedroom, 2 Bath, Partial Gulf View
 - Turnkey, Great Rental Opportunity
 - Updated Kitchen
 - Fabulous Resort Community Amenities
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16151 CAPTIVA DRIVE



CAPTIVA ISLAND

- 14,000 S.F. w/ 2 Primary Suites & Elevator
 - NEW Construction Estate, Impact Windows/Doors
 - Panoramic Views of the Gulf of Mexico
 - Fully Equipped Guest Cabana House
- \$13,875,000**

5802 SANIBEL CAPTIVA ROAD



CASTAWAY ESTATES

- Minutes from the Beach & Gulf Waters
 - 0.428 Acre lot with Gulf Access
 - Near Golf, Dining, & Museums
- \$595,000**

15819 CAPTIVA DRIVE



CAPTIVA ISLAND

- Gulf to Bay, Mouth of Bay & Roosevelt Channel
 - Unique Property, 125' Water Frontage
 - Blueprints by John Cooney Available
 - Deep Water Access, Covered Boat House
- \$15,500,000**

16163 CAPTIVA DRIVE



SUNDIAL OF SANIBEL

- 3 BR, 2 BA, Family/Dining Area, TV Room
 - Peaceful Vintage Island Getaway
 - Beautiful Garden, Sun Deck, Spa, Courtyard
 - Many Improvements w/ Original Character
- \$4,125,000**



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Frankly Speaking



by Howard Prager

I'm delighted to be writing this column having survived a mass shooting today while performing in the July 4th parade in Highland Park, Illinois. Americans should not live in fear in attending

their hometown parades. I was a block away from the shooting on a float with my band. We were playing and all of a sudden saw people started running towards us and beyond. We stopped playing and heard the "pop pops" of an assault weapon. Stop this madness already. We are one country who believes in life, liberty and the pursuit of happiness. Independence Day should be a celebration of the best of America. Instead, we keep experiencing the worst. I say enough. Now for sports...

On this Independence Day week, we're seeing increased independence in college sports. Front and center: The "Bigger" Ten. As an aside, these are all schools with smart people. They haven't been "Ten" for a long time. Isn't it time for a new name or number? I digress. After their expansion, first with Penn State (1990) and Nebraska (2011) Maryland and Rutgers (2014), adding UCLA and USC was a brilliant move. The Big Ten becomes the first coast to coast conference, and will now have teams in

the three major media markets – New York City (with Rutgers), Los Angeles and Chicago. The articles I read said it's all about the money. Next to the SEC where each school's football payout is near \$56M then comes the Big Ten at about \$40M. The Pac-12 only \$21M, in part because so many of their games are on so late for the rest of the country. UCLA was especially hurting after the pandemic, and with the size of the Big Ten payout only growing through a new media deal, the timing was right. The greater visibility will help in recruiting athletes to southern California and positioning graduates for the draft. These are all great attractions for these two schools.

How did some of the Big Ten coaches react? "Never saw it coming." That's how two Big Ten head coaches described news that broke about USC and UCLA joining their conference. "I had no idea. I was driving and all of a sudden my phone blew up. I don't know where it goes. I think this was the easy thing to happen. It gets really complicated and messy now moving forward." Said another Big Ten head coach: "They've talked about different teams and they talked about expansion. But I didn't think it was gonna happen right now."

What about the reality? How will scheduling work, especially for sports like basketball which has games during the week? Do they move the dates so teams can be gone within a week and maybe play Saturday, Tuesday and Thursday and then come back home? What about the non-revenue generating sports with partial scholarship athletes? The travel from coast

to coast can be brutal on student athletes. Again, the student becomes secondary to the athlete.

The biggest wild card still out there? Notre Dame. Aligned with the ACC except for football, are they ready to finally commit to one conference? If any single team is a coast-to-coast team, the Fighting Irish are, but they relish their football independence and have their own deal with NBC. So, what does the ACC do now? The ACC, Big Ten and Pac-12 had an informal agreement ("The Alliance") not to poach players. They didn't say anything about poaching each other's schools. More to come, as the ripple effect now hits the Pac-12 and whoever leaves to join them. The schools most talked about are Boise State and San Diego State.

From college to the pros: It seems like I was just writing about the NBA Finals, and now that they've held the draft, the trades are flying, especially for the two Finals teams. Golden State has lost several key pieces of their championship team: Gary Payton II and Juan Toscano-Anderson, along with Otto Porter Jr., Nemanja Bjelica and Damion Lee. Not to be left behind, the Boston Celtics traded Daniel Theis, Aaron Nesmith, Nik Stauskas, Malik Fitts, Juwan Morgan and a 2023 first-round pick to the Indiana Pacers in exchange for veteran guard Malcolm Brogdon. More to come in the days ahead, but whichever teams make it next year, I'm sure they will have made some roster moves to help make that happen.

Is it time for Serena Williams, the greatest woman tennis player who recently lost in the first round at Wimbledon,

to retire? It's always a hard decision for anyone and especially for an elite athlete who mentally feels they can still play but physically time catches up with them (except for Tom Brady). It's always nice when players know and go out with a farewell tour, but that's not the case in tennis. If she is done, Serena (and Venus) have given us a lot to admire. If you haven't seen the movie *King Richard* about how their dad raised them, it's well worth it.

Speaking of Wimbledon, the good news story of the week comes from the real champion of the grass court championships. No, I'm not talking about Novak Djokovic, I'm talking about Britain's Jodie Burrage who may have lost her first-round match at Wimbledon Monday, but pulled off the biggest of wins at Wimbledon – her humanity. During Burrage's match against Ukrainian Lesia Tsurenko, the 23-year-old noticed a ball boy looking unwell on the sidelines and stopped to offer him some help. She immediately paused her game, gave him some fluids, gels and candies, and he seemed to recover. What an amazing alertness she had. So selfless. Even though she lost her match, she won the hearts of fans at Wimbledon and those who saw the replay throughout the world. Jodie, thanks for leading with your heart.

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

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SPORTS QUIZ

- Who holds the New York Mets' record for highest career batting average?
- Who were the only two major-league pitchers to strike out Hall of Famer Ted Williams three times in one game?
- The Seattle Mariners played their first major-league season in 1977. In what year did they record their first winning season?
- What is Alabama football coach Nick Saban's record in national championship games?
- Which of these franchises was the first to win a Stanley Cup – the Boston Bruins or the Chicago Blackhawks?
- Who were the "Four Kings," a group of boxers who all fought each other throughout the 1980s?
- What was the last year that a Ferrari won the 24 Hours of Le Mans endurance race?

ANSWERS

1. John Olerud, with a .315 average. 2. Bobo Newsom in 1939, and Jim Bunning in 1957. 3. It was 1991, when the Mariners were 83-79. 4. 7-3. The losses came against Clemson (twice) and Georgia. 5. The Bruins won a Stanley Cup in 1929, five seasons before the Blackhawks did it. 6. Sugar Ray Leonard. Roberto Duran, Thomas Hearns and Marvin Hagler. 7. 1965.



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Captiva Community Panel Report

Real-time water level data is now available for both Captiva and Sanibel, and it's as close as your smartphone. Both islands are participating in a five-year Southeast Coastal Communities Water Level Observation System project funded by Southeast Coastal and Ocean Observing Regional Association (SECOORA), which is a member of the U.S. Integrated Ocean Observing System and part of the National Oceanic and Atmospheric Administration (NOAA).

The project will provide real-time water level data, tide predictions and flooding alerts to coastal communities. The data can be used to plan for and respond to flood emergencies and design resilience strategies for sea level rise and the projected increase in flooding.

Now that the water level sensors are installed, data is available online at www.hohonu.io. Sign up for a free account to view the data. Ultimately, data will be accessible on SECOORA's website at www.secoora.org.

Upcoming Captiva meetings:

Monday, July 11, 1 p.m. – Captiva Erosion Prevention District (CEPD) board meeting, 'Tween Waters Island Resort and Zoom;

Tuesday, July 12, 9 a.m. – Community Panel meeting on Zoom;

Monday, August 8, 1 p.m. – CEPD board meeting, 'Tween Waters Island Resort and Zoom;

Tuesday, August 9, 9 a.m. – Captiva Community Panel meeting on Zoom;

Monday, September 12, 1 p.m. – CEPD board meeting, 'Tween Waters Island Resort and Zoom;

Dates and times for the CEPD's two required budget public hearings to be announced;

Tuesday, September 13, 9 a.m. – Captiva Community Panel meeting on Zoom.

Among the items to be discussed at the July 12 Captiva Community Panel meeting will be the Verizon proposal for small cell towers along Captiva Drive to improve island cell service, updates on wastewater and stormwater efforts, and amendments to the panel's bylaws.

For information about the CEPD events, visit www.mycepd.com or call the district at 472-2472. For information about the Captiva Community Panel, visit www.captivacommunitypanel.com or email captivacommunitypanel@gmail.com.

If you want to ensure that firefighters have access to your home when you're away or unable to come to the door, consider installing a Knox Box.

A Knox Box is a secure key safe that mounts on the wall of a building. The only keys available to open the box are in the possession of the fire district. When there is a fire or medical emergency, firefighters can access the key safe and use the building keys to enter the building rather than having to break into the

building or wait for someone to arrive to let them in.

This box is a residential version of the commercial Knox Box series that's enabled businesses to allow secure access to public-safety agencies for years. The home version is easy to install and comes in three style – wall mount, door hanger

and security door hanger.

For more information, contact Captiva Fire Chief Jeff Pawul at jpawul@captivafire.com or 472-9494, or read about the options online at www.knoxbox.com, where you can order one of the boxes.*

Business Women July Luncheon

Sanibel Captiva Business Women's Association will hold its monthly luncheon on Tuesday, July 19 at noon at 400 Rabbits.

The speaker will be Melissa Sommers, LCSW, of Lee Health's Regional Cancer Center. She will be speaking on the topic of women's health, particularly on the topics of self-care and stress management as an important part of health and wellness.

Sommers has been a social worker for 20 years and has worked in cancer care for the last 10 years. She joined the Regional Cancer Center with Lee Health in 2020 when her family relocated from Denver, Colorado to Fort Myers.



Melissa Sommers

As a licensed clinical social worker, Sommers provides counseling support to people with cancer and their caregivers. She uses mindfulness, relaxation techniques and goal setting in her work to help patients and their families cope with the impact of cancer in their lives.

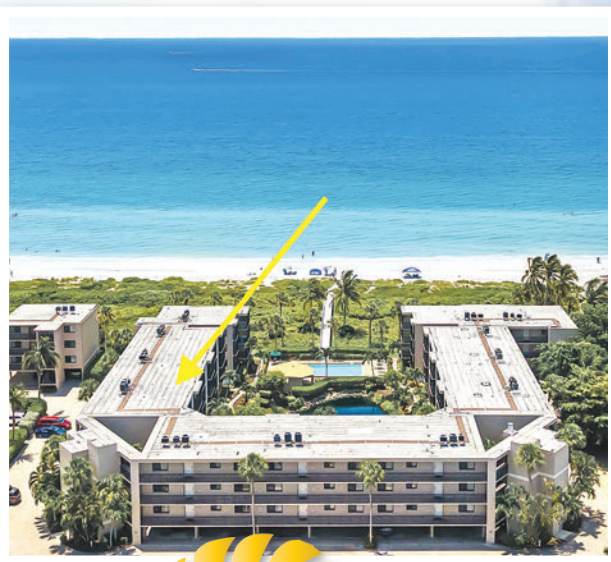
Sommers earned a bachelor's degree in psychology from Indiana University and a master's degree in social work from Washington University in St. Louis, Missouri. She enjoys spending time outdoors with her husband, Matt, and their two teenage daughters.

Sommers said, "I hope that the women understand that stress management should be a part of their daily routine to cope with small and big stressors. Self-care does not need to be grand to be effective, but regular practice can improve overall wellbeing."

Sanibel Captiva Business Women's Association meets at noon on the third Tuesday of the month at various businesses and restaurants.

Register for the luncheon at <https://sancapbwa.eventbrite.com/>.

For more information, contact taylor@irisprintdesigns.com. Updates are posted at www.facebook.com/SanCapBWA.*



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Health First

Natural Ways To Manage Anxiety



by Julie Rosenberg, MD

Do you suffer from anxiety? Most everyone experiences feelings of anxiety at times. For example, it's common to feel anxious before a business presentation or while driving in heavy traffic.

An estimated 31.1 percent of adults in the United States experience an anxiety disorder during their lifetime. Anxiety disorders are a group of illnesses that have one thing in common: persistent, excessive fear or worry in situations that are not threatening.

Symptoms of anxiety can be broken down into emotional symptoms or physical symptoms.

Emotional symptoms: Feelings of apprehension; restlessness or irritability; feeling tense or jumpy; difficulty concentrating.

Physical symptoms: Pounding or racing heart; shortness of breath; sweating; insomnia; upset stomach or diarrhea; muscle pain, tightness or soreness.

The good news – there are many effective ways to take control of anxiety. In

this article, I discuss six natural strategies that can help you manage anxiety.

1. Deep Breathing – Consciously becoming aware of your breathing and regulating its depth and rate helps you to avoid the “fight-or-flight” response to stressful situations.

To practice deep breathing:
Find a quiet place free of distractions;
Lie on the floor or recline in a chair;
Place one hand on your upper chest and the other hand on your stomach;
Inhale, taking a deep breath from your abdomen as you count to three (as you inhale, you should feel your stomach rise; the hand on your chest should not move);
Pause to a count of three;
Then slowly exhale while counting to three. (Your stomach should fall back down as you exhale);

Continue this pattern of rhythmic breathing for a few minutes, until you feel calmer.

2. Exercise – If you're feeling anxious, give your body an outlet and get moving. Engaging in physical activity diverts you from thinking about what you are anxious about. Exercise helps to enhance the production of your brain's feel-good neurotransmitters, called endorphins.

Moving your body also decreases muscle tension. So, when you are feeling anxious, move your body. Do something you enjoy: take a walk, go for a bike ride or hit the gym.

3. Relaxation training – Relaxation training aims is to reduce tension and anxiety through different learned techniques. While there are many types of effective relaxation training, some

studies have shown that meditation and progressive relaxation may have the most beneficial effects on anxiety.

4. Magnesium – Magnesium is one of the most abundant minerals in the body. Magnesium plays a role in several bodily functions and has known health benefits, including reduction of stress and anxiety.

The Recommended Daily Allowance (RDA) of magnesium for adults is between 310 and 420 mg. To ensure you get enough magnesium in your diet, eat foods high in magnesium including leafy greens, avocados, legumes, whole grains, nuts and seeds. You may also consider taking a magnesium supplement to help reduce anxiety. Consult your healthcare practitioner before taking any supplement so that you know the correct preparation and dose for you.

5. Lavender – Lavender is an herb known for its floral aroma and attractive purple color. Lavender can be used in a variety of ways, including massage, aromatherapy or baths. Lavender can help reduce stress and anxiety and is an effective natural sleep remedy. I find that lavender essential oil is great to keep on hand and to use as needed.

6. Passionflower – Passionflower is a perennial plant. There are about 500 known species of passionflower; certain species have medicinal benefits. For example, *Passiflora incarnata* may help treat anxiety and insomnia.

Scientists believe passionflower works by increasing levels of gamma aminobutyric acid (GABA) in the brain. GABA is a neurotransmitter, a chemical messenger in your brain. It slows down

your brain by blocking specific signals in your central nervous system, making you feel more relaxed.

Available forms of passionflower include teas, liquid extracts and tinctures. Consult with your healthcare provider for specific recommendations.

Most everyone experiences anxiety at times. Natural remedies can be quick and effective ways to manage anxiety. Severe and persistent anxiety should be evaluated by a healthcare professional.

*Julie Rosenberg, MD, is a global healthcare leader, medical consultant and the author of two books, Beyond the Mat and Be True. For more information, visit her website at www.drjulierosenberg.com. For consulting and speaking requests, email inquiries to info@drjulierosenberg.com.**

Pet Adoption Special For July

For the month of July, the adoption fee on all dogs and cats at Lee County Domestic Animal Services has been reduced to \$25 with an approved application. The adoption package includes spay or neuter, microchip, up-to-date vaccinations, county license and a 10-day health guarantee; a value of \$600.

The adoption center, located at 5600 Banner Drive in Fort Myers, is open 10:30 a.m. to 3:30 p.m. Monday through Saturday. For more information, visit www.leelostpets.com or call 533-7387.*

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dearRPharmacist

Three Natural Hot Flash Relief Supplements



by Suzy
Cohen, RPh

Dear Readers: Many people get through their whole life without a hot flash, and that's great. But for others, the problem is disabling, so today's article is about

natural relief for hot flashes. I tend to hear more complaints about hot flashes in the summertime and that's because the added hot weather makes it even harder for your body to compensate and thermoregulate itself properly.

A hot flash feels slightly differently

to all those who experience it, but it's a sensation of warmth throughout your body. It could feel really hot, where you start to flush. If you've ever taken a good brand of niacin, you may have felt something akin to a hot flash because it would have made you flush. Sometimes, the hot flashes are so frequent or intense that they are painful or disabling.

Triggers include some of the following: chili or spicy foods; caffeinated drinks; lots of stress; some medications; genetics; your estrogen levels; your cortisol levels; and levels of thyroid hormone.

Here are three natural ways to reduce hot flashes:

1. Black Cohosh – Generations of women have relied on the gnarled root of black cohosh (*Cimicifuga racemosa*) to relieve various hormonal issues such as premenstrual syndrome (PMS) and menstrual cramps as well as hot flashes. Many holistic doctors like black cohosh because their patients cannot tolerate HRT due to side effects. And it's hard to dose correctly unless you know how your patient is metabolizing their hormones.

That's why a DUTCH test can help (it's available at my website, or through your own doctor). It can evaluate your urine hormone metabolites because blood tests cannot.

2. St. John's Wort – The most famous herb used for melancholy helps with hot flashes too. Studies have shown that St. John's wort is effective in treating menopause symptoms and mood dysphoria. It also has some sedative properties, making it useful for people with insomnia.

A meta-analysis found that the herb had minimal side effects and could help reduce the number of hot flashes, as well as severity of them. But it takes about eight weeks to work.

The combination of St. John's wort and Black Cohosh could be really helpful since there is synergy. Just be careful not to combine St. John's wort with prescribed medications.

3. Thyroid Supplements or medications – Ensuring healthy thyroid hormone status is critical. You shouldn't have too much or too little thyroid hormone. Your physician

can test you to see what your levels are. Having hyperthyroidism means you will run hot. It's not something that you can fix with estrogen; you fix it by reducing your thyroid hormone levels so don't take supplements to increase levels. My book called *Thyroid Healthy* can help you address all kinds of thyroid imbalances.

Likewise, low thyroid hormone levels, as in hypothyroidism, will cause you to have poor thermoregulation as well, which can raise your risk for thermostat problems too. Supplements could work very well here to raise levels, as could medications. But please do not start or stop any medications without consulting a qualified medical doctor who can supervise your regimen. If you'd like to read the more detailed version of my article, visit www.suzycohen.com.

This information is not intended to treat, cure or diagnose your condition. Suzy Cohen is the author of The 24-Hour Pharmacist and is a registered pharmacist. To contact her, visit www.suzycohen.com. ✨

Got A Problem? Dr. Connie Is In



by Constance
Clancy

Q: I would like to start a meditation practice and I could use some tips to get started. Can you offer some advice on this?

A: Meditation is a wonderful way for you to begin

practicing being more present rather than in the past (cannot change it) or the future (brings on anxiety). Of course we all have to plan, however, we don't want to get caught up in the "what if's." It's the uncertainty that brings on the anxiety, and we want to be more in present moment awareness.

The following strategies are for living more mindfully:

1. Practice loving-kindness, compassion – This already exists within you, it's bringing it to fruition. Compassion is similar to empathy, where we put ourselves in the shoes of another and experience a

shared sense of understanding.

2. Practice wholeness and balance – I use a mandala as a symbol of wholeness that is divided into four quadrants; mind, body, emotions and spirit. Use your inner compass to write in these quadrants how you can use them more effectively to feel whole and balanced in your life. For example, the body may be referenced to your nutrition, exercise routine, movement, etc. A greater awareness of these quadrants means that your experience of them will be heightened. You can meditate on these and how you can best utilize your wholeness.

3. Meditation increases your patience level – By meditating, you can learn to let go of impatience. Impatience only increases your tension. You want to focus on your intention, attention and no tension.

Impatience is likely to initially show up in your meditation as it is new to you. Be patient with your results. It can take time. Meditation is not about achievement and results, rather it is about learning to become aware, and rest in this awareness with a sense of ease.

4. Dedicate yourself to staying with it – There is no good, bad, right or wrong way. It is your way. You may be tempted to stop, yet if you start slowly and increase

your meditation time as you are ready, slowly and steadily you will be more likely to stick with it.

5. Meditation brings presence – Again, when we are present, we are more calm and at ease. This automatically reduces stress and tension. It helps us to trust the universe and our own instincts. The thoughts will come in, be aware and allow yourself to return to your breath.

Be patient with yourself and know

that mindfulness will strengthen in your everyday life. This enables you to stay in the moment and increase your own inner peace and love.

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

Good Food For A Good Mood



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

The truth is, we have all experienced days where we have felt down in the dumps and, unfortunately, a way to fix that in today's world is to pop a pill. Studies show that antidepressants are one of the three most common prescription drugs that Americans take. We have seen at our Caring Medical office increasing numbers of people resorting to antidepressants due to the current issues with social isolation, job insecurity and fear of getting sick. While antidepressants may help mitigate depression, they do come with their own set of side effects. Did you know that you can boost your mood naturally? Yep, you heard

that right! The food that you put into your body influences how you feel physically and mentally. More research has been done on the connection between nutrition and mental health. Many factors affect mood, including stress, environment, genetics, poor sleep, mood disorders, as well as nutritional deficiencies or imbalances. Antidepressant medications do not just "make you feel happy." They work primarily by boosting serotonin levels in the brain which can make you feel less anxious and more energetic. We encourage you to consume foods that have been shown to improve overall brain health and avoid foods (or so-called foods) that worsen brain health and mood.

We are going to give you two scenarios. If you are looking for a quick snack to munch on during a break at work, you could... (A) eat a bag of Flaming Hot Cheetos followed by a Mountain Dew or (B) eat a cup of Greek yogurt topped with mixed berries and almonds. We know that Hot Cheetos and Mountain Dew sound like an easier, quicker option, but let us look at the benefits your body receives from each choice.

The chemical in your brain that boosts your mood is serotonin. We are challenging you – the next time that you are feeling tired or a little low, try showing your body and your brain a little extra love by ditching junk food and reaching for a healthier choice, because good food will help to boost

your mood. Option A: Hot Cheetos, like many other junk foods, contain artificial food coloring which is linked to aggression and mental disorders. They also contain MSG, which is a major contributor to high blood pressure, obesity and other adverse reactions, including migraines, and lastly, trans-fats, which can result in increased risk of heart disease. What this means is after eating Hot Cheetos, you will experience a high, then a crash from the excitatory chemicals found within this quick snack, leaving you feeling unsatisfied with a headache, feeling foggy and/or some gastrointestinal rumblings or worse. Option B: Greek yogurt itself has a ton of benefits. First and foremost, it is high in protein. It will not only help promote fullness but will give you a boost in energy, leaving you feeling full, satisfied and less anxious. When topping your Greek yogurt with berries and almonds, you are providing your body with antioxidants and magnesium – making your brain and heart happy as can be. We can only speak for ourselves,

but Option B sounds like a much better choice. Not only do you want to make healthier choices that are good for you physically, but you also want to choose foods that benefit you mentally. Other good mood food options: banana and cottage cheese; nuts/seeds, particularly almonds, walnuts, chia, or pumpkin seeds; edamame; berries; citrus fruits; eggs; cheese; hummus with veggies; dark leafy greens; fatty fish, such as salmon or sardines; turkey slices; and avocado. We encourage you to rid your household of products such as the items we describe in Option A. They have no place in a healthy lifestyle and can cause serious health problems, especially related to mental health, that you want to avoid. The choice is yours – make it a healthy one. This information is not intended to treat, cure or diagnose your condition. Ross Hauser, MD, and Marion Hauser, MS, RD, established Caring Medical in 1991. Caring Medical Florida and the Hauser Neck Center are located in Fort Myers. They can be reached at info@caringmedical.com.*

Free Autism Screening

Golisano Children's Hospital of Southwest Florida, in partnership with Ronald McDonald House Charities of Southwest Florida, will offer a free monthly autism spectrum disorder screening for toddlers 18 months to age 5 at the Pediatric Specialist Office on Friday, July 15 from 9 a.m. to 2 p.m. It is estimated that one in every 44 children is diagnosed with some form of autism spectrum disorder (ASD), making it more common than childhood cancer, juvenile diabetes and pediatric AIDS combined. Medical consultants for the project

stress that an early diagnosis can make a vast difference for toddlers and their families. They say early intensive behavioral intervention can make an immense difference not just in the development of the child, but in their families as well. The ASD screening is conducted by the Golisano Children's Hospital of Southwest Florida. The screenings are administered by an advanced practice registered nurse, who has extensive training and experience in typical child development and developmental disorders. A physician referral is not required. To schedule, call 343-6838. The Pediatric Specialist Office is located at 15901 Bass Road, Suite 102, in Fort Myers. For more information, visit www.golisanochildrensswfl.org.*

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Florida Marine Patrol.....	332-6966
Florida Highway Patrol	278-7100
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Chamber of Commerce.....	472-1080
City Council	472-4135
City Building Department.....	472-4555
City Manager	472-3700
City Planning & Code Enforcement Department	472-4136
City Public Works	472-6397
Library, Sanibel	472-2483
Library, Captiva	239-533-4890
Lee County Mosquito Control	239-694-2174
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Post Office, Sanibel (toll free)	800-275-8777
Post Office, Captiva.....	472-1674
Sanibel Community House.....	472-2155
Center 4 Life, Senior Center.....	472-5743
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Gulf Coast Symphony.....	277-1700
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FISH OF SANCAP Neighbors Helping Neighbors	472-4775
FISH OF SANCAP 24-hr service.....	472-0404
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Rotary Club	472-7257 or 472-0141
Sanibel Bike Club	sanibelbicycleclub.org
Sanibel Beautification Inc.	470-2866
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United Way of Lee County - 24 hour helpline 211	433-2000
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PUZZLES

Answers on page 47



"Sold to the man being _____
by his wife!"

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!

Ignite

LINKED

Chafe

CAPERS

Freud

OODLES

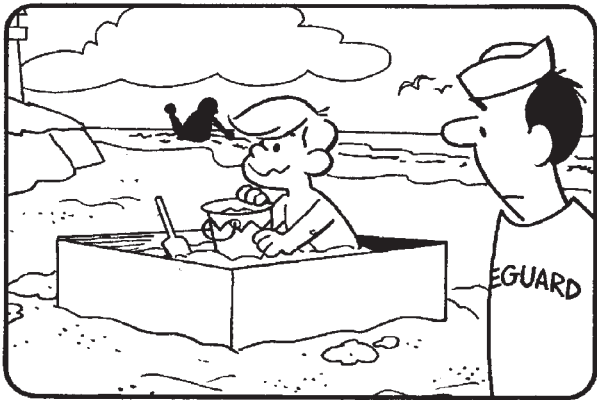
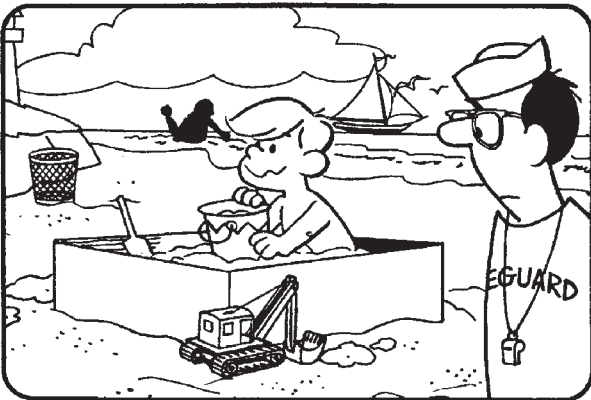
Support

HEROS

TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Trash can is missing. 2. Sailboat is missing. 3. Steam shovel is missing. 4. Sailboat is missing. 5. Glasses are missing. 6. Whistle is missing.

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

To Play
Sudoku:

Complete the grid so that every row, column and every 3x3 box contains the numbers 1 through 9 (the same number cannot appear more than once in a row, column or 3x3 box.) There is no guessing and no math involved, just logic.

PUZZLES

Answers on page 47

Super Crossword

THREE-TO-FIVE
FIRST NAMES

- ACROSS**

1 Jason's ship

5 Categorized

12 Schoolboys

16 Actor Ayres

19 Coffee bit

20 Sea cow

21 "Orinoco Flow" singer

22 Yes, to Yvette

23 Pigeonhole the 16th president?

25 Toy-package span

27 1950s politico Stevenson

28 — -CIO

29 Cut all ties with the star of "Our Miss Brooks"?

31 Sniff the singer of "Coca Cola Cowboy"?

35 Barber's stuff

36 Color shade

37 Senator Cruz

38 — -bitsy

39 Investigate the director of "Stand by Me"?

43 Barber's stuff

45 Positive vote

46 Writer Blyton

47 Bathe the star of "Caroline in the City"?
- 53 Didn't include

58 Gate joint

59 Light hit

60 Berg material

62 Bride in "My Big Fat Greek Wedding"

63 Hank in the Basketball Hall of Fame

64 Floats in the breeze

67 Make a genetic replica of the star of "The Wolf Man"?

70 Jules Verne captain

72 According to Dawn

73 Down goddess

74 Boxer Frazier

75 Muscle jerks

76 Mistreat the director of "Splash"?

79 In districts

81 Holy Fr. woman

82 Broadcaster

83 Rumpus

84 Stable feed

85 Pungent

87 Quaint street lighter

90 Trample the playwright of "Travesties"?

94 "Me neither"
- 96 "— so sorry!"

97 "— so sorry!"

98 Extort money from the star of "The Europeans"?

103 Rational

105 Prefix related to birds

108 Helps out

109 Whirlpool site

110 Spill hot coffee on baseball's "Iron Man"?

114 Kidnap the star of "Madam Secretary"?

118 Mil. jets' site

119 Indistinct

120 Candy — (hospital helpers)

121 Contradict the inventor of the cotton gin?

125 Certain pipe shape

126 Provided

127 Retired academics

128 Ladder rung

129 Certain pipe shape

130 Mimicked

131 Halter's cousin

132 Former times
- DOWN**

1 Something super-fun

2 Software instruction file, often

3 Like houses with pitched roofs

4 Hoops' Shaq

5 Roman 950

6 Chou En- —

7 Yearly records

8 Hit resulting in an out and an RBI

9 Absolut rival, for short

10 Sushi roll fish

11 Forest lairs

12 Do not disturb

13 Resident of "la-la land"

14 Batik worker

15 Gilbert of "The Connors"

16 Soho setting

17 Actor Levy

18 Hot dog

24 Mae West's "Diamond —"

26 Intro painting course, say

30 Self-love

32 Be inclined

33 Tingly feeling

34 1974 CIA spoof flick

40 Lubes again
- 41 Glass edge

42 Piaf of song

43 Phone game, maybe

44 Another time

45 Phone game, maybe

47 Gab, informally

48 African land

49 Infatuates

50 Capital of Canada

51 Moms

52 Sgt., say

54 Flawlessly

55 African land

56 Ballot caster

57 Bedtime hour

61 Delights in

65 Relief sound

66 "Alice" waitress

67 Cape —

68 Era upon era

69 Capital of Canada?

71 Law school beginner

73 Like amatory literature

77 Marvelous

78 Radio spots

79 Electric jolt

80 Dimwit

84 "Let's see ..."

86 "Says You!" broadcaster

88 "Eat — Chikin" (Chick-Fil-A slogan)

89 Pickle or cure

91 Acorn sources

92 Be inclined

93 Finished

95 Levied, as a tax

98 Droopy-eared hound

99 Diminutive

100 Channel swimmer

101 Gertrude

101 Morales of film and TV

102 McKellen of movies

103 "On Language"

104 Even though

105 A lot like

106 Wood overlay

107 Composed and ready for printing

111 "The Alienist" novelist Carr

112 "As — care!"

113 Crooner Cline

115 Women's Open org.

116 Hurdle

117 "Yeah, right"

122 Tall bird

123 164-nation commerce gp.

124 Au courant

King Crossword

ACROSS

1 Chantilly, e.g.

5 Chicken —

9 Leg, in slang

12 Mr. Stravinsky

13 Sparkling Italian wine

14 Have bills

15 Bouncing toy

17 Retrieve

18 Ruby and Sandra

19 Apple products

21 Buy more Time?

24 Handle

25 New Mexico resort

26 Monotonous

30 Work unit

31 Chair designer Charles

32 Odometer start

33 Winter road clearer

35 Remain

36 Church area

37 Buckwheat porridge

38 Physicist Enrico

40 Slightly

42 White House nickname

43 Company emblems

48 Grazing land

49 Scott Turow

book

50 Valentine flower

51 Curvy letter

52 Yuletide tune

53 Faction

footballers

9 '60s footwear

10 Dumbstruck

11 Citi Field team

16 Stitch

20 Not neg.

21 Numbered rds.

22 Deserve

23 Restricted zones

24 Recognized

26 Shopper's delight

27 "As I see it," to a texter

28 Ancient mariner

29 Maja painter

31 Delta follower

34 Typing speed stat

35 Nymph pursuers

37 Tool set

38 Dossier

39 Stretches (out)

40 Baseball's Tommie

41 Weevil's target

44 Music's Yoko

45 "Ulalume" writer

46 Computer key

47 Filming site

MAGIC MAZE

WORDS WITH ACHES AND PAINS

J R O L J B G D P A X V S P N

K D I S S E L N I A P A P F C

A X E V S L Q E O O I L J H E

B A C H E L O R A S D N C A X

V E T R C Y P P N C E L E J H

F D A B Y A X V N T H H R D P

O M K C I C O I G I C E C E D

B Z X N H H W R U A A T D A R

Q O F N L E J I P G T P F D C

A U Y X W V S A T P T S S R P

L O S T N I A P E C A F N L K

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

Unlisted clue hint: Five-Letter European Country

Acheson	Bachelor	Face paint	Painless
Apache	Beaches	Paine	Paints
Approached	Bellyache	Pained	Papain
Attached	Bleached	Painful	

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Cape Coral Bridge Tides

<u>Day</u>	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Fri	10:41 am	5:01 am	None	6:56 pm
Sat	12:34 am	5:36 am	11:20 am	8:04 pm
Sun	2:27 am	6:09 am	12:04 pm	9:07 pm
Mon	12:52 pm	10:06 pm	None	None
Tue	1:45 pm	11:01 pm	None	None
Wed	2:39 pm	11:53 pm	None	None
Thu	3:35 pm	None	None	None

Sagittarius (November 22 to December 21) Family and friends are always important, but especially so at this time. Despite your hectic workplace schedule, make a real effort to include



them in your life.

Capricorn (December 22 to January 19) That project you've been working on is almost ready for presentation. But you still need some information from a colleague before you can consider it done.

Aquarius (January 20 to February 18) Don't let those negative attitudes that have sprung up around you drain your energies. Shrug them off, and move ahead with the confidence that you can get the job done.

Pisces (February 19 to March 20) Aspects favor some dedicated fun time for the hardworking Piscean. A nice, refreshing plunge into the social swim can recharge your physical and emotional batteries.

Born This Week: You love to travel and be with people. You probably would be happy as a social director on a cruise ship.

MOMENTS IN TIME

• On July 15, 1606, the great Dutch master Rembrandt van Rijn is born in Leiden. Rembrandt completed more than 600 paintings, many of them

portraits or self-portraits. By the age of 22, he was accomplished enough to take on his own students.

• On July 14, 1789, Parisian revolutionaries and mutinous troops storm and dismantle the Bastille, a royal fortress built in 1370 that had come to symbolize the tyranny of the Bourbon monarchs. This dramatic action signaled the beginning of the French Revolution.

• On July 11, 1922, the Hollywood Bowl, one of the world's largest natural amphitheaters, opens. Its stage was a wooden platform with a canvas top, and audiences sat on moveable benches set on the hillsides of the surrounding canyon. In 1926, a group of Los Angeles architects built the Hollywood Bowl's first shell.

• On July 16, 1935, the world's first parking meter, known as Park-O-Meter No. 1, is installed in Oklahoma City, Oklahoma. Indignant opponents of the meters considered paying for parking un-American, as it forced drivers to pay what amounted to a tax on their cars without due process of law.

• On July 12, 1957, Dwight D. Eisenhower becomes the first president

to ride in the newest advance in aviation technology: the *HMX-1 Nighthawk* helicopter, administered jointly by the Army and the Marine Corps.

• On July 13, 1960, Senator John F. Kennedy of Massachusetts is nominated for the presidency by the Democratic Party Convention. Four months later, on November 8, Kennedy won 49.7 percent of the popular vote, edging the 49.6 percent received by Richard M. Nixon, a Republican.

• On July 17, 1975, as part of a mission aimed at developing space rescue capability, the U.S. spacecraft *Apollo 18* and the Soviet spacecraft *Soyuz 19* rendezvous and dock in space. During the 44-hour Apollo-Soyuz embrace, the astronauts and cosmonauts conducted experiments, shared meals and held a joint news conference.

NOW HERE'S A TIP

• To halve a lot of cherry tomatoes, try sandwiching them between two plastic lids. Press down lightly and slice through the opening to make short work of them.

• "To remove paint or stain from hands (even oil-based), use an old dry washcloth with liquid hand soap – no water. After the paint is loose, rinse with warm water." – HP in Washington

• Quinoa is becoming really popular as a grain alternative. It's very small and requires rinsing before cooking to remove potentially bitter residue. Here's a great trick to rinse your quinoa without losing half of it to the holes in your colander: Use a French press coffeemaker. The fine mesh and pouring spout make rinsing a breeze. – JoAnn

• "Candle nubs, that little bit left when the candle has burned down all the way, can be removed from a candleholder by setting the whole thing in the freezer for 10-15 minutes. The wax surface hardens and shrinks, making it easier to chip out. The same goes for linens that have wax drips: freeze and chip away, then use a degreasing spot cleaner." – YG in Arkansas

• Fun get-together project for kids: Have everyone doodle on a large posterboard. At the end of the night, continued on page 46

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PETS OF THE WEEK

Lee County Domestic Animal Services
Buddy And Lizzy

Hello, my name is Buddy. I am a black 5-year-old male terrier mix. I am just as my name implies – the perfect ‘buddy’ if you are looking for a pup to have as your trusted and faithful companion. I am a mid-sized guy that is great for apartment or condo living, weighing in at just under 30 pounds. I am also at a nice age where I have matured into my personality and calmed down just enough to still have lots of fun playing around.

My adoption fee is \$25.

Hi, I’m Lizzy. I am gray and white tabby 4-year-old female domestic shorthair. I am a sweet cat that was



Buddy ID# A928138
photos provided

named after the character Lizzie McGuire. I remind the volunteers of the shy girl in the comedy television series who is determined to get through any obstacle in my way. I am definitely one of a kind and, if you take the time to stop by and meet me, everyone at Lee County Domestic Animal Services has no doubt you will fall in love.

My adoption fee is \$25.

Lee County Domestic Animal Services is located at 5600 Banner Drive in Fort Myers. Adoptions are available by appointment Monday through Saturday from 10:30 a.m. to 3:30 p.m. Visit www.leelostpets.com to complete an online application. As always, cats and kittens are adopt one and get a feline friend at no additional charge. For more information, call 533-7387.*



Lizzy ID# A923020

From page 45

Now Here’s A Tip

trace a puzzle pattern and cut it up, making a large floor puzzle. You can bring it out at the next play date. The smaller the children, the larger the pieces. – AL in Florida

- Easily thread a needle with hairspray. Spritz the end of the thread with a little high-hold hairspray and pull taut. It will be much easier to thread.

STRANGE BUT TRUE

- Dragonflies can control all four of their wings independently.
- The first person in the U.S. to use the “temporary insanity” defense was Daniel Sickles – a Union general, senator and congressman – after murdering the son of Francis Scott Key, composer of The Star-Spangled Banner, who was having an affair with Sickles’ wife. Sickles was acquitted.
- According to the U.S. Department of Agriculture, Super Bowl Sunday is the second-highest day of food consumption in America, second only to Thanksgiving.
- Art was an official Olympic event from 1912 to 1948. Submissions had to be in the categories of architecture, literature, music, painting or sculpture, and inspired by sports. The event was removed after a report showed that almost all of the submitting contestants were professionals.

- The forward slashes in Web addresses serve no real purpose, according to Tim Berners-Lee, creator of the World Wide Web.
- A 45-year-old Bosnian man named Amir Vehabovic faked his death in 2007 because he wanted to see who would attend his funeral and what they would say about him. After his mother was the only mourner to show up, he wrote dozens of angry letters to his (so-called) friends and what he thought about their relationship going forward.
- During World War II, it was illegal in Britain to give cats a saucer of milk, dogs a biscuit or bread to pigeons.
- The percontation point, a reversed question mark, was used at the end of a question that does not require an answer. Sadly, its use died out in the 17th century.

THOUGHT FOR THE DAY

“Yet I had rather be remembered as those brave beginners are, though many of them missed the triumph, than as the late comers will be, who only beat the drums and wave the banners when the victory is won.” – Louisa May Alcott

TRIVIA TEST

1. **Geography:** What is the capital of Sweden?
2. **History:** What was the whole name of the nation once called USSR?
3. **General Knowledge:** When did July 4 become a federal holiday?

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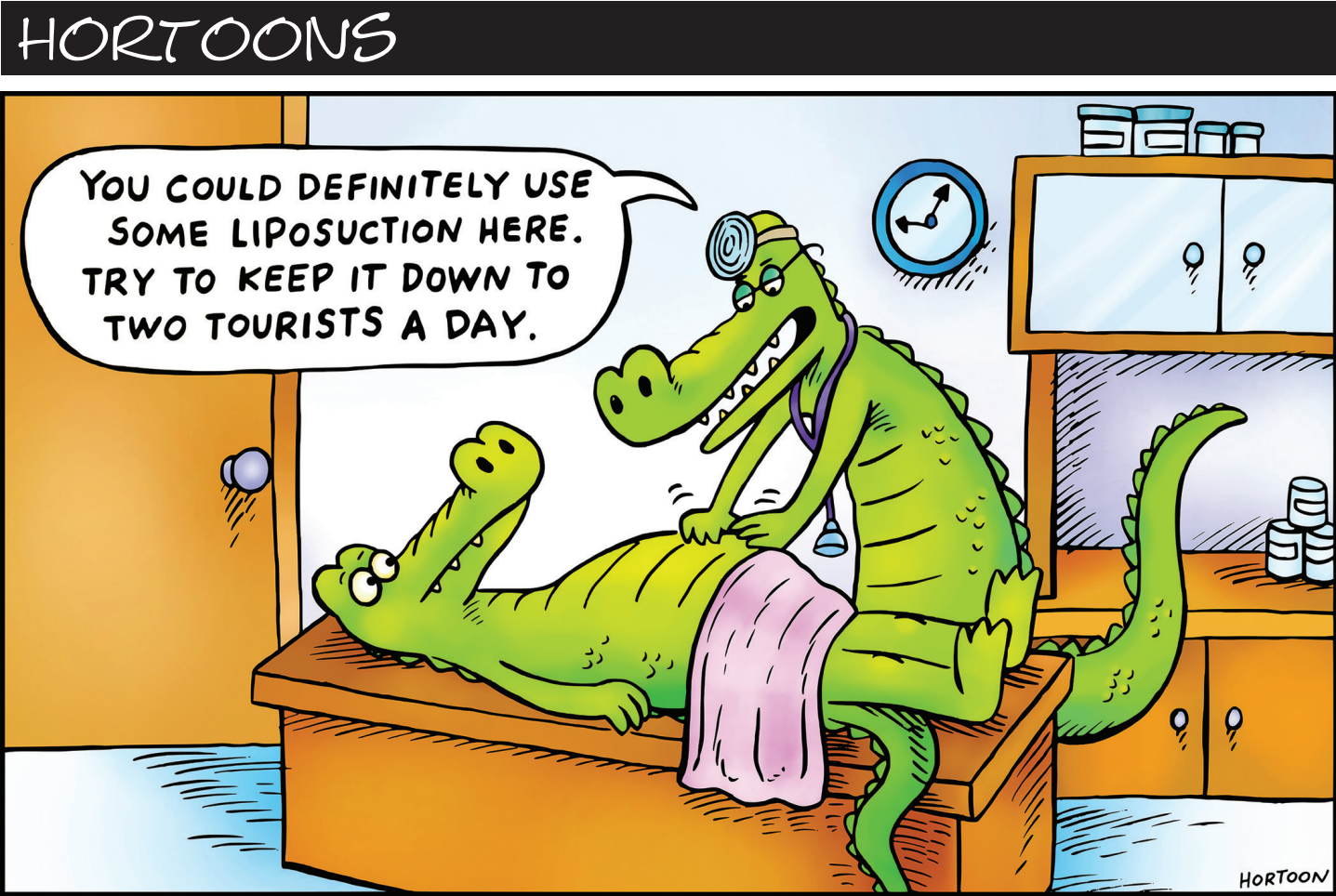


Don't Harm The Fish

by Capt. Matt Mitchell

Landing a big fish from the beach can be hard on the fish. Dragging a fish up onto the sand if you're going to release it is not an option as it usually damages or kills the fish. Hold the fish in the water while you unhook it if you're going to release it. 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. Before releasing, revive the fish while holding it in the water; moving it slowly back and forth so water goes over its gills. The fish will let you know when it's ready to swim off. Florida residents as well as out of state visitors need a fishing license to fish from shore.

- 4. **Food & Drink:** Which fruit is used to make the cocktail mixer grenadine?
- 5. **U.S. States:** In which state is Niagara Falls located?
- 6. **Animal Kingdom:** Which is the only mammal that can fly?
- 7. **U.S. Presidents:** Which two presidents died within hours of each other on July fourth – the 50th anniversary of the Declaration of Independence?
- 8. **Television:** What was Beaver’s real first name on the *Leave It to Beaver* sitcom?
- 9. **Literature:** Which 1977 horror novel features a hotel called The Overlook?
- 10. **Movies:** Which 1967 movie tagline is, “They’re young... they’re in love... and they kill people”?



TRIVIA ANSWERS

1. Stockholm 2. Union of Soviet Socialist Republics 3. 1870 4. Pomegranate 5. New York 6. Bats 7. Thomas Jefferson and John Adams 8. Theodore 9. *The Shining* 10. *Bonnie and Clyde*

SCRAMBLERS ANSWER

1. Kindle 2. Scrape
3. Loosed; 4. Shore

Today's Word
CHOKED

PUZZLE ANSWERS

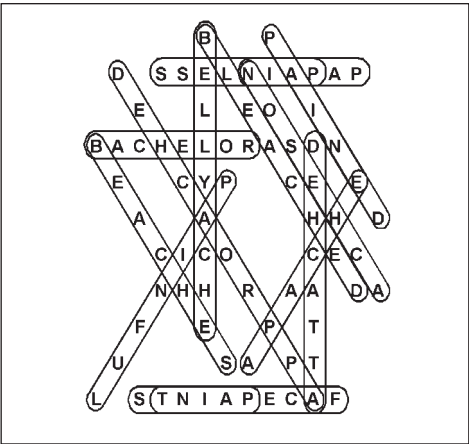
SUPER CROSSWORD

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KING CROSSWORD

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MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

Subdivision	City	Year Built	Square Footage	Listing Price	Selling Price	Days On Market
Bonita Beach	Bonita Springs	2018	4,851	\$11,500,000	\$10,500,000	27
Riverside	Fort Myers	2007	7,000	\$5,600,000	\$5,300,000	84
Southport On The Bay	Bonita Springs	1989	3,665	\$3,999,000	\$3,675,000	51
Sanctuary At Wulfert	Sanibel	2015	5,804	\$3,495,000	\$3,300,000	0
Orchid Ridge	Estero	2002	4,299	\$2,950,000	\$2,950,000	7
Edgewater	Fort Myers	1998	3,672	\$2,389,000	\$2,425,000	5
Cape Coral	Cape Coral	1992	2,545	\$2,600,000	\$2,350,000	52
Hammock Creek	Fort Myers	2006	5,218	\$2,250,000	\$1,850,276	8
Laguna Shores	Fort Myers Beach	1972	2,011	\$1,949,000	\$1,830,000	17
Wildblue	Fort Myers	2022	3,054	\$1,716,198	\$1,716,198	0



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