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SANIBEL & CAPTIVA ISLANDS, FLORIDA

JUNE 24, 2022

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Governor's Veto Presents Triumph For Environment

by Wendy McMullen

June 8 was a momentous day both for Sanibel and for members of the Sanibel City Council who lobbied to get Senate Bill (SB) 2508 overturned.

Sanibel Mayor Holly Smith stood by the side of Florida Gov. Ron DeSantis as he exercised his executive power to veto SB 2508, a bill that threatened extensive efforts by the City of Sanibel and other local organizations to regulate water releases from Lake Okeechobee.

The significance for Southwest Florida is vitally important. It was extensive releases of polluted water from Lake Okeechobee that partly led to the red tide and blue green-algae outbreak that devastated the economy of coastal areas of Southwest Florida in 2018.

According to Sanibel-Captiva Conservation Foundation (SCCF) CEO James Evans, the red tide bloom in 2018



James Evans



Holly Smith

resulted in more the 425 tons of dead sealife being removed from the beaches of Sanibel. The Sanibel & Captiva Islands Chamber of Commerce estimated it cost \$47 million in economic losses.

Since that time, SCCF, the City of Sanibel, Committee of the Islands and many other island organizations have worked to get the U.S. Army Corps of Engineers to base the Lake Okeechobee System Operating Manual (LOSOM) on what they term "sound science" and "an equitable distribution of water."

Evans explained that Sanibel needs water from Lake Okeechobee during the

continued on page 6

Virtual Talks With Bestselling Authors, Historian

Sanibel Public Library is launching a series of virtual author talks with bestselling authors and thought leaders thanks to support from the Sanibel Public Library Foundation.

Spend an evening with *The New York Times* bestselling author and Reese Witherspoon Book Club pick Alka Joshi as she discusses her bestselling novels, *The Henna Artist* and *The Secret Keeper of Jaipur*. Joshi will speak at 9 p.m. on Thursday, July 7.

Joshi was born in India and immigrated to the U.S. when she was 9 years old. She published her debut novel, *The Henna Artist*, at the age of 62. A starred review in BookPage raves, "Rich in detail and bright with tastes and textures, *The Henna Artist* is a fabulous glimpse into Indian culture of the 1950s." In this online interview, Joshi will share the inspirations for her work, how her mother's life story has influenced her writing, and her



Alka Joshi

experience and role in the creation of a Netflix series based on her books. Joshi's *The Henna Artist* invites you to feast on Indian culture with mind, body and soul. A question and answer session will follow her talk.

The next talk in this summer series is with David Allen, *The New York Times*



David Allen



Dr. Marcia Chatelain

continued on page 10



Boy Scouts Troop 1740 in the 2019 parade

file photo

Last Call For Parade Entries

The 30th annual Sanibel and Captiva Islands Independence Day Parade is on track for Monday, July 4 beginning at 9:30 a.m. at the intersection of Periwinkle Way and Tarpon Bay Road. JN "Ding" Darling National Wildlife

Refuge will serve as grand marshal. The theme is "Red, Wild & Blue."

The parade route runs from Tarpon Bay Road down Periwinkle Way and ends at Casa Ybel Road. Parade judges will be stationed in front of Winds on Periwinkle Way, across from Palm Ridge Road. Awards will be given in nine categories. Entry forms are available at Bank of the

continued on page 8

Two Loggerhead Turtles Released



CROW staff releasing one of the sea turtles

photo by Shane Antalick

The Clinic for the Rehabilitation for Wildlife (CROW) released two loggerhead sea turtles recently.

The first loggerhead (patient 22-1436) was admitted on April 8 from Bonita Springs after she was found floating with over two feet of monofilament line extending from her cloaca. Further

examination revealed a large fishing hook internally and hospital staff monitored her closely in hopes she would pass it on her own. Unfortunately, the hook wasn't moving and veterinarians scheduled her for hook removal surgery.

During surgery, veterinarians found the

continued on page 12

Community House Calendar

Spots are still available for Turtle Camp, which runs June 27 to July 1 and 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).

The Community House will host a blood drive on Wednesday, June 29 from 10 a.m. to 3 p.m. All blood donated stays in Lee County.

The arts and crafts fair returns on Saturday, July 2. There is no charge for admission or parking. Local artists and crafters on site from 9 a.m. to 2 p.m.

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.

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 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.

Sanibel-Captiva Art League is exhibiting works by Jim Storer for the month of June. 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.*

Island Seniors At The Rec Center

Island Seniors, Inc. is offering the following activities at the Sanibel Recreation Center:

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

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

Balance-Core and Strength Aerobics – This slower paced class encompasses targeted moves to improve balance and strengthen the core. It is ideal for the older active adult looking to improve their mobility. Classes are held on Wednesdays from 10 to 11 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. Space is limited.

Gentle Yoga is offered on Tuesdays and Thursdays from 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 is offered on 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.

Kayak trips operate from 8:30 to 11:30 a.m. once a month to local island destinations, weather permitting. Trips are scheduled for the following Tuesdays: July 12, August 16 and September 20. Signups must be in person at the Island Seniors Inc. office at Sanibel Recreation Center. Cost is \$5 for members and \$20 for non-members. Basic skill level is required for most trips and some trips require more experienced level; ability to independently enter and exit the kayak, and keep up with the leaders during the two-hour excursion. Restrictions apply. Call Jessica or Dave at 472-0345.

The next Page Turners book discussion will be held on Tuesday, July 12 at 2:30 p.m. as hybrid Zoom/in-person meeting in the Osprey Room. The book for discussion is *Rules of Civility* by Amor Towles. For more information, contact Louise Fitzgerald at sanibelbum22@gmail.com.

Members and guests are invited to attend a Broadway Palm Dinner Theatre matinee showing of *Wizard of Oz* on Saturday, August 13. Contact Jessica at 472-0345 ext. 711 by Saturday, July 9 to purchase tickets. Pricing is \$55 for Island Seniors members and \$65 for non-members. Van transportation is available on first come basis.

The Sanibel Recreation Center is located at 3880 Sanibel-Captiva Road. For more information, visit www.center4life.org or call 472-0345.*



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This camper found a cockle shell during Octopus Week photos by Jodi LaSage

Octopus Week Kicks Off Summer

submitted by Shannon Stainken, Youth Education Director

From June 6 to 10, Sanibel Sea School held its first week of summer camp at the flagship campus on the east end of the island. The week was titled Armed with Brains – Octopus Week as it focused on how octopuses came to be so intelligent. Campers learned about different forms of animal intelligence, how scientists measure and study those forms, and dove deep into cephalopod anatomy with a squid dissection.

“At first, campers were really hesitant about the dissection. But once we started learning about how each part of the body works, they were fascinated and wanted to do more,” said Dana Donkle, marine science educator. “By the end of it, they were so excited about anatomy. That transformation from nerves to wonder is one of the best parts of my job.”

Seine nets and dip nets were used all week long to explore for creatures. Snorkeling was top-notch as calm clear water allowed campers to see the bottom easily. Campers even adventured out after dark for a night snorkel to see if they could find the elusive octopus. Unfortunately, an octopus was never sighted but many other exciting mollusks were discovered, such as sea hares and



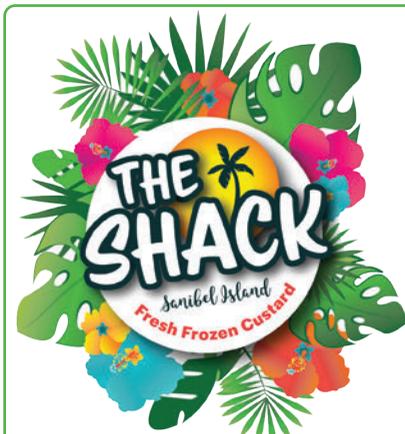
A camper works on her octopus mosaic using coquina shells



Campers head out for a beach walk lighting wheelks.

Counselors conducted lots of tests and trials on the beach to learn about memory and problem solving. Staff even turned Sanibel Sea School’s campus into a giant maze overnight. Coconuts were a perfect test subject for tool use – campers experimented with different strategies to see which was most effective for coconut opening.

Campers scoured the beach for coquinas and other small shells to create a mosaic octopus to take home. And, of course, there was plenty of surfing in the gulf.✽



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- June 28 Lemon Rasberry Cookie
- June 29 Pay Day
- June 30 Goey Butter Cake

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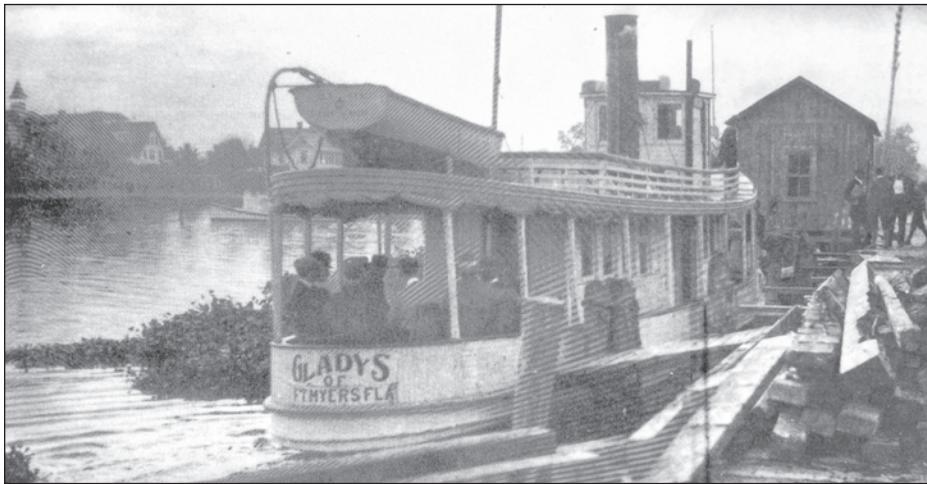
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The *Gladys* Sanibel Historical Museum And Village

photo courtesy Sanibel Historical Museum and Village

Looking Back: The *Gladys*

The *Gladys* of the Kinzie Brothers Steamer Line was a well-known steamer which maintained her tie to Sanibel from 1902 until she sank in 1936. The Kinzies had rebuilt the *Gladys*, doubling her length while leaving her width the same. After renovation, she was 78 feet long and burned a cord of wood a day. Wood for the steamers was largely cut from the Caloosahatchee's north shore, now Cape Coral. When the *Gladys*



sank, she was still on duty. The ferry had been docking at the Sanibel Packing Co., but that trip took an additional 15 minutes and a sand flat caused trouble at low tide, so the Kinzies were building a new ferry slip at the east end of the island. The *Gladys*, loaded with lumber and anchored offshore for several days while work continued, sank in 25-feet of water one night. Declared a navigational hazard, she was hauled ashore and burned.

Sanibel Historical Museum and Village is located at 950 Dunlop Road. Hours are 10 a.m. to 1 p.m. Tuesday through Saturday. Tours are available, based on docent availability. There is handicap access. 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 services at 9 a.m. and 11 a.m. in

the Sanctuary. View the Sunday services via livestream at 9 a.m. or later online at www.sanibelchurch.com. 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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Firefighters and first responders who came to pay their respects and watch over the flag burning ceremony photo provided

American Legion Hosts Flag Day Ceremony

Legionaries and community members gathered at American Legion Post 123 on Flag Day, June 14, to commemorate the service of worn, tattered U.S. flags.

Commander John "Waldorf" Dickersen and Chaplain Mike "Statler" Lawrence of Post 123 conducted a ceremony which concluded with the

respectful burning of over 50 flags deemed unserviceable.

Dickerson said, "It was an honor to pay our final respects to these symbols of our democracy and the ultimate sacrifices our service men and women have paid to guarantee our freedoms and way of life."

Dickerson thanked community members, friends, fellow veterans and families for participating in the annual ceremony.

Post 123 sends out a special thanks to the firefighters and first responders who were there to pay their respects and watch over the proceedings and burn.✪

GRADUATION



Skyler Lowden photo provided

Skyler Lowden graduated from the University of Miami School of Architecture, a five-year program. She is currently working on a project for University of Miami and is also working for Amy Nowacki Architect, LLC.

Lowden is a graduate of Fort Myers High School and the daughter of: David Lowden, vice president, private client relations at Bank of the Islands on Sanibel; and Kelly Lowden, customer service associate at BIG ARTS on Sanibel.✪

BIRTH ANNOUNCEMENT



Layla June Walton photo provided

Robert and Chelle Koster Walton of Sanibel Island are thrilled to announce the birth of their granddaughter, Layla June Walton, on May 28 to their son, Aaron Walton, and Laura Walton, daughter of Manuel and Juanita Escoto of Cape Coral.

A student of Florida Gulf Coast University and a pharmaceutical tech supervisor at Gulf Coast Hospital, Laura graduates this year with a degree in hospital administration. Originally from Cuba, she now lives in Fort Myers.

Aaron, born and raised on Sanibel, attended Florida SouthWestern State College and Rasmussen College. He currently works as director of operations at the Sanibel & Captiva Islands Chamber of Commerce.✪

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Chamber CEO Elected To Board

The Visit Florida board of directors elected John Lai, president and CEO of the Sanibel & Captiva Islands Chamber of Commerce to its executive board as second vice chair.



John Lai

The board of directors is Visit Florida's private sector governing body that provides guidance, input and insight into the evolution of its marketing programs. The board, which is appointed by Enterprise Florida, Inc., in conjunction with the Florida Department of Economic Opportunity, comprises representatives from key sectors of the tourism industry and is balanced geographically throughout the state.

Lai is the first Sanibel-Captiva chamber president to serve on the Visit Florida board.

"We are thrilled to have John Lai serve as second vice chair of Visit Florida's board of directors for fiscal year 2022-2023," said Dana Young, Visit Florida president and CEO. "The Sanibel and Captiva area is invaluable to Florida's tourism industry, and John's knowledge and expertise have been an asset to Visit Florida throughout his tenure. We greatly

appreciate his service to our organization and are looking forward to working with him in his new role."

"I am honored at such an auspicious appointment at the state tourism level, and look forward to representing Sanibel and Captiva interests in promoting the local travel industry," said Lai. "The chamber has always enjoyed a close, symbiotic relationship with Visit Florida, and this just takes that one step further."✪

From page 1

Veto

dry season from November to June in order to help balance the salinity system of the waters surrounding Sanibel. Without it, salinity would become so high that it would harm seagrasses and aquatic life. SB 2508 prioritized farmers getting water in the dry season rather than sending it south and west to the thirsty Everglades and Caloosahatchee.

During the wet season, however, too much water from nutrient-laden Lake Okeechobee can cause the catastrophic events seen in the summer of 2018. The ideal release of water, according to Evans, is between 750 and 1,200 cubic feet per second.

Due to the work of SCCF, former Sanibel Mayor Mick Denham, current Mayor Holly Smith and various other organizations and municipalities, a new schedule of releases based on the needs of both the west and the east coasts was finally agreed upon in the fall of 2021. Smith herself made dozens of calls to other municipalities to get them involved

in the process.

Then on February 2, Ben Albritton, a senator from the mainly agricultural 26th district and chair of the senate's agricultural committee, introduced SB 2508, putting this new schedule at risk and alarming local environmentalists and coastal municipalities.

"It would have had a chilling effect on water management decisions related to discharges from Lake Okeechobee, perpetuating the harmful "hold and dump" practices that currently allow for high-volume discharges to our coastal communities during the wet season," Evans explained. "In addition, it would have accelerated the destruction of wetlands by allowing private contractors to process expedited dredge and fill permits for utilities, resulting in further deterioration of water quality."

Evans added that had this bill passed, it would have facilitated development and negatively impacted the Florida Forever land acquisition program by allowing the Florida Department of Agriculture and Consumer Services to compete with the Department of Environmental Protection for state funding.

"Our coastal communities in Southwest Florida have been devastated by declining water quality and harmful algal blooms for far too long. We now know that preventing harmful nutrients from reaching the coast is one way to reduce the extent and severity of red tide events in the future," Evans said. "This is not only critical for the ecology of our coastal waters, but it is also essential for protecting the quality of life of our

residents and Florida's economy."

Scientists with SCCF and University of Florida's Center for Coastal Solutions recently published data linking pollution from stormwater runoff and harmful algal blooms.

SB 2508 was introduced to the Senate on February 2 and the Senate voted 37 to 2 in favor of the bill on June 2. The governor vetoed the legislation on June 8 stating that the bill "creates unnecessary and redundant regulatory hurdles that may compromise the timely execution and implementation of Everglades restoration projects, water control plans and regulation schedules."

"It was one of the biggest days for Southwest Florida," exclaimed Smith, who was one of the few who managed to speak to the Senate voicing her objections to the bill shortly after it was introduced at the end of the legislative session on February 2. Public comment from an estimated 100 other opponents who filled the chambers was not permitted.

"I think I was the only mayor in the state of Florida that spoke to the Senate," Smith said.

Smith and four other members of Sanibel City Council were present at the governor's announcement at Doc Ford's Rum Bar & Grille on Fort Myers Beach.

The problems related to Lake Okeechobee's nutrient-filled water are man-made. Long ago, water from the lake naturally overlapped its shores and flowed south. Now, huge sugar cane farms, homes, schools and businesses have been allowed to move into what used to be the Everglades.✪

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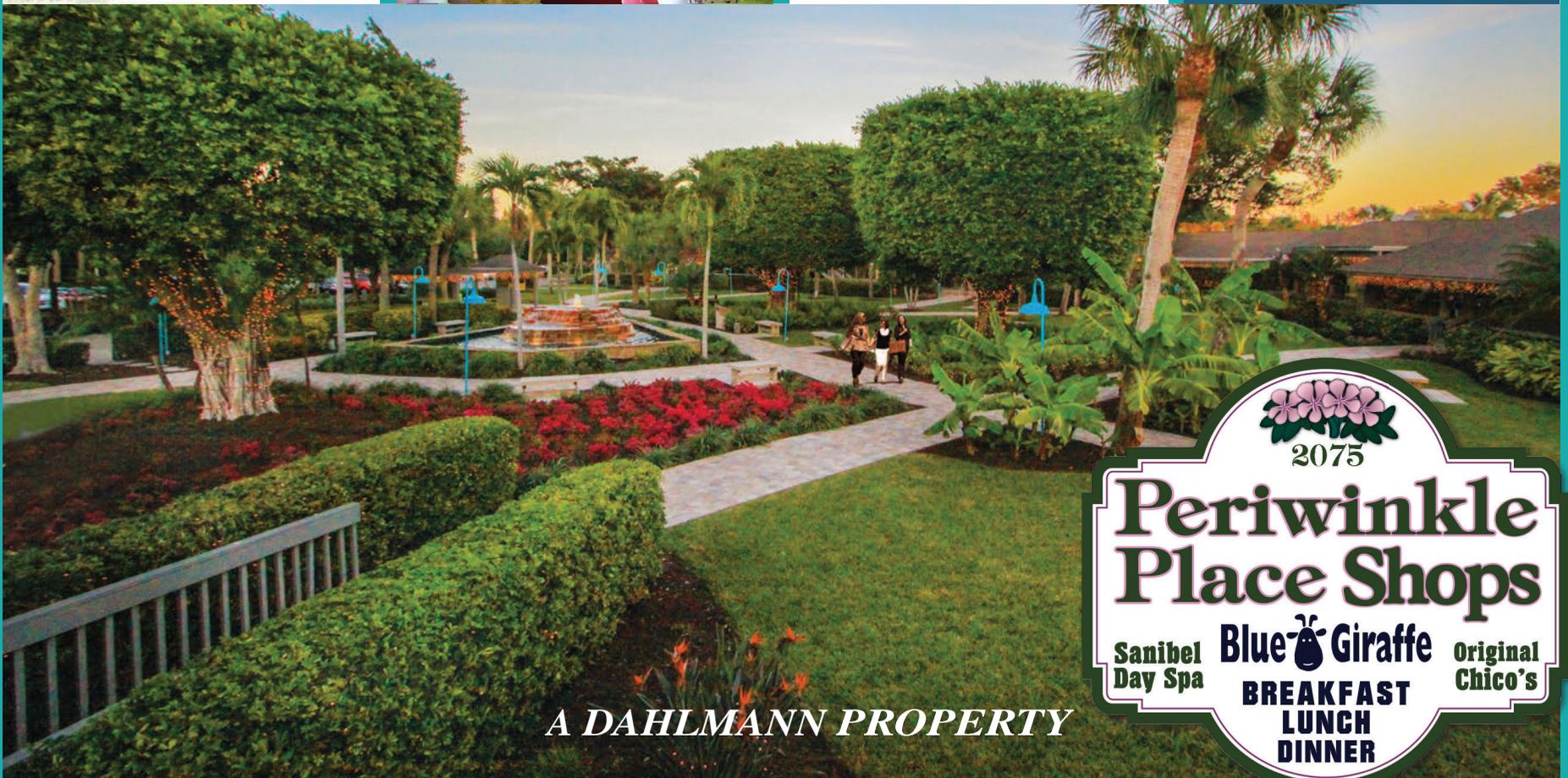


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Sanibel Leaders Update Team On Water Issues

On June 3, as Tropical Storm Alex arrived along the coast of Sanibel, 14 members of Rep. Byron Donalds' team met with island leaders at JN "Ding" Darling National Wildlife Refuge to talk about one of their top priorities.

The purpose of the visit was to discuss water quality issues with representatives of the JN "Ding" Darling Refuge and "Ding" Darling Wildlife Society, Sanibel-Captiva Conservation Foundation (SCCF), City of Sanibel and Sanibel & Captiva Islands Chamber of Commerce. The meeting, which also included a boat tour, was part of an annual planning retreat organized by the congressman's team, including Chief of Staff Tyler Haymore, Legislative Director Alex Smith, Legislative Assistant Chris Ploch and District Manager Jesse Purdon, among others. The intent of the retreat was to learn more about the issues impacting constituents of Florida Congressional District 19.

The group gathered at the refuge where members of the Sanibel Conservation Partnership provided an overview of the water management and water quality issues impacting local communities. The discussion focused on the harmful releases from Lake Okeechobee, the need for beneficial dry-season flows to the estuary, the development of the Lake Okeechobee System Operating Manual (LOSOM), and the ecological, economic and quality of



Members of Rep. Byron Donalds' team took a tour of the bay with city, commerce and conservation officials photo by Shane Antallick

life issues associated with harmful algal blooms, including blue-green algae and red tide. The group also discussed the need for fully funding and completing the Comprehensive Everglades Restoration Plan (CERP).

"It was a great opportunity to meet with the Donalds team to discuss the importance of our local refuge system and the significance of unique ecological resources in Southwest Florida," said Sarah Ashton, president of the board of the "Ding" Darling Wildlife Society.

SCCF CEO James Evans provided an overview of the water management challenges facing the region and the need to fund critical projects in the CERP. "The Donalds team really understands

the importance of water quality to our region, and they have been strong partners in the development of LOSOM," said Evans. "What I appreciate most is that the entire team is very accessible, and they use science to inform their water policies, rather than just politics."

Kevin Godsea, project leader of the Southwest Florida National Wildlife Refuge Complex, provided an overview of the refuge system and challenges facing the "Ding" Darling Refuge. He described the importance of a healthy refuge to the roughly one million visitors to the "Ding" Darling Refuge annually.

Sanibel Mayor Holly Smith talked about the impact water quality issues have on the community of Sanibel and the importance

of partnerships to address these challenges. "Every opportunity we have to highlight and educate others on our water priorities is imperative. The congressman's office was also able to see firsthand how we are unified in our message for the protection of our environment and our economy. The commitment from Congressman Donalds' staff on this issue was clear and very much appreciated by all in attendance," said Smith.

John Lai, president and CEO of the chamber, provided an overview of the economic impacts of water quality in Southwest Florida. "The importance of water quality to our tourism-based economy cannot be understated," said Lai. "Water quality remains our top legislative priority for Sanibel and Captiva and the Southwest Florida Chamber Alliance."

After the meeting, the group headed out on a boat for a tour of the bay. The team got the opportunity to see some of the important habitats, including oyster reefs, seagrass beds and mangrove islands, which support the diverse population of fish and wildlife inhabiting the local waters.

"The Donalds congressional staff enjoyed spending time on their annual staff retreat with SCCF CEO James Evans and other local stakeholders, touring Tarpon Bay. Water is the lifeblood of our Southwest Florida economy, and the team enjoyed the policy discussion with SCCF and others like Mayor Holly Smith and Chamber President John Lai," said Haymore. "Combatting harmful algal blooms and finding equitable LOSOM releases will remain our staff's top priority."✪

From page 1

Parade

Islands, located at 1699 Periwinkle Way on Sanibel. Commercial entry fee is \$30 and non-commercial is \$15. Registration forms with payment must be dropped off at Bank of the Islands by Friday, June 24. Mandatory meetings for parade participants will be held on Friday, July 1 at Bank of the Islands on Sanibel, with an option of 10 a.m. or 5 p.m. One representative from each entry, preferably the driver, is required to attend a meeting to receive instructions, parade information packet and assignment in the lineup.

The lineup takes place from 8 to 8:30 a.m. on Island Inn Road. Participants

arriving after 8:45 a.m. will be placed at the end of the lineup. There is a 12-foot maximum height restriction for floats, and the use of water guns, launchers and hoses is prohibited during the parade.

Periwinkle Way will be closed from Donax Street to Tarpon Bay Road from 9 a.m. to noon.

Parade viewers should secure their spots early, and bring lawn chairs or blankets, water, sunscreen and bug spray. Parking will be available at Jerry's Foods, Sanibel Community Church, Tahitian Gardens, Forever Green/ACE Hardware, Sanibel Congregational United Church of Christ, Periwinkle Place, The Community House, Sanibel Community Park, Sanibel Square, The Village Shops, Palm Ridge Place and

Bailey's Center. For more information, call Trish Phillips at 246-2981.

Sanibel Community Church, located at 1740 Periwinkle Way, will be serving a pancake breakfast from 7 to 9:15 a.m. in Fellowship Hall. Parade beverage service will be available from 9 a.m. to noon.

Family activities will take place from 11 a.m. to 2 p.m. in the parking lot of Jerry's Foods, located at the intersection of Periwinkle Way and Casa Ybel Road. Boy Scout Troops 193 and 316 will be providing hot dogs and refreshments as part of their fundraising, with donations encouraged. There will be tents, tables, chairs and fans along with two 22-foot high water slides, a dunk tank, bounce house, slip and slide, water games,

karaoke, face painting and snow cones.

The 42nd annual Road Rally kicks off at noon at The Timbers Restaurant, located at 703 Tarpon Bay Road. An after party and awards presentation will take place at the Sanibel Grill. Entry forms are available at Bailey's General Store and Sanibel Café; vehicle limit of 50. Organized by Friends of Randy of Sanibel, Inc., the rally supports Community Housing and Resources. For more information, contact Randy Carson at 699-8739.

The City of Sanibel fireworks display will launch at 9 p.m. from the beach at the end of Bailey Road. The best viewing is from the Sanibel Causeway. Arrive early for parking. Bailey Road will be closed to traffic all day.✪

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Plant Smart

Pitchapple

by Gerri Reaves

Pitchapple (*Clusia rosea*) is a member of the mangosteen family and was once found wild in the Florida Keys. However, it is now thought to exist only in cultivated situations.

Another “iffy” question about the species is its native status, which some experts doubt.

It is also called Scotch attorney, Caribbean monkey apple and autograph or signature tree, the latter two because the leaf surfaces retain messages scratched or written on them – so well that in early Florida history, Spanish soldiers created playing cards with the leaves, according to Dick Workman.

This long-lived tree can grow up to 30 feet tall but is rarely that tall.

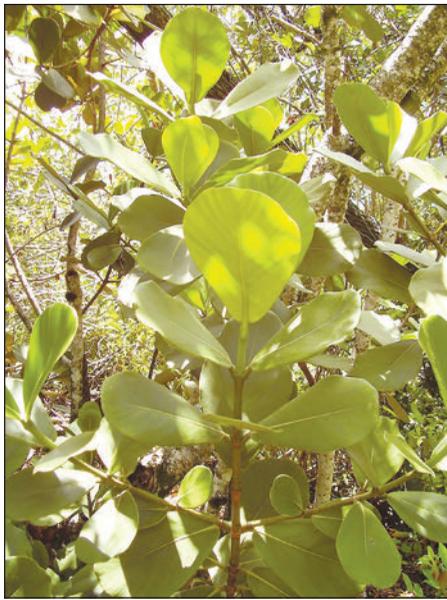
A moderate grower, it is commonly used as a hedge and regularly sheared off. Thus, the pretty flowers, which appear in terminal cluster, are rarely seen in a cultivated landscape.

It makes a good screen, buffer, or shade tree too.

The ornamental evergreen leaves are smooth, thick and leathery.

They are medium green on the uppersides and paler yellow-green on the undersides.

Opposite and paddle-shaped, or spatulate, with a prominent midvein, pitchapples are up to eight inches long, more than four inches wide and notched



Pitchapple's attractive foliage and adaptability make it a good screen or shade tree photo by Gerri Reaves

at the tip. The dense foliage provides cover for wildlife.

The camelia-like flowers have six white petals splashed with pink and yellow centers, thus the term rosea in the binomial. They bloom mostly in the warmer months and open at night.

The large fleshy fruits are about three inches across and loved by birds. The fruit is toxic to humans, however.

When mature, the fruit turns black and splits to reveal red seeds surrounded by a black resinous substance that inspires the

term “pitch” in the common name. That resin, at one time, was used to caulk boat seams.

Pitchapple also has medicinal uses, and the wood is used to make furniture and other items.

This tree prefers full sun to partial shade and moist soil, although it tolerates drought, salt air and spray, and even poor soil. It is also hurricane resistant.

Note that it will not tolerate frost.

One unusual habit: the tree sometimes starts life strangler-fig style (*Ficus aurea*), as an epiphyte germinating in the crown of a palm or amid orchids or bromeliads in a tree canopy and then sending out aerial

roots.

Propagate pitchapple with seeds or cuttings.

The plant does not require pollination to produce seeds.

Sources: *Florida Landscape Plants* by John V. Watkins and Thomas J. Sheehan; *Florida, My Eden* by Frederic B. Stresau; *Growing Native* by Richard W. Workman; *Native Florida Plants* by Robert G. Haehle and Joan Brookwell; *The Shrubs and Woody Vines of Florida* by Gil Nelson; <https://edis.ifas.ufl.edu>; fnps.org, and www.regionalconservation.org.

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

From page 1

Virtual Talks

bestselling author of *Getting Things Done: The Art of Stress Free Productivity*.

Allen's “GTD” Methodology has shown millions how to transform a fast-paced, overwhelming, overcommitted life into one that is balanced, integrated and relaxed, with more successful outcomes. His 35 years of experience as a management consultant and executive coach has earned him *Forbes'* recognition as one of the top five executive coaches in the U.S. His methods are being taught by training companies in more than 90 countries and have been hailed as “life-changing” by students, busy parents, entrepreneurs and corporate executives. Allen's talk starts at noon on Thursday, July 14. A question and answer session will follow the talk.

Tune in for an invigorating discourse

of scholarship and cultural history with Dr. Marcia Chatelain at 2 p.m. on Wednesday, August 3. Chatelain is the author of *Franchise: The Golden Arches in Black America*, the winner of the 2021 Pulitzer Prize for history. *Library Journal* reviewer Sarah Schroeder wrote, “Well-written... Emphasizes how today's conversations around fast food in America were shaped by government policies, and examines how the fast-food industry is connected to Black Lives Matter and other social change movements... Invaluable for those studying the intersections of race, economics, and business in the U.S.”

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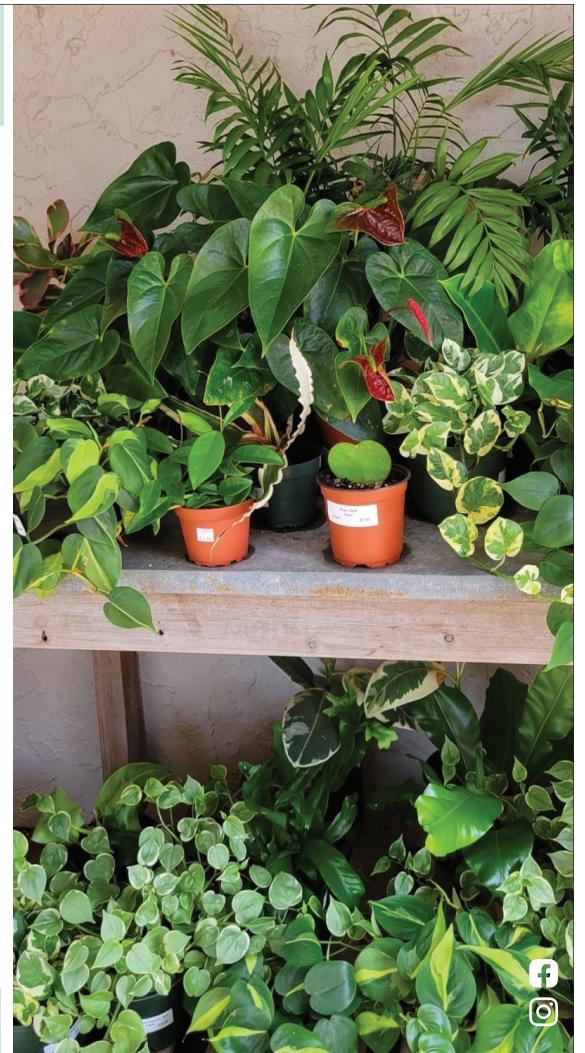
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Art In The Wild Coming This Fall



Jay Norwood "Ding" Darling was all about art and Art in the Wild celebrates that deep-seated legacy photo provided

In celebration of National Wildlife Refuge Week, "Ding" Darling's 145th birthday and the 40th anniversary of the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS), JN "Ding" Darling National Wildlife Refuge on Sanibel will introduce Art in the Wild at the refuge on Saturday, October 29.

Stay tuned for announcements about free activities honoring 2022-23 duck stamp artists and the legacy of refuge namesake Jay Norwood "Ding" Darling, a Pulitzer Prize-winning political cartoonist of the early 20th century. Current, six-time Federal Duck Stamp winner Jim Hautman, who has achieved the most wins of any artist in federal duck stamp history, will make a personal appearance that day to sign stamps. An exhibition of his nature art will be on display in the "Ding" Darling Visitor & Education Center auditorium that day and remain on view through November.

The refuge's 2022-23 Artist in Residence Jacqui Roch will be on

hand to lead nature-art demonstrations and workshops, plus there will be an announcement of the 2022 "Ding" Darling Amateur Photo Contest winners, anniversary treats and other surprises. Admission to Wildlife Drive will be free that day.

"Our inaugural Art in the Wild event honors the 40th anniversary of our wonderful friends group, which falls on October 6," said Supervisory Refuge Ranger Toni Westland. "This will become an annual fall tradition to celebrate "Ding" Darling's art legacy and role in creating the Federal Duck Stamp Program, which has continued for nearly 90 years and preserved six million acres of sensitive wetlands and wildlife habitat."

DDWS is seeking sponsors for Art in the Wild. For more information, contact April Boehnen at april@dingdarlingsociety.org or 472-1100 ext. 4. To learn more about the schedule of events as it develops, visit www.dingartinthewild.com. ✨

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Change Of Focus



by Capt. Matt Mitchell

With tarpon fishing slowly winding down as water temperatures get up into the upper 80s, my trips this week became more family oriented. Warmer

summer waters can make catching shiners more of a challenge, though the pass bite is getting stronger on both pinfish and grunts. Look for the cooler water to be both near the passes and out on the beaches.

For nonstop action, the passes were hard to beat with our summer time snook bite in full swing. With Blind Pass almost completely closed up, the lack of tide has slowed down the once almost guaranteed nonstop snook bite there. Hopefully there are plans to dredge this pass in the near future as it's a much needed flush point of the middle sound and really helps with overall water quality in the bay. As in years past, the closing of this pass is partly the result of a Captiva beach renourishment. All winter long, prevailing north winds shift this sand south and quickly grow this sandbar closing up this small pass.

Both Redfish and Captiva passes have been the better choice for snook action as the tide is much stronger and more predictable. Look for snags, blow downs,



Brian from Fort Lauderdale with a quality pass snook caught this week with Capt. Matt Mitchell photo provided

jetties and tide eddies to locate lots of snook. With the water so clear in the northern sound, it's been possible most days to sight fish these laid-up fish. Both free-lined shiners and pinfish on a jig head kept the rods bent.

Many of my family charters this time of year like to include a fresh fish dinner. With our mangrove snapper bite being as good as it gets in the sound, a quality fresh fish dinner has come relatively easy. These tasty abundant food fish are being caught all through the sound and passes with small pinfish, live shrimp and shiners

all working well. The lighter the gear you can use, the more you will fool these leader-shy fish. Start with a 1/0 light wire hook and then at least three feet of 15- to 20-pound fluorocarbon leader. My best snapper action this past week came while fishing around deeper docks in the southern sound and Matlacha Pass.

Boat traffic out on the water has noticeably quieted down over the past few weeks as our seasonal residents have headed home. It sure feels good to have lots of options and very few other anglers to compete with. Getting

out early and trying to beat the heat has become a necessity as our summer heat index has been creeping into the 100s daily. I cannot say enough about drinking lots of water along with electro-light loaded drinks to stay hydrated during this extreme heat.

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

Turtles

hook had punctured through the gastrointestinal tract, and they carefully removed the hook before closing the surgery site. After surgery, the turtle was still suffering from some buoyancy issues and rehabilitation staff fixated weights on her shell to help her pass any gas causing her to float. She was still floating weeks later so a CT scan was scheduled to evaluate internal health and treatment decisions moving forward. The scan revealed she had a collapsing lung and free floating air in the body cavity, so she underwent another surgery to suction out the air, and her own blood was used to form a patch to seal the lung tear.

The second loggerhead (patient 22-1935) was admitted from Everglades City on April 28 after she was found floating with deformities. Upon examination, she had several abrasions, lesions and lacerations all over her body, with heavy algae and barnacle growth on her shell. Additionally, her shell and flippers were deformed potentially from some type of entanglement during her development. Radiographs confirmed she was suffering from pneumonia and gas trapped in her intestines, which could have resulted in her buoyancy issues. She was also scheduled for a CT scan which confirmed the presence of pneumonia. Hospital staff continued to provide supportive care under close monitoring.

After 54 days in care for patient 22-1436 and 34 days in care for patient 22-1935, both were cleared for release. Local photographer Shane Antalick joined the CROW team to document the turtles' return to the wild.

If you find an animal in distress, contact FWC at 888-404-FWCC (3922) or CROW at 472-3644 ext. 222.*

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Dave Doane with his co-worker Jesse

CROW Case Of The Week:

Peninsula Cooter

by Bob Petcher



The peninsula cooter (*Pseudemys peninsularis*) is a freshwater turtle with a long lifespan that can reach 30 years or so. This reptile has been known to make a great pet turtle that

adapts quite well to life in captivity.

The peninsula cooter has distinct physical features including a unique ridge-like shell shape; a body color of olive green, light green with yellow streaks; thick claws on its feet for digging; yet thin webbing between each toe for swimming.

At CROW, an adult female peninsula cooter was admitted after being found in Cape Coral with a fishing hook embedded in her mouth. Upon arrival to the clinic, veterinarians noted she was actively and severely bleeding from the wound site where the hook had fully penetrated through the lower mandible.

Veterinarians removed the hook then elected to suture the wound closed.

“The sutures that were placed were individual stitches to close the wound and to stop the bleeding from a damaged blood vessel,” said Dr. Robin Bast, CROW staff veterinarian. “We used a type of absorbable suture that will



Patient #22-3054 was lucky not to lose too much blood

photo by Haillie Mesics

naturally degrade with time, so no suture removal is required in this case.

“The amount of blood loss was significant enough to require medical intervention – tying off the blood vessel to prevent further bleeding, and administration of injectable fluids and iron and B12 to help as the patient regenerates new red blood cells. If the bleeding had not been controlled, then it would have been fatal for this turtle.”

The patient was provided supportive medications and placed in a temperature-controlled reptile recovery room.

“Turtles are ectothermic, meaning

they cannot internally regulate their body temperature. They take on a body temp similar to their environment, so they are kept in a warmer room where the temp is closely monitored,” said Dr. Bast. “This is important because turtles kept below their preferred optimal temperature have slower healing times, are often more lethargic, etcetera.”

The turtle is being closely monitored under supportive care in rehabilitation.

“We are monitoring this turtle’s bloodwork to ensure that it is regenerating new red blood cells appropriately and the anemia is resolving

– turtles regenerate blood cells slower than mammals and birds,” said Dr. Bast. “While that happens, it is supported with fluids and the supplements.

The blood loss did give CROW medical staff a scare.

“At this time, the patient has stabilized compared to when it first presented to the clinic. It is not yet out of the woods, as it will take weeks for the anemia to resolve, and we need to continue to manage the infection from the hook injury,” said Dr. Bast. “We are still hopeful it will recover to be released, but it may take one to two months.

This medical case possibly could have been avoided if fishing equipment was not carelessly left behind.

“If you accidentally hook a turtle, please do not cut the line. Slowly reel in the turtle and tape the line to the shell, then contact us for further instructions so we can transport it to CROW for appropriate treatment including hook removal, pain medication and antibiotics,” said Dr. Bast. “Always make sure to clean up your fishing gear instead of leaving it in the environment where it is a danger to wildlife. For more information, please visit www.mindyourline.org.”

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.

Learn about CROW's history and day-to-day operations through displays, interactive exhibits and video. The center also features live animal exhibits, children's areas, live camera feeds and outdoor rehabilitation enclosures. General admission includes the daily presentation and no reservation is required.

Hours are 10 a.m. to 4 p.m. Monday through Saturday. CROW is located at 3883 Sanibel-Captiva Road.

For the safety of the animals and other guests, masks are required at all times in the Visitor Education Center.

Wildlife Walk With Rehabilitators and Staff – Monday to Friday, 11 a.m. to 12:30 p.m. and 2 to 3:30 p.m., and Saturday, 11 a.m. to 12:30 p.m. Cost is \$25 and includes general admission.

Wildlife walks are the best opportunity for visitors to get an in-depth look into the inner workings of the hospital and the treatment process. This program is not recommended for children under the age of 13. Advance registration is required. To register, call 472-3644 ext. 229



or email reservations@crowclinic.org. Payment is required with reservation.

Daily Presentation Schedule
Friday, June 24, 11 a.m.

Baby Care at CROW – Wildlife parents are devoted to the care of their young and rarely abandon them, and juveniles found “abandoned” might actually be in a natural stage of development. Those needing assistance are placed in a specialized wing of the hospital and provided supportive care until they are old enough to care for themselves.

Friday, June 24, 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, June 25, 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, June 27, 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, June 27, 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, June 28, 11 a.m.

Species Profile: American Alligators – This species was once on the road to extinction. With the help of conservation efforts over the last few decades, alligators have made a drastic comeback. This program discusses how this iconic species contributes to the overall health of Florida's ecosystems and economy.

Tuesday, June 28, 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, June 29, 11 a.m.

Climate Change: Effects on

Economics, Health and the Natural World We Love – From the record hurricane season of 2017 to wildfires and droughts in the western U.S., to a melting Arctic, learn about the impacts on the economy and human health, as well as what is happening in the natural world to plants and animals. Hear the good news about renewable energy gains and ways you can contribute to a healthier and more sustainable world.

Wednesday, June 29, 2 p.m.

Turtles, Tortoises and Terrapins – They are all members of the Chelonian reptile family but convey distinct differences. This presentation discusses the distinctions between the three. One of CROW's animal ambassadors will be present.

Thursday, June 30, 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, June 30, 2 p.m.

Enrichment – When animals are recovering, they need certain things to feel “at home.” Whether it's a branch, hamster wheel, hollowed-out tree or pool of ice, patients need things to keep them occupied and enhance their skills. This presentation discusses what the team does for enrichment and why this is important. One of CROW's animal ambassadors will be present.✧

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Bailey-Matthews National Shell Museum
Shell Of The Week

The Dall Turbonilla



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

Turbonilla dalli Bush, 1899, reaches 9 mm (about 0.4 inches). The shell is slender, thin, glassy and white. The whorls are convex,

with about 10 to 20 slanted and curved axial ribs per whorl. The axial ribs are interrupted at base of body whorl. This is one among at least 20 species of the highly diverse microgastropod genus *Turbonilla* found on the beaches of Southwest Florida. Read more about mollusks and their shells at www.shell-museum.org/shell-guide and www.shell-museum.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 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.



The Dall Turbonilla, *Turbonilla dalli*, from Sanibel, Florida

photo by James F. Kelly

American Legion Post 123

American Legion Post 123 is serving barbecued ribs and chicken from noon to 8 p.m. this Sunday, June 26. All are welcome.



Tacos are served all day on Tuesdays. Cheesesteak sandwiches are served on Fridays. There are daily specials as well as 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. Residents and visitors 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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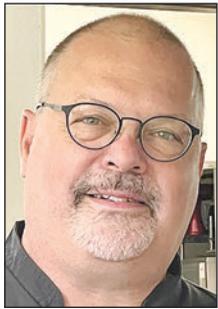
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The Community House

What Is Floribbean Cuisine?



by Chef John Wolff

I was recently asked the question, "What is Floribbean cuisine?" For one of our themed buffet community socials titled Elegant Floribbean Summer Nights Dinner Party, we featured black bean soup, Floribbean salad, black and blue sliders, grouper with red pepper-papaya jam, Cuban-style rice and beans, Key West vegetable blend and Key lime pie. These are some of the dishes I like to think of as part of a list of "usual suspects" for Floribbean cookery. However, that wouldn't give you a deep enough understanding of how the melding of different styles, cooking methods and ingredients come

together to form this wonderful genre of cooking.

So, to answer the question, I must first begin by saying that I don't think Floribbean should be a true "cuisine" separate and distinct unto itself, but rather a combination of different and sometimes very diverse styles of cooking. But, as the name implies, Floribbean is really a combination of primarily traditional Southern, Floridian and south Florida food dishes with Caribbean cooking styles and ingredients – truly a mix of cultures throughout the West Indies and the Gulf of Mexico.

With the influx of Hispanic and other Caribbean immigrants to Florida beginning in the late 1800s, the influence of these two cultures has played a significant and important role in the development of Floribbean cuisine. The use of seafood, as well as a large and unique list of other African and Caribbean ingredients and cooking methods have made Floribbean cookery generally healthier than meat and fat-heavy cuisines.

Floribbean-style cooking also incorporates an exotic spice pantry; red curry, lemongrass, ginger and scallions are as commonly used today in Floribbean cookery as grits and cobbler are in other parts of Florida.

As Floribbean cuisine evolved in south Florida, it was also strongly influenced by Asian culinary principles, emphasizing the use of locally harvested fruits and vegetables that will grow only

in tropical and subtropical parts of the continental U.S., where it rarely freezes.

Typical features of Floribbean cuisine include an emphasis on fresh ingredients and complex medleys of spices, especially strong flavors offset by milder ones. Floribbean cooking often uses less spicy heat than the Caribbean dishes that inspire it, but there is extensive use of several kinds of peppers. This pungency, however, is almost always moderated by the use of mango, papaya, rum, almond, coconut, Key lime and other citrus, or honey.

Floribbean cuisine also mixes

traditional Florida dishes with Latin-American styles, resulting in strong Cuban, Puerto Rican and Dominican influences.

Some perfect examples of other Floribbean dishes would be: conch chowder (red), akin to Manhattan clam chowder; stone crab claws with grilled mango mustard sauce; and blackened shrimp and grits with papaya and roasted red pepper jam, to name just a few.

Here is a quick and easy recipe that embodies the elements of Floribbean cooking:

Jerk Chicken Quesadilla With Mango Salsa

Ingredients

For The Quesadillas:

- 2 boneless, skinless chicken breast halves
- 3-4 tbsp. Walkerswood mild Jamaican jerk seasoning
- 3 tbsp. orange juice
- 1/2 can dark red kidney beans, rinsed and drained
- 3 tbsp. cilantro, chopped
- 4 large flour tortillas
- 12 oz. creamy havarti cheese
- 1 green plantain, made into tostones

For The Mango Salsa

- 1 mango, diced
- 1 jalapeno, seeded and finely chopped
- 1/3 medium onion, finely chopped
- 1 tbsp. cilantro, chopped
- Juice of 1 lime

Instructions

Bring a large pot of water to a boil and add in the chicken breasts. Boil until chicken is fully cooked, about 15-20 minutes. Check to make sure there is no pink remaining, but don't overcook or the chicken will be rubbery.

Shred the chicken with two forks and mix in a large bowl with the jerk seasoning and orange juice. Add the

kidney beans and cilantro and toss to combine.

Make the tostones and then drain out the excess oil from the pan, leaving just enough to prevent the quesadillas from sticking to the pan. Heat to medium.

Layer the quesadilla fillings as follows: tortilla, cheese, tostones, chicken and bean mixture, cheese, tortilla. You should have enough for 2 large quesadillas. Make sure none of the fillings are too close to the edges of the quesadilla or they will spill out when the cheese begins to melt.

Put the quesadilla in the pan and cook on each side until golden brown and the cheese is completely melted.

While the quesadilla cooks, mix together the mango salsa ingredients.

Serve the quesadilla warm with the mango salsa on top.

John Wolff is the resident chef of the Culinary Education Center of Sanibel at The Community House. He enjoys sharing culinary knowledge with future chefs of all ages. Contact him at kitchen@sanibelcommunityhouse.net or call 472-2155.*



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Summer Fun For The Family At Sanibel Library

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.

The library also offers passes to four of the area's most popular attractions: Bailey-Matthews National Shell Museum, Sanibel Historical Museum & Village, Golisano Children's Museum of Naples (C'mon) and Clinic for the Rehabilitation of Wildlife (CROW) Visitor Education Center. Call to place a hold for a pass.

Children from babies to 12th grade can take part in the summer reading program, which runs until August 6. Register online with Beanstack at www.sanlib.org/children.

In-person programs for elementary-age students are held on Tuesday afternoons. Master Storyteller Windell Campell returns on Tuesday, June 28 at 3 p.m. Campbell incorporates puppetry with the art of storytelling. He uses props and other visuals, as well as audience participation, to bring stories to life.

Family storytime (for children ages 5 and under) is held on Wednesday



Master Storyteller Windell Campell at the library in 2019

photo provided

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 time and crafting.

Teens and 'tweens (incoming grades sixth to 12) programs are held on Thursday evenings in June and July. On Thursday, June 30 from 6:30 to 7:30 p.m., technology manager, Danny, will lead virtual reality (VR) experiences. While some participate in VR, others will join librarian Ms. Vivi to play board games, Bingo, computer games or Xbox. VR headset, games and snacks provided.

Family-friendly feature films are shown

on Friday afternoons. On July 1 at 1 p.m., the film is *Surf's Up*. See the full schedule online at www.sanlib.org.

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.*

Ocean Tribe Night Paddle

The Ocean Tribe Paddling Club will host a new moon paddle on the San Carlos Bay and east end canals on Tuesday, June 28 from 7:30 to 9:30 p.m. The dark night sky may give a glance at "living lights." Bioluminescence is caused by dinoflagellates, single-celled organisms common in marine environments. Each bioluminescent dinoflagellate flashes only a fraction of a second when disturbed by water movement, but it's high concentrations in the warm Sanibel water create beautiful bluish-white trails of light caused by a swimming fish or a stroke of a paddle.

Those interested in joining the group should meet on Causeway B (closest to Sanibel) on the east side facing the Sanibel Lighthouse at 7:30 p.m. The paddle will begin at 7:45 p.m. and will last approximately two hours. Participants may bring their own vessel, or a limited number of loaner vessels can be reserved in advance for members. RSVP at <https://oceantribeoutfitters.org/eventsandregistration>. Weather related updates or schedule changes will be emailed to all members who registered.*

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Footwear For Island Life



by Allison Havill Todd

Those who visit or reside on Sanibel quickly learn that one does not require an extensive shoe collection here. Rather, flips flops are often the

footwear of choice by many, as they complement our casual island lifestyle.

Hany Ayoub, who does not believe in retirement, opened Sanibel Flip Flops in December 2021 and has been experiencing a steady stream of business ever since from tourists and locals alike. He and his wife, Mayte, have been visitors to Sanibel since the 1980s, purchased a home here eight years ago and have been full-time residents for the past three years. They expressed their love of the island and how much they enjoy living here, yet Ayoub was looking for a new “project” and saw an opportunity when retail space became available in the Periwinkle Place Shopping Center. He recognized the need for a store offering casual footwear, with an extensive selection and a wide array of sizes to accommodate men, women and youth.



Store owners Hany and Mayte Ayoub photos by Allison Havill Todd

Patrons will find popular brands such as Reef, Oofos, Crocs, Hey Dude and many others, and Ayoub shared that they expect to be carrying the Birkenstock brand, along with Sperry and Vionics, by the early part of 2023.

Sanibel Flip Flops isn't just about footwear though. They also offer a wide variety of jewelry, T-shirts, hats, sunglasses and beach towels. In essence, everything one would need for a day at the beach or for touring the island. While this stylishly decorated



A wide variety of sizes and styles are available

shop has a consistent and reliable staff, visitors will find Ayoub in the store for several hours most days assisting customers in his charming and gracious manner. He is pleased to offer one of the largest selections of casual footwear on the island, in sizes for everyone, and at attractive pricing.

Sanibel Flip Flops is located at 2075 Periwinkle Way and is open seven days a week from 10 a.m. to 6 p.m. Monday through Saturday and from noon to 5 p.m. on Sunday. Stop in and say hello

to Hany and Mayte; you will be treated like a valued guest!

Allison Havill Todd lives on Sanibel Island with her husband and two rescue dogs. She is an avid dog lover, business coach and active outdoor enthusiast. When she's not out with her dogs, you will see her running, cycling, paddling around the island. Follow her on @thedoggiemom and facebook.com/thedoggiemom.*

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.*

Dean's List

Brooke Yelenich of Sanibel was named to the dean's list for the spring 2022 semester at Samford University in Homewood, Alabama.

To qualify for the honor, a student must have earned a minimum 3.5 grade point average out of a possible 4.0 while attempting at least 12 credit hours of coursework.*

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Snowy plover chicks

photo provided

Plover Chicks Lost To Tropical Storm

The first weekend of June, the tropical cyclone that eventually became Tropical Storm Alex brought heavy rains and high tides to island beaches. At the time the storm hit, Sanibel-Captiva Conservation Foundation (SCCF) was monitoring two active snowy plover nests, and two snowy plover broods with chicks on Sanibel. While both nests were inundated with water, one remains active with the birds still incubating. The other was less fortunate

and those birds are now attempting to re-nest for a third time this season. The oldest chick, who is nearly fledged, remains alive and well, but the recently hatched chicks were too vulnerable. Small downy chicks are highly susceptible to weather events as they cannot thermoregulate. With the heavy rains, high tides and colder temperatures, they were not able to survive the storm. SCCF staff and volunteers will be watching closely to see when the parents re-nest.

If you have questions about beach-nesting birds, send an email to shorebirds@sccf.org ✨

Shell Found



Maurice Ryan

photo provided

Maurice Ryan of Middletown, New Jersey found a junonia on May 27 at Gulfside City Park. Ryan has been vacationing on Sanibel with his wife, Mimi, and daughter, Nicole, every year since 2002. This is the second intact junonia Ryan has found. He said his hunt is not over and he hopes to find another junonia in the years to come. ✨

Shells Found



Junonias found by Jessica Fuhriman and Diana Teasdale

photo provided

Jessica Fuhriman was in town having a family reunion and found a junonia on Captiva. She has only been shelling since August of 2020 and never imagined she would find one. Her sister-in-law, Diana Teasdale, found a junonia just a few hours later. ✨

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Exhibit Spotlights Fashion Inspired By The Sea

Bailey-Matthews National Shell Museum will open a new exhibition titled *Adorned by the Sea: Shells in Fashion* on Saturday, June 25.

Throughout time and around the world, shells have been used to elevate and adorn many things. From ancient cultures to contemporary runway couture, using shells as decorative motifs, carving them into ornamental shapes, and even attaching them in their natural form, has transformed ordinary textiles into extraordinary garments. Shells have been used to represent value, nature and faith. This new exhibit examines the diverse uses of seashells and mollusks to enhance appearance and dress.

From the most expensive purple dyes made from snails to the most conceptual catwalk fantasies made of razor clams and mussels, with works spanning centuries and including a wide variety of designers from unnamed indigenous artists to Christian Dior, Alexander McQueen and Gucci, the exhibit provides an overview of how individuals have amplified their image by borrowing from the wonders of marine life.

“From domestic utility to commerce to



Gucci silk with synthetic trim, Florence, Italy 2020 photo by lmaxtree/launchmetrics

art, people have purposed and admired shells for thousands of years,” said Sam Ankersen, executive director of the shell museum. “This eye-opening visual voyage demonstrates their presence and influence in fashion from ancient Egypt to contemporary Paris.”

Adorned by the Sea will be on view



Pearly Kings, circa 1965 photo by Getty Images

through November 28 in the second-floor exhibition galleries of the museum during regular hours with paid admission. Also on view is the exhibition *Mollusk Hospital: A Shell Folk Art Journey* in 20 Rooms.

Adorned by the Sea is made possible by a grant from the Cornelia T. Bailey



Christian Dior's Venus, a shell pink chiffon ballgown with shimmering scales, designed in the 1940s photo courtesy Kent State University Museum

Foundation and a gift from Mark and Kathy Helge.

Bailey-Matthews National Shell Museum is located at 3075 Sanibel-Captiva Road. It is open from 10 a.m. to 5 p.m. daily. For more information or tickets, call 395-0900 or visit www.shellmuseum.org.



Interfaith Outreach volunteers, from left, Beth Weiss and Sandy Teger of Bat Yam Temple of the Islands and Kathy Monroe of Sanibel Congregational United Church of Christ

photo provided

Outing For Residents With Memory Issues

Interfaith Outreach of SanCap will hold its monthly Memory Café on Tuesday, June 28 from 10 to 11:30 a.m. at The Community House.

Memory Café is designed and facilitated by the Dubin Center for individuals with memory issues and their loved ones. It offers an opportunity for

conversation, laughter and refreshments with friends old and new.

There is no charge to attend but reservations are requested and can be made by contacting the Dubin Center at 437-3007 or riley@dubincenter.com.

Interfaith Outreach of SanCap is a partnership of Captiva Chapel by the Sea, Sanibel Congregational United Church of Christ, St. Michael and All Angels Episcopal Church and Bat Yam Temple of the Islands.

The Community House, located at 2173 Periwinkle Way on Sanibel.*

Arts And Crafts Fair Next Saturday



Steve Canton and Suzette Heeres

submitted by Renée Chastant

photo provided

The Community House is hosting a summer arts and craft fair on Saturday, July 2 from 9 a.m. to 2 p.m. Celebrating local artisans and life on the islands, the fair will feature handmade arts, crafts and treasures of all kinds. Many exceptional vendors have been specially selected to participate.

On display will be an eclectic array of original art in diverse mediums. Look for original paintings, shell and other crafts, jewelry, doll clothes, pottery, handsewn

items such as pillows, housewares, nightlights, glass art, baked goods and other culinary items, greeting cards and wearable art. This is a great opportunity to find that special gift, an original work of art for your home or the perfect accessory.

All sellers will be situated indoors at The Community House, located at 2173 Periwinkle Way on Sanibel. There is no charge for parking or admission.

For more information, visit www.sanibelcommunityhouse.net or call 472-2155.*

Shell Crafting

Shadow Boxes



by Anne Joffe

You can find these boxes in a variety of sizes and they are a great way to display your seashell



Shadow Box

photo by Anne Joffe

treasures. Each box is segmented into different sized compartments.

Materials

1 wooden shadow box
Assorted shells, sealife, driftwood, anything you would enjoy seeing on your wall.
Acrylic paint and brush (optional)

Directions

If you want to paint your shadow box a pretty color, say a light purple, it is fun to try and fill it with shells or sealife that have shades of purple on them. If you want to paint the box, do this first. Let the paint dry completely before adding the shells.

Decide where you want to place the shells, fit them into the compartment to see if they will fit, and then glue them in. Sometimes, it is nice just to feature one shell per compartment, and then add three or four to the one next to it.

You can also choose to add some small sealife, such as a sea fan, or a brown starfish, on the outside of the frame in one of the corners for added dimension.

*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.**

Director Hired For Trailways Camp

Trailways Camps, Inc. is kicking off the 2022-23 season with the appointment of its first Trailways Camp director. Sanibel resident Jamie Senkeleski will join the team on July 5 and will be leading camp operations.



Jamie Senkeleski

Trailways Camps provide residential camping experiences for adults with special needs and respite for their families and caregivers. A range of activities are offered such as fishing, swimming, hiking, archery, canoeing, arts and crafts, visits from support animals, horseback riding and talent shows.

Full sessions are planned for October 17 to 20, November 14 to 17 and February 20 to 23, with the "I Am Special" Camper Reunion on Sanibel, scheduled for April 1.

Camper registrations are being accepted online at www.trailwayscamps.org. For more information, contact Senkeleski at trailwayscampdirector@gmail.com. Camp counselors are needed. Register online or send an email. Counselors are part-time,

intermittent positions, compensated as independent contractors.

Volunteers are also needed. Volunteers can plan their schedules in advance online, using the new registration system that is open year-round. Sign up opportunities will be available on Sanibel. Whether a few hours, a half day or a full day, volunteers enhance the quality experiences led by professional staff.*

Outstanding Women Award

Dr. Linda Stevens was recognized as one of Southwest Florida's Most Outstanding Women at a luncheon on June 17.



Dr. Linda Stevens

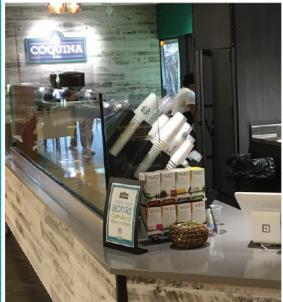
Dr. Stevens resides on Sanibel with her husband, Tom, their two sons, Brandon and Dillon, and their dog, Sadie. Dr. Stevens has been a chiropractor for 22 years, with an office on Sanibel and in Fort Myers.

Dr. Stevens has made a significant impact in the lives of her patients. Many patients say that she is not just a chiropractor, but also a counselor and a friend.*



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 - 1 pint mushrooms, slice thin
 - 1 zucchini, medium dice
 - 1 squash, medium dice
 - 1 pound pasta (your favorite)
 - 2 garlic cloves, chopped fine
 - 2 tablespoons fresh parsley, chopped fine
 - 1 teaspoon fresh thyme, chopped fine
 - 1 cup heavy cream
 - 1/2 cup milk
 - 1/2 stick unsalted butter
 - 1/2 cup Parmesan cheese, shredded
 - 1 1/2 cups cheddar cheese, shredded
 - 1 teaspoon oil, for cooking
 - 1 teaspoon all-purpose seasoning (your favorite)
 - Sea salt and fresh ground pepper, to taste
- Preheat oven to 350 degrees.
Prepare pasta shy of al dente, drain and set aside.
In a saucepot add the milk, heavy cream, butter, and all-purpose

Beef, Vegetable and Pasta Casserole

seasoning. Bring to a simmer and add the Parmesan cheese, 1/2 cup cheddar cheese and stir until smooth and creamy. Remove from heat and set aside.
Preheat a sauté pan on medium-high

heat, season ground beef and brown, draining excess oil. Next, sautee the vegetables until crisp tender. In a large bowl combine the cooked beef, sauteed vegetables, cooked pasta, fresh herbs, 1/2 cup shredded cheddar cheese, and mix.

photo courtesy Fresh From Florida

Place into a buttered casserole dish and pour the cheese sauce over the mixture. Sprinkle the remaining 1/2 cup cheddar cheese on top and bake for 30 minutes or until hot and bubbly.*

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FISH Of SanCap Virtual Lunch

FISH of SanCap will hold its next Friendly Faces Luncheon on Tuesday, July 12 beginning at noon via Zoom. Lunch, prepared by George & Wendy's, consists of a cold entree, side, bottle of water and dessert. The cost of the luncheon is waived and complimentary to all participants. FISH volunteers will deliver meals to islanders beginning at 11:30 a.m.

The guest speaker will be Kelly Sloan, Sanibel-Captiva Conservation Foundation (SCCF) coastal wildlife director/sea turtle program coordinator. She will discuss the sea turtle program on Sanibel and why conservation is important to the environment.

After receiving a bachelor of science degree in biology from Virginia Tech, Sloan worked as a research technician in a Virginia Tech lab investigating how animals use the magnetic field to orient and navigate. Her interest in international conservation took her to South Africa to study baboons at Wildcliff Nature Reserve and then to Costa Rica to volunteer with a sea turtle nesting program.

Sloan started working for the South Carolina Department of Natural Resources' Marine Turtle Conservation Program in 2007, where she helped manage all aspects of sea turtle conservation in South Carolina. While employed, she completed her master's degree in environmental science and policy. In the spring of 2013, Sloan joined a team of scientists on Long Island,



Kelly Sloan with sea turtle hatchlings
photo provided

New York to characterize the response of endangered piping plovers to habitats created by Hurricane Sandy. She accepted her current position with SCCF in December of 2013.

According to SCCF, sea turtle monitoring on Sanibel originally began in the late 1950s with Charles Lebuff and Caretta Research, Inc., making it one of the longest running monitoring programs in the country. The program was transferred to SCCF in 1992 when Caretta Research, Inc. disbanded.

Sea turtle season on Sanibel runs from April to October and residents are asked to do their part to keep the beaches dark

and free of disturbance for nesting sea turtles. One of the greatest threats to sea turtles on the beaches is artificial lighting, causing thousands of sea turtle hatchlings to die every year on Florida beaches.

"Sea turtle nesting season is a large part of Sanibel history, and we are excited to learn more from Kelly as she will

Sea Turtle Nesting Reaching Peak

The Sanibel-Captiva Conservation Foundation (SCCF) sea turtle team has documented 411 nests as of June 15. That total is on pace with last year's nest count at this point in the season. The impacts of the recent rains and wind that eventually became Tropical Storm Alex were minimal, with only five nests lost to the associated surge.

Mid to late June is peak nesting season on the beaches of Sanibel and Captiva and the team is looking forward to some busy weeks ahead. With so many nesting turtles coming ashore at night, remember to turn your lights off, fill in holes on the beach at the end of the day and remove furniture at night. Beachgoers play a big role in keeping the beach safe for nesting turtles.

Call the SCCF Sea Turtle Hotline at 978-728-3663 to report any of the following concerns:

- Stranded sea turtles or hatchlings (live, injured, or dead);
- Nests that have been tampered with;
- Eggs that have been dug up;

not only share information on SCCF's program but also fun turtle trivia," said Erika Broyles, FISH senior services director.

Reservations and meal choices are required by Friday, July 8 by calling 472-4775. FISH will provide an emailed link and meeting ID number for access.✪

Exposed eggs or nests being washed away;

Unmarked nests you believe the sea turtle monitoring teams have missed (teams begin at sunrise and cover varying length sections of the beach);

Daytime hatching;

Issues with beachfront lighting, holes dug on the beach or beach furniture/unused equipment remaining on the beach from 9 p.m. to 7 a.m.

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

Classic Car Show Open To Public

Amavida Resort Retirement Community in Fort Myers is hosting a classic car show featuring the Hot Chili Rods Car Club on Wednesday, June 29 from 11 a.m. to 2 p.m. Food trucks will be on site and there will be a live remote with WAVV 101.1-FM. The show is open to the public.

Amavida is located at 7820 Fanning Court, off Gladiolus Drive near Lakes Park. For more information, call 237-0501.✪

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Book Review

French Braid

by Di Saggau



In Anne Tyler's latest novel *French Braid*, several storylines develop around a Baltimore family. The Garretts are responsible, middle-class types. Robin and Mercy own a plumbing supply

store and are parents of three children. Two teenage daughters of differing personalities and an adorably serious 7-year-old son, who seems smart beyond his years.

It's 1959 and the Garretts are going on a vacation spending a week in the woods at a rustic cabin. We get to know them as they get to know each other. The children notice that Robin doesn't exactly like vacations. Meanwhile, Mercy gets lost in her amateur painting. David, their youngest, would rather not learn to swim. He'd rather play with his plastic GIs. Fifteen-year-old Lily is enamored with a handsome 21-year-old man, and she has expectations that border on the ridiculous. Alice, the oldest, seems to be on steady ground.

Tyler then jumps to 1970 and paints a different portrait of the family. Mercy and Robin are driving David to college. The words exchanged between them

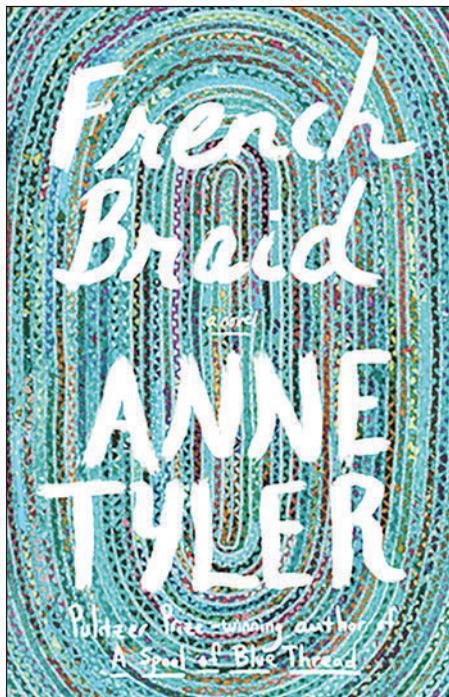


image provided

are vague and there are complicated, conflicting thoughts inside the car. It's as if they forgot how to talk to one another.

Eventually, Mercy packs her bag and moves to a small room a few blocks away from home. She says it's her painting studio, but her real intention is to distance herself from her husband. Little by little, she transfers her things from home to her new abode and spends most of her time there while Robin

remains in the family home.

The book is full of heartbreak and hilarity. *French Braid* is a stirring insightful novel of great warmth and humor that shows the kindnesses and

cruelties of our ordinary daily lives. By the end, we get a sense of time, of decades of generations having gone by, and we see how close every family is to itself.*

School Smart

by Shelley M. Greggs, NCSP



Dear Shelley,

I am concerned that my middle school aged children will forget a lot of what they have learned over the summer. I am really worried about

their math skills since it was so hard for them to learn them in the first place. They hate worksheets and things like that. What else can I do to help them?

Maria C, Cape Coral

Maria,

You are accurate in being concerned about your children losing skills over the summer. The bad news is that almost all kids' skills regress over the summer; the good news is that most kids can recoup their skills loss in four to 10 weeks after school resumes. The better news is that if they practice their skills across the summer vacation months, there should be only minimal skill loss, if any. In general, low-income students lose around three months of grade-level equivalency during the summer months and middle-income students lose about one month of grade-level equivalency. Math is the subject where the regression is most evident for all students.

There are many things you can do for and with your children to help stop the skill loss. Computer games and apps provide a good variety of math practice but it's so easy for kids to have too much screen time, especially during the summer. Here are some other ideas that might work for you.

Some of the most interesting and just plain fun math practice ideas that I have encountered were recently published in *The New York Times*. These activities build on current popular events that seem more entertaining for kids than traditional skill and drill work sheets. Here are a few of them:

Take advantage of this year's Summer Olympics by having your kids graph medal counts from their favorite events or countries. They can compare and contrast medal counts from previous Olympic games and the current games for example. The swimming events with their split-second results can also yield great math practice in percentages, fractions and decimals.

Baseball is a gold mine for statistics. Learn how to figure batting averages, base running averages, earned run averages and much more. The website www.basic-mathematics.com/calculate-baseball-statistics.html is a great site to help you understand how to use baseball statistics for math practice.

Have the children observe themselves. They can track all sorts of personal data. Select specific quantities to record such as the time they wake up or go to sleep, time spent eating meals, doing chores, reading, how much time they spend with digital media, and even how many text messages or e-mails they send and receive. They can chart these data, figure out daily percentages for some activities and then even compare the data across different weeks of the summer. They can create their own personal profile with this information and maybe get a better understanding of how they spend their time.

Summer vacation provides an opportunity for kids to relax and spend time with family and friends. School is hard work and they do need some down time to refresh and recharge themselves. However, it won't hurt them to work on a few of these fun math activities during their vacation time to keep them on track for their next school year.

Shelley Greggs 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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The Calling winemaker James MacPhail
photos provided



The Calling chardonnay

and Osborne. He is a sports fan and avid golfer who has a deep appreciation for food, fine wine, fine music, film and theater.

Narvaez is in his 10th year in the wine and spirits industry. He has acquired several wine and spirits certifications including Level 1 Intro to Sommelier, WSET Level 2 wine and WSET Level 2 Spirits. He lives in Miami and spends his free time playing poker and golf, and rooting for the Miami Dolphins.

The Calling winemaker James MacPhail pursued his dream to become a winemaker in the mid-1990s, mentored by some of Sonoma country's most respected winemakers and growers. Through this experience, he honed his craft focusing on pinot noir and chardonnay sourced from the Sonoma Coast and Anderson Valley.

"I like the fact that their winemaker prefers to let the grapes speak for themselves. James' mandate is to work with the best fruit the region can offer and treat it honorably, with classic, exacting winemaking," said Johnson.

Space is limited and cost is \$49.99 per person. Reserve before July 14 through the following purchase page on Bailey's website (baileys-sanibel.com): <https://tinyurl.com/4mwkzuv>.

Captiva Civic Association is located 11550 Chapin Lane on Captiva.✪

Experience the wines of The Calling and the spirit of Sonoma with hors d'oeuvre pairings by Bailey's head chef Chef Karl Hamme on Thursday, July 21 at 6 p.m. at Captiva Civic Association.

Bailey's will host The Calling wine tasting with guest speakers Pablo Pelaez, Brittany Sales Company south Florida sales manager, and Eric Narvaez, Brittany Sales Company district manager, for a seven-series The Calling wine tasting, showcasing the best of Sonoma.

Pelaez and Narvaez will join Bailey's wine steward Calli Johnson to present the following lineup: 2019 Sonoma Coast Chardonnay, 2019 Dutton Ranch Chardonnay, 2016 Sullivan Vineyard Chardonnay, 2019 Russian River Pinot Noir, 2019 Fox Den Vineyard Pinot Noir, 2018 Alexander Valley Cabernet Sauvignon, 2018 "Our Tribute" Cabernet Sauvignon.

Pelaez has worked over 30 years in the food and beverage industry. It began in Miami working in restaurants while attending college at Florida International University. He has held various sales and marketing positions at Miller Brewing, Seagram Americas

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From Left, Bob Kern, Lyn Kern, Sharon Miller, Steve Schulz, Lori Schulz, Valerie Tutor and Bill Sartoris photo provided

Lions Club Installs New Officers

The Sanibel Captiva Lions Club installed new officers and board members at a recent meeting. They are: Valerie Tutor, president; Lori Schulz, first vice-president; Bill Sartoris, second vice-president; Sharon Miller and Lyn Kern, co-secretaries; and Steve Schulz, treasurer. Also installed were board members Bob Kern and Ed Gray. A

special recognition award was presented to Lori Schultz. For the last two years, during the pandemic, Schulz has prepared or supervised preparation of meals for club meetings.

The Sanibel Captiva Lions Club has been serving the Sanibel and Captiva communities for over 50 years. The club holds dinner meetings at 6 p.m. on the first and third Wednesday of the month at The Community House. For more information, visit www.sanibelcaptivalionsclub.org.

New Summer Education Intern



Skyler Brennan

Skyler Brennan was brought on as a summer education intern at JN "Ding" Darling National Wildlife Refuge to help with staffing shortages this summer, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). She

will be working with the visitor services team to create STEM lesson plans to use with The Sanibel School.

Brennan, a native of Waxhaw, North Carolina, enters her senior year at Western Carolina University in Cullowhee, North Carolina this fall. Majoring in environmental science with a minor in biology, she is working towards her

environmental educator certification for the state of North Carolina, has experience teaching at Cherokee Elementary in Cherokee, North Carolina, and has studied environmental education.

"The thing I like most about the refuge is the education about conservation that also comes with visiting the refuge itself," said Brennan. "I am excited to help the younger generation learn about the importance of conservation for both wildlife and the ecosystems they inhabit."

"We are excited for Skyler to join the team and look forward to seeing all the creative and fun plans she develops this summer," said Supervisory Refuge Ranger Toni Westland, who heads visitor services at the refuge. "Our interns bring youthful energy, enthusiasm and creativity to the refuge team. At the same time, the program gives students and recent graduates an opportunity to learn hands-on about the environment and refuge operations."

DDWS provides living stipends for about a dozen interns each year and the refuge offers support with free housing.*

Poetry Corner

by Jim Weyant



Five Silly Sandpipers

Five silly sandpipers
waddle on the beach,
a funny kind of walk
no one could teach.

Cast tiny footprints
dented in the sand,
bring about a smile-
a merry little band.

Lively stutter steps
as if walking on coal,
captivate all about
with their funky stroll.

Jim Weyant 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. His book, *Poems From Paradise and Beyond*, is available on Amazon and at local bookstores.*



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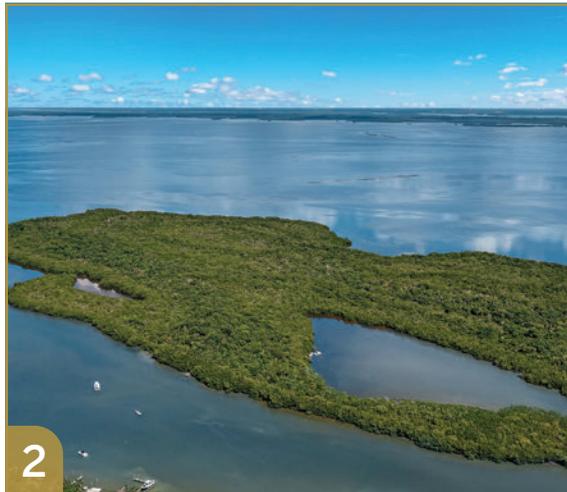
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8. ISLAND COTTAGE STYLE CANAL HOME - SANIBEL

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Update On Market Volatility



by Al Hanser, Founder and Chairman

The U.S. Federal Reserve raised short-term interest rates by 0.75 percent as they strive to get ahead of the higher than expected eight percent-plus inflation. The size of the interest rate increase was the first in almost 30 years as the Fed seeks to convey its seriousness in combating inflation, especially after the slightly higher than expected CPI inflation report on June 10. U.S. markets

rebounded on the Fed news, but trading is bumpy.

What should investors expect over the coming summer months? We will likely see continued volatility across global equity markets as investors deal with the uncertainty of inflation trends and economic growth. They will be digesting periodic economic updates on inflation, consumer spending, jobs and Gross Domestic Product (GDP), hoping to see when inflation has peaked and whether the Fed's actions have cooled economic activity too much. It is reasonable to expect markets to rally and decline as these various reports are released and analyzed.

What should investors do? Long-term investors should adhere to their long-term investment allocation. The S&P 500 has already declined 20 percent-plus from its January peak and the market could recover rapidly, well ahead of any confirming economic data. That said, we would caution investors trying

to market-time in this environment. The market could drift a little lower but move quickly into a recovery phase.

What opportunities does this market turmoil offer? Moving beyond the news headlines and benchmark returns, there are many high-quality companies that are trading at very attractive prices. For investors that would like to reduce their portfolio volatility, the short-term bond market is offering very attractive yields (three to four percent). It may be prudent for such investors to also consider having enough in short-term bonds or cash to cover six to 12

months of their lifestyle spending.

Historically, periods of market downturns lead to a strong recovery with markets reaching new highs. Time and patience weather these storms.

*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.**

Meet The Intern

Tiara Burton is a marine science education intern at Sanibel Sea School.



Tiara Burton

Growing up in Minneapolis, Minnesota, Burton fell in love with nature, adventure and exploring how to have the most fun outdoors while learning as much as possible.

While pursuing her biology degree from Boston University, she spent a semester in Ecuador studying tropical ecology, which led her to focus on ecology and conservation. "After spending a semester following my professor through jungles, mountains, rivers, oceans and cloud forests, I discovered that a hands-on experiential learning approach allowed us to actually experience the world we were learning

about, ask deeper questions, and be active within the natural world with conservation-oriented research," Burton said.

Burton likes teaching others about the environment and showing them how they can have a more positive, conservation-focused impact on the planet.*

New Air Service To Fort Myers

Breeze Airways, one of the newest airlines in the United States and a new air carrier in Fort Myers, will offer nonstop flights to Charleston, South Carolina (CHS) and Las Vegas, Nevada (LAS) from Southwest Florida International Airport (RSW). The flights will operate twice a week utilizing a new A220-300 aircraft, with 126 seats in a three-class configuration.

For more information about RSW, visit www.flylcpa.com or www.facebook.com/flylcpa.

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Superior Interiors

To Do And Not To Do On Dining Room Wall Colors



by Marcia Feeney

Redecorating the dining room? Start with the foundational aspects of the space. Painting your walls and developing the right color scheme can help turn a dated room into a place that's chic

and inviting. If you have trouble navigating between certain hues, have no fear. We've created a list of colors to consider, as well as ones to avoid, while decorating your dining room. There's nothing worse than painting the room and then deciding that was just the wrong decision.

Consider these suggestions when deciding how to paint your dining room walls:

Truffle brown – If you're working with a variety of wooden furniture in the dining room, it is commonly recommended to paint the walls in truffle brown to harmonize the space and tie finishes together. This will help to create a calmer, monochromatic effect.

Neutral gray or beige – A semi-deep neutral shade makes the perfect canvas

for the room as you can decorate with vibrant accessories to create an abstract masterpiece out of the dining area. Gray continues to remain a desired neutral along with a subtle warm beige, recently returning as the "in" backdrop color. Using neutral shades will allow you the ability to decorate the space as you please, with complementary shades or bold hues.

Soft yellow – Subtle shades of yellow have a way of creating a warm and inviting living space. Paint your dining room walls in this hue for an elegant and welcoming touch.

Apple green – Crisp, soft green hints at subtle energy, bringing life to a once-dull room without going overboard.

Now, consider the ones you should be avoiding as well:

Most shades of blue – According to color experts, shades of blue can suppress your appetite... which isn't an ideal feeling to collect in the room that's built for dining.

Pastel pink – Stay away from trending colors that grow outdated quickly to avoid having to repaint within a year. One trending wall color is pastel pink, so steer clear of it in the dining area. If you find this color appealing, add touches to your home with the addition of decorative pillows, rugs and other accessories in this shade.

Orange popsicle – Think bright orange, like a popsicle or freshly carved jack-o-lantern. This exciting shade is currently trending and tends to evoke the "wow" factor, but in an unappealing way in the dining room.

Poppy red – Bright red shades are

known as emotion-inducing colors. Keep this shade far away from the space you'll be hosting family and friend get-togethers.

Now that you have a selection of shades and hues to choose from, it's time to get in touch with a design professional. He or she will come to your home to assess your dining room and offer

decorating insight and expertise based on your space. With this assistance, you can paint the walls perfectly and create the gathering space that you and your guests will love to spend time in.

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

Society Provides Funding For Intern

Skye McDonald-Newman recently joined the team at JN "Ding" Darling National Wildlife Refuge on Sanibel, thanks to funding from the "Ding" Darling Wildlife Society-Friends of the Refuge (DDWS). She fills the role of educator for the refuge's WoW (Wildlife on Wheels) mobile classroom and other educational programs.



Skye McDonald-Newman

McDonald-Newman grew up on North Captiva Island and a farm in Kearneysville, West Virginia. She currently attends Mount Holyoke College in South Hadley, Massachusetts and will graduate in spring 2023 with a major in environmental studies and a minor in biology.

"I'm really looking forward to getting

out with WoW and teaching local kids and families about coastal and marine ecosystems that are so important," said McDonald-Newman. "I spent my formative years on North Captiva, so these habitats are very special to me, and being able to teach kids about them is very special to me."

"Skye is knowledgeable about the local environment, so she will be a valuable asset in helping us fulfill our mission to reach underserved summer-camp kids who might not have the opportunity to visit the refuge," said "Ding" Darling Urban Education Leader Melissa Maher.

"Ding' Darling is such a magical, incredibly unique place, not only in the vast diversity of wildlife that calls the refuge home, but also in the people who work here," said McDonald-Newman. "The refuge employees, the 'Ding' Darling Wildlife Society, the interns and the amazing volunteers are so kind and vastly intelligent."

DDWS provides living stipends and other benefits for about a dozen interns each year. For information about internships and opportunities to support these programs, contact Sierra Hoisington, associate director, at 472-1100 ext. 233.

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Will Power

Health Care Surrogates



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

What's the difference between Living Wills and Health Care Surrogates? The living will, you may recall, is the document detailing your end-of-life instructions after your attending physician and one other certifies that life prolonging procedures are only artificially delaying the process of dying. Nothing can be done at that point to save you.

The Designation of Health Care Surrogate, in contrast, names someone to make health care decisions for you if you can't do so yourself. It can encompass your personal care, residential placement and medical treatment.

Many health care surrogate forms are rather short, however, they delve into a variety of other situations, including:

- Long-term or hospice care situations;
- Whether to maintain you in your residence during a prolonged illness;
- Grant your surrogate access to your medical records;
- When and how to employ health care personnel;
- Directions regarding pain relief;
- Consent to psychiatric treatment; and
- Coordination with your living will.

These are all details that you should discuss with whomever you name in this important role. For married couples, this is usually the spouse. If, however, your spouse suffers from an impairment such as dementia or Alzheimer's, it's vitally important that you sign a new health care surrogate and living will, putting someone else in the primary position of authority.

Each state, Florida included, has a different designation of health care surrogate law. If you are a resident of Florida and haven't yet updated your document to Florida law, you should do so. Even if you have a summer residence somewhere else, if you are a Florida resident, you should have a Florida compliant document. Your Florida document is valid in all 50 states because you are a Florida resident.

I also suggest a serious discussion with your loved ones about your wishes in a variety of situations. Americans tend to shy away from conversations regarding our health or end-of-life decisions. You don't want to leave your loved ones guessing as to what your intent may be. That's what led to the Terri Schiavo situation, where she laid

comatose in a hospital bed from 1990 to her death in 2005.

Some of my clients decide to name all their adult children in the role of health care surrogate. This can become a problem if the hospital won't act without all their consents. An unavailable party can become a big problem. Also, when you require a unanimous consent, one party holds incredible veto power.

Beyond end-of-life decisions, there are situations that can last years, such as the tortuous decline from diseases like ALS or Alzheimer's. In such cases, it's important for your loved ones to know how you want to be cared for once you are no longer able to voice direction. Your surrogate should also be familiar with your finances, budgets and long-term care insurance policies.

Finally, don't wait until a crisis arises to update your estate plan. During the coronavirus pandemic, we've fielded many calls, with some clients requesting drastic changes. When this happens en masse, it puts a strain on any office, especially when many work remotely. Further, radical changes made during a crisis might call into question the mental acuity of the party making those changes, or whether he was unduly influenced.

In any event, Florida compliant Designation of Health Care Surrogate and Living Will legal documents are a must for any Florida resident.

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New Classes At The Rec Center

The Sanibel Recreation Center is offering new summer classes:
Zumba with Jian Heinel - Tuesdays and Thursdays at 5:30 p.m. and Saturdays at 10:30 a.m.

Circuit Training with Richard Schloss - Wednesdays at 8 a.m.

Youth Martial Arts Classes for ages 5 to 7 with Sensei Gary Thomas - Tuesdays and Thursdays, from 4:30 to 5:10 p.m. for ages 5 to 7. Cost is \$70 for members per child, \$80 for non-members per child. Monthly fee schedule

is available.

Martial Arts Classes for ages 8 and up with Sensei Gary Thomas - Tuesdays and Thursdays from 5:30 to 6:30 p.m. and Saturdays from 10:30 to 11:30 a.m. Cost is \$140 for members (additional participants in the same household are half price) and \$150 for non-members (additional participants in the same household are half price). Monthly fee schedule is available.

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.✪

How's The Market? Ask Ann Selling? Trust Our Experience



Ann Gee
Broker/Owner

Sanibel... In addition to its World Famous beaches, we enjoy the benefits of a small town atmosphere. A good example is Richard McCurry's Sanibel Cafe. Good food, good service and friendly staff. Last week, Richard was training his very charming 10-year-old grandson on how to clean tables and greet customers. It doesn't get any better than this.

Now, let's talk about the Sanibel Real Estate market. MLS shows 25 homes and 22 condos for sale, up slightly from last week. We continue to view Sanibel's market as a "Seller's Market," but not like the "crazy" market conditions we witnessed in the spring. Selling? Call me and I will view your home and give you a marketable listing price promptly. My husband John and I work as a team and have over 60 years of real estate experience on Sanibel.

Thank you for reading my column.

10 Closed Sales Going Back One Week: 5 Homes, 4 Condos & 1 Lot

- | | |
|---|---|
| 1835 Ardsley Way Vacant Lot \$305,000 | 979 East Gulf Dr. 351 Loggerhead Cay \$900,000 |
| 2777 West Gulf Dr. 211 Nutmeg Village \$1,125,000 | 1202 Sand Castle Rd. \$1,265,000 |
| 1501 Middle Gulf Dr. G-401 Sundial West \$1,274,000 | 9405 Beverly Ln. \$1,335,000 |
| 2661 Wulfert Rd. 6 Sanctuary Golf Villages \$1,398,000 | 1178 Harbor Cottage Ct. \$1,395,000 |
| | 204 Daniel Dr. \$1,575,000 |
| | 479 Las Tiendas Ln. \$1,575,000 |

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

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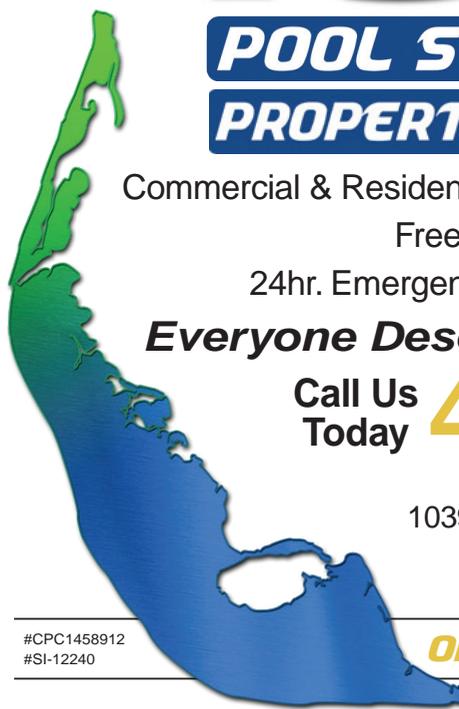
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ON ISLAND FOR ISLAND



Rotary Happenings

submitted by Cindy Carter

Last week, we heard from two very different speakers who shared experiences showing how similar they really were. The speakers were Ted Sottong and Sterling Carter of Pickup the Ball, Inc. of Fort Myers, a mentoring program for young men between the ages of 16 and 24 in low-income, high-risk areas to provide them opportunities that will raise their level of expectations for life, increase their chance of success and improve understanding among all communities.



Carter grew up fatherless in Fort Myers on a street known for drug activity, but thanks to his brother, Mason, was steered away from those influences and towards basketball. He was unknowingly part of the beginning of Pickup the Ball. He introduced Sottong, his mentor through his high school years, to the world of basketball and the community in which it thrives. Sottong recognized a need in our local community and founded Pickup the Ball in 2012 with the purpose of providing services to young men in the community who, because of poverty, fatherlessness and other negative environmental factors, have not had



From left, Sterling Carter, Annie Campbell and Ted Sottong

photo provided

access to resources and information that they might have had otherwise.

According to the U.S. Department of Justice, children from fatherless homes account for 63 percent of youth suicides, 90 percent of all homeless and runaway

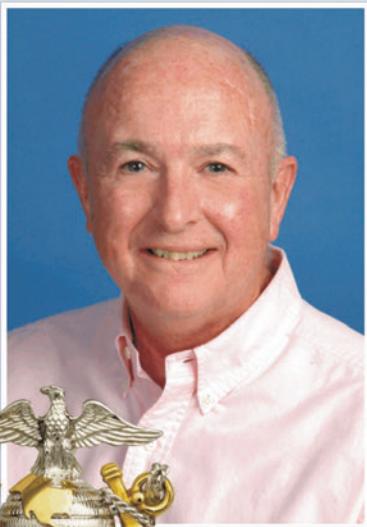
youths, 85 percent of all children that exhibit behavioral disorders, 71 percent of all high school dropouts, 70 percent of juveniles in state-operated institutions, 75 percent of adolescent patients in substance abuse centers and 75 percent

of rapists motivated by displaced anger. Pickup the Ball, Inc. is in the process of creating a residence that will have the capacity to house 12 young men who are either in school or working. The residents will be served family-style meals and have classes on budgeting and other necessary life skills. The program will also support the young men in encouraging further education, obtaining their driver's license, obtaining employment and taking on more responsibilities in their lives while leading them away from drugs, gangs and abuse. Sottong is hopeful that the residence will be fully functional before the end of this year.

Sottong became a Rotarian in Waynesboro, Pennsylvania in 1997 and has enjoyed a successful architectural career for the past three decades. His commitment to Pickup the Ball is currently the main focus in his life.

Carter is a recent graduate of Baptist Bible College in Springfield, Missouri. He has plans to return to Fort Myers and utilize his degree in pastoral studies to help lead and serve in a local church and with Pickup the Ball.

The Sanibel-Captiva Rotary Club is holding meetings on Zoom and in person at The Community House, 2173 Periwinkle Way. Doors open at 6:45 a.m. and the meeting begins at 7:15 a.m. Email william.harkey@gmail.com by the Tuesday before the meeting if you would like to attend in person. All are welcome. For more information, visit www.sanibelrotary.org.



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Frankly Speaking

by Howard Prager



Can you say dynasty? That's what people are calling the Warriors right now after winning their fourth NBA championship in eight seasons, with a total of six finals appearances in that

time. The years they didn't make it they were awful, in part because of season-long injuries to Steph Curry and Klay Thompson. That's remarkable endurance and teamwork. And it is the T in teamwork that describes Golden State. When asked after the finals what it felt like for Steph Curry to win the MVP, Curry vehemently replied even before the question finished – "Forget that! Why start with that question? We've got four championships!" He smacked both hands against the desk in frustration. A true superstar who puts his team first. Stats show that the team plays better when Curry plays, even if he's NOT scoring. He raises the game of everyone around him. Fansided wrote that "When the leader, the best and most successful player in franchise history, is that team-focused, then it clearly has a trickle-down effect and can become infectious among teammates and anyone within the organization."

So is Steph Curry among the greats of the game? From the Bleacher Report,

"Curry's offensive box plus-minus (OBPM) of 13.2, for example, is head-and-shoulders better than Jordan's record of 9.8. Jordan, incidentally, is the only player besides Curry to average at least 30 points and six assists per game while shooting 50 percent or better from the field. And of the 67 times someone has ever pumped in 30 points per game, there hasn't been a single instance in which anyone has come relatively close to rivaling Curry's true shooting percentage." From Ethan Strauss: "More crazy Curry stats. From 28 feet to 50 feet, he's 35-of-52 this season which is better efficiency than making 100 percent of your twos." Back to the Bleacher Report: "Stephen Curry's ability to draw defenders and then make a split-second decision on whether to shoot, pass or continue to dribble is what makes him so special. Not only can he attract defenders like a magnet, he knows what to do when they collapse on him... He creates 20.4 points per game off assists, good for fourth in the NBA. That's almost 20 percent of the Golden State Warriors' 101.7 points per game. Curry averages 8.9 assists per game, tied with John Wall for second in the league only behind Chris Paul." So statistically Curry belongs in the greats category.

My additional two cents are on character, something not always present in superstars. Curry is unassuming and unselfish as a person. I loved Jordan, but he ruled with an air of kingdom. He deserved it. But I didn't see Jordan helping others nearly the way Curry does. From CBS Sports: "Through the foundation that he formed with his wife Ayesha, Eat.

Learn.Play., Curry has helped provide 16 million meals to children and families in Oakland that are at risk of food insecurity over the past year." He's involved in no less than nine charities including Animal Rescue Foundation, Boys & Girls Clubs of America and Partnership for a Healthier America. If character counts, Curry is at the top of his class.

Are the Avalanche crashing down on the Stanley Cup? With the second highest margin of victory in the Stanley Cup against the defending champions, the Avalanche can blow away the Lightning this week. Colorado dismantled Tampa Bay in Game 2. From CBS: "The Avalanche were better in every facet, from 5-on-5, to special teams, to goaltending, to offense, defense, battles, races – you name it, Colorado excelled at it. It was shocking, in a way, to see the Lightning appear so discombobulated. There was no point where Tampa Bay seemed to turn a corner and try something – anything – to stop the bleeding. The Avalanche kept pushing. The Lightning never pushed back. What does that mean for the reigning champions as this series shifts to their turf? Has Tampa Bay's confidence been cracked? Or is it that the Lightning simply don't have the legs to keep up with Colorado? They wouldn't be the first team in these playoffs to realize it." As you would expect, Tampa Bay did win Game 3 at home, so it won't be a sweep. And if they can even it in Game 4, this will get interesting.

MLB rules are coming to the forefront this season and here's a bizarre one. The Cubs turned an embarrassing and excellent double play against the Braves. Last Saturday, the Braves Adam Duvall hit a pop-up into short right field with a

runner on first. Three Cubs players tried for it and it fell between them. But because the runner expected it to be caught, he froze at first and they were able to throw him out at second. And that's when the rules come in. Braves first base coach Eric Young touched Adam Duvall, the hitter who was on first but headed to the dugout thinking that was the third out. It wasn't. However, the rules say the coach cannot help physically steer a runner back to the base, which is what Eric Young did. Cubs catcher Willson Contreras was on top of it, told the umpire who then called Duvall out, double play.

From Steve Hartman and CBS News comes our good news story of the week. Jake Thibeault was paralyzed during a high school hockey game his senior year and was told that he would likely never walk again. Until then, Jake's goal in life was to play college hockey. He was devastated. One day his high school principal came to visit and before he left, Jake told him I'm going to walk at graduation. Jake doesn't know why he said that. But it became Jake's new goal and just the motivation he needed as he immersed himself in therapy, working out longer and harder for trying to make that walk under his own power. Nine months later, he did it, 30 steps across the stage to wild applause. Never underestimate the power of someone committed to achievement. Jake, I can't wait to see what your next step will be!

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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Players Sought For Sanctioned Tournament

Sundial Beach Resort & Spa will once again be home to the USTA Southwest Florida Clay Court Championships, open to USTA members ages 18 and over. Slated for September 30 to October 2, the USTA sanctioned event categories include Men's and Women's Singles, Doubles and Mixed Doubles for NTRP rated divisions 3.5-4.0.

Age divisions are Open, 40s, 50s and 60s.

Players are invited to register with USTA Tennis Link using tournament ID 22-44986. Pricing is \$60 for singles and \$40 for doubles. Resort tennis information is available by email at tennis@sundialresort.com or by phone at 395-6037. Registration opened June 23.

"We're looking forward to a great weekend of competition and camaraderie," said Sundial USPTA Elite Pro and tournament organizer Christian Clark.

"This event has become an annual Sundial tradition, offering players and their families

continued page 38

SPORTS QUIZ

1. Name the actor and comedian who led the singing of *Back Home Again in Indiana* 36 times at the Indianapolis 500 from 1972-2014.
2. The *Red Line Rivalry* game is contested between what two Chicago universities' basketball teams?
3. What Wisconsin golf course was the site for the PGA Championship in 2004, '10 and '15, and hosted the Ryder Cup in 2021?
4. What rare defensive feat did Philadelphia Phillies second baseman Eric Bruntlett achieve in the 9th inning vs. the New York Mets on Aug. 23, 2009?
5. Name the arena, famous for its parquet basketball court, that opened in 1928 and was demolished in 1998.
6. What NHL Wales Conference division, formed in 1974, was the predecessor of the Northeast Division and the Atlantic Division?
7. Name the running back for the Pittsburgh Steelers (1987-93) and Chicago Bears (1994) who later became an analyst for ESPN.

ANSWERS

1. Jim Nabors. 2. The DePaul Blue Demons and the Loyola Chicago Ramblers. 3. Whistling Straits. 4. An unassisted triple play. 5. Boston Garden. 6. The Adams Division. 7. Merrill Hoge.

Kiwanis Awards Scholarships

submitted by Tom Sharbaugh

The Kiwanis Club of Sanibel Captiva announced the recipients of its scholarship awards for the 2022-23 academic year, marking the 16th year of the program. Scholarship winners and their guests were hosted at a recent Kiwanis breakfast meeting. This year, a total of \$52,000 was awarded to 23 students who will be enrolled in 18 different colleges and universities.

Since its founding in the early 1970s, the Kiwanis Club has been devoted to supporting the development of local youth, with educational support among its top priorities. The scholarship program has provided \$568,000 in financial support to deserving youth. To be eligible, students must have a connection to the Sanibel or Captiva communities, which means they must be residents or have parents who work on the islands.

The criteria used for selecting students for awards includes past academic performance, community service involvement and financial means. Kiwanians Bill Traum and Chris Heidrick, who oversee the program, receive applications in the spring and submit them for review and scoring by a board of independent educators located off island and not affiliated with the club.

Funds to underwrite the scholarship program are raised by the club through Kiwanis fundraising activities throughout



Scholarship recipients and guests with Kiwanis members following a recent breakfast meeting where they were honored photo provided

the year, including the Spaghetti Dinner in February, Diners Delight two-for-one coupon book sales in the summer and fall, the King of the Rock golf tournament in April, plus donations from club members and other private individuals. Club President Joel Goodman said, "Kiwanis is strongly committed to its mission of serving local young people, and one of the most important ways to do that is to help them achieve their educational goals."

This year's award recipients are: Repeat Multi-year Scholarships – Daisy Arensman, Arabella Arado Lilleslatten, Jake Mann, Aisha Smaller and Kiandre Smaller; New Multi-year Scholarships

– Riley Mann, Samantha Strickland, and Amy Walker; One-year Scholarships – Brooke Adams, McKenna Adams, Maria Angelino, Alayna Aracri, Ben Arensman, Carson Brown, Adriana DiMarino, Riley Evans, Sage Holaway, Elizabeth Meardon, Savanna Nippa, Malia Pak, Kylie M. Sutton, Caroline Tesoro and Daniel Trier.

Among the awards this year, some scholarships carried a special designation to honor donors and in memory of past Kiwanis members. Daisy Arensman received the Joan Kearny Scholarship and Savanna Nippa received the "In Memory of Loved Ones" Scholarship. Aisha Smaller received the Carl Dietz

Memorial Award; Riley Mann received the Peter Cola Memorial Award; Samantha Strickland received the Barry Gordon Memorial Award; Amy Walker received the Tom Jones Memorial Award; and Arabella Arado Lilleslatten received the Wally Kane Memorial Award. Finally, two awardees received Sam and Frances Bailey Islands Night Memorial Scholarships: Maria Angelino for achievement in athletics; and Caroline Tesoro for achievement in community service.

The Kiwanis Club congratulates this year's recipients and wishes them success in the coming year.*

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Health First

Varicose Veins: Causes And Treatment



by Julie Rosenberg, MD

Varicose veins are twisted, enlarged and bulging veins just under the skin's surface. They most commonly occur in the legs because standing increases the pressure in the

A feeling of heaviness in the legs, especially after physical activity. Varicose veins occur when the walls of the veins weaken, allowing them to stretch. The blood pressure in the veins increases and the venous valves no longer function as they should. When the valves malfunction, blood flows backward into the veins, where it collects and leads to varicosities.

The following can increase a person's risk of developing varicose veins:

Age – Veins lose elasticity and stiffen with age. Aging also leads to wear and tear on the valves in the veins.

Female sex – Hormonal changes in progesterone and estrogen in women can be responsible for the development of varicose veins. Reductions in progesterone can have a significant impact on overall vein health and the formation of varicose veins.

Pregnancy – Significant hormonal changes occur during pregnancy. Some women develop venous conditions due to changes in progesterone levels. In addition, pregnancy is associated with an increase in blood volume which can put additional stress on weakened veins.

Family history – Varicose veins can be inherited.

Obesity – Individuals who are overweight or obese have added pressure on their veins.

Standing or sitting for long periods of time decreases circulation. Movement is necessary for good blood flow.

People who use tobacco products are more likely to develop varicose

veins. Smoking damages blood vessels, decreases blood flow and causes a wide range of health problems.

Varicose veins can be easily diagnosed by physical examination. Although there isn't a cure for varicose veins, the following treatments can improve their appearance and relieve discomfort:

Elevation – Elevating the legs above the waist several times per day increases blood flow and decreases pressure in the veins.

Elastic stockings – Support stockings compress veins, reduce discomfort and can improve blood flow.

Sclerotherapy – A solution is injected into a varicose vein that causes the walls of the vein to stick together. The sclerosed vein eventually turns into scar tissue and fades away.

Laser therapy – Laser surgery closes and shrinks the varicose vein, and then causes scar tissue within the vessel.

Vein ligation and stripping – This is a surgical treatment for varicose veins. One or more cuts are made over the vein, and then it is tied off (ligated) in two places. All or part of the vein between the ligated areas is generally removed (stripped).

Although treatments are effective, varicose veins may return, especially among those who are obese and/or sedentary.

Millions of people live with varicose veins. They don't typically cause long-term health problems but may be a cosmetic concern.

You can reduce your chances of developing varicose veins by living an

active, healthy lifestyle. Maintain a healthy weight. Don't use tobacco. Avoid long periods of standing or sitting. Elevate your legs when sitting or lying down.

If you have concerns about varicose veins, speak with your healthcare provider. Safe and minimally invasive treatments are available for varicose veins that can reduce pain and improve appearance.

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.✪

veins of the lower body.

Varicose veins are common. Approximately one third of adults has varicose veins. For many individuals, they are primarily a cosmetic concern. For others, they cause pain and discomfort. Occasionally, varicose veins lead to more serious problems such as bleeding, ulcers or blood clots.

Varicose veins may be associated with painful symptoms including:

Twisted, swollen, rope-like veins that are often blue or purple. Tiny red or blue lines (spider veins) may appear nearby.

Burning, throbbing, aching and swelling in the lower legs, ankles and feet.

Itching around one or more of the affected veins.

Skin discoloration (if left untreated).

From page 36

Tournament

a fabulous resort weekend."

With a long legacy of island tennis, Sundial's facilities are recognized area-wide and have repeatedly been named the "Best Tennis" on Sanibel and Captiva islands. The resort features six state-of-the-art sub surface HydroGrid courts.

Sundial Beach Resort & Spa is offering a tournament room rate of \$229 for fully equipped studio and one bedroom courtyard guest units. Reservations may be made at www.sundialresort.com or by calling 866-565-5093; use code CLAY22. The resort features complimentary paddleboards, kayaks, bicycles, beach volleyball, pickleball and tennis.✪



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dearRPharmacist

Key Metabolites That Impact Prostate Cancer



by Suzy Cohen, RPh

Dear Readers: Few words strike more fear than the word “cancer” and today’s article is devoted to helping you find out what critical metabolites

should be evaluated. Prostate cancer is very common in the United States and was responsible for over 34,000 deaths in 2021.

Early in the course of prostate cancer, before it’s even known, the growth of

cancer cells is kept in check by natural, normal pathways in the body, usually those under the control of testosterone and related hormones known as androgens. These reproductive hormones deliver one signal to the prostate cancer cell telling them to “be fruitful and keep multiplying.”

With continued replication, the cells pour out a protein called “prostate specific antigen” dubbed PSA. When the PSA levels are measured in a blood test, and seen as abnormal (above the normal reference range), the doctors worry this is a first sign of possible prostate cancer.

Testing for PSA levels isn’t nearly enough. Neither is testing for testosterone levels, or DHT. There’s so much more, and thankfully doctors can test you using urine “at home” test kits now. I offer these at my website too.

But right now, what I’d like to do is make sure you’re fully armed with the knowledge of important (measurable) biomarkers that are often overlooked as there’s so much hyper focus on PSA and

DHT and a few others. Overlooking any one of the following could lead to more complications and progression of cancer at a faster rate. Testing yourself properly is important to your health and longevity.

The following are biomarkers:

Vitamin B12 – Too much B12 may produce problems, and it is unclear if this is from the resulting elevation of homocysteine or some other mechanism. Measuring levels is important.

Glutathione – Higher levels of glutathione are protective and useful as an antioxidant. This is pretty simple because in prostate cancer patients, antioxidant defenses are low and DNA damage is high. Glutathione protects the cell because it’s an antioxidant.

Melatonin – The famous sleep hormone has anti-cancer activity, and has been studied for its protective effect on the prostate gland. Did you know meditation raises levels?

Testosterone – It is more the metabolites of testosterone, than the hormone itself. This is why urine

metabolite testing is so important. Doing a spot check of testosterone in the morning via blood isn’t as informative unless you also have the metabolites from a urine test to compare with it. I recommend the DUTCH at-home test kit for this.

Estrogen Metabolites – Men make estrogen as well as women, and it is the break down product (the metabolite) of testosterone. So the more testosterone you make, the higher your estrogen levels... and if you’re breaking estrogen down badly, it raises risk for prostate problems. Urine testing via DUTCH can evaluate these metabolite levels, not blood testing. If you are interested in a longer version of this article with more details, sign up for my informative newsletter at 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 am 60 years old, and I have been having trouble with my business this last year. It has just about destroyed me. I am depressed, sad, I have no energy and I don’t feel like

I have any alternatives but to stay in my business for income purposes. How can I get rid of these negative thoughts?

A: First and foremost, I feel like it is important to get a physical check-up and make sure that any physical issues are ruled out. Then, I would like for you to write down daily the number of negative thoughts you have in your mind. At the end of the day, you might surprise yourself with how many negative thoughts are churning in your mind. With all of those negative thoughts churning in your head, it’s difficult to be positive and happy. Of the 60,000 thoughts we have

daily, 95 percent are the same thoughts you had yesterday and the day before, and the day before that. No wonder you may be exhausted at the end of the day.

Our minds are record players, repeating the same record over and over again. (Ok, iPod for all of you under 30). It’s easy to become stuck in a rut. These negative thoughts stimulates areas of the brain involved in depression and anxiety. Yet, the positive thoughts have a beneficial calming effect on the brain. Our negative thoughts are like poison in our system, and our positive thoughts are like medicine. Your thinking either contracts or expands you.

You might want to consider hiring a life coach to help you with your business and getting it back to optimal level. Remember that your thoughts aren’t always true. That’s right. Shift your perspective and realize you don’t have to believe your negative thoughts for one second. Don’t give your power away to those negative thoughts. While our minds are wired to go to the negative, they stem from our primitive survival mechanisms that have run amok.

Psychologist and brain researcher, Dr. Rick Hansen, once explained that, “Our brains are Velcro for negativity and Teflon for positivity.” Our negative experiences

stick to us like Velcro, while our positive experiences slide right off us like Teflon. In fact, researchers have found it takes numerous positive experiences to overcome a single negative one.

Yet, there is hope. When you have a negative thought, picture a stop sign and say “STOP.” Shift that negative thought to a positive one and stick with it. Start writing down positive thoughts and repeat them regularly. There is hope for increasing your brain’s neuro networks

called neuroplasticity. It’s always helpful to focus on a solution. Unlike a dog, your brain really can learn new tricks.

Think of your negative thoughts like poison in your system, and positive thoughts like medicine. Thinking can either contract or expand us. You may want to seek out a life coach who can help you with ideas to recharge your business where you feel the business is in sink and thriving. Meanwhile, don’t

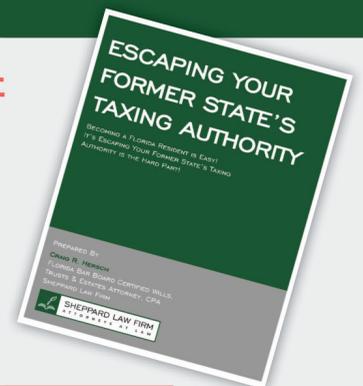
continued on page 40

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Doctor and Dietician

Beating The Heat



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

Here we are. Summer in Southwest Florida. It is HOT. We try to exercise early in the morning before the sun comes up, but seriously, does it really make it better? Okay, maybe the sun is not beating down on you, but the humidity is high, and the temperatures are in the 80s already.

This is where knowing your Hauser Diet Type is helpful. Those who type as protein/fat-based diet types, such as the Hauser Lions and Otters, typically tolerate the heat because they are typically cold. Conversely, those who type as Monkey and Giraffe Diet Types (more vegetarian) are typically hot – thus working out in the Southwest Florida summer is brutal. Of course, the Dr. and Dietitian's Diet Types

fall opposite each other – Otter and Monkey. Thus, Dr. Hauser loves the heat, while Marion, not so much.

Here are tips for managing the heat while exercising or working in the heat:

1. Consume more acidic foods prior to and after your workouts. By "acidic" we mean foods that will lower your blood pH. Why? When overheated, your blood pH is elevated or more alkaline. Foods that acidify the blood are coffee, lemon water, fruit, fruit juices and carbohydrates.

2. Consume both water and sports drinks during extensive workouts or prolonged periods of time in the heat like working or doing gardening. We lose more energy and fluids; thus, we need to replenish.

3. Watch your electrolytes. With added perspiration comes increased fluid and electrolyte loss. Those who perspire heavily may need to take additional electrolytes. We utilize electrolyte capsules and/or powders that can be added to water. We choose natural items that do not contain dyes or fructose.

4. Dress appropriately. Moisture-wicking workout clothing helps keep the body cool. Sweatbands and/or hats/visors to keep the sun out of your face are extremely helpful. We also utilize cooling towels when running or gardening. These can be moistened and used to wipe your face, chest and arms. Cotton clothing soaks up perspiration, thus we recommend avoiding it.

5. Add ice to your beverages. This

may sound like a simple idea, but sometimes we forget. Ice will cool down the body. If you like a cup of coffee prior to working out, make it an iced coffee.

6. Monitor your heart rate and overall feeling of wellness while exercising in the heat. At times, you may need to take intermittent walk breaks to keep the heart rate down. Deep breathe in through the nose and out through the mouth. It is okay to do this. You want to stay safe.

7. Consider exercising indoors. We have a basement gym with a treadmill and elliptical, and we can put our bicycles on trainers to ride inside. If it is just too hot outside, you may need to move indoors and get that fan out.

8. Get in the water. Even warm water cools you down. If you have access to a pool, get in it. Aqua jogging is a wonderful way to beat the heat instead of regular running. We have used this method for various injuries as well. Walking and exercising in the pool keep you cool as well.

Here are a couple of ideas for summer cooling foods:

1. Make salads so you do not have to heat up your kitchen – Grill shrimp, chicken, or steak and use on the salad. Or make egg, tuna, or shrimp salad.

2. It is smoothie time – These can easily add up in calories, but one of Marion's favorite post-workout smoothies is made from 1 cup blueberries (frozen), 1 banana (frozen), 2 scoops pea protein, 1 to 1 1/2 cups

of oat milk, 1 cup fresh spinach or kale (also frozen), ice cubes and a tsp of nut butter. You can also add chia or flax seeds. This makes two servings.

3. Fruit – Fresh fruit is higher in carbohydrates, and nutrients, fiber and water. Thus, it makes for a great snack. One of Marion's favorites, especially made with fresh melon cubes, but other fruits as well, is to drizzle the fruit with fresh lime juice (add zest if you love lime like we do), sprinkle with sea salt and drizzle with a fruit-based balsamic vinegar. This may sound weird, but for those who love savory, you will love it.

Be mindful out there. Monitor how you are feeling... and keep moving.

*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.**

From page 39

Dr. Connie

believe everything that you think.

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.**



In honor of FISH's 40th Anniversary, students at The Sanibel School created works of art showing the importance of helping neighbors and family. We are inspired by their wonderful art and their clear understanding of how small acts of kindness can make a big difference.

The future of FISH—and our young neighbors—is promising indeed.

I helped my friend clean his desk so the janitor didn't have to do it.

—Turner from *The Sanibel School*



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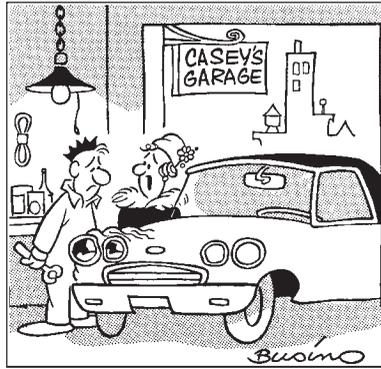
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Sanibel & Captiva Islands

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- Sanibel Police,..... 472-3111
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- On Call Captiva Deputy..... 477-1000
- Fire Department, Sanibel 472-5525
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- Audubon Society..... 472-3744
- Bailey-Matthews National Shell Museum 395-2233
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- Community Foundation of Sanibel-Captiva 274-5900
- COTI Committee of the Islands coti@coti.org
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- FISH OF SANCAP 24-hr service..... 472-0404
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- Military Officers Assc. of America, Alex MacKenzie .. 395-9232
- Newcomers 472-9332
- Notre Dame Club of Southwest Florida 768-0417
- Optimist Club..... 472-0836
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- Progressive Club of the Islands pcisancap@gmail.com
- Rotary Club 472-7257 or 472-0141
- Sanibel Bike Club sanibelbicycleclub.org
- Sanibel Beautification Inc..... 470-2866
- Sanibel-Captiva Orchid Society..... 472-6940
- Sanibel-Captiva Power Squadron www.sancapboating.club
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PUZZLES

Answers on page 47



"The _____ has been acting
up again!"

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!

World _____

ELARM _____

Thread _____

BRIEF _____

Artificial _____

TENURED _____

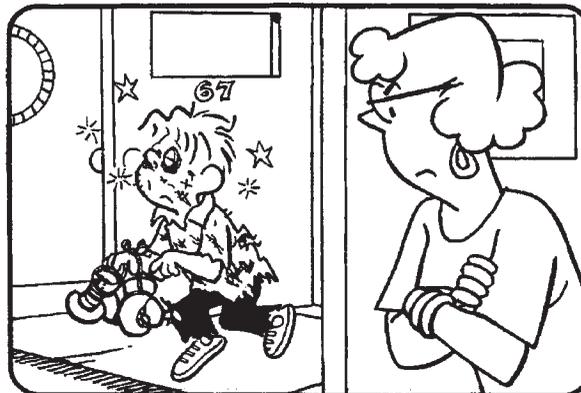
Payment _____

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TODAY'S WORD

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Frame is missing. 2. Earrings are different. 3. Fringe is missing. 4. Number is changed. 5. Earrings are different. 6. Bracelets are missing.

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

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.

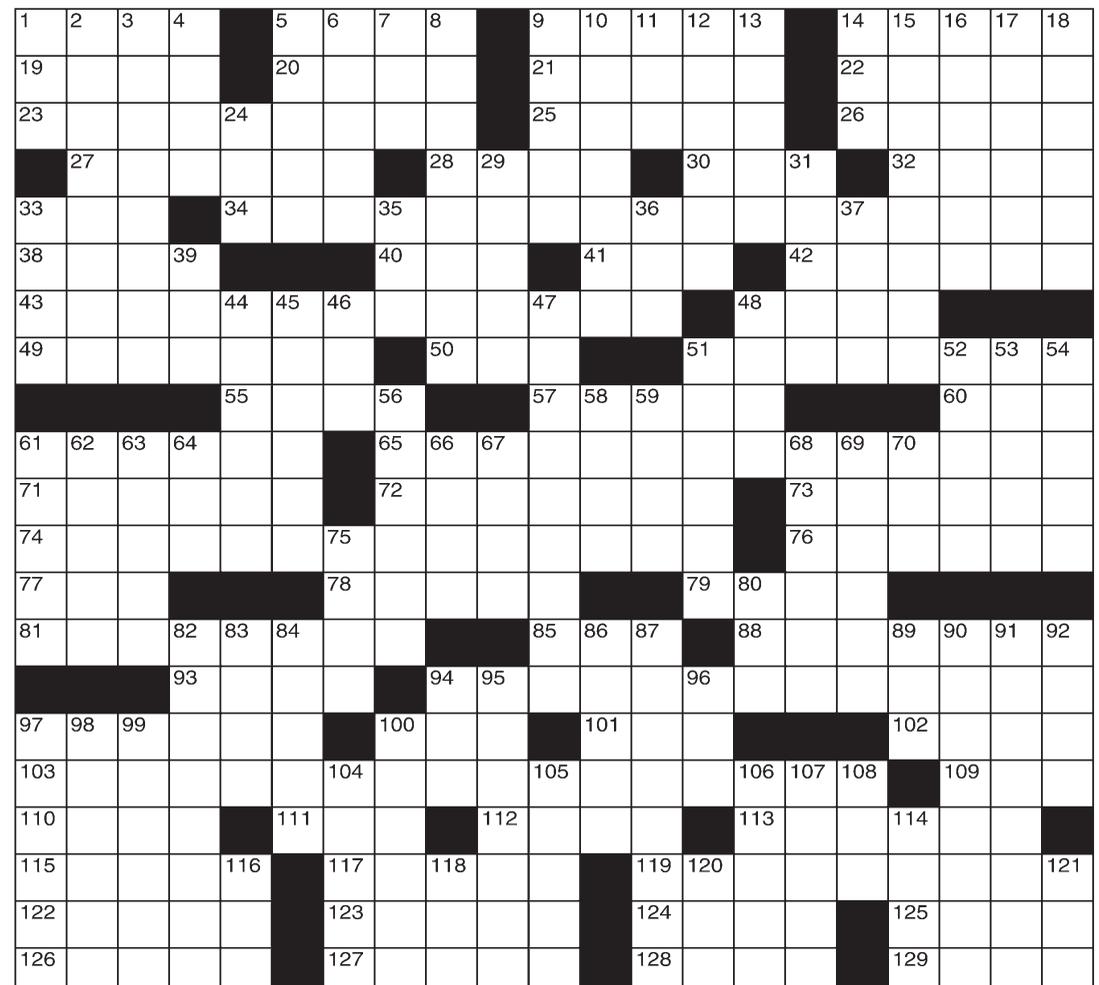
PUZZLES

Answers on page 47

Super Crossword

COMMAND LINES

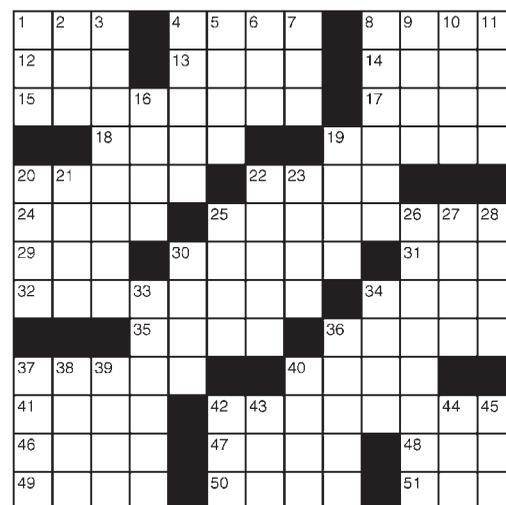
- ACROSS**
- 1 Several
 - 5 Utah town on the Colorado
 - 9 Arafat's PLO successor
 - 14 — Rica
 - 19 A quarter of twenty
 - 20 Oscar winner Bancroft
 - 21 Unwilling
 - 22 Recon info
 - 23 Absence of muddled thoughts
 - 25 Jazz fusion pianist Chick
 - 26 Poker-faced
 - 27 Capital of Turkey
 - 28 Mail opening
 - 30 "I — Rock" (1966 hit)
 - 32 Hastens, old-style
 - 33 Rescue squad VIP
 - 34 2005 Donna Andrews mystery novel
 - 38 Chicken chow —
 - 40 Joe Biden's party: Abbr.
 - 41 Bodily blinker
 - 42 Top-shelf
 - 43 Make repairs
 - 48 MYOB part
 - 49 Sound systems
 - 50 Agnus — (prayer)
 - 51 Spy spoof of old TV
 - 55 Saddle-making tools
 - 57 Campsite hookup
 - 60 "The L Word" actress Kirshner
 - 61 Sirs'
 - 63 Counterparts
 - 65 "Sheesh, no need to be so critical!"
 - 71 Boulevard
 - 72 Town in east-central New York
 - 73 Attack like a cat
 - 74 Means of thwarting software piracy
 - 76 Futilely
 - 77 Amazement
 - 78 Linda Ronstadt's "— Easy"
 - 79 Grain holder
 - 81 Alternative to People
 - 85 Unvarnished
 - 88 Remus' twin
 - 93 Winners' signs
 - 94 Digital entertainment periodical
 - 97 Place for keeping bees
 - 100 Used a rocker, e.g.
 - 101 Call to a ewe
 - 102 — dixit (claim with no evidence)
 - 103 Discover via unpleasant personal experience
 - 109 Guided
 - 110 TV's Swenson
 - 111 Lead-in to nuptial
 - 112 — Field (Mets' home)
 - 113 Language of Libya
 - 115 Really militant sort
 - 117 Claims
 - 119 Option lists that might include the starts of seven answers in this puzzle
 - 122 Plant stem
 - 123 River to the Rio Grande
 - 124 Many 4WD autos
 - 125 "Quo Vadis" emperor
 - 126 Weight allowances
 - 127 Like white, wet weather
 - 128 He and she, e.g.
 - 129 Big dino
- DOWN**
- 1 Colts' and Broncos' gp.
 - 2 Light bulb wire
 - 3 Day's end, poetically
 - 4 Not potent
 - 5 Olympic skiing champ Phil
 - 6 Actor Ryan
 - 7 Ortiz of the screen
 - 8 Mattress supporter
 - 9 Metal-industry giant
 - 10 Illegal booze
 - 11 Tavern
 - 12 Anxiety-free
 - 13 SeaWorld whale, once
 - 14 Counterpart to trans-, gender-wise
 - 15 At no cost, slangily
 - 16 Emotion-hiding types
 - 17 Group beliefs
 - 18 Milano of "Mistresses"
 - 24 "Cool, dude!"
 - 29 "I wanna!"
 - 31 Foppish scarf
 - 33 Australian avians
 - 35 Roush of baseball
 - 36 Soap ingredient
 - 37 Addition sign
 - 39 Neither here — there
 - 44 Join forces
 - 45 TV doctor
 - 46 Immigrant's course: Abbr.
 - 47 Pneumatic engines
 - 48 Huck Finn's polite assent
 - 51 Reactions to corny puns
 - 52 Refrigerator brand
 - 53 Christina of "Cursed"
 - 54 Stolen
 - 56 Enterprise engineer
 - 58 Caesar's "I came"
 - 59 This, in Peru
 - 61 East Asian gambling mecca
 - 62 States openly
 - 63 Old-time lawyer and senator
 - 64 At least one
 - 66 Les — et les autres (both, in French)
 - 67 Gumshoes
 - 68 Literary finale
 - 69 California wine county
 - 70 Adore, on a candy heart
 - 75 Lubricants
 - 80 A Gershwin
 - 82 Not too hard to get around
 - 83 Designer Saarinen
 - 84 Make excited
 - 86 Ready to hit the baseball
 - 87 Most tired
 - 89 Israeli gun
 - 90 Cosmetic accentuating the kisser
 - 91 Not behind a firewall, say
 - 92 Ovule, e.g.
 - 94 Oom- —
 - 95 Partook of humble pie
 - 96 Miffed
 - 97 It hasn't been seen before
 - 98 Fiesta target
 - 99 Bergman of film
 - 100 Rocker Tyler
 - 104 Snares
 - 105 Type of fit
 - 106 Forgo
 - 107 — -craftsy
 - 108 Holiday tuber
 - 114 Bowed
 - 116 Green-lights
 - 118 — -friendly
 - 120 "Obviously!"
 - 121 Chicago White —



King Crossword

ACROSS

- 1 Embassy VIP
- 4 Apple tablet
- 8 Mexican money
- 12 Scratch
- 13 "It can't be!"
- 14 Eve's man
- 15 Finished
- 17 Latvia's capital
- 18 Gusto
- 19 Neptune's realm
- 20 Pale
- 22 "Of — and Men"
- 24 Kite flier's need
- 25 Affectionate sign-off
- 29 Flamenco cheer
- 30 Bedouins
- 31 Arthur of "Maude"
- 32 Tennis shut-out
- 34 Taxpayer IDs
- 35 Polite query
- 36 Scarlett's Butler
- 37 Bottom
- 40 "Love — Leave Me"
- 41 Awestruck
- 42 Play-ending arcade message
- 46 Thunder god
- 47 Actor



- Jannings
 - 8 Postal delivery
 - 28 Right on the map
 - 48 Tokyo, once
 - 49 "Ditto"
 - 50 Oahu souvenirs
 - 51 Lemon
 - 9 Ms. Falco
 - 10 Long story
 - 11 Yemen neighbor
 - 16 Clarinet insert
 - 19 Phil of folk music
 - 20 MP's quarry
 - 21 Missile shelter
 - 22 Dolphins' home
 - 23 "Let —" (Beatles hit)
 - 25 Fay of "King Kong"
 - 26 Saw
 - 27 Air outlet
 - 30 Petri dish gel
 - 33 New citizen, perhaps
 - 34 "Scram!"
 - 36 Film spools
 - 37 D.C. baseball team
 - 38 Turkish title
 - 39 Unhappy destiny
 - 40 Roman 2,002
 - 42 Solidify
 - 43 Soul, to Sartre
 - 44 College URL ender
 - 45 Scepter
- DOWN**
- 1 Latin 101 word
 - 2 Dallas hoopster, briefly
 - 3 Soviet leader after Khrushchev
 - 4 Hawkeye
 - 5 Dr. McGraw
 - 6 Picnic crasher
 - 7 Homer's cry

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: MEDITERRANEAN —

- Airport
- Gambling
- Peninsula
- The Rock
- Borders Spain
- Harbor
- Royal Navy
- Tourism
- British
- Limestone
- Shipping
- WWII
- Finance
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|---|--|--|--|---|---|---|
|  FRIDAY Mostly Cloudy High: 90 Low: 79 |  SATURDAY Partly Cloudy High: 92 Low: 83 |  SUNDAY Partly Cloudy High: 91 Low: 80 |  MONDAY Partly Cloudy High: 88 Low: 79 |  TUESDAY Partly Cloudy High: 90 Low: 78 |  WEDNESDAY Mostly Cloudy High: 91 Low: 81 |  THURSDAY Cloudy High: 89 Low: 78 |
|---|--|--|--|---|---|---|

Redfish Pass Tides

| Day | High | Low | High | Low |
|-----|----------|---------|----------|---------|
| Fri | 10:17 am | 3:23 am | None | 5:43 pm |
| Sat | 12:59 am | 3:52 am | 10:46 am | 6:28 pm |
| Sun | 2:11 am | 4:18 am | 11:16 am | 7:09 pm |
| Mon | 11:48 am | 7:47 pm | None | None |
| Tue | 12:21 pm | 8:24 pm | None | None |
| Wed | 12:57 pm | 9:00 pm | None | None |
| Thu | 1:36 pm | 9:35 pm | None | None |

Point Ybel Tides

| Day | High | Low | High | Low |
|-----|----------|---------|----------|---------|
| Fri | 9:22 am | 3:25 am | None | 5:45 pm |
| Sat | 12:04 am | 3:54 am | 9:51 am | 6:30 pm |
| Sun | 1:16 am | 4:20 am | 10:21 am | 7:11 pm |
| Mon | 10:53 am | 7:49 pm | None | None |
| Tue | 11:26 am | 8:26 pm | None | None |
| Wed | 12:02 pm | 9:02 pm | None | None |
| Thu | 12:41 pm | 9:37 pm | None | None |

Punta Rassa Tides

| Day | High | Low | High | Low |
|-----|----------|---------|----------|---------|
| Fri | 9:57 am | 3:52 am | 11:16 pm | 5:02 pm |
| Sat | 10:37 am | 4:29 am | None | 5:53 pm |
| Sun | 12:20 am | 5:10 am | 11:20 am | 6:44 pm |
| Mon | 1:07 am | 5:55 am | 12:02 pm | 7:35 pm |
| Tue | 1:51 am | 6:38 am | 12:37 pm | 8:25 pm |
| Wed | 1:08 pm | 9:13 pm | None | None |
| Thu | 3:50 am | 7:58 am | 1:40 pm | 9:56 pm |

Cape Coral Bridge Tides

| Day | High | Low | High | Low |
|-----|---------|----------|----------|----------|
| Fri | 1:46 am | 6:39 am | 12:27 pm | 8:59 pm |
| Sat | 3:09 am | 7:08 am | 12:56 pm | 9:44 pm |
| Sun | 4:21 am | 7:34 am | 1:26 pm | 10:25 pm |
| Mon | 1:58 pm | 11:03 pm | None | None |
| Tue | 2:31 pm | 11:40 pm | None | None |
| Wed | 3:07 pm | None | None | None |
| Thu | 3:46 pm | 12:16 am | None | None |

My Stars ★★★★★
FOR WEEK OF JUNE 20, 2022

Aries (March 21 to April 19)
Information you need might be coming in sporadically, but at least what you're getting is valuable. Continue to wait until more is available before acting on that career move.

Taurus (April 20 to May 20) You continue on an upbeat cycle, and with that strong Taurean energy you should see favorable results from your hard

work. A pleasant surprise awaits you in your private life.

Gemini (May 21 to June 20) A misunderstanding needs more time to be worked out. Don't give up on it just yet. Remain open to providing explanations, if called for. Another friend offers good advice.

Cancer (June 21 to July 22) Fast action can correct a seemingly minor problem that has taken on some unexpectedly difficult aspects. Stay with it until it's resolved. News on a more positive note is due soon.

Leo (July 23 to August 22) Some snags could cause delays in those plans you're eager to see put into operation. But be patient. The Clever Cat will soon have good reason to celebrate a job well done.

Virgo (August 23 to September 22) Be careful not to let that Virgin sensitivity dissuade you from being the hardheaded realist you should be at this time. Your goals are in sight. Stay focused on them.

Libra (September 23 to October 22) A more positive aspect opens up,

allowing you to make some important changes in a personal situation. Remember to seek balance and avoid extremes as you proceed.

Scorpio (October 23 to November 21) This is a good week to get out and enjoy the fine times you missed while you were so deep in those workaday projects. Be sure to share it with that special person.

Sagittarius (November 22 to December 21) Work and play are in balance this week. However, expect news that could tip things toward the

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PETS OF THE WEEK

Lee County Domestic Animal Services

Rusty And Amber

Hello, my name is Rusty. I am a tan 4-year-old male pit bull mix. I was told that Friday, June 24 is Take Your Dog to Work Day, so I dressed for success and wore my Sunday best.



Rusty ID# A923710
photos provided

I am all ready to be your new co-worker. My resume includes sit, impeccable manners, snuggles upon request and no crumb left untouched. Computer skills... eh, but I will keep you company while you get that part done.

My adoption fee is \$20.

Hi, I'm Amber. I am a brown tabby 2-year-old female domestic shorthair. Lee County Domestic Animal Services is currently overwhelmed with cats and kittens and an approved application can

get your choice of age or collar for no charge. I am one of the many adult cats currently being overlooked for the smaller kittens. People often don't realize the advantages of adopting an adult cat. I already have my personality formed and am litter box trained. All the pesky kitten energy is long gone, and you can enjoy the tween years.



Amber ID# A92274

My adoption fee is waived. 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.*

From page 45

Now Here's A Tip

Massage in for five minutes, and rinse thoroughly.

- Boiling potatoes? Plants love starch. Let your cooking water cool, then use it to water the plants in your garden.

STRANGE BUT TRUE

- The next time you cut your yard, you can thank Edwin Bearn Budding for inventing the lawnmower in 1830. But while most inventors take pride in their creations, Budding was so concerned about what his neighbors might think of his new contraption that he only tested his prototypes at night.

- There are more than 12,000 species of ants.

- Hall of Fame pitcher Lee Smith didn't play baseball until he was a high school junior and, even then, just tried out to win a \$10 bet. His turn to play came when his team's star pitcher was killed in a hunting accident.

- One sunflower is actually 1,000-2,000 tiny flowers held together by a base

- Have you ever dreamed of smelling like a hamburger? No? Well, you could have in 2015, thanks to Burger King Japan's release of a limited-edition cologne called Flame Grilled... and yes, it smelled like a Whopper.

- On Jan. 1, 1907, President

Theodore Roosevelt shook the hands of over 8,510 people, setting a record that lasted more than 70 years.

- Sodium citrate makes any cheese into a creamy nacho cheese sauce. Curiously, its chemical formula spells out Na3C6H5O7 (NaCHO).

- In England and Wales, it's legal to consume alcohol on private premises from the age of five.

- "Gesundheit" Ever wonder why someone "blesses you" when you sneeze? The custom was introduced by Pope Gregory the Great in 590 A.D. Since sneezing could be a sign of the plague, it was considered proper to offer a potentially ill person a blessing.

THOUGHT FOR THE DAY

"Once I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalog: 'No good in a bed, but fine up against a wall.'"

— Eleanor Roosevelt

TRIVIA TEST

1. **History:** In what year did the Boston Tea Party take place?
2. **Movies:** Which 1990s animated movie has a character named Lumiere?
3. **Music:** Who wrote the song *Make You Feel My Love*, performed by Adele?
4. **Language:** What is a zoonotic

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PSA

AL-ATEEN HELP LINE

Are you concerned with a friend or family member's drinking? Call the 24-hour help line of South Florida Al-Anon at 941-564-5098 or visit www.southfloridaal-anon.org.

4/24 * TFN

CAREGIVER

We are seeking a caregiver for an elderly woman with experience, for two 24 hour shifts every other week and PRN (as needed). Must be caring and compassionate, and able to complete personal care tasks like bathing, dressing, eating, grooming and daily med intake.

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1/21 * TFN

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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.

- disease?
- Television:** Which TV sitcom was set at Greendale Community College?
 - Anatomy:** What blood type does a universal donor have?
 - Geography:** Bantry Bay is an inlet in which European country?
 - Food & Drink:** What are sweetbreads?
 - Literature:** What kind of bird is titled in a John Keats' poem?
 - Science:** What does an auxanometer measure?

TRIVIA ANSWERS

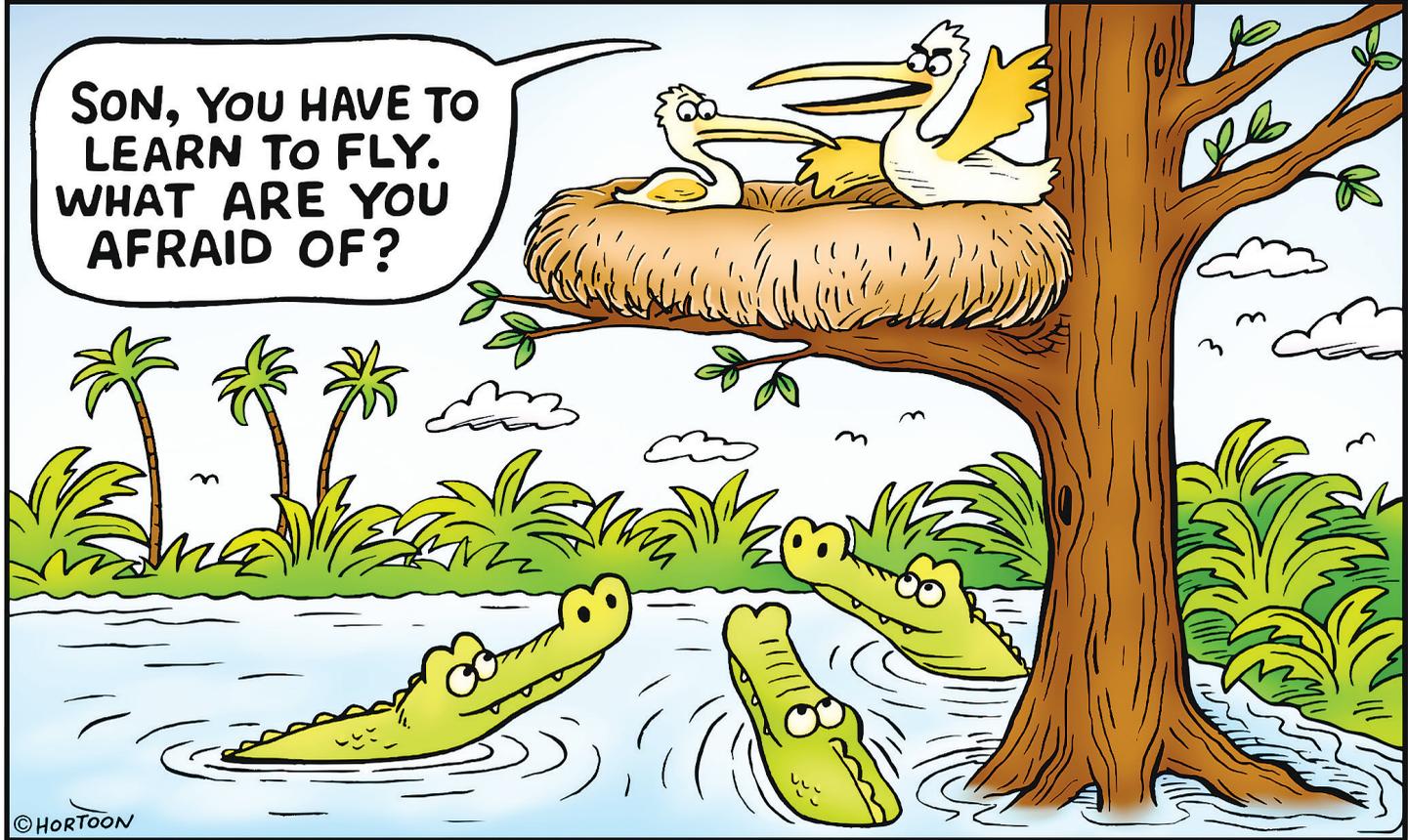
1. 1773, when colonists dumped a shipment of tea into the Boston Harbor to protest taxes.
2. *Beauty and the Beast*.
3. Bob Dylan.
4. A disease that can pass from one species to another, especially animals to humans.
5. *Community*.
6. O negative.
7. Ireland.
8. Organ meat from the pancreas and thymus gland.
9. *Ode to a Nightingale*.
10. Plants' rate of growth.

SCRAMBLERS ANSWER

1. Realm 2. Fiber
3. Denture; 4. Remit

Today's Word
FENDER

HORTOONS



PUZZLE ANSWERS

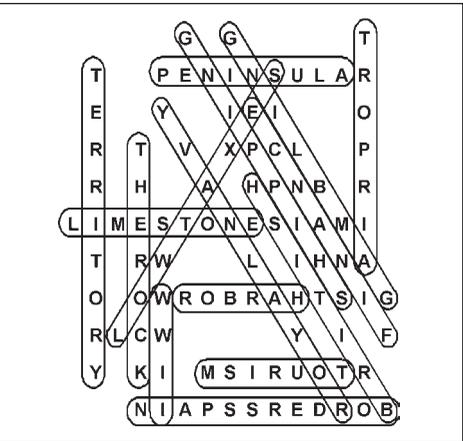
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| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | F | E | W | M | O | A | B | A | B | B | A | S | C | O | S | T | A | | |
| F | I | V | E | A | N | N | E | L | O | A |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

KING CROSSWORD

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

MAGIC MAZE



SUDOKU

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

Top 10 Real Estate Sales

| Subdivision | City | Year Built | Square Footage | Listing Price | Selling Price | Days On Market |
|-------------------------------------|------------------|------------|----------------|---------------|---------------|----------------|
| Woodsedge | Estero | 2007 | 3,784 | \$2,950,000 | \$3,013,000 | 2 |
| Oakbrook | Estero | 2003 | 3,873 | \$2,800,000 | \$3,000,000 | 2 |
| Punta Robalo Unrecorded Subdivision | Upper Captiva | 2012 | 2,165 | \$2,595,000 | \$2,325,000 | 4 |
| Useppa Island | Useppa Island | 2008 | 2,951 | \$2,250,000 | \$1,975,000 | 248 |
| Palm Acres | Fort Myers | 1992 | 2,904 | \$2,350,000 | \$1,868,000 | 36 |
| Venetian Gardens | Fort Myers Beach | 1967 | 2,380 | \$1,900,000 | \$1,800,000 | 37 |
| Vista Wildblue | Fort Myers | 2020 | 2,801 | \$1,849,000 | \$1,775,000 | 32 |
| Wildblue | Fort Myers | 2020 | 2,852 | \$1,699,900 | \$1,725,000 | 0 |
| Westlake Court | Estero | 2022 | 3,147 | \$1,715,000 | \$1,715,000 | 0 |
| North Fort Myers | North Fort Myers | 2019 | 3,573 | \$1,699,000 | \$1,685,000 | 48 |

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